

sNp Badminton Training Camp

Bond Park - July 19 – 20, 2014



A follow up to our popular Development Program over the past two years, serve N play is happy to offer the 2014 Summer Badminton Training Camp. This intensive session is designed for players who can hit the shuttle consistently and want to improve their overall badminton skill.

This is not a purely physical training session, but the goal is to create an individual improvement plan based on the following elements:

- ▶ Develop a Physical Training Plan, Based on Ability
- ▶ Technical Development - Footwork, Stroke and Shot Making Technique
- ▶ Tactical Training for more Consistency and Effectiveness

The camp will be spread over two days, with a total of 8 hours of on-court coaching and an optional 2 hours of off-court physical training in Bond Park.

Cost: \$75 per person (R) /\$97 (NR)

Dates: July 19 – 20, 2014

Time: 1:00 - 5:00pm
Optional training 5-6pm

Head Coach: Joel Goldstein

Shuttles will be provided.

Please contact Bond Park Community Center to sign up at (919) 462-3970

Course Code: 80255

Feel free to reach out to us through sales@serveplay.com if you have any question