



**BWF**

# SHUTTLE TIME

**BEST  
PRACTICE**

**BWF SCHOOLS BADMINTON PROGRAMME**

2022 EDITION



# SHUTTLE TIME

2022 EDITION





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# PRESIDENT'S MESSAGE

Since it was launched in 2012, *Shuttle Time* has evolved to become a one-of-a-kind programme in the sporting world. Started with the ambition to give every child a chance to play badminton for life, *Shuttle Time* has been a flagship programme for BWF to take badminton even to regions where the sport was unfamiliar. We can be proud that *Shuttle Time* is being implemented in more than 150 countries.

While badminton continues to grow in terms of prize money, TV viewership and social media engagement at the elite end of the spectrum, I believe that ultimately the health of a sport is determined by those playing it regularly. *Shuttle Time* is a crucial tool in broadening the 'base' as it engages children – but its programme can easily be applied to people of all ages and abilities. It is thus a vital component of our efforts to spread badminton all around the world.

The 'Best Practices' detailed in this document will, I'm sure, provide ideas and solutions for institutions and individuals to seek to fine-tune their own strategies. Congratulations to all those who have been at the forefront of making *Shuttle Time* successful.



**Poul-Erik Høyer**  
BWF President





# DEVELOPMENT SPORT FOR ALL

## CHAIR'S MESSAGE

### STRATEGIES FOR SUCCESS

In its 10th year, the success of *Shuttle Time* has exceeded our wildest expectations. While it has always been an effective programme for school children, it has been used in a variety of contexts, for practitioners of all ages and abilities.



The purpose of bringing out this 'Best Practices' document is to highlight the various ways in which *Shuttle Time* has been used around the world. Whether it's developing partnerships with local leisure centres in Wales, the 'Yasayasa Badminton Campaign' in Fiji by mobilising communities, training courses for Syrian refugees in Jordan, or the Big Hit festivals in Scotland, institutions and individuals have shown great flexibility in using *Shuttle Time* for their local needs.

This document, therefore, provides useful information to those facing challenges in implementing *Shuttle Time*. Some of the examples cited here can be tailored according to local needs, or perhaps inspire new approaches.

While celebrating our 10th year of *Shuttle Time*, I would like to thank all those at the grassroots level who keep badminton going in their communities – the national coordinators, local volunteers, tutors and teachers, without whom this programme would not be possible.

*David Cabello*

**David Cabello**

BWF Chair – Development and Sport for All









# CONCEPT, VISION AND KEY ELEMENTS OF SHUTTLE TIME



## GIVING EVERY CHILD THE CHANCE TO PLAY FOR LIFE

In 2012 BWF launched *Shuttle Time* to the world; we are now celebrating its 10th anniversary.

*Shuttle Time* – BWF's schools badminton programme – supports the principle that children should lead a healthy and active life, both in and out of school. School is a perfect place to develop good sporting habits, and teachers are the perfect leaders to provide fun and meaningful sporting experiences.

### PROGRAMME FOCUS AND ELEMENTS

- A programme for teachers.
- Access to free resources online in multiple languages.  
Access to face-to-face training.
- Supports the teaching of enjoyable, safe, fun and inclusive badminton activities.
- Suitable for children aged 3-15, including those with physical or intellectual disabilities.
- Designed to provide children of all abilities with a positive image of sport and to have fun, to engage with others, to experience success and to develop fundamental sports skills.

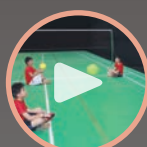


# RESOURCES AND COURSES



**Teachers Manual** – 10 modules to improve badminton knowledge, plan and deliver badminton lessons.

**22 Lesson Plans** – In four sections, beginning with 10 Starter Lessons for pupils with little or no badminton experience. Each section builds on skills introduced in previous lessons.



**92 Video Clips** – Instructional video clips which show badminton activities and teaching points in the 22 Lesson Plans.

**Mobile App** – All the above *Shuttle Time* resources in an easy-to-use app.



**Online Component** – Learning platform which provides an opportunity for participants to cover theoretical aspects of the *Shuttle Time* programme, in a fun, interactive way.

**Inclusivity Guides for Teachers** – Practical guide to help teachers use *Shuttle Time* effectively as an inclusive programme for their classes.



**Tutors Guidelines** – A set of practical guides for *Shuttle Time* tutors in planning and delivering the one-day certificated training course for teachers.







**Schools Kits** – 24 rackets, 36 plastic shuttles and 2 nets.

**Implementation Guidelines** – For national federations to systematically implement *Shuttle Time* nationally.



**Shuttle Time University Course** – A programme for universities and trainee physical education teachers.



**Shuttle Time Youth Leadership Workshop** – A programme to help young people (aged 16 to 18) in learning both leadership skills and badminton content.



**Shuttle Time Mini** – A programme to provide teachers with resources supporting the development of skills that underpin badminton to children aged 3-8.



**Shuttle Time Numeracy** – A programme to provide teachers with a series of progressive lessons that support improvement of both numeracy and badminton skills for children aged 5-10.



## ENHANCING CHILDREN'S FUNDAMENTAL MOVEMENT SKILLS (FMS)

*Shuttle Time* enhances a child's ability to undertake different types of movement and makes them more confident to try different types of movement. The research project conducted by Coventry University supports the assertion that *Shuttle Time* enhances FMS and is superior to statutory PE in terms of FMS development.

<https://shuttletime.bwfbadminton.com/whats-new/shuttle-time-trumps-regular-pe-says-study>

<https://youtu.be/0iGw5Ms2MJ0>

## BWF PHYSICAL LITERACY AND ACTIVITY POLICY

The BWF Physical Literacy and Activity Policy sets out our commitment to make badminton instrumental in promoting an active and healthy lifestyle by giving every child a chance to play for life. *Shuttle Time* plays an important role as one of the Key Performance Indicators in the policy.

<https://corporate.bwfbadminton.com/about/about-badminton/>





# GLOBAL IMPLEMENTATION

## SYSTEMATIC APPROACH THROUGH CCS AND MAS

The *Shuttle Time* Programme is implemented globally with the five Continental Confederations (Africa, Asia, Europe, Oceania and Pan America) and Member Associations (MAs) / national badminton federations. Each plays a complementary role in the implementation regionally, nationally and locally.

## IMPLEMENTATION GUIDELINES

BWF provides funding annually to each Continental Confederation, which supports the introduction of *Shuttle Time* in countries regionally.

Planning and securing national partnerships for such participation programmes is vital to success. This may include education ministries, ministries of sport and health, National Olympic Committees and other key funding partners and stakeholders.



**BWF**

Responsible for providing the teaching / training resources, supplementary support material and providing 'seed' funding for pilot projects for national / regional implementation of *Shuttle Time*.

**CONTINENTAL  
CONFEDERATIONS**

Badminton Asia, Badminton Europe, Badminton Pan Am, Badminton Africa and Badminton Oceania will continue the systematic implementation of the *Shuttle Time* programme across each region.

**MEMBER  
ASSOCIATIONS**

BWF Members are key to the success of *Shuttle Time*. Government support from the sports ministry or education ministry is also central to the success of the programme; Member Associations must have this support to qualify for incentives from the BWF and implementation support from Continental Confederations.

**GOVERNMENT**

National and regional government endorsement for the programme is important. Endorsement should ensure that badminton becomes part of the school PE curriculum. Badminton at universities / teachers colleges may then become an official sport in the curriculum for PE teacher training.

**UNIVERSITIES**

Accredited courses – the goal is to have badminton as an official sport on the curriculum for PE teacher training courses at university / teachers colleges. This will support the sustainability of the programme.

**EQUIPMENT  
SUPPLIERS**

Partnerships with equipment manufacturers and suppliers are critical to meet the current and future equipment needs for *Shuttle Time*.



# BWF IMPLEMENTATION GUIDELINES

The BWF Implementation Guidelines are an essential guide for Member Associations thinking of implementing *Shuttle Time* nationally.

The Member Association is responsible for implementing *Shuttle Time* Schools Badminton in their country / region; however, the Continental Confederation and the BWF can provide some support in implementing programmes.





- Develop *Shuttle Time* resources, supplementary training material and guidelines for the implementation of *Shuttle Time*.
- Make the resources available in a number of languages on the BWF website.
- Market and promote the concept, product and benefits of the programme.
- Provide assistance in sourcing badminton equipment, sponsors and partners.
- Organise workshops and forums on the implementation of *Shuttle Time*.
- Assist in running pilot projects.
- Provide, through the Continental Confederations, funding for school-specific badminton projects.
- Develop a framework and a model for the introduction of badminton as part of a university / teachers college curriculum for Physical Education teachers in training.
- Monitor and evaluate the implementation of the programme globally.

For more information and access the *Shuttle Time* Implementation Guideline, please contact the BWF *Shuttle Time* Team at [shuttletime@bwf.sport](mailto:shuttletime@bwf.sport)





# CONTINENTAL CONFEDERATIONS



Badminton  
Confederation  
Africa



- Promote the product to national badminton associations / MAs.
- Deliver information sessions and forums to groups to identify needs of Members and assist with implementation planning.
- Assess needs of MAs and identify those who require support to implement.
- Determine a continental / regional implementation strategy.
- Assist in the training of *Shuttle Time* Trainers and *Shuttle Time* Tutors.
- Assist with setting up of equipment sponsorships and equipment supplier arrangements.
- Monitor / evaluate the implementation of *Shuttle Time* Schools Badminton and provide information to the BWF on progress towards meeting implementation targets.





