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SBS INTERNATIONAL TRAINING CAMP 2017

Intensiv Badminton camp with coach Csaba Hamza and the Südtirol Badminton School's Coaching Staff from **1st to 5th August** in Jenesian. Take advantage of the various sparring to improve your game, with Danish player Camilla Martens (Top 100 WR) and the Czech player Zuzana Pavelkova (Top 100 WR). Physical sessions will lead by Coach Stefano Camin.

Program:

7 badminton training sessions
2 physical preparation sessions
Technical program for singular and doubles
Start: 1st August at 14.00
End: 5th August at 13.00

Groups:

Youth (2007-2004)
Competition (2003-1998)
Master (Over 35-40-45-50-55-60)

Sporthall:

Middel School in Jenesian - n.6 Badminton courts
via Schran n.4 – 39050 Jenesian (BZ)

Lodging & Food:

Gasthof zum Rössl (www.zumroessl.net)
Birnbamerhof (www.jenesien.net)
Gasthof Jenesian (www.gasthof-jenesien.com)
Hotel Tschöggglbergerhof (www.tschoeggglbergerhof.it)
Hotel „Zum Hirschen“ (€10 for full meal / lunch & dinner)

Outdoors:

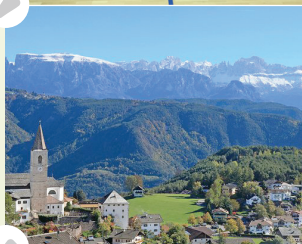
Walk path „Legend Trail“ on Salto plateau
Swimming pool of Jenesian

Costs:

125 € for training fees, shuttlecocks and SBS marked Yonex shirt
advance of 50 euros to be paid no later than 1st June to c/c SBS - 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:

Erika Stich (+39 327 1722727) suedtirolbadschool@gmail.com
Time limit: 15th June 2017



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SBS INTERNATIONAL TRAINING CAMP 2017

Intensiv Badminton camp with coach Csaba Hamza and the Südtirol Badminton School Coaching Staff from **27rd to 31th August** in Bolzano. Take advantage of the various sparring to improve your game, with Danish player Camilla Martens (Top 100 WR) and the Czech player Zuzana Pavelkova (Top 100 WR). Physical sessions will lead by Coach Stefano Camin.

Program:

6 badminton training sessions
2 physical preparation sessions
Technical program for singular and doubles
Start: 27rd August at 15.30
End: 31th August at 12.00

Groups:

Youth (2007-2004)
Competition (2003-1998)
Master (Over 35-40-45-50-55-60)

Sporthall:

Institute „Max Valier“, via Sorrento, 20 – 39100 Bolzano
(n.10 Badminton courts)

Lodging & Food:

For accommodation in apartments or hotels please ask the organization. Restaurant „La Grolla“ (Lunch and Dinner menu starting from €11)

Outdoors:

Visit the „Terme di Merano“

Costs:

125 € for training fees, shuttlecocks and SBS marked Yonex shirt
advance of 50 euros to be paid no later than 1° July to c/c SBS - 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

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