

# NZ BADMINTON ACADEMY

## Training Club



This is an **innovative** new approach to improving your badminton. The club runs every Thur 6-8pm and Sat 6-8pm. Open to Juniors and Senior players.

The first hour is performance style training that will develop your footwork, consistency, technique, mental strength, conditioning and tactical intelligence.

The second hour is competitive games that utilize the skills learnt within the game and altered training games.

It is recommended that you be a competitive club player top D level or above. Frequently top players in the club will be National Level players, so good opportunity to spar against top players.

This is a casual club with entry only \$10 per night.



Club is limited to only 48 players.

Registrations are vital.

***Email your details to [ritchie@nzba.net.nz](mailto:ritchie@nzba.net.nz)  
or text to 0210 426150***

Thur 6-8pm and Sat 6-8pm     \$10 per night

At the Waitakere Badminton Centre  
Royal Rd, Massey

Check out our web site for our other innovative programmes including our modular training.

[www.nzba.net.nz](http://www.nzba.net.nz)

Come once, and ask for a free pass to bring a friend with you the following week.