# BWF MEMBER ASSOCIATIONS



- Identify and put in place a project 'driver' – *Shuttle Time* Coordinator.
- Determine a national implementation strategy.
- Engage key stakeholders – national sports funding bodies, ministries of education, member clubs and associations – to work out a plan for implementation and to secure the commitment for the programme.
- Organise the training of *Shuttle Time* Trainers and *Shuttle Time* Tutors
- Set up agreements with equipment suppliers.
- Promote the programme to universities as a PE curriculum sport.
- Monitor / evaluate the implementation of schools badminton and provide data on the implementation.
- Submit the *Shuttle Time* National Planning document and survey on an annual basis.

For more information and access the *Shuttle Time Implementation Guideline*, please contact the BWF *Shuttle Time* Team at [shuttletime@bwf.sport](mailto:shuttletime@bwf.sport)







62,126+ trained *Shuttle Time* Teachers



Resources in more than 25 languages

## A GLOBAL PROJECT

The implementation of the *Shuttle Time* project is a classic example of 'think globally – act locally'. *Shuttle Time* resources and materials have been used in different ways to meet local needs and to support BWF Members in their grassroots participation programmes.

At its most fundamental level, BWF has offered its membership a tool not only for their own use, but to approach government and sports funding bodies to secure support for a schools-based badminton programme locally, regionally and nationally.

BWF's goal is to make badminton one of the world's most popular and accessible school sports. The resources, a systematic approach and the support of partners have seen some really important outcomes for badminton globally.



Global implementation in over 150 countries





2,644+ trained  
Tutors



Inclusive programme,  
which caters to those  
with physical and  
intellectual disabilities



65,483 mobile  
app downloads



3.3 million  
children  
engaged (50%  
boys & 50% girls)

# SHUTTLE TIME



3.8+ million  
video clip views  
(available in  
English, French,  
Spanish & Arabic)



Partnerships: United Nation  
Refugee Agency (UNHCR),  
Special Olympics, Peace &  
Sport, International School  
Sport Federation (ISF), TAFISA



More than 75% of BWF Member  
Associations implementing  
the programmes



*Shuttle Time*  
Youth Leadership  
workshop available



University course  
available



Online Component  
(4,913 registrations  
to date)



# SHUTTLE TIME FOOTPRINT

## PAN AM (29 countries)

Argentina, Aruba, Barbados,  
Bolivia, Brazil, Canada, Chile,  
Colombia, Costa Rica, Cuba,  
Dominican Republic, Ecuador,  
El Salvador, Guadeloupe,  
Guatemala, Guyana,  
Haiti, Honduras, Jamaica,  
Martinique, Mexico, Panama,  
Paraguay, Peru, Puerto Rico,  
Saint Lucia, Uruguay,  
United States of America,  
Venezuela

## EUROPE (43 countries)

Armenia, Austria,  
Azerbaijan, Albania,  
Belgium, Bosnia &  
Herzegovina, Bulgaria,  
Croatia, Cyprus, Czech  
Republic, Estonia, Faroe  
Islands, Finland, France,  
Georgia, Germany, Greece,  
Greenland, Hungary,  
Iceland, Ireland, Israel,  
Italy, Kosovo, Latvia,  
■ Lithuania, Malta, Moldova,  
Netherlands, Norway,  
Poland, Portugal, Romania,  
Russia, Scotland, Serbia,  
Slovakia, Slovenia, Spain,  
Sweden, Switzerland,  
Ukraine, Wales



BWF's *Shuttle Time* Schools Badminton Programme is currently being implemented in more than 150 countries, in various unique and diverse contexts.

**AFRICA (31 countries)**

Algeria, Benin, Botswana, Burkina Faso, Burundi, Cameroon, Democratic Republic of the Congo, Republic of the Congo, Djibouti, Egypt, Equatorial Guinea, Ethiopia, Ghana, Guinea, Ivory Coast, Kenya, Lesotho, Madagascar, Mauritius, Morocco, Mozambique, Niger, Nigeria, Senegal, Sierra Leone, South Africa, Togo, Tunisia, Uganda, Zambia, Zimbabwe

**ASIA (34 countries)**

Afghanistan, Bahrain, Bangladesh, Bhutan, Brunei Darussalam, Cambodia, China, India, Indonesia, Iran, Iraq, Jordan, Kazakhstan, Kuwait, Kyrgyzstan, Laos, Lebanon, Macau, Malaysia, Maldives, Mongolia, Myanmar, Nepal, Pakistan, Philippines, Qatar, Saudi Arabia, Singapore, Sri Lanka, Syria, Tajikistan, United Arab Emirates, Uzbekistan, Vietnam

**OCEANIA (15 countries)**

Australia, Cook Islands, Fiji, Guam, Kiribati, New Caledonia, New Zealand, Northern Mariana Islands, Papua New Guinea, Samoa, Solomon Islands, Tahiti, Tonga, Tuvalu, Wallis & Futuna



## BWF SHUTTLE TIME BEST PRACTICE

For this application, BWF has selected 20 best practices which provide an insight into the creative and innovative ways that the *Shuttle Time* programme is being utilised by BWF, Continental Confederations, Member Associations and international partners to meet their particular badminton and social development goals.

BWF's goal is to make badminton one of the world's most popular and accessible school sports. The resources, a systematic approach and the support of partners have seen some really important outcomes for badminton globally.





### Shuttle Time Implementation



Wales



Fiji



Ukraine



Azerbaijan

### Shuttle Time Initiations



Papua New Guinea



#ShuttleTimeAtHome



Senegal

### Shuttle Time Inclusivity



Uganda



Jordan



Switzerland

### School Badminton Tournaments



United Arab Emirates



Spain

### Physical Education Teachers and Students University Course



Chile



Argentina

### Youth Leadership Workshop



New Zealand

### Shuttle Time Online Component



Australia

### Regional Coordinator Workshop



Oceania



Africa

### Legacy and Major Events



Scotland



Brazil





## BADMINTON WALES SHUTTLE TIME IMPLEMENTATION: CREATING WAVES IN WALES

### OVERVIEW & BACKGROUND

Badminton Wales implemented the BWF *Shuttle Time* programme in January 2017.

Badminton Wales' first objective was to upskill their coaching workforce to be able to deliver *Shuttle Time*. This process started with a tutor training course which Badminton Wales hosted in conjunction with Badminton Europe in February 2017, training three new tutors which helped them deliver *Shuttle Time* teacher courses across Wales.

Having developed the workforce their focus then turned to the promotion of *Shuttle Time*. The federation concentrated on this for six months during which they targeted local authorities, schools, colleges and universities. Three courses were delivered within schools as pilots for their newly trained tutors.

By July 2017 the focus shifted to the delivery of *Shuttle Time* into schools. Between July and December, the federation delivered 11 teachers' courses across Wales. The expansion has continued into secondary schools and higher education, integrating and initiating *Shuttle Time* into Cardiff Metropolitan University. To sustain the initial excitement around the new initiative they implemented a *Shuttle Time* schools competition structure and fun festivals. Adding the competition structure encouraged participants to develop their skills and helped increase the standard of play.

### APPROACH


Due to the excellent uptake of the *Shuttle Time* initiative, Badminton Wales developed new routes for the children to continue on the player pathway.

Currently in Wales junior badminton clubs are available, but many are full and/or have waiting lists. To overcome this, the federation developed partnerships with their leisure centre providers.

The offer includes the upskilling of their workforce in *Shuttle Time*, continued support, and Continuing Professional Development (CPD). The sessions can be delivered as a 10-week block or on an ongoing basis. As a result, and with the success of the newly formed *Shuttle Time* sessions, players have participated in numerous cycles of the 10-week courses which have presented them the opportunity to establish *Shuttle Time* clubs within the leisure facility.

The *Shuttle Time* clubs help continue the players' development and keep them engaged with badminton.

Utilising the *Shuttle Time* initiative in this way has not only created new opportunities for young players but has built new partnerships and aided club development.

 <https://shuttletime.bwfbadminton.com/project-of-the-month/shuttle-time-wales-passport-book>

**“** *These sessions suited my son as he was a beginner. I have now signed him up for his second lot of 10 weeks as he is enjoying the sessions so much. His skills have also developed greatly, and he is now able to play with his brother.* **”**

– Parent

**“** *This is a fantastic resource for us teachers. I had no knowledge of badminton but using the lesson plans and videos I was able to deliver a fun session to my class of seven-year-olds!* **”**

– School Teacher



### RESULTS

- 7 tutors trained, including one university tutor
- 819 teachers trained
- 492 school sessions delivered
- 1593 children in weekly sessions
- 1888 children at festivals and competitions between September-December 2017
- 32 training courses / workshop delivered  
(25 teachers, 2 tutors, 1 trainers, 3 university courses, 1 youth leadership workshop)







## FIJI BADMINTON ASSOCIATION (FBA)

### SHUTTLE TIME IMPLEMENTATION: FAMILY LOCKDOWN & BACKYARD WELLNESS

#### OVERVIEW & BACKGROUND

In 2019, Fiji experienced its first hit from the COVID-19 wave. Many lost their jobs and were caught by surprise. Salaries were cut; unlucky people in their thousands were laid off. Domestic violence and abuse had increased.

*Shuttle Time Fiji* decided to play its part in helping families out. FBA activated their 'Yasayasa Badminton Campaign' which encouraged families to play badminton in the vicinity of their homes.

In collaboration with Fiji National Sports Commission (FNSC) and Ministry of Health (MOH) this programme was approved to create a fun and peaceful environment within the community, helping them deal with their problems.



