

BADMINTON NEWFOUNDLAND & LABRADOR SKILL-DEVELOPMENT PROGRAMS 2016 - 2017

Location: Rennie's River Elementary School, St. John's

Badminton Newfoundland and Labrador is pleased to offer programming for those youth who are interested in improving their skills to play or compete in badminton.

The following three programs are being offered:

Learn to Train: Age 9 – 11 as of 31 December 2016.

This is an introductory program designed to give a fun experience to young badminton players. Practices of 90 minutes in length will provide instruction in a range of skills as well as the basic tactics and rules of the game. Opportunities to play are included in each practice.

Train to Train: Age 12 – 15 as of 31 December 2016.

The goal of this level is to further enhance players' skills through training and acquire greater knowledge of the game. As well, opportunities will be provided for tournament play.

Learn and Train to Compete: Age 16 – 18 as of 31 December 2016.

In this program, players will have a chance to build their skills and fitness in order to give their best performance in school competition, or for those with the motivation and effort, to be part of the Provincial or Canada Games teams.

The programs will be coordinated and instructed by John Gillam, Competition Development Coach (Level 3) and coach of the Newfoundland Provincial and Canada Games Teams.

Programs will be conducted in two sessions of 16 weeks. Players may register for one or both sessions. A once annual insurance fee of \$8 must accompany the first registration.

Shuttles will be provided: nylon for Learn to Train and feather for the two other programs.

Players must provide their own rackets, suitable indoor court shoes, and protective eyewear. As well, participants are to bring a reusable drinking bottle to practice, filled with water only.

The schedule and fees are described on the registration form. Further information is available by contacting John Gillam: j_barachois2@hotmail.com.

Badminton Newfoundland and Labrador is a non-profit organization, registered with Service Newfoundland and Labrador, Registration # 10230 (October 1977). We have no paid staff or coaches. Fees are used to cover facility rental, insurance and materials. Any surplus funds are reinvested into youth programming.