

The European Standard SPORT NEWS



The shuttle to the finish line

A « stretch » from the history of badminton to Lance Armstrong's doping program.

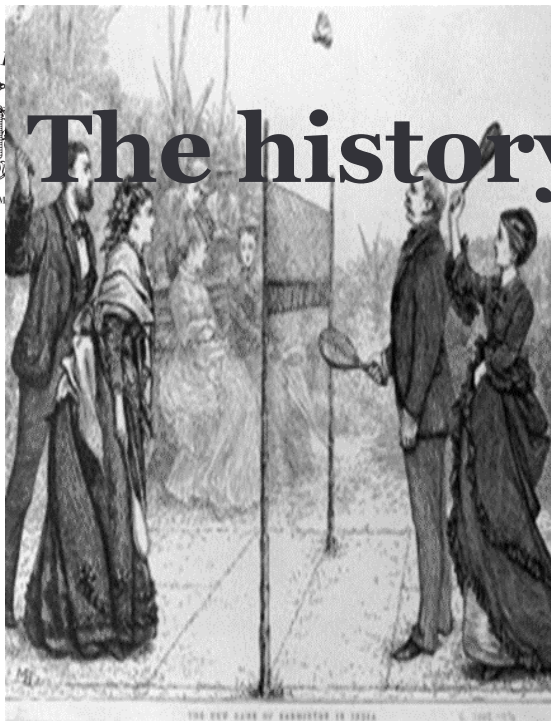


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The history of badminton



Did you know that badminton was one of the newest sports? However, badminton is a very ancient sport...

It all started around the fifth century before Christ, in China where the "ti jian zi" sport was played. "Kicking the shuttle", as it was meant was the first game using a shuttle and its purpose was not to hit the floor with the shuttle, without using hands. Around 5 centuries later, "Battledore and shuttlecock" was played in China, Japan, India and Greece. You had to use a paddle called the Battledore in order to hit the shuttlecock back and for By the 16th century, it became a popular-children - game in England, known as "jeu de volant" in Europe. In the 1860s, "Poona" was invented in India; the principle was the same as "Battledore and Shuttlecock" but with an added net. British army learned it

in India and brought it back to France, Holland, England, New Zealand, Ireland, Scotland and Wales. 4 years later, the USA joined IBF, since then, huge international tournaments like the Thomas Cup (for Men) and Uber Cup (for Women) were held. The IBF currently includes 150 member countries. Badminton was officially granted the Olympic status only 25 years ago, in the 1992 Barcelona Games! Yet don't forget that Badminton's future is much brighter than most people believe. And now you know why it is called "Badminton" !



By *Pauline DURANT-BERGEAT, Sarah VIERFOND and Nadine MOUHEB.*

“Good”minton in the Olympics !

By Manon, Sarah, Martha, Clara, Charles and Théophile

Badminton has a cosmopolitan history. In fact, the sport joined the Olympic Games program not before 1992 in Barcelona, with singles and doubles events.

Even if the rules of the modern game were developed in England, Asian countries now dominate the sport with flying colours. Actually, in 16 years, they have won 69 of the 76 medals available in Olympic competition !

But, China is still number one, leading by two badminton legends: Lin DAN and Ling GAO.



But a question remains, would China win the jackpot once more or would France step forward and make its mark on History ?



Leap into the future now ! The next Olympic badminton games will take place in Tokyo in 2020 and 4 years later in Paris.

If you wish to attend the meeting, the game lays its foundations in the Musashino Forest Sport Plaza in Japan and in Bourget in France.

Unfortunately, we couldn't have much more information about the organization of the high-level badminton competitions for 2024:

case in progress...

SARAH BENKAABA, MARTHA BERNOT, CLARA FASAN, CHARLES BURDIN, THEOPHILE TURC, MANON VEDIE



Badminton guide for losers (written by losers)



Hey my friend! Would you like not to be a loser at badminton anymore? Just read this article and it will totally change your life ...

Badminton is a very extreme sport: you can twist your ankle, slip on the shuttlecock, get trapped in the net forever! It would be a shame for the amazing player that you are! That's why, you need an efficient equipment; the first thing you've got to do is to buy a good pair of Decathlon sneakers and slip them onto your feet just like the fabled crystal slipper. Then to finish the look, grab your Quechua jogging,

sports shirt and you're ready to go!