**“I think it's a great opportunity to have fun and aids our physical and mental health. It is suitable and accessible for us and can be played by all age groups.”**

– Saiasi Bose  
FNSC Development Officer North

**“My family loves it as it is a form of physical activity and keeps us well during lockdown. It's nice to see my parents and siblings have fun and smile during these trying times. I must say it had brought us closer as a family.”**

– Rristi Nadan  
Badminton Fiji Development Officer

**“We find it awesome as it is fun and easy to learn. It provides good exercise for us as a family and we also play it in our house. It's fun to play with our mum and dad.”**

– Adlai Matthias & Rayne Matthias  
School students

#### APPROACH

As badminton is a non-contact sport, *Shuttle Time* was suitable for communities even during lockdown after observing safety measures.

Trained teachers and tutors were engaged. Divisions (north, east, south and west) FNSC and *Shuttle Time* workforces were activated from their homes. Online Youth Leadership Workshop training and online components were implemented. Equipment loans from FNSC were sanctioned. *Shuttle Time* activities on the *Shuttle Time* Mobile App were used for kids and intergenerational competitions were conducted.

<https://shuttletime.bwfbadminton.com/project-of-the-month/shuttle-time-fiji-making-it-happen-where-it-matters>



#### KEY OUTCOMES

- Fiji Rugby Development officers activated 'Backyard or Yasayasa Badminton'
- Oceania Sports Education Programme (OSEP) staff and Educators were in Fiji promoting *Backyard or Yasayasa Badminton*
- Increased participation and awareness of badminton within sporting circles, with OSEP and Rugby Development Officers advocated for badminton as a suitable lockdown sport.
- *Shuttle Time Fiji* workforce engaged and active in lockdown bubbles assisting with family health and wellness
- Families playing and having fun in lockdown, which encouraged family unity and teamwork. Greater participation in intergenerational competitions within homes.

#### RESULTS

- 40 teacher courses delivered
- 681 teachers trained
- 7 tutor courses delivered
- 16 tutors trained
- 11 youth leadership workshops delivered
- 107 youth trained





# UKRAINE BADMINTON ASSOCIATION

## SHUTTLE TIME IMPLEMENTATION: BADMINTON IN PE LESSONS IN SCHOOLS

### OVERVIEW & BACKGROUND


From 2019 Ukrainian Badminton Association (UBA) began to receive support from Badminton Europe and BWF to promote *Shuttle Time* in Ukraine, designed to develop badminton through sport programmes.


This is specially designed to popularise badminton among schoolchildren from 6 to 17 years old; training PE teachers; and implementation in school lessons.

This programme is particularly suited to those who are studying to be PE teachers.

### APPROACH

Quite significantly, in 2020, UBA received support from the Ministry of Education and Science of Ukraine for the implementation of *Shuttle Time* in the school curriculum.

 <https://shuttletime.bwfbadminton.com/project-of-the-month/ukraine-embraces-shuttle-time>

 <https://shuttletime.bwfbadminton.com/whats-new/shuttle-time-ukraines-next-chapter-begins-with-university-students>

*“This programme is competent and modern. Teachers enjoy learning and implementing Shuttle Time in their lessons. Ukrainian Badminton Federation is planning to introduce competitions among tutors, teachers, the school league and the award prize for the best tutor of Ukraine.”*

– Alina Flint

*Shuttle Time* Coordinator of Ukraine

### KEY OUTCOME

The Ministry of Education and Science of Ukraine approved *Shuttle Time* and it was included in the national programme of the President’s “Healthy Ukraine” policy.



### RESULTS

Since 2019, the UBF has:

- 5 courses for tutors / trainers delivered in different regions
- Conducted more than 40 training seminars for teachers in schools
- Presented *Shuttle Time* at universities
- Published teaching aids to provide books for tutors and teachers
- Hosted an international seminar on *Shuttle Time* for tutors
- More than 690 teachers trained and are successfully implementing *Shuttle Time* in PE lessons
- Over 5000 children in schools are learning badminton in their PE lessons
- 50 tutors received international certificates and are training PE teachers
- Two universities have introduced a *Shuttle Time* programme for students
- For the third year the federation has been taking part in the “JuniorZ” sports movement, at which they have been making a presentation on *Shuttle Time* for two years





## AZERBAIJAN BADMINTON FEDERATION

### SHUTTLE TIME IMPLEMENTATION: SHUTTLE TIME TOUR AROUND AZERBAIJAN

#### OVERVIEW & BACKGROUND

The programme aimed to introduce badminton to Physical Education (PE) teachers in leading regions of Azerbaijan, so that they could include badminton in their curriculum.

Those PE teachers who were motivated were encouraged to be professionally trained to become successful badminton coaches.

*“Members of the organising committee were positive about the results of the project. They are finding its implementation a useful tool for the promotion of badminton in the country as 400 teachers were trained, which is a sizeable number for Azerbaijan.”*

*Organisers believe that the teachers can train professional players from various regions of Azerbaijan in future.*

*Participants were very happy with the project. Most of them expressed their interest to teach badminton in their villages and cities after the end of the project.*

*They are finding spaces for prospective players to train. Thus, they believe in the near future they can find talented young players for the professional level.”*

– Parvin Piriyeve

Shuttle Time Coordinator of Azerbaijan

#### APPROACH

In cooperation with BWF, for the first time Azerbaijan Badminton Federation (ABF) organised *Shuttle Time* seminars in 14 districts of five big cities in Azerbaijan. The cities were Baku, Sumgait, Ganja, Lankaran and Qusar.

Open-air seminars were planned for sports teachers from all over the country, with special focus on regional schools and up-to-date information on the fundamentals of badminton training at schools.

The goal was to identify prospective players and to train coaches to identify potential. Together with the Ministry of Education and the Ministry of Youth and Sports, ABF identified the most appropriate places to hold the seminars.

 <https://shuttletime.bwfbadminton.com/whats-new/shuttle-time-tours-azerbaijan-regions-for-first-time>

 <https://youtu.be/eZKXSDpAbPU>



#### RESULTS

- 80 participants engaged in each place, training teachers in host cities and neighbouring areas
- 400+ teachers trained
- 20 teacher courses delivered
- *Shuttle Time* teachers' manual available in Azerbaijani
- Created new accessible resources for both amateurs and professionals interested in teaching and playing badminton







## BADMINTON PAPUA NEW GUINEA

### SHUTTLE TIME INITIATIONS: CHALLENGES OF TOPOGRAPHY AND CONNECTIVITY

#### OVERVIEW & BACKGROUND

Badminton is new to Papua New Guinea (PNG). Consisting of hundreds of islands and home to more than 850 distinct languages, PNG is a complex society.

Given that PNG is topographically complex and that most of its 22 provinces can only be reached by air, it is challenging to develop a new sport.

Badminton PNG was only registered with the Investment Promotion Authority in 2016 and it has taken a long time to promote a sport that is foreign to its people. Badminton PNG is now registered with the Papua New Guinea Olympic Committee.

Although it still doesn't have a Board the interim executive has tried its best to implement *Shuttle Time* in schools and communities with the help of volunteers.

#### KEY OUTCOMES

In 2017, *Shuttle Time PNG* encouraged children both in and out of school to experience badminton. Programmes in the communities have been the biggest draw and will continue for years to come. *Shuttle Time PNG* is gearing up to move into the corporate world by encouraging organisations in all sectors to use their special sports days to play badminton.

- Equipment supplied to local schools to run *Shuttle Time* in schools and communities (semi-urban settlements / villages)
- MOU signed with the Special Olympics of PNG (SOPNG) to facilitate *Shuttle Time* and build their Special Olympic Volunteers to *Shuttle Time* level
- Collaboration with Badminton Oceania to deliver Inclusive GymBad programme, together with Oceania Gymnastics Union, Papua New Guinea Gymnastics Federation and Motivation Australia as part of 'Team Up' – the Australian Government's 'sport for development' programme in Asia-Pacific.
  - Half of all *Shuttle Time* Teachers trained are female.
  - Seventeen percent of the participants have a disability

#### APPROACH

*Shuttle Time* was initially implemented in some formal settings but it became more popular in local communities and settlements. Papua New Guineans prefer to play ball sports, so Badminton PNG is looking at creative ways to promote the sport.

What makes *Shuttle Time* different in this country is that *Shuttle Time* is conducted in limited spaces between classrooms, open fields and ovals instead of surfaces in proper stadiums. The contrast is quite huge.

There is no financial support from the government and business houses. Communities and schools have volunteers who run *Shuttle Time*. Equipment fortunately is supplied via Badminton Oceania and BWF.

- ≡ <https://shuttletime.bwfbadminton.com/project-of-the-month/shuttle-time-for-png>
- ≡ <https://shuttletime.bwfbadminton.com/project-of-the-month/inclusive-gymbad-stamping-out-barriers-with-shuttle-time-in-papua-new-guinea>
- ≡ <https://badmintonoceania.org/badminton-png-and-special-olympics-png-sign-memorandum-of-understanding>



#### RESULTS

- 15 teacher courses and one tutor course delivered
- 300+ school teachers, special education personnel and community volunteers trained as *Shuttle Time* tutors / teachers
- 10+ communities delivered weekly badminton sessions
- Over 800 children exposed to badminton through *Shuttle Time*
- 51% Female participation

*“The Shuttle Time programme is helping our children and youth keep away from mischief and the youth are also learning to become coaches for young children, hence teaching them to be responsible leaders in our semi-urban community.”*

– Nigel Paloa

Gereka Village Community Volunteer for Special Olympics PNG





## BADMINTON WORLD FEDERATION

### SHUTTLE TIME INITIATIONS: #SHUTTLETIMEATHOME

#### OVERVIEW & BACKGROUND

BWF Shuttle Time Schools Badminton programme has been implemented since 2012 by more than 150 countries, with over 62,126 certified teachers trained globally.


