



Vancouver Racquets Club

Phone: 604-874-0242

Website: www.vrc.bc.ca

REGISTRATION
STARTS:

Sat., June 26th

Members and current
participants have priority
up to this date

Junior Badminton Group Training

COACHES: Calvin / Kyle Holoboff – Erik Nilsson – 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	\$ 65.00
Group A/B & B	\$ 80.00	\$ 90.00
Group A & AA	\$115.00	\$125.00

(No refund after group starts **)**

(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	Aug 7 – Oct 2	Aug 14	June 26, 2010
B	Monday 4:00 – 5:30 pm	Aug 23 – Oct 11	----	June 26, 2010
B (Summer)	Tuesday 2:30 – 4:00 pm	July 6 – Sep 7	Jul 20, 27	June 26, 2010
B	Saturday 1:00 – 2:30 pm	Aug 28 – Oct 16	----	June 26, 2010
B	Saturday 5:30 – 7:00 pm	Jun 19 - Aug 28	Jul 24, 31; Aug 14	June 1, 2010
A/B	Saturday 9:00 – 10:30 am	Aug 7 – Oct 2	Aug 14	June 26, 2010
A/B	Saturday 10:30 – 12:00 pm	Jun 26 – Sep 4	Jul 24, 31; Aug 14	June 1, 2010
A/B	Sunday 5:45 - 7:15 pm	Jun 27 - Aug 29	Jul 25, Aug 1	June 1, 2010
A	Thursday 4:00 – 5:30 pm & Saturday 2:30 – 4:00 pm	July 17 – Sep 25	Jul 22, 24, 29, 31; Aug 14	June 26, 2010
AA	Friday 4:00 – 5:30 pm & Saturday 4:00 – 5:30 pm	July 3 – Sep 11	Jul 23, 24, 30, 31; Aug 14	June 26, 2010



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"/> |
| | GROUP B (Tue 2:30 pm) <input type="checkbox"/> | |

Period: July to September, 2010 – v2

Cheque/Cash \$ _____

Date Rec'd _____

Signature of Parent or Guardian

Date