



## BASE hold Doubles Demo Night in Lanark

By Lanarkshire Badminton

With the recent celebration of International Women in Sport Day 2024 and March being Women & Girls in Sport month, last week's BASE Demo Session in Lanark complimented this celebration of women in sport which aimed to inspire more girls to get involved in badminton.

For this demo, BASE managed to hook in the services of Lanarkshire Senior County Team players Toni Woods, Jennifer Lafferty and Sophie Ford who were all part of the team's promotion success last season into the Badminton England Senior County Championship. They were joined by BASE Lanark coach and fellow Senior County Teammate Danny Robson on court to provide a doubles masterclass and chance to interact and play against young players.

Director of Coaching, Jill Smith mentioned when reflecting on the evening:

*"Toni, Jennifer, Sophie and Danny gave BASE Lanark kids a wee doubles demo tonight. The Girls stayed and played with the kids which they all enjoyed. Big test next week to see if their court positioning has improved from observing the players! I would like to take this opportunity to thank the players for dedicating the time to come down to the*



club. The kids are buzzing and we hope this has inspired the kids to keep playing and improve. We are keen to think about a demo for our East Kilbride session in the future”

Toni chatted about the session and explained why she got involved:

*“It was great to get involved with the kids in Lanark as I’m always happy to give back because I remember when I was a junior playing with badminton clubs in Lanarkshire and it was always so much fun when players would come along and do the same for me. It was also nice to see so many girls there and everyone just enjoying themselves and eager to learn”*

Have you been inspired by this? To find out more about BASE, click [here](#)

Further to this, BASE are always looking for coaches to help grow and further develop badminton in the Lanarkshire area so feel free to get in touch or if you are keen to get participate in badminton

