

JUNIOR TRAINING PROGRAMS

Ballarat Badminton Elite Squad:

Ballarat Badminton has had a rich history of State and National representatives. Many of our past athletes have worked hard to represent Victoria at National Carnivals at U13, U15, U17 and U19, many of which have gone on to play in the Senior State Teams. Several of these players have also won national titles and represented Australia in international competition including Thomas, Uber and Sudirman Cup Teams, as well as Olympic and Commonwealth Games representatives.

The goal of the expanded training program, outlined below, is to provide a pathway for Ballarat athletes to play at State, National and even International Level in the future.

The following programs will be offered to Junior players in 2021.

The Elite Squad Program:

Athletes within the program will have access to the following:

- 3 training sessions per week (Monday, Tuesday and Wednesday 5:15 - 6:45pm).
- Strength and conditioning sessions and programs (incorporated into on-court sessions)
- Fitness testing (undertaken several times throughout a year).
- Coaching and mentoring from past Victorian and National representatives.
- Court hire, coaching and shuttles are included in the programs costs (as outlined below).

Please note that for any athletes who are only able to train for one session each week, they are welcome to attend the Monday session (5:15 - 6:45pm). The cost of attending this training session will be \$10 per session, payable on the night.

Cost and other details:

Athletes who commit to the program are required to attend at least 80% of sessions and compete in a pennant competition organised by BBA. Athletes are also strongly encouraged to start playing in a variety of tournaments within Victoria.

The all-inclusive cost of the program is **\$200 per term**.

- The first training session will be on Monday February 1.
- Payment for Term 1 is due no later than Friday February 12. Please contact Sandy or Rhonda in the BBA office to organize payment.

The program will be coordinated by Rhonda Cator and Brandon Olver. Other coaches may also be involved in the program throughout the year.

This program is proudly supported by BBA and Cason Sports.

Intermediate Squad Program

Mondays from 5.15 to 6.45pm

Aimed at Older juniors, who have basic skills and are looking to further their skills.

You will work alongside our Elite Squad.

Cost \$10 per session.

Beginner Squad

Monday Evenings 4.30pm to 5.30pm

Our beginner squad is geared towards our younger players/beginners, who will develop and learn basic Badminton skills. Held under the guidance of Head Coach Rhonda Cator, with the assistance of Elite Junior Members, and current senior players.

Cost \$5 per session.

For enquiries on any of the above squads, please contact Rhonda or Sandy.
5339 4601 or 0427687559.