Due to the pandemic, a lot of badminton activities and face-to-face courses could not be delivered.

To encourage teachers, parents, students and children to stay active at home, the idea of #ShuttleTimeAtHome was conceived, enabling activities that could be practiced at home in a fun, safe, enjoyable and inclusive environment.



#### APPROACH

BWF worked with a Shuttle Time trainer to record five different Shuttle Time activities from the BWF Shuttle Time Lesson Plan.

 <https://shuttletime.bwfbadminton.com/whats-new/shuttletimeathome-challenges>

 <https://youtu.be/aVXnAuLvgyQ>

 <https://youtu.be/kWnD4bw82Wo>

 <https://youtu.be/li3MLJGbelo>

 <https://youtu.be/vGREgMGaMyw>

 <https://youtu.be/Pr8go2gSabl>

#### KEY OUTCOMES

The outcome of this initiative has allowed children to be active at home and enjoy fun badminton activities.

This was a great solution for teachers and parents to engage their students and children during lockdown.

CCs, MAs and Shuttle Time teachers have been using similar ideas to be creative in adapting the Shuttle Time Lesson Plan to encourage children to stay active and healthy at home.

This initiative has kept the Shuttle Time community active during the pandemic.

#### RESULTS

- Five videos produced
- 31,268 views





## SENEGAL BADMINTON FEDERATION

### SHUTTLE TIME INITIATIONS: SHUTTLE TIME ROLLOUT IN SENEGAL

#### OVERVIEW & BACKGROUND

The rollout of *Shuttle Time* in Senegal saw a batch of 83 tutors and teachers being trained in 2021.

Being the host of the 2026 Youth Olympic Games, it is important to have skilled players represent the country in badminton and the first step towards that is to have a structured and strategic plan starting with grassroots development. This is where the *BWF Shuttle Time Schools Programme* becomes an important tool.

Beyond the training of tutors and teachers, Federation Senegalaise de Badminton (FESBAD) focussed on the most remote places of Senegal to achieve the spread of the sport and remove the perception that this is a sport only for the well-to-do.



*“I was very happy to have participated in Shuttle Time training. We feel that badminton, despite being a new sport in Senegal, will quickly become popular in our schools because it develops physical and motor qualities.”*

– Abou Dia

President of the *National Association of Teachers of Physical Education and Sports (ANEPS)*

*“We want to make badminton one of the recreational disciplines for young people because it is fun and physical at the same time.”*

– Coordinator of Leisure Activities at Gaston Berger University

#### APPROACH

The designation of roving ambassador provided additional motivation to tutors and teachers, who are often PE teachers involved not only in teaching the basics of badminton, but also taking the sport far and wide (for example, in Fatick, 300 km from Dakar). One of the crucial approaches was to go to university, with the INSEPS-appropriate environment aiding these future teachers.

Another approach was to combine *Shuttle Time* with other sports disciplines. At Yoff Diamalaye beach, budokas and beach football players came in droves to participate in AirBadminton.

📄 <https://shuttletime.bwfbadminton.com/whats-new/badminton-off-and-running-in-senegal>

📄 <https://shuttletime.bwfbadminton.com/project-of-the-month/senegal-conducts-48-hours-of-badminton-at-school>

#### KEY OUTCOMES

- Badminton become popular in several areas of the country, particularly among young girls in schools
- Interclass and interschool competitions have been organised in some schools and this has allowed many students to discover badminton and participate in training sessions.



#### RESULTS

- 98 teachers trained
- 13 tutors trained
- 17,530+ school children engaged





## UGANDA BADMINTON ASSOCIATION

### SHUTTLE TIME INCLUSIVITY: ENHANCING AWARENESS AND PARTICIPATION

#### OVERVIEW & BACKGROUND

There are over 160,000 primary schools and 50,000 secondary schools in Uganda, which can provide a great opportunity for the growth of the sport.

In 2018, over 200 schools, 20 higher institutions of learning and 10 clubs are involved in badminton. Locally, there are several National Open and Schools' tournaments for all categories from four years to over 70 years for both men and women. There is also a programme for Para badminton, as well as the *Badminton for All* project in schools under the *Shuttle Time* banner.

Para badminton was introduced officially in 2015 in Uganda. A BWF-supported workshop was held for coaches and players. Para badminton players normally train at Sharing Youth Center Nsambya and the Salvation Army Home Care for Children with Disability at Wandegeya, both suburbs to the capital city of Kampala. With the assistance of the Chief of Defence Forces of the Uganda Peoples Defence Forces (UPDF), UBA introduced Para badminton in the army; Mubende Army Barracks is the main centre of coordination.

In April 2017, UBA hosted the first edition of the Uganda Para Badminton International that attracted 36 players from five countries. April 2018 saw Uganda proudly hosting its second edition with 120 participants from 13 countries, and in May, the Africa Para Badminton Championships 2018. Our *Shuttle Time* beneficiaries took part in both events.



#### APPROACH

The *Shuttle Time* programme has enabled the training of sports and PE teachers with the necessary skills, knowledge and confidence to plan and deliver safe and enjoyable badminton lessons to children using *Shuttle Time* resources as a guide.

Before *Shuttle Time* was launched, badminton was focused around Kampala schools and the central region but now it is played everywhere.

Uganda is among the nine countries selected by BWF to conduct the UNOSDP project. This has run alongside *Shuttle Time* where players with physical and psychological impairments are engaged in the sport.

<https://shuttletime.bwfbadminton.com/project-of-the-month/bwf-un-badminton-for-all-project>

<https://youtu.be/lhSxlbGJOSQ>

<https://shuttletime.bwfbadminton.com/wp-content/uploads/2019/02/Final-Report-BWF-UN-Badminton-for-All-Project.pdf>

#### KEY OUTCOMES

Ever since its introduction in Uganda, *Shuttle Time* has had a great impact in increasing the number of participating schools and players from both primary and secondary schools in the "Schools" and "Open" badminton tournaments each year.

Since 2014, the numbers have steadily gone up. Media coverage too has increased.

**“*Shuttle Time introduced us to badminton and has enabled us to learn to play it and use some of the lessons for our PE lessons. We have also travelled to the capital city Kampala to compete in national events.*”**

– **Wetaka Nasuru**

Teacher, Maluku Primary School, Eastern Uganda

**“*Playing Badminton has enabled me to have self-confidence and introduced me to new friends. People have shown us a lot of love and I know that one day I am going to become a champion in my Para badminton class of SL3.*”**

– **Hamdan Kitutu**

Pupil, Salvation Army Home of Joy



#### RESULTS

- 230+ teachers trained
- 17,525+ school children from 204 primary and secondary schools
- Para athletes have been able to participate in both national and international Para badminton tournaments
- Schools from all regions of Uganda involved in the national schools badminton tournament





## BWF – JORDAN BADMINTON FEDERATION

### SHUTTLE TIME INCLUSIVITY: BADMINTON BEYOND BORDERS

#### OVERVIEW & BACKGROUND

In November 2019, BWF delivered a training course to educate Syrian refugees as badminton teachers using the *Shuttle Time* programme.

The initiative is part of BWF's commitment to further humanitarian, peace and development-supporting activities in the Middle East. In partnership with the Taekwondo Humanitarian Foundation and World Taekwondo, this training aimed to deliver fun activities for the many children and youth visiting the Azraq Taekwondo Academy at the Azraq Refugee Camp in Jordan.

Earlier, in January 2019, the two sports had signed a Memorandum of Understanding (MoU) in a collaboration to promote and support humanitarian and social development initiatives around the world through sport.



#### APPROACH

The activation at the Azraq Refugee Camp saw two badminton experts from Badminton Africa and Jordan Badminton Federation train six male and seven female Syrian refugees.

The two experts were Ahmed Redha, BCA Regional Development Officer, and Hadeel Alomari, *Shuttle Time* Coordinator of Jordan. They trained teachers to deliver weekly badminton sessions to boys and girls in the camp.

<https://bwfbadminton.com/news-single/2019/01/16/badminton-joins-taekwondo-in-humanitarian-mission/>

<https://shuttletime.bwfbadminton.com/whats-new/badminton-beyond-borders>

*“ In 2019 we chose Azraq camp to start teaching badminton for the kids there, by the Syrians themselves. We conducted a workshop with a group of teachers. Badminton courses started in the camp, people loved it, and the number of interested kids kept increasing. The game spread like light within the camp, and everybody thought it was a great addition to their lives.*

*One refugee said (and I quote): ‘I’m very grateful that somebody finally thought of us from this perspective. All other organisations are giving us the basic needs of food, shelter, education, and jobs to survive and be safe, but we’ve been in the camp for years and we needed someone to give us something different, something fun for the kids to feel that they have a normal lifestyle.’ ”*

– Hadeel Alomari  
Shuttle Time Coordinator of Jordan







## BWF – SWISS BADMINTON

### SHUTTLE TIME INCLUSIVITY: SUPERGIRLS PLAY BADMINTON

#### OVERVIEW & BACKGROUND

In 2021, Swiss Badminton devised an interactive badminton experience called *'Supergirls Play Badminton'* which was staged in various locations in Switzerland in cooperation with local badminton clubs. With the project, girls – especially from immigrant backgrounds – experienced badminton and were introduced to their local badminton club.

