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# 2015

## SBS INTERNATIONAL TRAINING CAMP

Intensiv Badminton camp with coach Csaba Hamza and the Südtirol Badminton School Coaching Staff from **27th to 31st December** in Bolzano. Take advantage of the various sparring to improve your game, with Danish top player Steffen Rasmussen (World Number 85) and the Czech top player Zuzana Pavelkova (World Number 82).

### ► Program:

Eight training sessions included the physical preparation  
Training session singular and mixed doubles  
Start: 27th December, at 15.30  
End: 31st December at 11.00

### ► Groups:

Rally (2005-2003)  
Competition Youth (2002-1999)  
Competition Senior (1998 e prima)  
Master (Over 35, 40, 45, 50, 55, 60)

### ► Outdoors:

Visit the „Terme di Merano“ or the Christmas market in Bolzano

### ► Sporthall:

Institute „Max Valier“, via Sorrento, 20 (n.12 Badminton courts)



### ► Costs:

125 € for training fees, shuttlecocks and SBS marked Yonex Polo  
advance of 50 euros to be paid no later than 1 November to c/c Südtirol Badminton School · The remainder to be paid before the start of camp by Bank · IBAN: IT Z 08081 000301055275 11601 36 · Swift-BIC: RZSBIT21103

### ► Info & Entry:

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Time limit: 1st November 2015