

This reflection post is for all badminton activities I've done this year; Student leadership, Pre-season, and A team.

I think it's been a great year overall and I enjoyed my time in badminton because I quite like the sport. I chose student leadership because I wanted to improve my leadership skills, and I enjoyed my time quite a bit. It was fun talking to and interacting with the younger girls and being able to really test my badminton skills and techniques.

Preseason and A team also allowed me to improve my skills greatly and kind of test my skills in an unfamiliar environment, because I didn't have anyone I knew in the activity at the time. I learnt new skills, new exercises, and also how to manage myself and interact and communicate my thoughts, and prove that I am confident in my ability.

Especially in student leadership, it really boosted my confidence and helped fortify my skills when teaching the younger students. I got to show them my tips and tricks, and see the extent and quality of my technical knowledge. I also found it very fulfilling seeing my teaching have an effect and watching the student perform better. It showed me that my skills were competent enough and that I did have the talent I thought I did in badminton.

In A-team, I struggled a bit at first as I was with an unfamiliar group of people. Because I had taken a break from the last-years pre-season and team selections, the rest of the team knew the coaches better than I did, so I had to work hard to make the coaches notice my skill and give me the role I wanted. But it taught me to take control of my skill and be confident in my proficiency. I was good at badminton, but the coaches also had 4 teams to manage and look after. It taught me that while my skill was good and coaches noticed me, I also had to be upfront and confident with my requests.