



SUMMER BADMINTON COACHING CAMP – 2023
ORGANISED BY SANKALP SEVA MANDAL IN ASSOCIATION
WITH TMC & Yen Badminton Academy

GENERAL INFORMATION & INSTRUCTIONS

We, on behalf of Sankalp Seva Mandal welcome all Players who have enrolled for this Summer Camp. This camp is organized by us in order to spot talent among youngsters & introduce them to the game of Badminton. The basic technique of footwork, service, racket grip, strokes such as Toss, Drop & Smash of Badminton will be taught by our experienced Coaches in this camp. Lectures on Nutrition & Diet & Laws of Badminton - Rules and Regulations by experts will be organized during the camp.

CAMP VENUE : Indoor Badminton Hall, Shri Sharadchandraji Pawar Mini Sports Stadium, Dhokali, Kolshet Road, Thane - 400607.

CAMP DURATION : Monday, 1st May to Wednesday, 31st May, 2023.

DAYS : MONDAYS TO FRIDAYS

Physical Training	Group Timings	Each Player must carry with him/her :
Group A	Group-A	1) Badminton Racket 2) Small Kit Bag
6:30 AM to 7:30AM	10 AM TO 1 PM	3) Rubber soled Non-Marking Shoes
		4) Socks 5) Skipping Rope (Wire Type)
Group-B	Group- B	6) Extra T.Shirts 7) Water Bottle
6:30 AM to 7:30AM	3 PM TO 5 PM	8) Cap 9) One- Small Napkin + 1 Big Towel/Yoga Mat
		10) Note Book / Diary

Note to Parents

Since it is Summer time, all players should carry extra energy drink, such as Limbu Sharbat, Enerzal or Electral along with their Water Bottles. Also players should carry some food items to remain replenished during their training. Parents may give their child fruits, biscuits, dry fruits, sandwiches etc. during their playing time.

TENTATIVE PROGRAM FOR SUMMER CAMP 2023

Mon to Fri	1 st Week - 1 st May to 5 th May	Physiological Evaluation Tests Of Players
Mon to Fri	2 nd Week - 8 th May to 12 th May	Lecture by experts on Diet-Nutrition Exact date-time will be informed later-Parents can attend
Mon to Fri	3 rd Week - 15 th May to 19 th May	Lecture by experts on Laws of Badminton Exact date-time will be informed later
Mon to Fri	4 th Week - 22 nd May to 26 th May	Camp Tournament
Mon to Wed	5 th Week - 29 th May to 31 st May	T-Shirts and Certificate Distribution

T.SHIRT : Each participant will be given a T.Shirt & a Certificate after successful completion of the camp.

CONCLUSION OF CAMP : The Camp will conclude on Wednesday, 31st May 2023

HOLIDAY : SATURDAYS & SUNDAYS

Mobile No. For Assistance : 1) Rajeev Ganpule -Chief Coach - Mob.: 9320410490
 2) Amey Joshi - Mob.: 9967647146
 3) Sameer Lele - Mob.: 9987082170

Whats App Group : A Whatsapp group will be formed for Group A and Group B players, wherein we shall post messages and information related to camp.