



# Vancouver Racquets Club

Phone: 604-874-0242

Website: www.vrc.bc.ca

REGISTRATION  
STARTS:

**Sat, Jan 28<sup>th</sup>**

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

<b>COST:</b>	<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

[\*\* No refund after group starts \*\*]

[\*\* No rebate will be given for missed classes \*\*]

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

**Cheques payable to Calvin Holoboff**

No group training on Saturday of Tournaments

### SCHEDULE:

Group	Time	Period	No Class	Registration
Beginner	Saturday 12:00 – 1:00 pm	Jan 28 – Mar 24	Feb 25	Jan 7, 2012
B	Monday 4:00 – 5:30 pm	Jan 16 – Mar 5		<b>FULL</b>
B	Saturday 1:00 – 2:30 pm	Feb 4 – Mar 31	Feb 25	Jan 7, 2012
B	Saturday 5:30 – 7:00 pm	Feb 18 – Apr 14	Feb 25	<b>Jan 28, 2012</b>
A/B	Saturday 9:00 – 10:30 am	Jan 28 – Mar 24	Feb 25	Jan 7, 2012
A/B	Saturday 10:30 – 12:00 pm	Mar 3 – Apr 21		<b>Jan 28, 2012</b>
A/B	Sunday 5:45 – 7:15 pm	Feb 12 – Apr 1		<b>Jan 28, 2012</b>
A	Thursday 4:00 – 5:30 pm & Saturday 2:30 – 4:00 pm	Feb 9 – Apr 5	Feb 25	<b>Jan 28, 2012</b>
AA	Friday 4:00 – 5:30 pm & Saturday 4:00 – 5:30 pm	Jan 28 – Mar 24	Feb 25	Jan 7, 2012



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   
 GROUP A   
 GROUP AA

GROUP B (Mon 4:00 pm)   
 GROUP B (Sat 1:00 pm)   
 GROUP B (Sat 5:30 pm)

GROUP A/B (Sat 9:00 am)   
 GROUP A/B (Sat 10:30 am)   
 GROUP A/B (Sun 5:45 pm)

Period: Jan 2012 to Apr 2012

Cheque/Cash \$ \_\_\_\_\_

Date Rec'd \_\_\_\_\_

Signature of Parent or Guardian

Date