



BADMINTON OTAGO

2008 South Island Coaching and Development Weekend Presented by the Otago Badminton Association

The Goal of the Camps

To provide an enjoyable training environment to benefit the players in the South Island. Our aim is to encourage you to train harder and smarter and realise your potential both on and off the court. We aim to introduce and improve your knowledge of nutritional ideas, goal setting and fitness testing. You will be rotated around different coaches and work on a specific part of your game in each session. A program will be sent out during January so you can start preparing.

Camp Dates

The camp will be held in Dunedin on the 8th, 9th and 10th of February 2008. Players should have represented their province or be playing at a similar level and be aged between 11 and 18. Exceptions may be made in some circumstances.

Training Session Times will be:

Friday 8 th	6-9pm	Snacks provided
Saturday 9 th	9am-6pm	Lunch, Tea and Snacks provided
Sunday 10 th	9am-1pm	Snacks provided

Sessions will be held at the Otago Badminton Hall, Victoria Road, Dunedin

How to Apply

Please complete the attached application form.

Further application forms can be found online via www.badmintonotago.org.nz.

Places are limited, applications close 5pm Thursday December 6th and successful applicants notified by the 14th December 2007.

Cost is \$200 and includes all expenses while at the hall, payment is due by the 30th of January 2008, Otago Badminton, C/- 25 Jackson Street, St Kilda, Dunedin.

The first five players to enrol will go into the draw for two prizes sponsored by Otago Badminton and Jim Hoffman. One prize will be 1 dozen new RSL Shuttles, the other a restring from Jim.



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Coaches Involved -

Jim Hoffman

South Island Development Coach, BNZ Coach, Otago Badminton Junior & Senior Coach

Roger Southby

Otago Badminton Academy Coach, Otago Slazenger Cup Coach and player

Jeff Elliotte

Director of the Otago Badminton Academy, current Otago Slazenger Cup player, Otago Badminton Junior Coach

Suzanne Mattingly

Otago Badminton Junior Coach, BNZ JDC committee

Guest Presenters

These are to be confirmed and will cover the areas of Nutrition, Goal Setting, Fitness Testing and Programming. More information to follow soon.

If you have any questions please contact Jeff of 03 4555 603, 0274 812 666 or dev-officer@badmintonotago.org.nz.

- ENTRY FORM -

Name: _____

Date of Birth: _____

Address: _____

Phone: _____ / _____

E-mail: _____ (please write clearly)

Association: _____

Results: Briefly write down some of your best results:

Regional: _____

National: _____

Please email to dev-officer@badmintonotago.org.nz or post to Otago Badminton, C/- 25 Jackson Street, St Kilda, Dunedin. By Thursday 6 December 2007.