# 8TH BADMINTON TRAINING CAMPS 2010

## TIMETABLE

In order to prepare you to enjoy and have a positive experience from your camp the following information is an example of the Camp's timetable, clothing and footwear requirements.

EXAMPLE OF TIMETABLE (Subject to change)

| DAY | Morning | AM | PM | Evening | Requirements |
|---|---|---|---|---|---|
| 1 | | **10.45 am Arrival**<br><br>12 Noon<br>On Court session (Short) | **2.30-5.30**:<br>On Court in Badminton Hall | **7.30-9.30:**<br>On Court in Badminton Hall | • Running Shoes<br>• Badminton Shoes<br>• Minimum of 4 sets of short, shirts, skirts(girl), socks |
| 2 | **7am:**<br>30min Run | **9.30-12.00**:<br>On court in Badminton Hall | **2.30-5.15**:<br>On Court in Badminton Hall | **7.30-9.30:**<br>On Court in Badminton Hall | • Running Shoes<br>• Badminton Shoes<br>• Minimum of 4 sets of short, shirts, skirts(girl), socks |
| 3 | **7am:**<br>30min Run | **9.30-12.00**:<br>On court in Badminton Hall | **2.30-5.15**:<br>On Court in Badminton Hall | **7.30-9.30:**<br>On Court in Badminton Hall (Fun Activities) | • Running Shoes<br>• Badminton Shoes<br>• Minimum of 4 sets of short, shirts, skirts(girl), socks |
| 4 | **7am:**<br>30min Run | **9.30-12.**:<br>On court in Badminton Hall | **2.15-4.30**:<br>On Court in Badminton Hall | **4.30:**<br><br>**Departure** | • Running Shoes<br>• Badminton Shoes<br>• Minimum of 3 sets of short, shirts, skirts(girl), socks |

All players are required to bring Skipping Ropes and Training Diary. Basic skipping practices can be found on the downloads page of our website.

There are no laundry facilities at Carronvale House therefore it is essential that enough clothing and proper footwear is brought to the training camp to obtain maximum benefit.

Please do not hesitate to contact us at anytime should you need further assistance.

Kind Regards


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