



Summer Camps 2022

OISC gym @ Franco Cite

August 22 – August 26

9:00 am – 16:00 pm

VENUE: OISC gym @ Franco Cite HS, (623 Smyth Rd. - beside Ottawa General Hospital)

AGES: **6 + - adult** – Players from all clubs and all schools are welcome to attend.
All levels of playing experience are welcome: beginner to competitive.
(Players will be grouped in mini-training groups based on general age, and general badminton ability, as assessed by the coaching leadership team)

Excellent opportunity for:

- Players to fine tune technical skills, and get a jump start for the new competitive season of badminton
 - Players wanting to have fun with friends on the badminton courts
1. **Just Starting:** and/or or want to learn proper fundamentals, court movement, technique.
 2. **Intermediate:** play for high school, play in a regional club. Have competed in regional events.
 3. **Competitive:** train regularly and compete in provincial+ competitions. Want to be challenged.

WHAT TO WEAR

- T-shirt
- Shorts
- Gym socks
- Non-marking indoor gym shoes

WHAT TO BRING

- Own badminton racquet (*racquets and badminton equipment will be available for purchase during the camps*)
- Healthy snacks, fruit juices
- Own lunch
- Water bottle (with name)



Camp Fees:

\$ 310.00 + HST = **\$ 350.30** (5 days)

Pre-camp supervision 8:15-9:00 – FREE

Post camp supervision 4:00 – 5:00 = \$36.16

Information:

Tel: 613-241-3686 Dominic or Janet

Email: janet.hugli@gmail.com

Web: www.soong.ca

CAMP FEATURES

Professional NCCP Coaching Leadership Team

Led by:

- **Dominic Soong** – NCCP certified Level 4 National Competition Development Coach
- **Janet Hugli** – NCCP certified Level 3 Provincial Competition Development Coach

Leadership Team”

- NCCP certified, trained and experienced
- First Aid Trained
- Police Check verified
- Respect in Sport completed
- **Air** conditioned gym
- **Low player/coach ratio** (Target - 8:1 or lower)
- **Tailored instructional programs** based on experience & playing ability/interest of players
- Badminton skill development, skills practice and technical refinement
- Fitness challenges
- Organized games, contests, mini-tournaments
- Shuttles (badminton birds) included