



# **VACATION TRAINING CAMP WITH COACH CHONGTIAN QIU**

## **CAMP SCHEDULE**

<b>Apr 21-24 (4 days, SPRING VACATION)</b>	<b>Jul 20-24</b>
<b>Jun 23-26 (4 days)</b>	<b>Jul 27-31</b>
<b>Jun 29-Jul 3</b>	<b>Aug 3-7</b>
<b>Jul 6-10</b>	<b>Aug 10-14</b>
<b>Jul13-17</b>	<b>Aug 17-21</b>

**ADULTS ARE WELCOME**

### **Beginner 9-11:30 am (\$190/wk, 10 participants max)**

- ***Stimulate interest in badminton.***
- ***Learn rules and basic training in grip, stroke and movement around court***
- ***Physical training to support skills***

### **Intermediate 1-4 pm (\$220/wk)**

- ***10-14 years old***
- ***Multishuttle training to improve mobility; skills improvement***
- ***Singles and doubles games***
- ***Physical training to strengthen***

### **Advance 3-6 pm (\$220/wk)**

- ***Stationary multishuttle training to enhance power and speed***
- ***Footwork and physical training to improve court coverage and mobility***
- ***Drills for advanced strategies for competition***



Complete forms (one per participant); send form and payment to  
 Boston Badminton, 169 Flanders Rd., Westborough, MA 01581.

Name: \_\_\_\_\_ Email \_\_\_\_\_

Address: \_\_\_\_\_

City/Town: \_\_\_\_\_ State: \_\_\_\_\_ ZIP: \_\_\_\_\_

Home Phone:(\_\_\_\_\_) \_\_\_\_\_ Cell Phone:(\_\_\_\_\_) \_\_\_\_\_

Date of Birth: \_\_\_\_\_ Sex (M/F): \_\_\_\_\_ Member (Y/N) \_\_\_\_\_

Emergency Contact \_\_\_\_\_ Phone \_\_\_\_\_

Please check week(s):

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Apr 21-24 (4 days)</b> | <input type="checkbox"/> <b>Jul 20-24</b> |
| <input type="checkbox"/> <b>Jun 23-26 (4 days)</b> | <input type="checkbox"/> <b>Jul 27-31</b> |
| <input type="checkbox"/> <b>Jun 29-Jul 3</b>       | <input type="checkbox"/> <b>Aug 3-7</b>   |
| <input type="checkbox"/> <b>Jul 6-10</b>           | <input type="checkbox"/> <b>Aug 10-14</b> |
| <input type="checkbox"/> <b>Jul 13-17</b>          | <input type="checkbox"/> <b>Aug 17-21</b> |

Beginner, 2.5 hrs/day: \$160 for 4 day week, \$190 for 5 day week \_\_\_\_\_

Intermediate/Advance, 3 hrs/day: \$190 for 4 day week, \$220 for 5 day week \_\_\_\_\_

One day: \$45 for Beginner, \$54 for Intermediate/Advance \_\_\_\_\_

Non-member \_\_\_\_\_ add \$20/wk, \$5/day (please check) \_\_\_\_\_

**Total payment** \_\_\_\_\_

Note: Rates are for consecutive camp days. Payment is non-transferrable. No refund will be made once the camp session starts. Sibling or multi-session discount: 10% off each camp week starting the 4<sup>th</sup> week paid by each family.