



## LIETUVOS BADMINTONO FEDERACIJA

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BadmintonEurope  
Latvian badminton federation  
Badminton Estonia  
Belarussian badminton federation

2016-05-17

### INVITATION

#### International summer training camp Visaginas (Lithuania) July 1 – July 12, 2016

On behalf of the Lithuanian badminton federation and our Coach Juozas Spelveris we are pleased to invite your athletes (4 people U17 and U19 per association) and their coaches (1 person per association) to the international summer training camp in Visaginas (Lithuania) for 12 days (July 1 – July 12, 2016).

It is a joint international project with Lithuanian, Latvian, Estonian and Belarus partners. The project is supported and partly funded by BadmintonEurope. The training camp is intended for Elite and aspiring junior players U17 and U19. The head coach of the camp is Juozas Spelveris.

#### Practical details

##### Hotel:

Hotel „Aukštaitija“  
Address: Veteranu 9, Visaginas, Lithuania

##### Arrivals:

All participants are expected to arrive to the hotel before 13:00 on July 1, 2016  
Welcome lunch will be served at the hotel at 13:30  
The training will start at 15:00 (directions to the training hall will be given upon arrival).

##### Departures:

After the morning training on July 12, 2016, approx. At 12:00.

##### Participation Fees:

The cost of the training camp is 220 Eur per athlete and 190 Eur per coach. Please note, that full cost of the camp must be paid *in cash* upon arrival to Visaginas. After the training camp BadmintonEurope will transfer financial support ~150 Eur per participant directly to your Badminton Federation. So the eventual cost of the participation in the training camp in Visaginas, Lithuania, will be approximately 70 Eur per athlete and 40 Eur for their coach. The cost includes accommodation, meals, courts, shuttles and training. Athletes or your Federation will be responsible for travel costs and insurance.

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### Training:

#### **July 1-3, First (Introductory) micro-cycle**

Physical training, on court technique and tactics training.  
Player evaluation

#### **July 4 Rest**

Lake swimming / cultural activities

#### **July 5-8, Second Micro-cycle**

Physical training, on court technique and practice training, individual matches.  
Training program adapted for each individual player.

#### **July 9 Rest**

Lake swimming / cultural activities

#### **July 10-12, Third (Final) micro-cycle**

Physical training, on court training technique and practice training, individual and team matches. Individual feedback and recommendation sessions for further player development.

There will be three training sessions on each day of training (two training sessions indoors and one outdoors session in the stadium or countryside). There will be 8 badminton courts available for the participants of the camp. It is expected that Russian badminton team will have their training camp in Visaginas at the same time. Coach Juozas Spelveris has an agreement with them to organize joint sparing sessions with Russian athletes.

### Meals:

All participants will be served three meals per day at the local restaurant.

Should you have any questions do not hesitate to contact

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