

# **R/S/L SUMMER CAMP**

since  1928 český krumlov (12.-18.8.2012) 

**Dear badminton players,** we are traditionally inviting you to Český Krumlov to our badminton camp. You will get 6 intensive hours of training split into three sessions every day during the whole week. The training will commence mostly in the badminton hall where we shall work on development of your skills and tactics. The camp is suitable for players from U13 to U15. It is of course possible to make exceptions. The exact schedule of the camp will be prepared after the application deadline considering the number of the participants and their requirements. Please, let us know together with your application about your suggestions and ideas of what you want to learn or improve. We will also do speedwork and explosiveness training in the athletic stadium. We will also give you information about convenient nutrition habits and recovery. During the week we will train in a sportshall with 5 badminton mats, an athletic stadium and a swimming-pool.

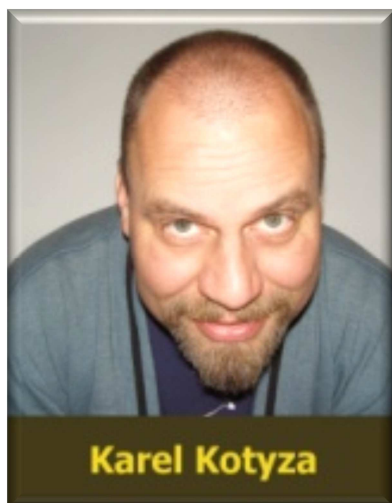
You will stay in a guesthouse directly in the sportshall. The facility is perfectly suitable for training camps like the one of ours.

We will have prepared a small present and a traditional surprise for you.

The advantage of our camp is to dedicate a whole week to your favourite sport and take back home many new exercises and experience which you can use in your own training. We expect positive and enthusiastic attitude and as a payback we will deliver the best of our coaching skills. Please, don't forget to hand in the Health state declaration signed by your parents upon arrival.

**Head coach:**

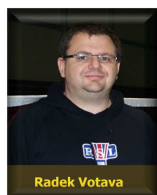
**Karel Kotyza**



- member of SK Badminton Český Krumlov since 1994
- level B coaching licence of the Czech Badminton Federation
- youth coach of SK Badminton Český Krumlov
- coach of Regional Sport Centre South Bohemia

### **Coaching team:**

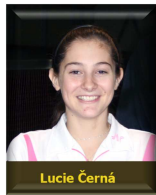
The camp will be further led by coaches, league and national team players from our club SKB Český Krumlov.



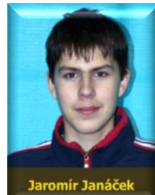
Radek Votava



Hana Milisová



Lucie Černá



Jaromír Janáček



Zdeňka Švédová



Václav Domin

**Dates:** 12. – 18. 8. 2012

**Venue:** Sportshall, Chvalsinska 111, Cesky Krumlov, 38101 Czech Republic

**Shuttles:** Own – feather . Organiser will provide first 10 boxes of new shuttles for the whole camp. If more shuttles are needed, they can be bought together with other R.S.L. or Victor products (clothes, shoes, rackets) in the hall.

**Price: 4200 CZK ..... the price includes:**

- accommodation for 6 nights
- half-board (breakfast and lunch) and drinks
- approx. 30 hours of training in the hall and other sessions at the athletic stadium and the swimming pool
- coaching service (2-4 coaches) – coaches taking care of you during whole camp
- individual evaluation of each participant (chat during the camp, written evaluation)
- small gift for each participant

### **Cancellation fees:**

- withdrawing 31 days (incl.) prior to the start of the camp - a cancellation fee of 300,- CZK applies
- 30 to 15 days (incl.) prior to the start of the camp – a cancellation fee of 33% of the total prize applies
- 14 to 5 days (incl.) prior to the start of the camp – cancellation fee of 66% of the total prize applies
- 5 days and less prior to the start of the camp – a cancellation fee of 90% of the total prize applies

**Note:** Cancellation fee doesn't have to be paid if the withdrawing player finds a substitute for himself.

### **Binding application:**

Please send the attached form until 5<sup>th</sup> May 2012 at the latest by e-mail to:

[radek.votava@mybox.cz](mailto:radek.votava@mybox.cz) or by post to: SKB Český Krumlov, Chvalšinská 111, 38101 Český Krumlov, Czech Republic.



MĚSTO  
ČESKÝ KRUMLOV

## **PARTNERS of SK Badminton Český Krumlov**



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