Each session, lasting around 1.5 hours, consists of an introduction to the sport followed by an *'It's Shuttle Time Girls!'* tournament. All exercises are demonstrated language-free so that the girls can participate even if they do not yet understand the language.

Ideally, after the badminton experience, the girls will have found a club nearby where they can train further, make new friends and thus be integrated into the club for a longer term. If a girl joins a badminton club after an event, she receives a free racket from Swiss Badminton.



#### APPROACH

After meetings with BWF and the Federal Office of Sport in Switzerland, the concept of the project was finalised. The target group of the project was defined precisely as this was one of the key aspects of the project.

The Swiss residence permit was used to categorise target groups. The project is therefore aimed at asylum seekers (Permit N), temporarily admitted foreigners (Permit F) or girls with a settlement permit (Permit C) or residence permit (Permit B). For this reason, the project was designed to be language-free.

In addition, T-shirts with the project slogan and the *Shuttle Time Switzerland* logo were printed. Flyers were used to advertise the project at schools, badminton clubs and migration centres. By September the time was right for the first *'Supergirls Play Badminton'* event.

<https://shuttletime.bwfbadminton.com/whats-new/migrant-girls-get-badminton-exposuremigrant-girls-get-swiss-badminton-exposure>

<https://youtu.be/GNyEi76wz1E>



*“For this project, cooperation with Shuttle Time is inevitable. With the help of Shuttle Time, access for the girls can be facilitated. Many great exercises from Shuttle Time were included and the sessions transformed into a great badminton experience.”*

– **Sabrina Mattle**  
Former *Shuttle Time* Coordinator of Switzerland

*“Badminton has the potential to facilitate the integration of girls with immigration backgrounds in Switzerland. The project 'Supergirls Play Badminton' also benefits girls who are already in a club. They meet new girls of the same age and have the opportunity to act as mentors. We are happy to have co-organised the first such experience as a partner club and look forward to a second edition next year.”*

– **Thomas Richard**  
BC Uni Bern (organising club)



#### KEY OUTCOMES

The event held on 23 September 2021 was a success. To provide the girls with the best possible badminton experience and to make it easier for them to get started, the event was held during a training session of the local girls' group. The girls who participated enjoyed

the fun session and had the opportunity to participate in the *'It's Shuttle Time Girls!'* tournament. The numerous positive comments led to the project being conducted through the year and even the next year all over Switzerland.

A second event was planned for 11 November 2021 in Bubendorf (near Basel). The feedback from the organising badminton club of the first event was positive, with all external girls signing up for further training or even club membership. A total of 137 girls joined the event and eventually joined the local clubs.

The project is on-going on an annual basis.





## UNITED ARAB EMIRATES BADMINTON FEDERATION SCHOOL TOURNAMENTS: SHUTTLE TIME DUBAI SCHOOLS CHAMPIONSHIPS

### OVERVIEW & BACKGROUND

Dubai is one of seven emirates which make up the United Arab Emirates. In 2014, Dubai was awarded the right to host the BWF's *World Superseries Finals* for four years. The agreement included a commitment to developing badminton as a grassroots sport in Dubai and a BWF Dubai Development Manager was appointed. With the support of the Dubai Sports Council and the BWF, the strategy was to:

- Bring existing communities, clubs, academies and casual players together under a national federation
- Initiate Emiratis into the sport, supporting the government's drive to increase the population's level of activity and counter the nation's growing levels of obesity and diabetes
- Raise badminton's profile – locally and regionally – alongside the promotion of the *Dubai World Superseries Finals* and Dubai as a sporting destination

Collaborating with the local community, the *Dubai World Superseries Finals* team and local government agencies, UAE Badminton Federation undertook to increase not only the number of badminton players (both males and females of all ages) but also the number and quality of facilities, teaching and coaching and tournaments.

A major focus was in the 350 schools of Dubai. In addition to training teachers in accordance with *Shuttle Time* principles, Local Training Centres were established to give Emirati students access to quality coaching and in turn to be selected for high performance training. Schools also became the centrepieces of the marketing drive for the *Dubai World Superseries Finals*. The showcase for *Shuttle Time Dubai*'s drive to engage schoolchildren in badminton was the *Shuttle Time Dubai Schools Championships* for students (U11 to U17).

### KEY OUTCOMES

*Shuttle Time Dubai* has, through the *Shuttle Time Dubai Schools Championships*:

- Led to increase in skill and competitiveness amongst young Emiratis to the point where they are now able to compete in Open tournaments
- Established Local Training Centres in 20 Emirati schools, in preparation for the *Shuttle Time Dubai Schools Championships*
- Badminton added as the only new sport – and the only racket sport – to the roster of events for the Schools Olympics
- Badminton is included in the Ministry of Education's school curriculum since February 2017
- An "army" of skilled, committed and enthusiastic staff and volunteers, who are driving forward on all areas of badminton in the UAE, especially event organisation established
- Badminton is recognised as a leading influence in school sports development and tournaments in Dubai and the UAE

### APPROACH

With the support of the Ministry of Education and the Ministry for Youth and Sport, The Knowledge and Human Development Authority (which regulates the UAE's private schools) and Dubai Sports Council, invitations were issued to all Dubai-based schools for the first *Shuttle Time Dubai Schools Championships* in 2015.

The *Shuttle Time Dubai* team engaged with schools by:

- Training teachers
- Working with PE departments on their facilities, helping join them with academies and clubs
- Donating BWF *Shuttle Time* school kits
- Offering coaching and support for PE exam programmes
- Visiting schools to promote the *Dubai World Superseries Finals* in a fun and engaging way

Having trained teachers in both government and private schools, it became apparent that there was no appropriate school tournament for the teachers and students to aim for. The *Shuttle Time Dubai Schools Championships* bridged the gap, increasing interest in teachers and students.

Aiming to present their teams at this event, teachers used their newly gained knowledge to prepare students and build confidence.

The *Shuttle Time Dubai Schools Championships* were held on *Dubai World Superseries Finals* day at the same venue – the Olympic standard facility offering inspiration to all competitors.

 <https://development.bwfbadminton.com/whats-new/desert-metropolis-to-badminton-hub>

**“The Shuttle Time Dubai Schools Championships is unique. Badminton offers Emiratis and expats, girls and boys, the opportunity to compete in a safe and fun environment. They have risen to the challenge, inspired by exposure to more experienced players and the chance to meet their heroes. In this way, they have become the heroes of their own schools!”**

– Ghazi Al Madhani

General Secretary of the UAE Badminton Federation



### RESULTS

- 500 teachers trained
- 100 level 1 and 2 coaches trained
- 500 Emirati and 2000 expat children competed at the *Shuttle Time Dubai Schools Championships*
- 50 talented young Emirati athletes Selected, trained and supported towards representing their country regionally and internationally





# SPANISH BADMINTON FEDERATION

## SCHOOL TOURNAMENTS: *BANKING ON BADMINTON PLUS (B+)*

### OVERVIEW & BACKGROUND

The Spanish Badminton Federation (FESBA) in its strategic plan is intent on badminton “becoming one of the most popular and practiced sports in Spain”.

To achieve this goal, FESBA developed a tailored programme incorporating *Shuttle Time* to promote badminton in schools: *Badminton PLUS (B+)*.

Based on the work done with the previous programme ‘*Fly with Badminton*’ in 2006, *B+* has been updated and improved through its relationship with *Shuttle Time*, allowing FESBA to focus on four key elements: education, health, accessibility and fun, and to connect three essential agents to promote badminton: schools and PE teachers, badminton clubs and coaches, and regional federations.



### APPROACH

Every year the programme is developed in four different phases:

- **Registration Phase of educational centres, clubs and territorial federations:** FESBA has a structured process to compile all the institutions’ data and send badminton packs to the clubs involved.
- **Promotion Phase:** Clubs and coaches visit schools to promote badminton among students and teachers.
- **Training Phase:** PE teachers receive educational resources through FESBA’s online platform and *Shuttle Time* programme, to practice badminton properly during their PE lessons.
- **Festivals Phase:** Territorial federations developed a school championship that ends in a national school badminton championship, which uses a relay scoring system.

<https://shuttletime.bwfbadminton.com/project-of-the-month/shuttle-time-spain-also-known-as-badminton-continues-growing>

<https://shuttletime.bwfbadminton.com/whats-new/badminton-shuttle-time-crowns-its-school-champion-in-spain>



### RESULTS

The numbers involved with the programme every year:

- 900+ schools
- 100+ clubs
- 17 territorial federations
- 600 promotions
- 100,000+ students



“ *Badminton PLUS is a key programme to promote badminton. It represents the first contact with badminton for a lot of kids. Badminton PLUS and Shuttle Time are helping Spanish Badminton Federation to engage thousands of kids.* ”

– **Francisco José Casermeiro Gámez**  
Director of Education and Development





## CHILE BADMINTON FEDERATION (FEDEBAD) PHYSICAL EDUCATION TEACHERS AND STUDENTS UNIVERSITY COURSE: SHUTTLE TIME PROGRAMME AT UNIVERSIDAD DE LA FRONTERA, CHILE

### OVERVIEW & BACKGROUND

*Shuttle Time* has been a key driver of grassroots badminton in Chile. The federation (FEDEBAD Chile) was founded in September 2011 with three clubs; over the next six years 20 clubs were affiliated with it.

Government funding helped initially. In 2015 the entire budget for teachers and tutors was paid for by the government; but by the next year, FEDEBAD had to shoulder a percentage of the costs. There was thus a drop in the numbers, from 42 tutors and 227 *Shuttle Time* teachers in 2015, to 19 tutors and 99 *Shuttle Time* teachers in 2016.

