

Dear Tadas,

Thank you for the list of players worked out and for the good meeting.

BOYS

Jonas Petkus **2001 m.**
Danielius Beržanskis **2003 m.**
Vilius Bagdanavičius **2004 m.**
Domas Pakšys **2007 m.**
Nojus Tenikaitis **2008 m.**

GIRLS

Samanta Golubickitė **2002 m.**
Perla Mūrėnaitė **2004 m.**
Jogailė Kelečiūtė **2006 m.**
Viltė Paulauskaitė **2006 m.**
Monika Sukackaitė **2006 m.**
Jorūnė Šalnaitė **2008 m.**

The price per player per week is € 105 per week. This is the price for the accommodation. Badminton Europe will cover all the training costs. Food will also have to be covered by the players. Most of our own permanent players will eat the hot lunch in the restaurant and eat breakfast and dinner in the room. The price for the hot lunch is around € 10.

We informed you already about the setup that includes:

- 8-10 training badminton sessions per week with highly qualified coaches
- Strength training in a top modern gym
- 20 min physio/massage treatment every week
- Physiotherapeutic screening to ensure optimal training
- Free access to top modern gym
- Free access to swimming pool
- Accommodation in own 1 room apartment with small kitchen and own bath less than 100 metres from the venue

Here is a copy of this weeks training schedule so that you get an understanding of what kind of training we offer:

Week 19				
Monday 9 may	Tuesday 10 May	Wednesday 11 May	Thursday 12 May	Friday 13 May
BM 08:00 - 10:30 JD WS group See John's program	BM 08:00 - 10:30 JD WS group See John's program	BM 08:00 - 10:30 JD WS group See John's program	BM 08:00 - 10:30 JD WS group See John's program	BM 08:00 - 10:30 JD WS group See John's program
JVD - MS group 3 shots multi exercises 2 vs 1 exercises multiple intervals 4x (2x 1, 5 min - 30 sek rest)	JVD - MS group Multi defence 2 vs 1 defence Matches with tasks	JVD - MS group 3 shots multi exercises 2 vs 1 exercises multiple intervals 4x (3x 1min - 30 sek rest)	JVD - MS group Multi defence 2 vs 1 defence Matches with tasks	JVD - MS group 3 shots multi exercises 2 vs 1 exercises multiple intervals 4x (2x 1, 5 min - 30 sek rest)

10:30 - 10:45 Coaches meeting	10:30 - 10:45 Coaches meeting	10:30 - 10:45 Coaches meeting	10:30 - 10:45 Coaches meeting	10:30 - 10:45 Coaches meeting
Physio 09:30 - 14:00 Christina		Physio 09:30 - 14:00 Mikkel		
L 11:15 - 12:00	L 11:15 - 12:00	L 11:15 - 12:00	L 11:15 - 12:00	L 11:15 - 12:00
WT 14:00 - 15:45 JD WS group Individual	BM 14:00 - 15:45 JD - WS group See John's program	WT 14:00 - 15:45 JD WS group Individual	BM 14:00 - 15:45 JD - WS group See John's program	WT 14:00 - 15:45 WS group Active Generation
JD WT MS group Individual	JVD MS group Individual technique session Focus back court	JD WT MS group Individual	JVD MS group Individual technique session Focus net	

Here is more information about the restaurant, hotel rooms and our training facilities (It is unfortunately not in English):

Restaurant: [Holbæk Sportsby Restaurant - Skønt restaurantområde ved indgangen \(holbaeksportsby.dk\)](http://holbaeksportsby.dk)

Rooms for the players: [Overnatning - Holbæk Sportsby \(holbaeksportsby.dk\)](http://holbaeksportsby.dk)

facilities: [Holbæk Tennis, Badminton og andre ketchersport i Holbæk Sportsby \(holbaeksportsby.dk\)](http://holbaeksportsby.dk)

As I informed you the players can come together in one trainings week or on an individual basis. Hope to hear from you soon.

Kind regards
Jeroen

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Center of Excellence Head Coach

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