



# Training Camps

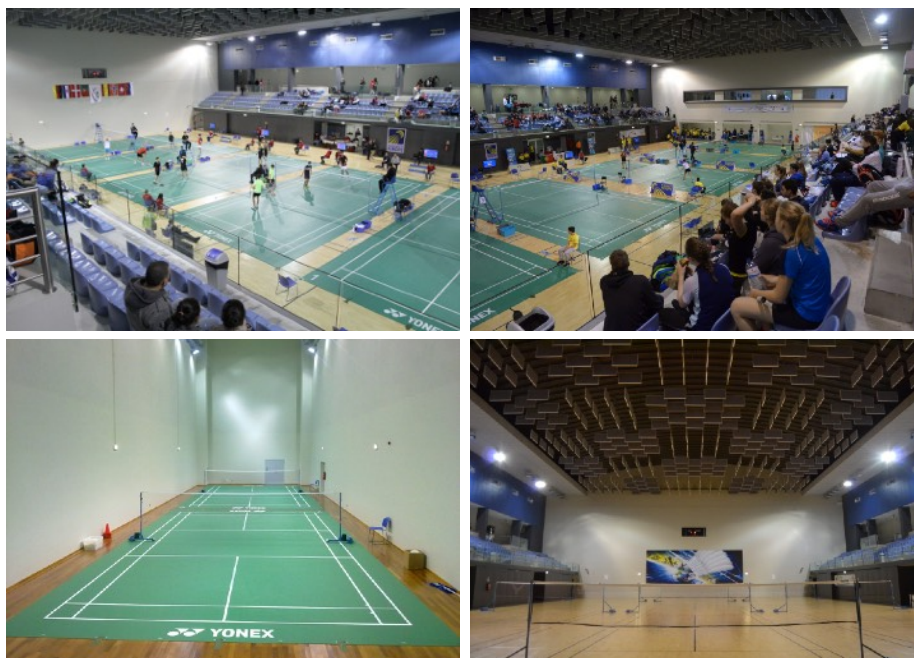
Badminton High Performance Sports Centre  
Caldas da Rainha | Portugal

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## PORTUGUESE BADMINTON FEDERATION

High performance sport practice is an important factor of sport development



We invite you to organize your next training camp in the High Performance Sports Center in Caldas da Rainha, Portugal

This High Performance Sports Centre is dedicated to Badminton practice and is located in the city of Caldas da Rainha, whose connections to the rest of the country are guaranteed by a high road that connects this city to Lisbon and Porto and has all the conditions needed for international competitions and the developing of training methodologies concerning a high sports performance on the practice of badminton.

Caldas da Rainha is a mid-level city, where there are no long distances between infrastructures, allowing athletes to attend the badminton HPSC and still have time to do other things and to enjoy their free time in leisure activities or to rest at the peaceful and extremely beautiful surroundings.

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# BADMINTON HIGH PERFORMANCE SPORTS CENTRE

## **Training & Technical Area**

The Portuguese network of High Performance Sports Centres (HPSC) represents the development of sports equipment in the country, aiming to guarantee the best training conditions for national and foreign athletes.

## **Support Area**

The HPSC in Caldas da Rainha is fully dedicated to the Badminton practice and it's composed by specific training areas, with the best material and equipment need for a great performance.

This HPSC is an infrastructure equipped with the best conditions to compete, to be physically prepared and to evaluate, control and optimise the training of professional athletes. It also provides medical support and all the logistics needed for international meetings and international expertise exchanges.

Medical support facilities, a coach room and a multi-purpose room for training/entertainment.

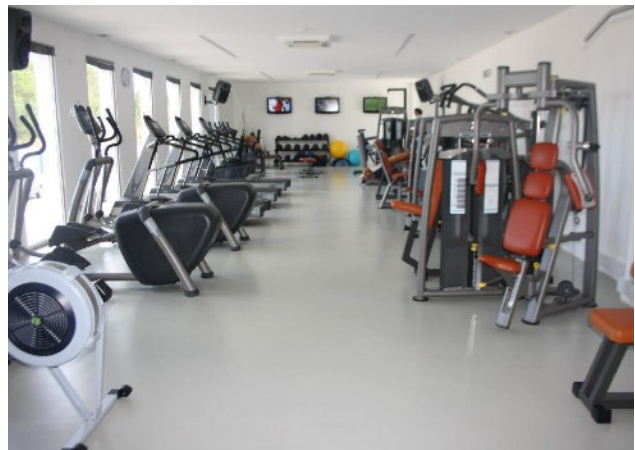
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# Specifications

From the available equipment, we highlight the two indoor halls, one of 44,35x26 meters (12 meters high) with nine badminton courts and at the other with 35x9 meters for support and preparation, with two courts. therapy and massage room, medical practice and technical room, strength training room.