When your time comes to show your amazing skills, you'll actually need to play badminton. Service is the most important thing, but no worries, even a bad service is approved by someone ... your opponent! Then, once the shuttlecock is in the air, pray for it to fall right down in your racket. To conclude, in badminton, you'll never know if you're bad or purposely losing. On top of that, we suppose that, at the beginning, badminton was some sort of tennis for those exempted from PE!



MANON DELPORTE , ROMAIN SONNOIS, ALEXANDRA JEROME, VICTOIRE NICOLAKIS-RESTIEAUX, EMMA VITASSE

SMASH SHOT :THE SCIENTIFIC ASPECT

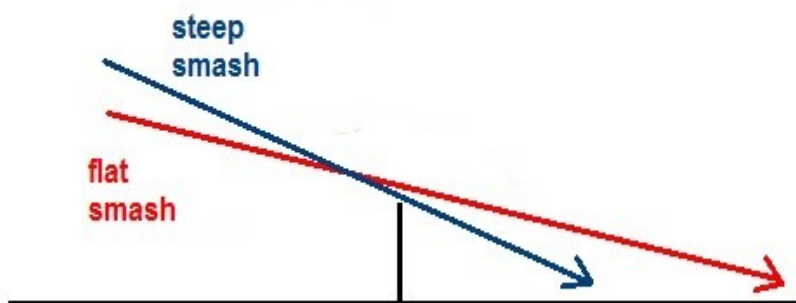
SMASH is the most powerful shot in badminton as well as in the racket sport, when you are using it you have the best opportunity to hit a winning point. They have been timed at over 200 miles per hour. The world's fastest badminton smash was 332kph (206mph), hit by Fu Haifeng of China in 2005, even though faster smash speeds of over 400kph (250mph) have been recorded unofficially during smash speed tests used for promotional purposes; it is typically utilized by a player to “seal the deal” against their opponent.

It isn't the easiest one but when you manage to do it, it is very useful so we're going to teach you some techniques to perform it:



How to do it?

The smash is played from the rear cock down into the opponent's midcourt:



○1: Energy is concentrated in the right leg. Raise the left arm to keep balance.

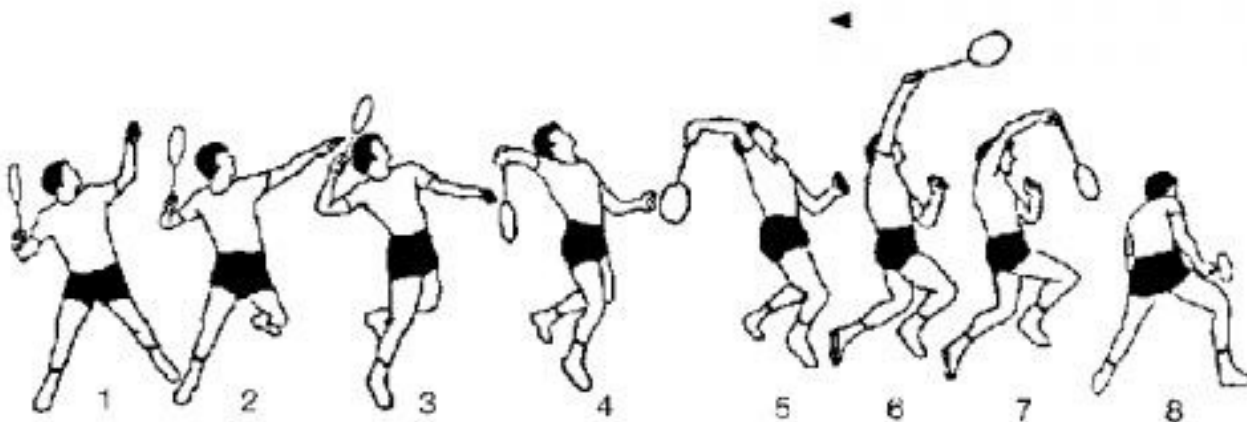
2: Energy slowly transmits through the leg upwards.

○3: the wrist travels before hitting the birdy. Energy transmits to the hip and body weight shifts to the left foot.

○4: Swing the arm as quickly as possible and twist the wrist to further enlarge the linear speed of the racket.

○5: After hitting, relax and let the arm finish the swing and end up at the side of the body..

