

# COUNTY PERFORMANCE CAMP 2012

# BADMINTON

# ALL STARS

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**MYRACQUETS**  
ACTIVITY CAMPS



The MYRACQUETS Performance Camp has been tailored for players of county standard and above. The camp is geared towards preparing players physical and mental for the start of the badminton session. By tuning players back up for competitive match play it will give them the edge over their competitors.

**DATES:**  
**Tue 28th - Fri 31st August**  
**(9am - 4pm)**

Opportunity for early drop-off (8.30am)

**VENUE:**  
Woodlands School, Allestree, Derby

**COACHES:**  
**Lee Clapham** (ex England international)  
Help from qualified coaches and county players.  
**All coaches are all fully licensed and CRB checked.**

**PRICE: £100 for the 4 days**

**This camp is for players of county standard and above.**  
**For ages U13, U15, U17**

**The Performance Camp focuses on the following aspects:**

- Technical skills & play
- Tactical Skills & play
- Flare and deception
- Speed & agility
- Footwork
- Match play
- Fitness (on and off the court)
- Visualisation
- Player development
- Tournament preparation

For more information please call Lee Clapham on **07802 415 157** or visit **[www.myracquets.com](http://www.myracquets.com)**



**MYRACQUETS**  
ACTIVITY CAMPS

## COUNTY PERFORMANCE CAMP

**DATE:** Tue 28th - Fri 31st August

**PRICE:** £100 for the 4 days

**PLEASE TICK**

**If you would like your child to join in at one of the MY RACQUETS Activity Camps, it couldn't be easier.**

Just tick the box on the left for the camp you would like your child to attend, fill in the details below and post it, along with a cheque to the address below.

Children will be required to bring their own pack lunch and drink for the full day and there is an option of an early drop off at 8.30am and a late pick up of 4.30pm if required.

All coaches are licensed and CRB checked.

**If you have any queries please don't hesitate to call Lee Clapham on 07802 415157 or email [lee@myracquets.com](mailto:lee@myracquets.com)**

Please make cheques payable to Lee Clapham.

Return postal address: **MY RACQUETS** Activity Camps 25 Park Lane, Allestree, Derby. DE22 2DU

## Badminton Stars Details

CHILDS NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

POSTCODE: \_\_\_\_\_

AGE: \_\_\_\_\_

SCHOOL ATTENDED: \_\_\_\_\_

CONTACT NUMBER: \_\_\_\_\_

PARENTS NAME: \_\_\_\_\_

EMAIL: \_\_\_\_\_

EMERGENCY CONTACT NUMBER: \_\_\_\_\_

DOES YOUR CHILD HAVE ANY MEDICAL PROBLEMS?

YES NO If yes, please state

I REQUIRE: 8.30AM DROP OFF

4.30PM PICK UP

**LOCATION:** Woodlands Community School,  
Blenheim Dr, Allestree, Derby. DE22 2LW