



**YOUR SPORT LEADER:**  
➤ **Andreas**

# **BADMINTON BLAST 12-15**

## **MARCH 22-26 | 9AM-12PM**

### **AGES 12-15**



### **SCHEDULE OF ACTIVITIES**

**MONDAY:** Introduction, warm up and rally games, rules, grips and court lines, serving techniques and target practice, and more!

**TUESDAY:** Rally games, singles/doubles strategies and rules, footwork and movement drills, and more!

**WEDNESDAY:** Rally games, singles/doubles strategies and rules, footwork and movement drills, and more!

**THURSDAY:** Rally games, competitions, skill review and round robin tournament!

**FRIDAY:** Skill review and tournament!

### **ITEMS TO BRING TO CAMP:**

- **Snack, water bottle, running shoes**
- **Extra Masks!**
- **Badminton racquet if you have (we will provide)**

**A mask must be worn when entering, exiting and moving around the building. While taking part in physical activities, masks are optional and if desired, sport camp leaders will direct participants to remove mask when appropriate.**