

## SK Badminton Český Krumlov, z. s.

In co-operation with PRO-SPORT ČK o.p.s. and FZ Forza Czech Republic presents

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# 2017 | SUMMER CAMP

30.7.-5.8. český krumlov

### Dear badminton friends,

we would like to invite you to our annual FZ Forza Summer Camp in Český Krumlov, an event which we have been organising for you for over 15 years.

In the 7 days you can look forward to at least 36 training hours during which we will work with you not only on badminton courts, but also in the athletic stadium, on the hills around the town and in the swimming pool. The daily programme will be split into three training sessions including the famous morning warm-ups, physical exercises, and most importantly lots of fun with badminton.

The Summer Camp will be lead by Radek Votava and Pavel Maňásek, two renowned coaches, who have brought up tens of national champions and national team players, and who both significantly contributed to the development of Czech badminton in the past 20 years. The camp is primarily designated for the U15 to U19 categories (exceptions are possible). The exact contents of the course will be decided upon after the application deadline, however, we would like to work with your own ideas and wishes as well. Nevertheless, badminton being a fast sport, the physical sessions shall focus on developing speed, power and explosiveness, while the on court trainings will be dedicated to technical aspects of the game.

Part of the programme will also be dedicated to discussions-lectures on the following topics: sports psychology, badminton and school, tactical preparation for matches, lifestyle and recovery.

The sports hall with all necessary facilities (accommodation with boarding, 5 badminton courts, athletic stadium and swimming-pool within a walking distance) will make sure that you have plenty of time for your favourite sport. Hopefully, you will get some good inspiration for your regular training at home as well. In order to achieve that we will try to give the best of our badminton „know-how“. As a payback we expect you to try as hard as you can every single day. For each participant we have a small gift (participant´s T-shirt) and a little surprise.

!!! We are looking forward to having you HERE !!!

### Coaches:

#### Radek Votava

- Head coach of SKB Český Krumlov and TCM South Bohemia
- Experienced international youth and seniors coach (over 200 events)
- Head coach and assistant coach of the Czech Junior National Team between 1999–2007, 2013-2014, 2015-2017
- „Czech Coach of the Year Award“ 2006, 2007, 2008, 2012, 2014, 2016
- Coach of current or former national team players: J. Janáček, M. Benešová, H. Milisová, P. Florián, L. Černá, S. Kohoutek, S. Milová, T. Švejda, Petr Beran, Ondřej Král and many other national players and medallists from the nationals
- Coaching seminars, courses, workshops in India, China, Denmark, New Zealand



#### Pavel Maňásek

- Head coach of BC Rychnov nad Kněžnou
- BWF shuttle time Tutor
- coach of Ondřej Kopřiva, Tomáš Kopřiva, René Neděla, Martin Herout, Šárka Křížková, Petra Hofmanová and many other leading Czech national and national team
- 20 years of experience from Czech and international badminton environment
- coaching seminars and courses in Denmark, Poland, India and China