KAREN UNG (Elève), ANTOINE SEVRIN (Elève), OPHELIE VERSCHAEVE (Elève), ADRIEN ROY (Elève)



« The tour de France »

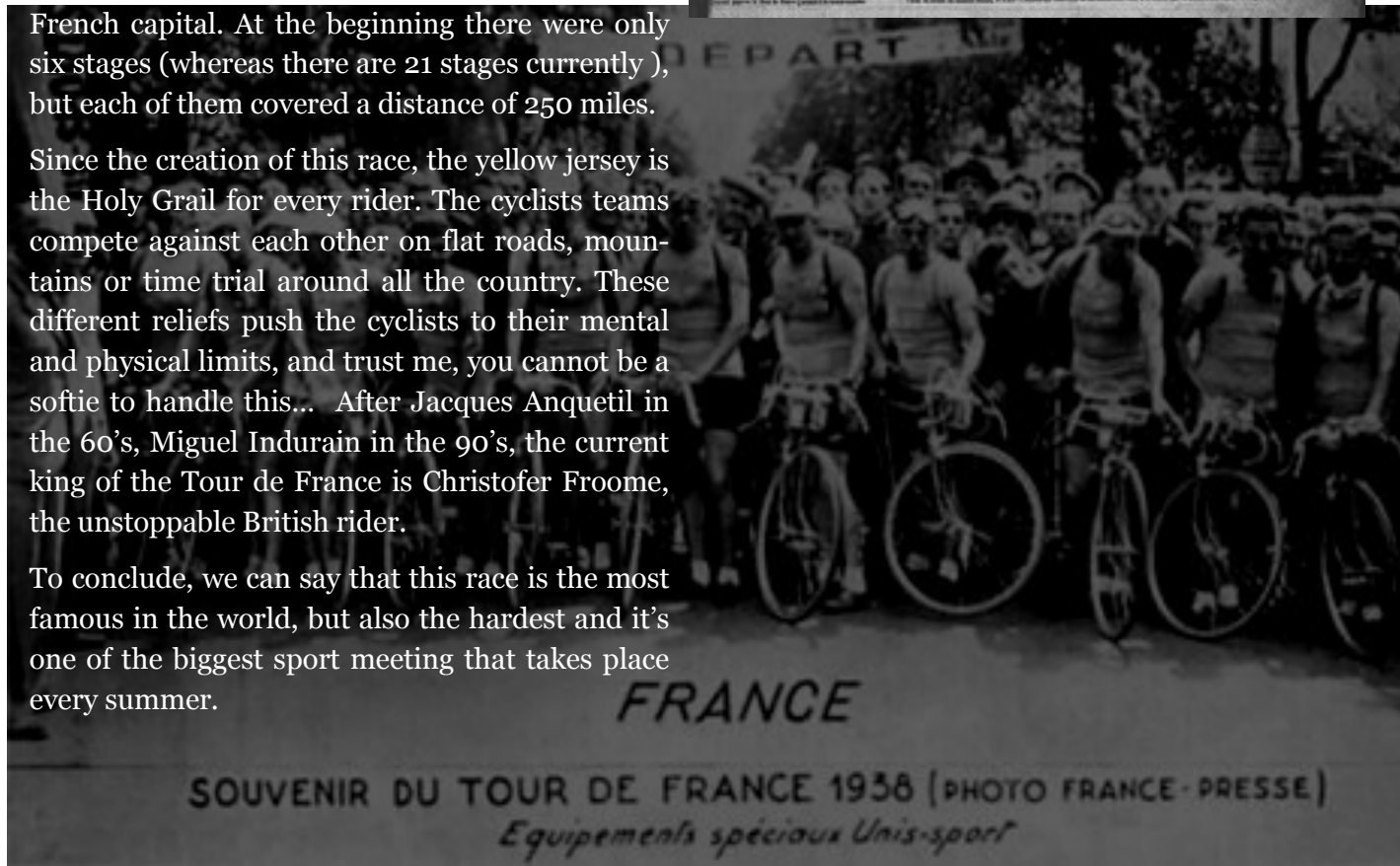
Raphael Tenière, Margaux Chahine, Nina Piade, Ines Mielle Anne Weber

At the beginning, Tour de France was a newspaper publicity that had been launched by Henri Desgrange in 1903, to promote the newspaper he worked for: L'auto. It quickly became an epic test of endurance.

