

SK Badminton Cesky Krumlov
in co-operation with PRO-SPORT CK o.p.s.
organize

Badminton

Summer Camp 2010

(8. – 14. 8. 2010)

Badminton Summer Camp 2010 is organized for players of categories from U15 to U19. Exceptions can be made, too. The camp will be going on in 3 training sessions a day (daily 6 hours of training), mostly on court. The camp will help you improve your overall badminton skills. If you have any suggestions regarding what you would like to work on, we will gladly discuss them with you. The training programme will also be adjusted after the application deadline and the number and level of the applicants and their requirements. During the off-court sessions we will be working on strength, speed and explosiveness development. During the camp you will also receive information about badminton tactics, healthy lifestyle and recovery. The sessions will commence in a badminton hall with 5 courts, in the athletic field and the swimming pool. Accommodation is arranged in the Sportshall Guesthouse directly in the area. This facility is mostly convenient for this kind of events and will help you feel comfortable during your trainings week.

The advantage of Victor Camp 2010 is a chance to take a variety of tips, exercises and suggestions that can help you improve your own training and personal development back at home. It is necessary to hand in the Positive Health State Declaration (attached) at your arrival.

Dates: 8. – 14. 8. 2010

Venue: Sports Hall Cesky Krumlov, Chvalšinská 111, 381 01 Český Krumlov

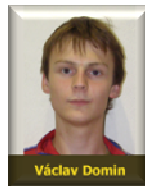
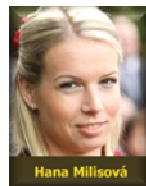
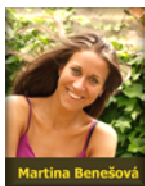
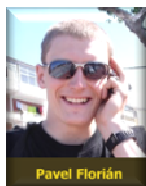
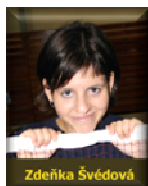
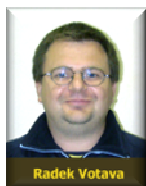
Head Coach:



Eva Titěrová many years junior and senior Czech national player - 2nd place at Polonia Cup U17 (Turkey), 2nd place at Finlandia Cup U19 (Finland), 3rd place at European Senior „B” Team Championships - Helvetia Cup, 13 times Czech national champion (2x singles, 6x doubles a 5x mixed). Diploma trainer. Ten years coaching experience. Four years Head Coach of Sports Youth Training Centre in Prague.

Coaches:

Coaches and other members of SKB CK will be helping out with coaching during the week.



Shuttles: Own shuttles - feather. Organizer will provide first 10 boxes for training. The rest is the responsibility of the participants. You can buy Victor and RSL Shuttles directly in the hall.

Entry-fee: **4200 CZK** *the price includes:*

- Accommodation – 6 nights
- Half-board(breakfast and lunch) and drinks
- Training – approx. 30 hours in the hall and other training session in the athletic field and swimming pool
- Coaching (2-4 coaches) and full time supervision during the week
- Evaluation of each participant (discussion with the coaches, written evaluation)
- Small gift for each participant

Cancellation fees:

- up to 31 days (incl.) before the start of the camp - 300 CZK per participant
 - 30 to 15 days (incl.) before the start of the camp - 33% of the total entry-fee
 - 14 to 5 days (incl.) before the start of the camp - 66% of the total entry-fee
 - less then 5 days (incl.) before the start of the camp - 90% of the total entry-fee
- Cancellation fee doesn't have to be paid if the participant can find a substitute for himself.

Binding entry-forms:

Please send by and enclosed **entry form** until 5th May 2010 to the email address: radek.votava@mybox.cz or by post to: SK Badminton Český Krumlov, P.O.BOX 94, Chvalšinská 111, 381 01 Český Krumlov, Czech Republic



PARTNEŘI

SK Badminton Český Krumlov