For 2017, FEDEBAD decided to fund the entire programme, helping to train future PE teachers. Universidad de la Frontera was chosen for the national pilot programme.

### UNIVERSITIES IMPLEMENTED

- Temuco:
  - Universidad de la Frontera
  - Universidad de Católica de Temuco
  - Instituto Profesional AIEP
- Santiago
  - Universidad Metropolitana de Ciencias de Educacion
  - Universidad Santo Tomas
- Concepcion
  - Universidad de Concepcion
- Talca
  - Universidad Catolica del Maule



FEDEBAD could build an economically sustainable model for badminton development. The university finances the costs of implementations of the courses. They pay the salary of teachers who are in charge of the programme.

The academic validation of the contents in the teacher's manual, lectures and resources in general are also a major benefit. Universities use the resources as bibliography in their curriculums and that offers the association academic validation.

Implementation of *Shuttle Time* in universities allows FEDEBAD to become much more ambitious, qualitatively and quantitatively. A virtuous circle is created at little cost.

### APPROACH


The approach was three-fold:

1. Capacity-building of PE teachers already employed in schools, and academics at universities who had chosen PE for their Majors.
2. Economically sustainable programmes aiding growth of teachers and tutors.
3. To generate the need for badminton all over the country, including scholar competitions and *Shuttle Time* Schools Festivals.

FEDEBAD got to incorporate the contents of the *Shuttle Time* university programme as part of the permanent courses for the Majors.

The *Shuttle Time* programme will take place every year in that particular university. This allows FEDEBAD to have a continuous rollout of certificated teachers.

Each year, an average of 50 students go through the programme.

 <https://shuttletime.bwfbadminton.com/accredited-universities>

*“The numbers speak. FEDEBAD has invested in long-term development, engaging directly with universities that supply skilled personnel for the nation's benefit. We hope to see more PE teachers who have gained badminton knowledge through this initiative in the long run.”*

– Esteban Javier  
Shuttle Time Coordinator of Chile

### BENEFITS

### RESULTS

The federation achieved the following impressive numbers:

- 2016: 27 students completed the *Shuttle Time* University course
- 2017: 236 students completed the *Shuttle Time* University course
- 2018: 327 students completed the *Shuttle Time* University course
- 2019: 37 students completed the *Shuttle Time* University course







## BADMINTON FEDERATION OF THE ARGENTINA REPUBLIC PHYSICAL EDUCATION TEACHERS AND STUDENTS UNIVERSITY COURSE: SHUTTLE TIME COURSE IN UNIVERSITY CURRICULUM

### OVERVIEW & BACKGROUND

The National University of Avellaneda (UNDAV) is a public university located in Avellaneda, province of Buenos Aires, bordering the autonomous city of Buenos Aires. It is an important sports city with more than 100 sports clubs.

As part of its academic offering, UNDAV has a Bachelor's Degree in Physical Activity and Sport Sciences within the Department of Health and Physical Activity.

This course has been on the curriculum since 2011 and its goal is to train human resources for sport and physical activity. Its academic training has a dual orientation: one oriented towards the implementation of physical activities and sports, and the other one towards sports management. In addition, it is federated into the Badminton Federation of the Argentine Republic (FEBARA).



### RESULTS

Many activities are temporarily cancelled due to the pandemic, but:

- Nine students passed the *Shuttle Time University* course in 2019.
- Badminton is included in the university's sports offerings.
- The first National College Cup was organised in 2019 at the National University of Avellaneda; there were participants from six universities.
- Two qualifying tournaments were held for the FISU World University Games.
- Two theses on badminton; one titled 'An Analysis of Low Service in Badminton', while the other was on badminton's local development in a neighbouring city.

### APPROACH

The first badminton workshop was held in 2012 for students of the Bachelor's Degree in Physical Activity and Sports Sciences, means every six months, until 2014 when badminton was included as a racket sport in Sport Practice 2, this one being a four-month term subject. Finally, in 2019, the authorities supported its inclusion as part of the curriculum of the *Shuttle Time University* course. UNDAV became one of the few universities in the world to incorporate badminton as content in a course.

It was taught for the first time from September to November 2019 under the direction of a university teacher, who is a *Shuttle Time* tutor. All the students who attended Sports Practice 2 that year participated in the *Shuttle Time University* course. The BWF granted UNDAV the Gold Certificate of Accreditation for these actions.



Due to the *Shuttle Time University* course, badminton has been included as an option within the university's sports offerings. The Student Welfare Office of UNDAV that takes responsibility for various sports activities is currently offering this opportunity to the university community.

Bachelor's students and graduates are in charge of the university teams. For instance, the professor of badminton is a 2019 Bachelor's Degree in Physical Activity and Sports Sciences graduate, as well as being a player and representative of badminton in UNDAV. She was also awarded the 'University Player of the Year' award at the Argentine University Sport Federation gala in 2019.

Further, based on the *Shuttle Time University* experience, two students are writing their theses on badminton; one of these was defended in 2021.

“Students obtain the necessary resources for the local development of badminton both for teaching, competition and for the management of sports entities.”

– Lic. Hector Maleh  
BWF *Shuttle Time* Tutor

“The incorporation of the University Shuttle Time programme to the curriculum of the Lic. In Physical Activity and Sport at the UNDAV not only reflects FEBARA's guideline of building links with educational institutions, but also promotes knowledge about sport through dynamic, entertaining and inclusive lessons.”

– Lic. Emanuel Cáseres  
Graduate student of UNDAV





## BADMINTON NEW ZEALAND YOUTH LEADERSHIP WORKSHOP: DEVELOPING STUDENTS AS LEADERS

### OVERVIEW & BACKGROUND

In 2014 *Shuttle Time* became the identified entry level programme in Badminton New Zealand's player and coach development pathway and was successful in inspiring children to take up badminton.

*Shuttle Time* delivery in New Zealand initially relied on the existing volunteer coaches network for teacher training. However, the delivery faced challenges with volunteer teachers dropping out.

To ensure that participants continue to receive a positive *Shuttle Time* experience it was necessary to develop a strategy around building the capability and capacity of the *Shuttle Time* workforce.

The first pilot BWF *Shuttle Time* Youth Leadership Workshop was delivered by Badminton New Zealand with the aim of developing secondary school students as *Shuttle Time* Leaders through the implementation and delivery of the *Shuttle Time* Youth Leadership Workshop.

The BWF *Shuttle Time* Youth Leadership Workshop has been designed to allow 15 to 18-year-old school students the opportunity to gain experience in sports leadership and badminton.

The workshop comes with International Certification from BWF and aims to provide students with the knowledge and support required to deliver fun, safe, inclusive and enjoyable badminton lessons to children.

*“During the course I developed many leadership skills on and off the court. I now have the tools to coach young people in Shuttle Time. Going forward this will be great for my CV.”*

– Priya Duggal

Hillcrest High School Student, Hamilton

### APPROACH

In 2017 in partnership with the Waikato Badminton Association, Badminton New Zealand piloted the BWF *Shuttle Time* Youth Leadership workshop, and 10 students took part.

A large component of the *Shuttle Time* Youth Leadership workshop was centered around the art of coaching and focusing on the delivery of leadership modules so that students were confident and capable of delivering fun and safe sessions to children.

Since piloting this programme, Badminton New Zealand has worked with several Development Officers around the country to deliver this workshop at their associations to strengthen their *Shuttle Time* workforce, thereby achieving the overall objective.

<https://shuttletime.bwfbadminton.com/project-of-the-month/shuttle-time-youth-leadership-award-pilot-project-in-new-zealand>



### RESULTS

Since piloting the *Shuttle Time* Youth Leadership Workshop since November 2017 these outcomes were achieved:

- 30 *Shuttle Time* Youth Leadership workshops delivered
- Ten associations have been involved in the delivery of the *Shuttle Time* Youth Leadership Workshop
- 270+ students have begun their coaching journey as *Shuttle Time* Youth Leaders







## BADMINTON AUSTRALIA

### SHUTTLE TIME ONLINE COMPONENT: SPORTING SCHOOLS & SHUTTLE TIME

#### OVERVIEW & BACKGROUND

Sporting Schools is an Australian government incentive designed to improve the physical literacy and physical activity levels of children between the ages of five and 14. As part of the Sporting Schools programme, schools can pay for coaches to visit and deliver the sport for at least four weeks as teachers don't have the time to train to become effective coaches.

Badminton is a popular sport in schools as it is easy for children of all ages and physical abilities to pick up a racket and play. Given that Australia is such a large country, Badminton Australia needed an efficient way to engage with teachers from interested schools in regions hard to access for *Shuttle Time* experts.

#### APPROACH

The Sporting Schools system supports a teacher-delivered model. Badminton Australia identified the need and provided schools access to the *Shuttle Time* Online Component as well as helping teachers learn and access equipment.

The key was to implement the programme in a format that teachers were familiar with.

<https://shuttletime.bwfbadminton.com/project-of-the-month/australian-lockdowns-non-issue-for-shuttle-time>

*“Although small in scale this project has wide implications for the spread of badminton across much of Australia’s regional and rural areas. The BWF online toolkit is a great resource that’s focused on making it easy for teachers to get kids moving. By making the teachers’ job straightforward with these resources, badminton will continue to be chosen over other sports that might be more complicated or challenging. I’m immensely proud that by connecting the BWF resources with Sporting Schools we have been able to have children in the outer reaches of Australia play badminton.”*

– Matt Simpson

Former *Shuttle Time* Coordinator of Australia



#### KEY OUTCOMES

As part of Sporting Schools each year about a third of all bookings are teacher-delivered programmes; many of these are conducted in relatively remote areas of Australia. The teacher-delivered programme and the resources provided by BWF were important to the success of Sporting Schools during the 2020 pandemic lockdowns in Australia.



