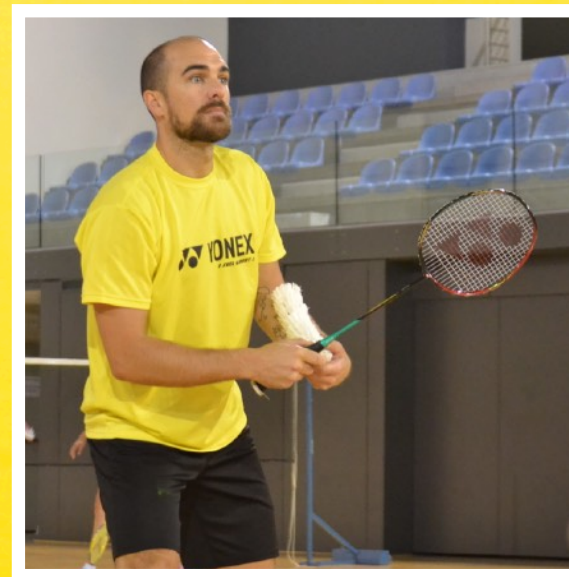


# II BADMINTON SUMMER CAMP

**23rd - 27th AUG**  
Caldas da Rainha - Portugal

**GUEST COACH**  
**SCOTT EVANS (IRL)**



**OTHER ACTIVITIES**  
SURF | BEACH | RAPPELLING | GOLF |  
PAINTBALL | CANYONING AND MORE



The Portuguese Badminton Federation presents the II Badminton Summer Camp aiming the development of badminton in Portugal and gives the opportunity to all the athletes and coaches interested in technical, tactical and physical training guided by the national team coaches Jorge Cação, Fernando Silva and Diogo Silva and guest coach Scott Evans.





## Head Coach Jorge Cação (POR)

Head coach of Portugal Senior National Team

Won several national championships as an athlete and badminton coach

Coach and technical director in the national school project (UAARE) for high-performance badminton athletes



## Assistant Head Coach Fernando Silva (POR)

Head coach of Portugal Junior National Team

Won several national championships as an athlete and badminton coach

Competed at 1 Olympic Game (Barcelona - 1992)

2th at 2018 European Senior Championships



## Assistant Head Coach Diogo Silva (POR)

Head coach of Portugal Para-Badminton National Team

Won several national championships as an athlete and badminton coach

Coach and tutor at Shuttle Time



## Invited Coach Scott Evans (IRL)

Assistant head coach at Peter Gade Academy

Competed at 3 Olympic Games (Pequim - 2008, Londres - 2012, Rio de Janeiro - 2016)

10 World Championships

Highest career ranking was 23 in the world



**Badminton Summer Camp 2019 will take place in Badminton High Performance Sports Centre in Caldas da Rainha, Portugal, with 2 practice sessions a day for all experienced levels combined with outdoor leisure activities**





# TRAINING CAMP CONTENTS



**Training footwork and stroke skills**

**Single and double drills**

**Match play and Team-playing skills**

**Improvement of technical, tactical, psychological and strategic level**

**Preparation for the start of the new sports season**



# CAMPOS DE PAINT BALL

Learning through discovery, creativity and experience,  
promoting problem solving and educated risk taking,  
challenging and stimulating adventure







**Beach and Surf**

**Adventure Park: Canyoning, Rappelling, Rope Bridges, Paintball**



**Water Park: swimming pool, slides**

**Guided tour to the Surrounding cities**



**Other Activities and Workshops**

**Have fun and make new friends**

# DAILY AGENDA\*

## Summer Camp 2019 Badminton High Performance Sports Centre Caldas da Rainha | Portugal 23rd to 27th August



August	Friday 23rd	Saturday 24th	Sunday 25th	Monday 26th		Tuesday 27
8:30	Welcoming	Breakfast	Breakfast	Breakfast	8:30	Breakfast
9:30   12:30	Training	Training	Training	Training	9:30   12:30	Training
13:00	Lunch	Lunch	Lunch	Lunch	13:00	Lunch
Afternoon	Other Activities	Other Activities	Other Activities	Other Activities	14:00	Other Activities
18:00   20:00	Training	Training	Training	Training	16:00   18:00	Training
20:30	Dinner	Dinner	Dinner	Dinner	Return home!	
21:30	Other Activities	Other Activities	Other Activities	Other Activities		

*\* Program details subject to change*





## Dates & Pricing

**23rd to 27th August**  
**Entries until July 22nd**

Training fee (athletes and coaches) **from 150€** (without accommodation) **to 170€** (with accommodation)

Breakfast, lunch, snack and dinner, coaches, trainings, shuttlecocks and the ludic activities included



## Facilities

**Badminton High Performance Centre (HPSC)**

Av. Vasco da Gama nº1  
2500-282 Caldas da Rainha  
Portugal

HPSC fully dedicated to Badminton with the best materials and equipments (two indoor halls (9+2 courts), male and female locker rooms with Turkish bath, 2 auditoriums, gym, restaurant, etc.)



## Accommodation

**Portuguese Badminton Federation Residence**

Rua Júlio César Machado nº80  
2500-225 Caldas da Rainha  
Portugal

Accommodation in shared rooms

All meals at the HPSC restaurant (or lunch in another place according to the ludic activity)



## Participants

**Limited number of players and coaches**

By order of registrations from 10 years old

Application form, including parents signature if required, should be sent by email to [geral@fpbadminton.com](mailto:geral@fpbadminton.com)

Registrations can only be validated and confirmed after payment



## IMPORTANT INFORMATION

### Summer Camp 2019 Badminton High Performance Sports Centre Caldas da Rainha | Portugal 23rd to 27th August

#### IMPORTANT INFORMATION

- Limited number of applications: 16 males, 16 females and 4 coaches;
- Application form should be submitted until July 22nd;
- Athletes responsible for bringing their own bottled water, athletes will have access to tap water;
- Athletes responsible for providing their own racket, shoes, and appropriate athletic-wear;
- Only clean, indoor, non-marking shoes permitted on court;
- Program details subject to change;
- All meals, trainings, shuttlecocks and ludic activities are included in both options (with or without accommodation);
- Transport between the Badminton High Performance Centre (HPSC), Portuguese Badminton Federation Residence and outside activities will be provide free of charge during the Summer Camp

- In case of need we can assure transport to/from the airport, with the additional payment of €30/person

#### PAYMENT

Payment should be made by bank transfer to the following account (no bank charges will be accepted by the organization) until July 23rd:

Name: Federação Portuguesa de Badminton

Bank: Crédito Agrícola

Address: Caldas da Rainha, Portugal

Account IBAN: PT50000045 5130 4023 1294 3175 2

Bank SWIFT CODE: CCCMPTP

#### REFUND POLICY

If you submit a request to withdraw prior to August 12th, you will receive a refund minus a €20 non-refundable administrative fee.



# JOIN US!!







## **Portuguese Badminton Federation**

Rua Júlio César Machado nº80  
2500-225 Caldas da Rainha | Portugal

(+351) 262 839 020

[geral@fpbadminton.pt](mailto:geral@fpbadminton.pt)

[www.fpbadminton.pt](http://www.fpbadminton.pt)

[www.facebook.com/fpbadminton.pt/](https://www.facebook.com/fpbadminton.pt/)