



TRAINING OPTIONS

WINTER 2023

DAY: SATURDAYS

LOCATION: OISC Gym at the Franco Cite High School – 623 Smyth Road (beside the General Hospital)

START DATE: February 11, 2023

of Classes: Ten (10) weeks

Class #	Time	Target Audience	Current general play level
1	12.45 – 2.45	Ages 6 – 15	Beginner, intermediate
2	3:00 – 5:00	Ages 13 - 16	Intermediate
3	5:15 – 7:15	Ages 16+ and Adults	Youth - Intermediate & Competitive Adults - All Play levels

Please note: players will be further grouped in mini-training groups based on general age, and general play ability – as assessed by the coaching leadership team - so that all players may be appropriately challenged and supported.

TRAINING DATES

1. February 11 2. February 18 3. February 25 4. March 4	5. March 11 <i>March 18 – no training – March Break</i> 6. March 25 7. April 1	<i>April 8 – no training – Easter, possible mini-tournament</i> 8. April 15 9. April 22 10. April 29
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Notes: Programs will be led by NCCP (National Coaching Certification Program) certified coaches

- Players / Programs will be further supported by NCCP trained and apprentice coaches to ensure low ratios, and added player support
- Classes will be 2 hours/session
- Classes will include: technical skill development, court movement/footwork, physical development, tactical skills, organized game play, preparation for tournament play.

Registration Link:

https://docs.google.com/forms/d/e/1FAIpQLSdEpFQnq_GZ186xcnG0tgqMyRRgA31NF069I2lnGJNT094B1w/viewform?vc=0&c=0&w=1&flr=0

Investment: \$ 350.00 plus HST (45.50) = **\$ 395.50**

Payment to be sent via E-transfer to soong@soong.ca and include both the PLAYER's Name as indicated on the google registration form, and the class number in which the player will be participating.

Security Answer can be set as Winter2023.

Acceptance of the registration will be confirmed via email on receipt of both the information, and the e-transfer.

Additional information: www.soong.ca Tel: 613.241-3686 (Dominic or Janet) Email: janet.hugli@gmail.com

We look forward to welcoming you to the courts for some great WINTER 2023 badminton.