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**NEWS RELEASE**

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## **HORIZON'S FORSTER DETERMINED TO SUCCEED IN BADMINTON**

PHOENIX, AZ (Oct. 30, 2009) – Ability has carried Phoenix Horizon senior Brie Forster a long way in badminton. What could push her to even greater heights is her determination.

“I don’t think I’ve seen too many who have more determination than she does,” said Horizon coach Jen Miller.

Forster was to put that to the test on Friday (Oct. 30) in the Class 5A Desert Valley Region state qualifying tournament for individuals at Scottsdale Desert Mountain, and on Saturday (Oct. 31) when the state tournament for teams was to get under way.

Horizon, the No. 8 seed, was set to face No. 9 Desert Mountain on Saturday at 1 p.m. at Phoenix Xavier Prep. There were two matches at Xavier, two at Chandler High, two at Mountain Pointe in Ahwatukee and two at Goodyear Millennium. Quarterfinals were set for 3 p.m. at those sites.

“We’re all going to have to bring our ‘A’ game,” Forster said.

Forster, who won a tournament at Scottsdale Chaparral earlier this season, would have to be considered among the individual favorites along with defending state champ Emily Harris of Desert Mountain, Kasey Evans of Chandler and Cate Welch of Xavier.

“Badminton is a great sport,” Forster said. “We would like to be recognized for all of our hard work and get some attention like the other sports, but that isn’t why we play it. We are recognized and respected by the people who play it and those who follow it.

“It’s fast, not like golf. There’s always something happening. People always ask me about that and they don’t always believe me. I tell them, ‘If you don’t believe it, come out and check it out.’ ”

Forster gained a love for the sport through her mother, Ann, an assistant coach for Horizon this season. Ann Forster formerly was the head coach at Horizon and at Phoenix Paradise Valley, where Miller was one of her players.

“She’s been around it her whole life,” Miller said.

Miller lived with the Forster family while she was attending college at Arizona State and considers Brie “like my little sister. It is great to see how hard she has worked both on the floor and in school.”

Playing badminton takes a lot of hand-eye coordination, much the same as tennis, where Forster also excels. She has helped Horizon advance to the state tournament in tennis, and now she wants to continue that in badminton. If she is one of the top four finishers in the region tournament, she will qualify for the individual state competition (Nov. 6-7) for the first time.

A great deal of Forster’s success comes from being mentally prepared.

"I don't like to think about things too much, but I do concentrate on my own strategy. I know what shots I want to make," she said. "I try not to play too much to what the other players do. You can get out of your game if you do that too much. I just rely on my strengths, making sure I move my feet, being as ready as I can."

Miller said Forster is a good natural athlete.

"Playing tennis has helped her," Miller said.

Forster also plays doubles in badminton and tennis.

She enjoys the camaraderie of playing badminton, where she is a team captain. She helps organize team-bonding activities and her leadership skills carry over to the classroom, where she is a senior senator in student council.

Forster is good in the classroom, where she gets mostly As and lists algebra as her favorite class.

"I love solving problems," she said.

She hopes there won't be too many problems to solve at the state team and individual tournaments. But if they come up, she will be determined to succeed.

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