In the first edition, there were five-dozen riders, who were mostly French, with some Belgians, Swiss, Germans and Italians. A third were professionals sponsored by bicycle brands, the others were simply devotees of the sport. Henri Desgrange and a former cyclist champion developed a 1,500 mile clockwise loop of the country running from Paris to Lyon, Marseille, Toulouse, Bordeaux and Nantes before returning to the French capital. At the beginning there were only six stages (whereas there are 21 stages currently), but each of them covered a distance of 250 miles.

Since the creation of this race, the yellow jersey is the Holy Grail for every rider. The cyclists teams compete against each other on flat roads, mountains or time trial around all the country. These different reliefs push the cyclists to their mental and physical limits, and trust me, you cannot be a softie to handle this... After Jacques Anquetil in the 60's, Miguel Indurain in the 90's, the current king of the Tour de France is Christofer Froome, the unstoppable British rider.

To conclude, we can say that this race is the most famous in the world, but also the hardest and it's one of the biggest sport meeting that takes place every summer.



DOPING –A SPECIAL INVESTIGATION

THE LANCE ARMSTRONG'S CASE

THOMAS CHHITH , TIMOTHEE OLLIVE , DYLAN THOMAS

Lance Edward Armstrong (born in September 1971) is a famous American former professional road cycling. He won a lot of competitions before the truth about his doping could be revealed. Born of divorced parents, he quickly developed an

he won 7 tour de France consecutively, from 1999 to 2005. Rumors surfaced about him and his US Postal team using performance enhancing drugs but he denied them and he was never tested positive on all his anti-doping examinations, so there



was no proof. In 2000, he published his first book, an autobiography called "It's not about the bike, my journey back to life" (he later published "every second count" in 2003). Armstrong retired from racing in 2005 but he returned in 2009 where he finished third in the Tour de France. But in 2012, the U.S. Anti-Doping Agency charged him with using performance-enhancing drugs. He was stripped of his

interest in sports and especially in swimming and cycling. So, he started doing triathlon and became a professional triathlete when he was 16. In 1992, he entered the Motorola cycling team and in 1993 he won the world road race: he was then the world's best cyclist. From there, he won a lot of titles like the tour DuPont in 1995. Unfortunately, he was diagnosed with testicular cancer in October 1996 because of all the performance enhancing drugs he took (like EPO Erythropoietin). He performed chemotherapy to destroy the tumor in his body. It was successfully done: he recovered next year and because of this treatment he lost a lot of weight. After that, he went back to cycling and started practicing again . At the same time, he founded the Lance Armstrong Foundation, an association for cancer research. In 1998, he married Kristin Richard. They had 3 children. He trained very hard, helped by Michele Ferrari, an Italian doctor and cycling coach who created a training program including taking drugs (EPO, testosterone, etc.). Then his "golden age" began:

seven Tour de France titles and is currently banned from all competitions.



Is Doping new problem ?

LOUIS DURANT-BERGEAT , LEO SARDAESTEVE , GABRIEL DUPORGE, MAXIME LEVASSEUR

Drugs in sports have been used since the Ancient Greek Olympics sports (chariot races,...) till new



sports like cycling or baseball .We can notice that in football, there are not a lot of cases of doping because the FIFA uses “biological passports” where blood and urine samples of the players are shown. Yet taking drugs can also have side effects like hair loss ,liver problems, impotency and other painful problems. In February 2011, an

anti-steroids campaign called “Play Asterisk free” was launched by the United States Olympic committee and by the advertising council. The campaign was first called “Don’t be an Asterisk” ;) It has been shown quite effective at the 2012 London Olympic games because 107 athletes have been caught, banned and sanctioned.

Cycling is one of the hardest sports so some (very stupid) riders try to increase their performance by taking drugs like EPO, cortisone ,or growth hormones but it is forbidden .The purpose of doping is to increase your VO2 max(the maximum volume of oxygen that you can breath in a minute) and your Functionnal Threshold power (an effort that you can sustain for about 5 to 10 minutes). Cyclists started taking drugs during the 80s when scientists started to try some new products on athletes. During the 90s and at the beginning of the 21st century almost every winner of important cycling races was using drugs. But nowadays doping cases have dropped because of the UCI (union cycliste international) found some new ways to know if riders are doped.

