



South Island Coaching 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 3rd, 4th and 5th of February 2007. Players should be representing their provinces or of a similar level and aged between 13 and 18. Exceptions may be made in some circumstances.

Training Session Times will be:

Saturday 3rd	1-6pm
Sunday 4th	9-6pm
Monday 5th	9-4pm

Lunch and tea will be provided during the camp.

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

How to Apply

Please fill out an application form available from Jeff Elliott, ph 03 4555603 or dev-officer@badmintonotago.org.nz or online via www.badmintonotago.org.nz.

Places are limited, applications close 5pm Monday December 11th and successful applicants notified by the 14th December 2006.

Cost is \$200 and includes all expenses while at the hall.





BADMINTON OTAGO

Coaches Involved -

Jim Hoffman

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

Roger Southby

Otago Badminton Academy Coach, Otago Slazenger Cup Coach

Jeff Elliotte

Director of the Otago Badminton Academy, CP Maddern Coach, 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 Monday 11 December 2006.

