

Dear Tadas,

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

BOYS

Jonas Petkus	2001 m.	ATSISAKĖ
Danielius Beržanskis	2003 m.	PATVIRTINO DALYVAVIMĄ
Vilius Bagdanavičius	2004 m.	NEATSAKĖ P. Barušis pažadėjo atsakymą iki 2022-05-30 12:00
Domas Pakšys	2007 m.	PATVIRTINO DALYVAVIMĄ
Nojus Tenikaitis	2008 m.	PATVIRTINO DALYVAVIMĄ

GIRLS

Samanta Golubickitė	2002 m.	ATSISAKĖ
Perla Mūrėnaitė	2004 m.	NEATSAKĖ P. Barušis pažadėjo atsakymą iki 2022-05-30 12:00
Jogailė Kelečiūtė	2006 m.	PATVIRTINO DALYVAVIMĄ
Viltė Paulauskaitė	2006 m.	NEATSAKĖ P. Barušis pažadėjo atsakymą iki 2022-05-30 12:00
Monika Sukackaitė	2006 m.	PATVIRTINO DALYVAVIMĄ
Jorūnė Šalnaitė	2008 m.	NEATSAKĖ P. Barušis pažadėjo atsakymą iki 2022-05-30 12:00

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

Jeroen van Dijk
Center of Excellence Head Coach

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