

The 2015 World Junior Championship to Peru was an amazing experience where I have learnt so many valuable things to further my success as a badminton player.



As a whole I have seen that there are many areas to my game which are much weaker than other players my age around the world, and they became very apparent to me through New Zealand's 5-0 losses against Korea and Denmark who are some of the strongest badminton countries in the world.



It would take me hours to name all the little technical things I need to improve to be a better player however, I have realised that all these small things come back to one main problem which separates myself and many other players from the best in the world. This is the training culture we have back home, we approach training in a manner too relaxed and we are not training to the same quality as we play a match. This means we are not making the most out of our time while practicing, and not improving as much as we can.



I have realised that my 5 sessions of training a week is not enough to reach my goals of Olympics and commonwealth games, and in order to achieve these goals I need to train at a better quality all the time. This does not mean I can't have a bad day, but it means every time I come into the hall to train I make sure that the two short hours I'm there for are used to their fullest by staying focused one hundred percent of the time.



The trip to Peru has made me more motivated than ever, and it has finally put an image in my head of what the best players look like and what I am actually working towards. I am excited for the 2016 season and after gaining this experience and having learnt these things I have, I feel my improvement should be exponential.



So far the month I have been back in New Zealand has already been put to great use and I'm feeling positive for the future. Lastly I would like to thank everybody who helped me get to Peru and the World Junior Championship whether it was help with fundraising or anything else, your investment in me was well worth it, and without your help I wouldn't be in the position I am moving forward!

Thank you!

Chris Steeghs