

BADMINTON VICTOR JUNIOR SUMMER CAMP 2009 ČESKÝ KRUMLOV

All about badminton in Cesky Krumlov at: www.badmintonckrumlov.cz

15th March, Český Krumlov, Czech Republic

SKB Cesky Krumlov in co-operation with Pro-Sport Český Krumlov organizes Badminton Victor Junior Summer Camp 2009

*Badmintonu club in Cesky Krumlov offers you **traditional badminton training camp** which will take place from 9th to 15th August 2009 in the Cesky Krumlov Sportshall and will be lead by:*

Stanislav Kohoutek** – 1st league player of SKB ČK; top Czech player; **National Champion in men's doubles 2006, 2007 and 2008.

Pavel Florian** – 1st league player of SKB ČK; top Czech player; **National Champion in men's doubles 2006, 2007 and 2008, National Champion in mixed doubles 2008 and 2009 and bronze medallist in men's singles at the Nationals in 2006, 2007, 2008 and 2009, Czech National Team player.

***Vaclav Domin** – 1st league player of SKB CK, junior national player of the Czech Republic, bronze medallist in men's double at the Junior Nationals 2008.*

***Radek Votava** – former national junior coach of the Czech Republic (1999-2005); Level B coach; head coach of the Youth Sport Centre Cesky Krumlov and SK Badminton Cesky Krumlov badminton club*

Dear all,

Every year we organize Badminton Victor Junior Summer Camp 2009 for the categories from U15 to U19. It is also possible to make exception for the age. We are speaking about a week's intensive training. We will have 3 units per day – 6 hours in total, mostly badminton training in the hall. This year's training camp will try to help you improve all your badminton skills. We will gladly accept your suggestions of what you would like to work on.

The exact training plan and programme will be made after we will have received all the applications, considering the level and needs of the entered players...

During the physical sessions we will work on plyometrics, power and speed. You will be also explained the principles of the sports lifestyle and explained how to recover your body etc.

We will be using the badminton hall with 5 mats, athletic stadium with a playground and swimming pool for the training.

The participants will stay directly at the Sportshall Guesthouse that is absolutely convenient for such a kind of activities. We have negotiated all the possible discounts in order to lower the expenses on accommodation as much as possible.

Each participant will receive a small gift.

The advantage of Victor Camp 2009 is the possibility of focusing on badminton only and take many new tips and exercises for your own training. We expect maximum effort from the players and then we are ready to offer all of our badminton knowledge. We will gladly pass on you what we have learnt during our stays in China (2000 WJC – Votava, Kohoutek), New Zealand (2007 WJC - Votava), India (2002 – Votava, Florian, Kohoutek, 2006 - Florian, Votava, 2008 – Votava, Florian), at EBU Summer School 2005 (Florian) and other participations at international tournaments and training camps.

*Please, send binding applications **until 30th April 2009** via email to: radek.votava@mybox.cz*

Also possible by mail. Organizer's address:

SK Badminton, P.O. BOX 94, Chvalsinska 111, 381 01 Cesky Krumlov, Czech Republic

Conditions:

Dates of the camp: 9th August - 15th August 2009 (arrival 9.8. 2009 12.00 – 14.00 hrs, departure 15.8. 2009 12.00 – 14.00 hrs)

Accommodation: Sportshall Guesthouse in Cesky Krumlov, Chvalsinska street 111

boarding: halfboard (breakfast, snack and lunch in the sports hall), dinner individually – participants are responsible for their own dinner (various possibilities in the town centre).

Health state: participants must hand in the Health State Declaration upon arrival - compulsory

Participation fee: 3900,- CZK per participant (includes 6x accommodation, 6x halfboard, training cca 30 hours in the hall, other trainings at the athletic stadium, swimming pool, drinks for the trainings, coaches (2-4 coaches), gift for the participants, individual evaluation (interviews during the camp, written evaluation)).

Shuttles: own – feather shuttlecocks. Organiser will provide first 10 boxes of feather shuttles. It is possible to buy more shuttles and other badminton equipment (brands Victor and RSL)

Cancellation fees:

- up to 31 days before (inclusive) arrival participant has to pay 300,- CZK
- from 30 to 15 days before (inclusive) arrival participant has to pay 33% of the total fee
- from 14 to 5 days before (inclusive) arrival participant has to pay 66% of the total fee
- in period shorter than 5 days before (inclusive) arrival participant has to pay 90% of the total fee

Cancellation fee is not required in case the participant finds a substitution for himself.

Radek Votava

Chairman of SKB Cesky Krumlov

