

# HIGH-PERFORMANCE JUNIOR PROGRAM

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(Invitation-Only Program)

## Training with USA Badminton High Performance Coach, BOYD TAHTAT

### Mission Statement

To develop a generation of enthusiastic and committed badminton players to compete and win local and USAB tournaments by providing first-class training with high performance coaches in a premier facility.

### Objectives

#### • Learn

- Tournament strategies and professional techniques
- Mental control and toughness
- Health and fitness concepts (e.g., endurance, balance, power, and agility)
- To work in a competitive and team environment
- Discipline, responsibility and respect for oneself and others

#### • Improve and Develop

- Hand skills and techniques to reduce risk of injury and efficiency of movement (conserve energy)
- Advanced game strategies, including a strong mental game
- Self-discipline and sportsmanship
- Physical and mental strength

## 2019 Training Schedule (2 hours/session)

\*Students will be placed in their appropriate level that evaluated by the coach

Gold Team	Silver Team	Bronze Team	Copper Team
Wednesdays: 6.30pm – 8.30pm	Wednesdays: 6.30pm-8.30pm	Thursdays: 6.30pm -8.30pm	Thursdays: 6.30pm -8.30pm
Fridays: 7pm – 9pm	Fridays: 7pm – 9pm	Fridays 7pm – 9pm	Fridays 5pm – 7pm
Saturdays: 1pm - 3pm	Saturdays: 1pm - 3pm	Saturdays: 1pm - 3pm	Saturdays: 10am -12pm
Sundays: 1pm-3pm	Sundays: 1pm-3pm	Sundays: 9.30am-11.30am	Sundays: 9.30am-11.30am

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