

SK Badminton Český Krumlov, z. s.

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

FZ FORZA® FZ FORZA® FZ FORZA® FZ FORZA® FZ FORZA®				
2018		SUMMER CAMP		
29.7.-4.8.		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 Sportovního klubu Badminton Český Krumlov,z.s. 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



Date: 29th July – 4th August 2018

Venue: Sportshall, Chvalsinska 111, Cesky Krumlov, 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 FZ FORZA products (rackets, grips, etc.).

Price: 4790,- CZK *the price includes:*

- accommodation for 6 nights including free wi-fi
- 6x full-board (breakfast, lunch, dinner) and drinks
- approx. 30 hours of training in the hall plus other sessions at the athletic stadium or the swimming pool
- coaching supervision during the trainings and the whole camp
- individual evaluation for each participant (talks during the camp, written evaluation)
- small gift for each participant

Cancellation fees:

- withdrawal up to 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 – a 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
- The cancellation fee doesn't have to be paid if the withdrawing player finds a substitute for himself.

Binding application:

Please fill in and send the attached entry-form until 1st May 2018 by e-mail to: radek.votava@mybox.cz or by post to: Sportovní klub Badminton Český Krumlov, Chvalšinská 111, 38101 Český Krumlov, Czech Republic. Remember to hand in the Health State Declaration signed by a parent/parents upon your arrival.