These areas are served by male and female locker rooms with Turkish bath, referees locker rooms, one auditorium with capacity for 200 people and other one for 25 people, both equipped with audiovisual equipment; a gym with 2 rooms for group lessons, male and female locker rooms, both with sauna and Turkish bath.

Badminton HPCS also includes a restaurant with terrace and bar with a capacity for up to 60 users.



**Sport facilities according to the state of art for Badminton High Performance Sports Centre**

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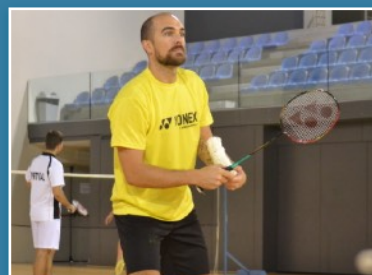
# Athletes & Teams

The top conditions available make the Badminton HPSC in Caldas da Rainha the best choice to every athlete, team and sponsor looking for the ideal High Performance sports training and, also, for great achievements and victories.

Proof of that is the list of teams and athletes that already attended this HPSC in training and competition.

- Spain National Team
- Italy National Team
- India National Team
- Belgium National Team
- Denmark National Team
- Mexico National Team
- Czech Republic National Team
- France National Team
- Norway National Team
- Ukraine National Team

The High Performance Sports Centre in Caldas da Rainha has its doors open for all athletes and teams looking to make the most of their training



We offer the best conditions for High Performance training on badminton

# ACCOMMODATION

## **SANA Silver Coast Hotel\*\*\*\***

Av. Dr. Manuel Figueira Freire da Câmara, 2500-184 Caldas da Rainha

Price / person

Standard single room 110€ / night

Standard twin room 90 € / night

## **Caldas Internacional Hotel\*\*\***

R. Dr. Artur Figueiroa Rego, Caldas da Rainha

Price / person

Standard single room 70€ / night

Standard twin room 50 € / night

## **Hotel Cristal\*\*\***

R. António Sérgio 31, 2500-130 Caldas da Rainha

Price from / person

Standard single room 70€ / night

Standard twin room 50 € / night

## **Portuguese Badminton Federation Residence\*\***

R. Júlio César Machado 80, Caldas da Rainha

Price from / person

Female dorm room 20€ / night

Male dorm room 20€ / night

Prices excl. VAT / Portuguese Badminton Federation is exempt from VAT

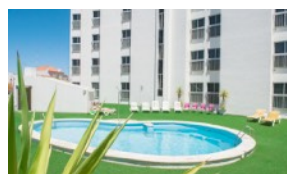
Prices and number of beds according to availability - please contact us to [geral@fpbadminton.pt](mailto:geral@fpbadminton.pt)



**SANA Silver Coast  
Hotel\*\*\*\***



**Caldas Internacional  
Hotel\*\*\***



**HOTEL CRISTAL \*\*\***



**Portuguese  
Badminton Federation  
Residence\*\***

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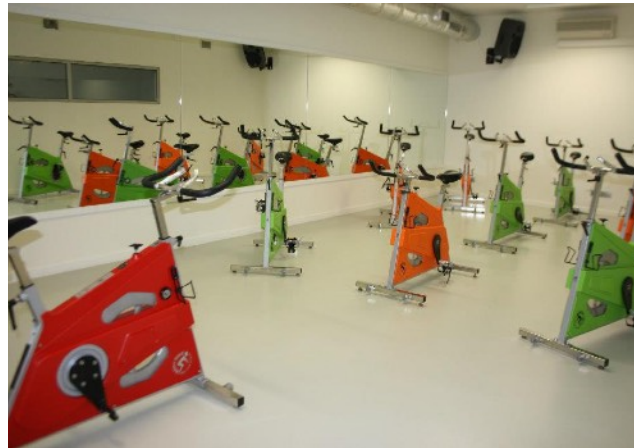
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## PORTUGUESE BADMINTON FEDERATION

Before booking your trip, your Team Manager should contact our Services to confirm accommodation, training camps, programme, and your individual needs.

# Extra benefits:

- shuttlecoks
- assistant coach
- meals (breakfast; lunch; dinner; coffee break)
- sports hall - training camps
- using the saunas and turkish bath during the stay
- using the gym during the stay
- wireless internet in the venue (WiFi)
- transfer from and to Lisbon Airport



Contact us to find out more about  
Badminton HPSC in Caldas da Rainha

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# LOCATION

## **Badminton High Performance Sports Centre**

Avenida Vasco da Gama  
2500-282 Caldas da Rainha, Portugal



# CONTACTS

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