



# Weekly Training Programs

# SPRING 2019

The Soong Badminton Academy offers instructional badminton training programs for enhancing recreational play to developing competitive level athletes in a small group format. The leadership team includes experienced NCCP certified and trained coaches, who have been consistently recognized across the province for delivering excellence in badminton training.

Each class includes tailored instruction on technical skills and stroke development, court movement, and game tactics/strategy. Players will be grouped in mini-training groups based on general age, and general playing level, as assessed by the coaching leadership teams.

We invite you to train with your friends, while you develop your badminton game, have FUN on the courts  
AND  
benefit from the experience of our NCCP (National Coaching Certification Program) leadership team!

Day	Location	Dates: Six (6) week programs	Class Times
<b>FRIDAY Night</b>	<b>TURNBULL SCHOOL</b> <i>(between Baseline &amp; Carling)</i> 1132 Fisher Avenue Ottawa, Ontario, K1Z 6P7	April 26 May 3 May 10 May 17 <sup>th</sup> – no training – Victoria Day weekend May 24 May 31 June 7	<b>1. 6:30 – 8:00</b> Children ages 6 – 14 Skill Development & Intermediate  <b>2. 8:00 – 10:00</b> Youth ages 12+ and adults Skill Development & intermediate
<b>SATURDAY</b>	<b>TURNBULL SCHOOL</b> <i>(between Baseline &amp; Carling)</i> 1132 Fisher Avenue Ottawa, Ontario, K1Z 6P7	April 27 May 4 May 11 May 18 <sup>th</sup> – no training – Victoria Day weekend May 25 June 1 June 8	<b>3. 2:00 – 4:00</b> Children ages 6-14 Skill Development & Intermediate <b>4. 4:15 – 6:15</b> Children ages 12-15 Competitive Development <i>(players currently participating in regional tournaments)</i> <b>5. 6:30 – 8:30 *</b> Youth ages 15+, and adults <i>*Competitive – with advance approval of head coach</i>

## INVESTMENT

Program	Class Fee	HST	Total
FRIDAY nights <i>(1.5 hour sessions)</i> - 6.30 – 8.00	\$ 140.00	\$ 18.20	\$ 158.20
FRIDAY nights <i>(2 hour sessions)</i> - 8.00 – 10.00	\$ 175.00	\$ 22.75	\$ 197.75
SATURDAY <i>(2 hour sessions)</i> - 2.00 – 4.00 & 4.15 – 6.15			
SATURDAY - *Competitive <i>(2 hour sessions)</i> - 6.30-8.30	\$ 195.00	\$ 23.35	\$ 220.35

## REGISTRATION OPTIONS:

ELECTRONIC	VIA MAIL (cheques only – do not mail cash)	HAND DELIVER
<ul style="list-style-type: none"> <li>Complete the registration form and send via scan/email to: <a href="mailto:janet.hugli@gmail.com">janet.hugli@gmail.com</a></li> <li>E-transfer payment to: <a href="mailto:janet.hugli@gmail.com">janet.hugli@gmail.com</a></li> </ul>	Address to: Soong Badminton Academy <b>P.O. BOX 52011</b> , RPO Rideau East 322 Rideau St, OTTAWA, Ontario K1N 5Y5	Registration forms & payment may be hand delivered to the head coach at any of our Winter 2019 training sites, during training times: <ul style="list-style-type: none"> <li>Turnbull School: FRIDAYS from 6:30 – 10:00 pm or SATURDAYS from 2:00 – 8:30</li> <li>Omer Deslauriers HS: Sundays from 9:00 – 3:30</li> </ul>