

# TuksBadminton: Bongani von Bodenstein off to Commonwealth Games

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**B**ongani von Bodenstein, a third year UP student, qualified for the upcoming Commonwealth Games in April. Perdeby had the opportunity to chat with Bongani von Bodenstein about his overall success.

**Are you self-taught or did you get lessons from a master?**

Fortunately growing up, I had people who taught me the basics and helped [me] get a jump start on my badminton career. Just to name a few, the late David Banks, Martie, Daniel Sibeko, Billy and Ruby Caper, Christina Caldera, Michelle Butler Emmett and Stewart Carson.

**What does your average week of training look like?**

Monday mornings start at 04:30 with sprints followed by gym at 07:30 and then training on court later at 17:30. Tuesdays are a little better as I'm in gym by 07:30 cycling and strengthening, and training at 17:30. On Wednesday I follow the Monday routine, Thursday it's the Tuesday routine, then Fridays are gym days and lastly Saturdays are game days with my friend and partner Ruon Snyman.

**During a game, it's easy to lose sight of your primary objectives. How do you keep yourself in check?**

Whenever I feel distracted on court I simply start praying quietly to calm my mind and then

readjust my focus.

**In addition to being crowned a triple champion in 2016 and 2017, this season has been remarkable for you. What has been the secret behind your success?**

Honestly the "secret" behind my success is God. To elaborate, everything I do, I do to glorify his name, he has blessed me with this talent and it's a privilege to showcase this talent for him... I may train slightly harder than some players but it's the faith that makes the difference in my opinion.

**Your hard work has propelled you to the top. Which one of your victories would you say was the most rewarding and why?**

I would say it was being crowned triple champ in 2017 at the USSA because I was injured two weeks prior to the tournament and I wasn't at a 100%, but winning and becoming one of the few people to win triple champ back to back really brought me joy.

**Many players have routines and habits when they play badminton. Do you have any thing you do before a game?**

I like to pray in a quiet place to calm myself down, then I listen to hip hop music to pump me up and lastly I listen to worship music and begin envisioning the game and victory.

**You have proven yourself to be a winner, what would you like to achieve next year?**

Next year is the Olympic qualifying year and I would like to balance my studies and get my world ranking to top 120 in the world, and top three in Africa.



Photo: Prince Jare