#### RESULTS

- 22,000+ children participating and playing badminton as part of their PE classes
- 740 users registered for the *Shuttle Time* Online Component
- 2,073 users registered on the *Shuttle Time* website





## BADMINTON OCEANIA REGIONAL COORDINATORS WORKSHOP: INFUSING FRESH ENERGY

### OVERVIEW & BACKGROUND

Samoa is an island nation in the South Pacific Ocean. Three-fourths of the population of 192,000 live on the island of Upolu and the remainder on the larger island of Savai'i. Samoa became a BWF Member Association back in 1989, but in recent years it has become dormant. Samoa Badminton was revitalised in 2016. To reinvigorate Samoa Badminton Federation, Badminton Oceania decided to host the first *Shuttle Time Oceania* Coordinator workshop in Samoa. The opportunity was also useful for training the *Shuttle Time Samoa* workforce.

### KEY OUTCOMES

Reactivating Samoa Badminton within a specific timeframe worked out perfectly – Samoa stepped up to host the Pacific Games in 2019. With badminton being a late addition to the programme, *Shuttle Time* was useful in fast-tracking Samoa's badminton preparations.

### APPROACH

*Shuttle Time Oceania* arrived in Samoa in July 2017 to deliver a number of activities including Oceania's first *Shuttle Time* Coordinator workshop and training for Samoan Tutors, Teachers and children.

The first day of activity saw the inaugural *Shuttle Time Oceania* Coordinator workshop take place. There were 12 attendees including representatives from Cook Islands, Tonga, New Zealand, Australia, Papua New Guinea, hosts Samoa and Badminton Oceania staff.

This was an opportunity for coordinators from the region to share their *Shuttle Time* successes, challenges, ideas, initiatives and future planning – the support everyone got was amazing and showed the benefit of getting people together.

Days two and three of the workshop were dedicated to training *Shuttle Time Samoa's* new workforce.

In their roles as trainers and tutors, participants shared their skills and experience of delivery in their own countries to teach local Samoan *Shuttle Time* tutors, teachers and community leaders.

The practical sessions were a great way for both new and experienced tutors to share their favourite activities and develop new games... with much laughter and fun!

<https://badmintonoceania.org/shuttle-time/>

*“There's quite a bit of skill out there and we're going to be using badminton as a means to train some of those young people and get them to hopefully play badminton and represent Samoa in the future.”*

– Nynette Sass

President, Samoa Badminton Federation



### RESULTS

- Five tutors trained
- Partnership with Special Olympics Samoa
- 30 x *Shuttle Time* equipment kits donated
- 1200 participants within first six months
- Nineteen Teachers trained and equipped with free resources to deliver to children







## BADMINTON CONFEDERATION OF AFRICA REGIONAL COORDINATORS' WORKSHOP: GAINS FROM GOING ONLINE

### OVERVIEW & BACKGROUND

Since its launch in 2012, *Shuttle Time* has been running in more than 30 African countries.

To ensure better organisation, Badminton Confederation of Africa (BCA) initiated in 2017 the *Shuttle Time* National Coordinators' meeting which is held every two years for English and French-speaking countries.

Earlier held physically, due to COVID-19 the BCA decided to organise it online in 2020. The objective of this workshop was to deliver the latest updates in *Shuttle Time* and to share experiences based on success stories and challenges.

### KEY OUTCOMES

The workshop was an excellent opportunity to share information. The participants picked up useful information on AirBadminton implementation and success stories of other countries. Participants were appreciative of improved communication between coordinators and BCA.

### APPROACH

In pre-COVID years the workshops for English-speaking countries and French-speaking countries were held in alternate years. In 2020, when it was organised online, all the countries implementing *Shuttle Time* were invited.

The presentations were in English with French interpretation. The workshop was over four days (four sessions of two hours each), on Saturdays and Sundays.

As the objective was to focus on the delivery of *Shuttle Time*, the programme was mainly based on the role and responsibilities of the coordinator (administration, relations with other key players, communication with the federation, BCA and BWF); success stories from four selected countries (South Africa, Benin, Ivory Coast and Uganda); implementation of AirBadminton through *Shuttle Time*; filling in the annual plan; course reports, and explanation of the *Shuttle Time Teachers Grant* introduced by BCA to help financially with conducting the course.

<https://badmintonafrica.com/about-shuttle-time/>



**BADMINTON CONFEDERATION AFRICA**

**SHUTTLE TIME**  
COORDINATORS MEETING (ONLINE)

**SHUTTLE TIME AFRICA**

21.22.28.29 NOV 2020  
3:30 pm Mauritian Time (GMT +4)

[www.badmintonafrica.com](http://www.badmintonafrica.com)

### RESULTS

26 countries attended the meeting over four days: Algeria, Benin, Botswana, Burkina Faso, Burundi, Cameroun, Central Africa, DR Congo, Egypt, Ethiopia, Ghana, Ivory Coast, Kenya, Lesotho, Madagascar, Mauritius, Morocco, Niger, Nigeria, Senegal, Sierra Leone, South Africa, Togo, Tunisia, Uganda and Zimbabwe.

*“The aim of this meeting of the coordinators was to provide them with administrative and technical training to help the federation in its management. They appreciated the help from BWF and BCA to systematically define the roles and responsibilities of the coordinators so as to not be in conflict with the national association.”*

– Abou Traoré  
*Shuttle Time* Coordinator of Burkina Faso

*“We have received essential information about Shuttle Time, and the success cases of other countries have edified us. We can do the same in our countries. What really impressed me was the information received on the implementation of AirBadminton through Shuttle Time. Thanks to the BCA for organising this workshop.”*

– Paul Kopolo  
*Shuttle Time* Coordinator of Zimbabwe





## BADMINTON SCOTLAND

### LEGACY & MAJOR EVENTS: SHUTTLE TIME BIG HIT FESTIVALS

#### OVERVIEW & BACKGROUND

The week of the *BWF World Championships 2017* in Glasgow provided a great opportunity for Badminton Scotland to push forward with its development plans.

Badminton Scotland's development team organised an ambitious programme for primary and secondary pupils, young leaders, community groups and teachers during that week, engaging with 5065 children and young people and 100 teachers under the umbrella of *Shuttle Time Big Hit*.

In the year preceding the event Badminton Scotland engaged with over 10,000 children and young people and provided training to over 300 teachers. Their Legacy Plan continues, and they expect to engage with another 10,000 children and young people during the next two years, and train 300 more teachers.



#### APPROACH

The federation organised 10 *Shuttle Time Big Hit* primary school festivals from Monday–Friday of the World Championships 2017, at which 2400 primary children from 53 schools participated in the activities. These primary pupils also engaged with the Nettie Challenge in the concourse / marquee areas, watched the championships and took home a free badminton racket each.

In addition to the *Shuttle Time Big Hits*, the federation offered secondary school coaching sessions and match analysis sessions that were enjoyed by 795 pupils from 36 schools. The federation also offered community sessions to targeted groups, and spectator engagement activity to community groups as part of their Legacy Plan. In total there were 1750 participants in these sessions.

Since 2016, the federation have trained over 700 Young Leaders through their newly developed Young Leader course as part of the World Championships' Legacy Plan. The training sessions taught the Young Leaders how to engage with primary children, lead safe activities, and competition formats, officiating, and *Big Hit* training. As a result of this programme, the federation has over 200 new young volunteers in their database.

📄 <https://shuttletime.bwfbadminton.com/whats-new/shuttle-time-big-hit-festivals>

📄 <https://shuttletime.bwfbadminton.com/project-of-the-month/report-on-the-impact-of-the-shuttle-time-big-hit-festivals>

📺 <https://youtu.be/1XyzKc3TZ8>

#### IMPACT

The *Badminton Scotland Big Hit* programme delivered live demonstration



sessions to hundreds of children at a time, while giving Young Leaders the skills to organise and promote the game in their own area. Additionally, the teachers are able to see this working in a live situation while taking away session plans made by Badminton Scotland which builds their confidence to deliver badminton in their school halls. Additionally, each pupil who attended the festival received a free badminton racket to take home.

#### RESULTS

- Over 700 young people registered as Young Leaders
- *Shuttle Time Big Hit* recognised by Sports Leaders UK as an example of good practice.







## BRAZIL BADMINTON FEDERATION

### LEGACY & MAJOR EVENTS: RIO OLYMPIC GAMES LEGACY PROJECT

#### OVERVIEW & BACKGROUND

Since 2010, the BWF has been working with the Brazil National Badminton Federation on a range of development projects including Coach Education and *Shuttle Time* Schools Badminton.

With the Olympic Games in 2016, *Shuttle Time* was used to enhance the participation of badminton particularly in the Rio region.

In 2013 BWF initiated a Rio 2016 Legacy Project with four pillars:

- **Development:** To use *Shuttle Time* as the key tool to increase participation of youth in the sport.
- **Rio 2016 Legacy Programme:** To make links with the Rio Olympic Games legacy goals.
- **Tournaments:** To use tournaments to develop local skill and knowledge and to promote the sport.
- **Experiences:** To plan and deliver activities that engage the public and create awareness and media buzz.

