



LIONS BADMINTON TRAINING CENTER

2019-2020 Winter Camp Registration Form

(Dec 27, 30, 31, 2019; January 2, 3, 2020; 9:00am – 4:30pm)

First Name: _____ Last Name: _____
Address: _____ City: _____
Postal Code: _____ Year Of Birth: _____
Phone Number: _____ Email Address: _____
Emergency Contact: _____ Level Confirmed: Elite / Intermediate & Beginner

	Price	Discount (Max. 20%)	Subtotal
5-Days	325+Tax		
Daily	65+Tax		

**Early bird (November 30, 2019) 5%; Sibling 5%; 5-Days 10%, Maximum 20% off

- Drop off time can be 8:30am & Pick-up time can be extended to 6:30pm for free
- **Registration Deadline:** Registration Form and payment must be received on or before Dec. 23rd, 2019
- **Email Scanned Registration Form to:** info@lionsbadminton.com, Or mail the form to Lions Badminton Training Centre, Unit 4&5, 5040 Mainway, Burlington L7L 7G5
- **Payment Acceptable:** e- transfer to: info@lionsbadminton.com, Debit card/Cash at [Lions Badminton Training Center](#), or Cheque payable to: [Lions Badminton Training Center](#)

Terms and Conditions:

1. The team member agrees to represent Lions Badminton Training Center exclusively at all tournaments and agrees not to represent any other club while training with Lions Badminton Training Center.
2. It is understood and agreed that there are no refunds, exchanges or credit
3. Lions Badminton Training Center reserves the right to terminate any team member that violates the team rules as set out by Lions Badminton Training Center and their coaching staffs
4. The undersigned understands that Lions Badminton does not assume or accept responsibility for expenses resulting from loss or injuries sustained while engaged in any activities whatsoever whether on or off Club premises.

PHOTOGRAPHY & VIDEO:

By signing this form, you are agreeing to permit photographs and video to be taken of you for promotional purposes.

Players / Parent or Guardian Signature: _____ Date: _____

For Internal Use Only

Amount Paid: _____

Club Manager Signature: _____

For more information, please contact:

Lions Management Team @905-698-0325, info@lionsbadminton.com

Facility address: Lions Badminton Training Center, Unit 4 & 5, 5040 Mainway Burlington Ontario, L7L 7G5
www.lionsbadminton.com



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ELITE TEAM TRAINING CAMP AGENDA

Time	Activities
9am-12pm	High intensity on court training (including full court movement, control, attack and defense, doubles rotation and strategy training)
12pm-1:15pm	Lunch break
1:15pm-2:30pm	Light skill training (including various stationary techniques training)
2:30pm-4:30pm	Physical training (including stamina, power, speed, agility, balance training and badminton footwork) + internal games

BEGINNER & INTERMEDIATE TRAINING CAMP AGENDA

Time	Activities
9am-10:30am	Foundation build up training (including shuttle feeling growth, proper grip and swing corrections, basic shots development)
10:30am-10:45am	Snack time
10:45am-12:00pm	Continue basic shots development (including serve, clears, net shots, lifts and drives)
12:00pm-1:15pm	Lunch break
1:15pm-2:30pm	Dynamic techniques training (including all the technique training with proper footwork)
2:30pm-4:30pm	Physical training (including stamina, power, speed, agility, balance training and badminton footwork) + internal games