

SUMMER 2015 Badminton Training Camps

Listen up.....Are you keen to continue your badminton training throughout the 2015 summer then.....

Read on.....

WMPC
is where badminton players just get better!

The WMPC summer 2015 camp aims to provide value training for a full month to prepare the players for the season ahead.

The camps will provide players with quality training and knowledge for the player's relevant level and above. Also devised to build up levels of fitness. Not only developing their fitness but also their strength, efficiency and power.

Players will develop their movement around court, shot techniques and learn and improve their tactics of singles and doubles.

Some sessions will be in the dance studio to develop movement skills to music. This is a fun session but is also very physical. Skills will be practised and incorporated into routines. Obviously some match play to develop tactics.

Finally we do have lots of fun.

And if that is not enough WMPC are supplying a FREE Forza top for a full days training – ONLY when booked prior to Friday 17 July 2015 deadline.

Full details are on the website.



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SESSIONS : Times vary depending on the Group session.

Week 1 – August 3-6

TIMES: 10-12; 1-3; 2-4; 6-8

Week 2 – August 10-13

TIMES: 10-12; 1-3; 2-4

Week 3 – August 17-20

TIMES: 10-12; 1-3; 2-4

Week 4 – August 24-27

TIMES: 10-12; 1-3; 2-4; 6-8

CHECK booking forms as times vary from day to day.

COACHES : The coaches delivering the sessions are:

Lorraine Cole – Ex International, World Number 10 and Current U17 National Coach.

James Lauder – Ex Junior International and U17 Men's Doubles Champion now full time player.

Stephanie Cartwright-Randle – Warwickshire and Worcestershire U13 County Coach and WMPC Coach.

CONTACT :

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improve your game!*

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