



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

## **REVISED CAMP SCHEDULE**

**Apr 21-24 (4 days)**

**Jun 23-26 (4 days)**

**Jul 7-10**

**Jul13-17**

**Jul 20-24**

**Jul 27-31**

**Aug 12-14 (3 days)**

**Aug 17-21**

### **Beginner 9-11:30 am (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 or Beginner 1-4 pm**

- **Multi-shuttle training to improve mobility; skills improvement**
- **Singles and doubles games**
- **Physical training**

### **Advance 3-6 pm**

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

**NOW OFFERING FULL DAY CAMP FOR BEGINNERS  
2.5 HOURS IN THE MORNING AND 3 HOURS IN THE AFTERNOON MIXED WITH  
INTERMEDIATE PLAYERS**



169 Flanders Road  
Westborough, MA 01581

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 \_\_\_\_\_

- \_\_\_ Apr 21-24 (4 days)
- \_\_\_ Jun 23-26 (4 days)
- \_\_\_ Jul 7-10 (4 days)
- \_\_\_ Jul 13-17

- \_\_\_ Jul 20-24
- \_\_\_ Jul 27-31
- \_\_\_ Aug 12-14 (3 days)
- \_\_\_ Aug 17-21

**Payment**

**Beginner:**

2.5 hrs/day: \$125 for 3 day week, \$160 for 4 day week, \$190 for 5 day week \_\_\_\_\_

**Intermediate/Advance:**

3 hrs/day: \$150 for 3 day week, \$190 for 4 day week, \$220 for 5 day week \_\_\_\_\_

**Full day Beginner:** 2.5 hours in the morning, 3 hour mixed with intermediate

\$260 for 3 day week, \$335 for 4 day week, \$400 for 5 day week \_\_\_\_\_

Non-member \_\_\_\_\_ add \$20/wk (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 (If camp days/wk vary, discount is applied to the camp with fewer days).