



# The Badminton Bulletin - Jan 2026

Happy New Year, Badminton Family!

2026 is off to a flying start, and there's never been a better time to get back on court. Whether you're aiming to improve your skills, join a tournament, or just have fun, we're excited to share the year with you. Let's rally together and make this season one to remember!

Kari Turner  
Director Community Engagement & Member Services

## Upcoming BNS Tournaments

The 2026 season is full of energy, and the action on court isn't slowing down! Stay tuned to our social media for registration links, event updates, and upcoming deadlines. Make sure you join the fun!

### Registration Deadline - January 18, 2026



#### 2026 BNS Scotia Series #3

📍 Badminton Nova Scotia | Hammonds Plains

📅 2026-01-23 to 2026-01-24

P/T A

OPEN A U13 U15 U17 U19 35+

ONLINE ENTRY 1d

### Registration Deadline - February 1, 2026



#### 2026 BNS B Provincials Feb 6-7

📍 Badminton Nova Scotia | Dartmouth

📅 2026-02-06 to 2026-02-07

P/T B

OPEN B U13 U15 U17 U19 35+

ONLINE ENTRY 15d

EVENT	DATE	LOCATION
Scotia Series A #3	January 23-24, 2026	Halifax, JBTC Badminton Club
Provincial B Series	February 6-7, 2026	Ecole Mosaïque & Eastern Passage Education Centre
Atlantic Series NS	Feb 27-Mar 1, 2026	Halifax, Canada Games Centre
Scotia Series A #4	March 20-21, 2026	Halifax, JBTC Badminton Club
Provincial Championships	April 3-5, 2026	Truro, DAL Athletics Centre
Atlantic Championships	June 5-7, 2026	NB, University of New Brunswick

## BNS Provincial B Series Tournament - February 6-7, 2026

Following the success of the two BNS Scotia Series B tournaments, BNS is thrilled to host a Provincial B Series Tournament on February 6–7, 2026! This two-day, multi-venue event is an Open Tournament, welcoming players of all levels.

### Entry requirements:

- Active membership with a provincial or territorial badminton association. BNS Recreational membership also qualifies.

**Equipment:** Victor NCS Pro Synthetic Feather Shuttles will be used.

### Why you won't want to miss it:

- Commemorative tournament t-shirt available for purchase
- 50/50 draw and canteen on-site
- Competitive and recreational play at its finest

Get ready to rally, compete, and enjoy two days of badminton excitement! [Register Here!](#)



## Sportsmanship Reminder

Badminton is more than just rallies—it's about respect, teamwork, and creating a positive atmosphere on and off the court.



- 🤝 Greet & thank opponents after every match
- ✅ Call lines honestly
- 👏 Encourage partners, stay positive during rallies
- 🧘 Handle mistakes calmly and stay respectful
- 🏸 Respect officials, volunteers, and court space
- ☀️ Welcome new players, make matches fun for all

**Win with pride. Lose with grace. Respect makes every rally better.**

## Move Faster, React Smarter: Rally Ready Feet

Boost your speed and agility with these simple drills:

👣 **Shadow Footwork:** Move around the court without a shuttle, mimicking game movements.

🪜 **Ladder Drills:** Step quickly through a ladder or floor markers to build coordination.

🔄 **Multidirectional Sprints:** Sprint, shuffle, and backpedal between cones to improve reaction time.

**Tip:** Practice 2–3 times a week, focusing on **technique and balance!**



## Photo of The Month

Send us your favorite badminton action shots or team selfies!  
We will randomly choose to be featured in our next newsletter.

Send to [engagement@badmintonns.ca](mailto:engagement@badmintonns.ca)



Make sure to follow us on our socials for all event updates and registration links



| [www.badmintonns.ca](http://www.badmintonns.ca)