The aim is to ensure a legacy through

- a. greater participation in the sport
- b. a larger and more skilled badminton workforce and
- c. a general awareness of badminton as an Olympic sport through media exposure.

#### APPROACH

*Shuttle Time* has been the main tool to engage people in badminton – whether through structured courses, short “taster” sessions or public activations. It has been used to:

- Systematically implement courses for PE teachers in Rio schools, private and public.
- Engage the community through public activations such as “Badminton in the Streets” project.
- Promote the sport as an option in sports centres attached to favelas.
- Support the Rio Legacy Programme through *Shuttle Time* at Rio 2016 Festivals and Olympic Villa activities.

 <https://shuttletime.bwfbadminton.com/project-of-the-month/rio-olympic-games-legacy-project>



#### RESULTS

- 400+ teachers trained
- 18 *Shuttle Time* courses completed in Rio for PE teachers
- 13 “Badminton in the Streets” activations that used *Shuttle Time* activities for people to try out badminton for the first time
- 5000+ people trying out badminton for the first time using modified *Shuttle Time* activities in public engagement programmes
- 14,000+ likes for the Rio Project Facebook page <https://www.facebook.com/DescubraOBadminton>



# SHUTTLE TIME

## BEST PRACTICE

### 2022 EDITION

We have already conducted Shuttle Time programmes in six regions in two years. We invested time, money, and resources. We must now follow up and promote it even more.

**Brang Mai**  
Shuttle Time National Coordinator of Myanmar

Shuttle Time enables teaching of badminton in a safe and enjoyable manner. It gives every child a chance to play.

**Fanba Madadi**  
Shuttle Time National Coordinator of Iran

Badminton has allowed me to create another family, to discover and to be in contact with a joyful world.

**Adrame Ndiaye**  
Shuttle Time National Coordinator of Senegal

I have learned the importance of creating an opportunity for everyone to have physical activity at their own level.

**Andre Heidebraaten**  
Shuttle Time National Coordinator of Norway

Badminton is a good tool of education, not only for the physical part, but also in values.

**Gustavo Enrique Godoy Silva**  
Shuttle Time Tutor of Chile

Badminton is everything to me now. It has taught me the positive aspects of sports such as values, friendship and discipline.

**Rene Alfonso Madrid Escalante**  
Shuttle Time Tutor of El Salvador

I'm thankful to badminton for making me a global citizen where I felt I belonged to more than just one country or continent.

**Sherif Gaafar**  
Shuttle Time National Coordinator of Egypt

The education of teachers secures the sustainability of the project as well as the sustainability of good badminton lessons at school via Shuttle Time.

**Nicola Schneider**  
Shuttle Time National Coordinator of Switzerland

I love going to a new school and starting Shuttle Time sessions. Kids are very receptive and playing with the racket and shuttle instantly puts a smile on their face.

**Leo Cucuel**  
Shuttle Time National Coordinator of Gabon

Shuttle Time has enabled many Italian children, their parents, their teachers, to know badminton and make it an even more popular sport in schools.

**Moreno Fabio**  
Shuttle Time National Coordinator of Italy

ShuttleTime has made the sport big in Ecuador. Badminton has arrived in cities where we assumed badminton would never be played.

**Diego Emilio Zambiano Solano**  
Shuttle Time National Coordinator of Ecuador

Shuttle Time has helped to develop badminton in various regions by increasing the number of athletes and also the number of teachers and coaches.

**Artur Niyazov**  
Shuttle Time National Coordinator of Kazakhstan

Badminton's a sport that develops reflexes and serves as exercise and relieves office stress. It is beneficial for one's overall fitness.

**Christy Villalor**  
Shuttle Time National Coordinator of Northern Mariana

I love to share badminton with young people. I think this is one of the reasons I became a teacher.

**Erin Walklate**  
Shuttle Time Tutor of Australia

Being able to give teachers the skills needed to start badminton in their schools is very rewarding.

**Craig McCourtney**  
Shuttle Time National Coordinator of Ireland

I learn something new every time through badminton and that is why I like to be a tutor.

**Markéta Osičková**  
Shuttle Time National Coordinator of Czech Republic

In each school we always find talent and the greatest satisfaction is to see them training in the federation.

**Maria Mercedes Celada Figueroa**  
Shuttle Time National Coordinator of Guatemala

Young children can play with their grandparents and have an awesome time, an amputee can play with an able-bodied person, men against women, it is truly a sport for all.

**Matt Simpson**  
Shuttle Time National Coordinator of Australia

Shuttle Time is all about - keeping it fun but in a structured manner with focus on learning. Learning new things and developing your skills is fun!

**Hannes Andersson**  
Shuttle Time National Coordinator of Sweden

We have had real success: players that started in our Shuttle Time programme have gone all the way, and have represented South Africa.

**Herculaas (Klaas) Visser**  
Shuttle Time National Coordinator of South Africa

Badminton was made known nationally, and this has been a means for PE teachers to get involved and to make it popular in their primary and secondary lessons.

**Adrián Gómez Calvo**  
Shuttle Time National Coordinator of Costa Rica

With ShuttleTime, PE teachers and school kids get introduced to the sport and are inspired to become great players.

**Su Ying Lau**  
Shuttle Time National Coordinator of Kuala Lumpur

Badminton is so cool! Everybody can play badminton. It does not matter if you are young or old, boy or girl, small or tall.

**Alexandre Cudré-Mauroux & Sabrina Mattio**  
Shuttle Time National Coordinator of Switzerland

Badminton has become a big part of everyday life. It's a world that makes me happy while I practice, and I always crave to give my best.

**Ammar Awad**  
Shuttle Time National Coordinator of Saudi Arabia

It is my family's tradition to support people in need, so because of that, I started badminton training for children to help them grow up aiming to become national champions.

**Nikhil Chandra Dhar**  
Shuttle Time National Coordinator of Bangladesh

Shuttle Time contents are impeccable and help the national coordinator to convince authorities of the need to implement the programme.

**Erik Betancourt Luna**  
Shuttle Time National Coordinator of Mexico

Badminton is about friendship, about nurturing your young generation and inculcating in them values and principles of sportsmanship and good citizenship.

**Iakopo**  
Shuttle Time National Coordinator of Italy

ShuttleTime has helped us speak a common language at the grassroots level of sport.

**Francisco Jose Casermeiro Gamez**  
Shuttle Time National Coordinator of Spain

Badminton is fun, it's life, it's forever!

**Ian Gil Pienzenaves**  
Shuttle Time National Coordinator of Philippines

'Backyard Badminton Campaign' was initiated during the COVID-19 lockdown to ensure children remain active; families were encouraged to have fun and the campaign was a platform to create unity and reduce stress during this difficult time.

**Danielle Whiteside**  
Shuttle Time National Coordinator of Fiji

Badminton has made me see the world differently. I used to favour a particular sport over others, but badminton has changed how I perceive so-called 'minor' sports.

The biggest lesson I've learnt is that the simple act of giving a child a racket and shuttle can bring so much joy and that's where dreams begin.

Badminton can be played both indoors and outdoors and courts can be set up in small spaces. Having Shuttle Time and AirBadminton together is a perfect match.

Badminton has given me things that are priceless, such as a good education, good friends and strong relationships.

Badminton has helped us develop coaches, players and technical officials, and it has helped us have more sources of employment.





# HUMANS OF SHUTTLE TIME

More than 100 stories featuring stories from individuals involved in the BWF Shuttle Time Schools Badminton programme globally, including Shuttle Time National Coordinators, Shuttle Time Tutors and Shuttle Time Teachers.

<https://www.facebook.com/media/set/?set=a.3880948118590583&type=3>



## KEY SUCCESS FACTORS

The versatility of *Shuttle Time* accommodates various national contexts, helping its implementation in a planned and systematic way over a long term

Since the beginning of 2012, *Shuttle Time* has been implemented in more and more countries. Success will vary depending on local factors and the way in which the programme is used locally. BWF has however identified the following factors which are fundamental to a successful and sustainable implementation.





**Commitment:** From the board of the national badminton federation to schools badminton as a long term participation project. Schools badminton needs to be part of the strategic plan and resources committed to the project.

The goal is to have badminton included in the local schools curriculum.



**Resources:** Having a clear understanding of what resources are available and required – a realistic costing of the project – together with a commitment for up to five years to ensure the project is reasonably well-resourced in the long term.



**Partnerships:** Identifying and engaging internal and external stakeholders. Strategic partnerships such as government ministries (education, sport, health).

Determining what funding opportunities there are through national sports bodies for participation programmes.

**Coordination:** People and leadership are central to success. Having talented coordinators and drivers of the project – those who have passion for the sport and youth sport and who also have the organisational, management and communication skills to deliver outcomes.



**KPIs and Monitoring:** Setting targets and monitoring these through a proper reporting structure.

**Workforce Development:** The training and development of personnel – youth, volunteers, teachers, tutors and trainers.

**Pathways:** Determining the linkages beyond school to structured club badminton. Providing opportunities for talented children to access structured coaching programmes in clubs if they are interested in more badminton after school.



**Equipment:** Ready access to equipment – school badminton kits and AirBadminton equipment.










# SHUTTLE TIME


Giving every child a chance  
to play for life





# SHUTTLE TIME

 [www.shuttletime.sport](http://www.shuttletime.sport)

 [shuttletime@bwf.sport](mailto:shuttletime@bwf.sport)

 [www.youtube.com/c/BWFDdevelopment](http://www.youtube.com/c/BWFDdevelopment)

 [www.facebook.com/bwfdevelopment.shuttletime](http://www.facebook.com/bwfdevelopment.shuttletime)