

## SK Badminton Český Krumlov

In co-operation with PRO-SPORT ČK o.p.s. and FZ Forza Czech Republic presents

FZ FORZA® FZ FORZA® FZ FORZA® FZ FORZA® FZ FORZA®

**2016**

**SUMMER CAMP**

31.7.-6.8.

český krumlov

### Dear badminton friends,

also this year we would like to invite you to our FZ Forza Summer Camp in Český Krumlov, an event which we have been organising for you for over 15 years.

In the 7 days you can look forward to at least 36 training hours during which we will work with you not only on badminton courts, but also at the athletic stadium, on the hills around the town and the swimming pool. The daily programme will be split into three training sessions including the famous morning warm-ups, physical exercises, and most importantly lots of fun with badminton.

The Summer Camp will be lead by Radek Votava, one of the most experienced coaches of Czech Badminton, and Pavel Florián, the sixfold Czech National Champion and a former long-time National Team member. The camp is primarily designated for the U15 to U19 categories (exceptions are possible). We will decide upon the exact programme after the application deadline, however, we would like to work with your own ideas and wishes as well. The physical sessions should be focused on developing speed, power and explosiveness – badminton is a fast game – and the on court trainings will be dedicated to technical aspects of the overhead shots and net play.

Part of the programme will also be dedicated to discussions-lectures about tactical preparation for the matches, lifestyle and recovery.

The Sportshall with all the necessary facilities (accommodation with boarding, 5 badminton courts, athletic stadium and swimming-pool in a walking distance) will make sure that you will have plenty of time for your favourite sport. Hopefully you will get some good inspiration for your regular training at home. In order to achieve that we will try to give our best from our badminton „know-how“. As a payback we expect you to try the very best every single day. For each participant we will have a small gift (participant´s T-shirt).

!!! We are looking forward to having you HERE !!!

### Coaches:

#### **Radek Votava**

- Head coach of SKB Český Krumlov and TCM South Bohemia
- Experienced international youth and seniors coach (over 200 events)
- Head coach and assistant coach of the Czech Junior National Team between 1999–2007, 2013-2014, 2015-2016
- „Czech Coach of the Year Award“ 2006, 2007, 2008, 2012, 2014
- Coach of current or former national players: J. Janáček, M. Benešová, H. Milisová, P. Florián, L. Černá, S. Kohoutek, S. Milová, T. Švejda, P. Beran and many other national players and medallists from the national championships
- Coaching seminars, courses, workshops in India, China, Denmark, New Zealand



#### **Pavel Florián**



- Czech Nat. Championships – 6x winner (pairs), 7x bronze (singles)
- 56<sup>th</sup> rank in the BWF men´s doubles WR (2/2007) and 79<sup>th</sup> rank in the BWF men´s singles WR (1/2009)
- Key player of the SK Badminton ČK Extraleague team
- Youth and seniors coach of SKB ČK and TCM South Bohemia
- Training camps and sojourns in Denmark, India, India, Germany, Portugal, China and other countries
- 9<sup>th</sup> place in men´s doubles at the 1<sup>st</sup> European Games (Baku)

**Date:** 31<sup>st</sup> July – 6<sup>th</sup> August 2016

**Venue:** Sportshall, Chvalsinska 111, Cesky Krumlov, Czech Republic

**Shuttles:** Own – feather. Organiser will provide first 10 boxes of new shuttles for the whole camp. If more shuttles are needed, they can be bought together with other FZ FORZA and R.S.L. products (rackets, grips, etc.).

**Price:** **4790,- CZK** ..... *the price includes:*

- accommodation for 6 nights including free wi-fi
- 6x full-board (breakfast, lunch, dinner) and drinks
- approx. 30 hours of training in the hall plus other sessions at the athletic stadium or the swimming pool
- coaching supervision during the trainings and the whole camp
- individual evaluation for each participant (talks during the camp, written evaluation)
- small gift for each participant

**Cancellation fees:**

- withdrawal up to 31 days (incl.) prior to the start of the camp – a cancellation fee of 300,- CZK applies
  - 30 to 15 days (incl.) prior to the start of the camp – a cancellation fee of 33% of the total prize applies
  - 14 to 5 days (incl.) prior to the start of the camp – a cancellation fee of 66% of the total prize applies
  - 5 days and less prior to the start of the camp – a cancellation fee of 90% of the total prize applies
- The cancellation fee doesn't have to be paid if the withdrawing player finds a substitute for himself.

**Binding application:**

Please fill in and send the attached entry-form until 1<sup>st</sup> May 2016 by e-mail to: [radek.votava@mybox.cz](mailto:radek.votava@mybox.cz) or by post to: SKB Český Krumlov, Chvalšinská 111, 38101 Český Krumlov, Czech Republic.

Remember to hand in the Health State Declaration signed by a parent/parents upon your arrival.



# PARTNERS of SK Badminton Český Krumlov

