

VRC Vancouver Racquets Club

Phone: 604-874-0242

Website: www.vrc.bc.ca

REGISTRATION
STARTS:
Wed May 1st
Members and current
participants have priority
up to this date

Junior Badminton Group Training

COACHES: Calvin / Kyle Holoboff – Morgan Van Heukelom – Ming Yao

BEGINNER: Overhead Clear, Drop, Smash, High Singles Serve, Defense, ½ Court Singles, Basic Singles Strategy

GROUP B: Skill Development, Games, Footwork, Conditioning, Drills, Strategy.

GROUP A/B: Speed Drills, Skill development, Games, Footwork, Conditioning, Drills, Strategy.

GROUP A & AA: Advanced skills, Speed Drills, Conditioning, Drills, Strategy.

DRESS CODE: No black sole, clean indoor court shoes

COST:	<u>Club Members</u>	<u>Non Members</u>
Beginner	\$ 55.00	\$ 75.00
Group A/B & B	\$ 80.00	\$100.00
Group A & AA	\$115.00	\$130.00

{ Cost includes tax, nylon shuttles.
Juniors will supply feather ones on their own }

Cheques payable to Calvin Holoboff

Refund Policy

If class has not started, two options:

- 1) Hold credit for later session
- 2) Non-members receive refund less \$16.80 for VRC administration fee

*No refund after group starts *
* No rebate given for missed classes *
* Duplicate receipts: \$10 *

SCHEDULE: (No group training on Saturday of tournaments)

Group	Time	Period	No Class	Registration
Beginner	Saturday 12:00 – 1:00 pm	Apr 6 – May 25		Mar 11, 2013
B	Monday 4:00 – 5:30 pm	Apr 22 – Jun 10		Apr 15, 2013
B	Saturday 1:00 – 2:30 pm	Apr 13 – Jun 1		Mar 11, 2013
B	Saturday 5:30 – 7:00 pm	Apr 27 – Jun 15		Apr 15, 2013
A/B	Saturday 9:00 – 10:30 am	Apr 6 – May 25		Mar 11, 2013
A/B	Saturday 10:30 – 12:00 pm	May 4 – June 22		Apr 15, 2013
A/B	Sunday 5:45 – 7:15 pm	May 12 – June 30		May 1, 2013
A	Thursday 4:00 – 5:30 pm & Saturday 2:30 – 4:00 pm	Mar 30 – May 23		Mar 11, 2013
AA	Friday 4:00 – 5:30 pm & Saturday 4:00 – 5:30 pm	Mar 23 – May 17		Mar 11, 2013



Name: _____ Male / Female

Contact Phone #: _____ Email: _____

PARENT'S CONSENT: I _____ the mother/father/guardian of _____ will not hold the VRC, its Directors, Coaches, and members liable or responsible for any injury or accident that might happen to my child while attending the VRC Advance Training Program being hosted by the Club.

BEGINNER <input type="checkbox"/>	GROUP B (Mon 4:00 pm) <input type="checkbox"/>	GROUP A/B (Sat 9:00 am) <input type="checkbox"/>
GROUP A <input type="checkbox"/>	GROUP B (Sat 1:00 pm) <input type="checkbox"/>	GROUP A/B (Sat 10:30 am) <input type="checkbox"/>
GROUP AA <input type="checkbox"/>	GROUP B (Sat 5:30 pm) <input type="checkbox"/>	GROUP A/B (Sun 5:45 pm) <input type="checkbox"/>

Period: April to June 2013

Signature of Parent or Guardian

Date

Cheque/Cash \$ _____
Date Rec'd _____