

# VRC Vancouver Racquets Club

Phone: 604-874-0242

Website: www.vrc.bc.ca

REGISTRATION  
STARTS:  
**Thurs, Sept 28, 2017**  
Members and current  
participants have priority  
up to this date

## Junior Badminton Group Training

**COACHES:** Calvin Holoboff – Morgan Van Heukelom – Ming Yao – Duncan Yao

**BEGINNER:** Overhead Clear, Drop, Smash, High Singles Serve, Defense, ½ Court Singles, Basic Singles Strategy

**GROUP B:** Skill Development, Games, Footwork, Conditioning, Drills, Strategy.

**GROUP A/B:** Speed Drills, Skill development, Games, Footwork, Conditioning, Drills, Strategy.

**GROUP A & AA:** Advanced skills, Speed Drills, Conditioning, Drills, Strategy.

**DRESS CODE:** Clean indoor court shoes, no black soles

**COST:** {Cost includes tax, nylon shuttles. Juniors will supply feather ones on their own except Group A&AA}

	<u>Club Members</u>	<u>Non Members</u>
Beginner	\$ 55.00	\$ 75.00
Group A/B & B	\$ 80.00	\$100.00
Group A & AA	\$100.00 *	\$120.00 *
	\$140.00 **	\$160.00 **
	*1 class/ week	**2 classes/ week

**Refund Policy**

**If class has not started, two options:**

- 1) Hold credit for later session
- 2) Non-members receive refund less \$16.80 for VRC administration fee

\*No refund after group starts \*  
\* No rebate given for missed classes \*  
\*No duplicate receipts \*

**Cheques payable to Calvin Holoboff**

**SCHEDULE:** (No group training on Saturday of tournaments)

Group	Time	Period	No Class	Registration
Beginner	Saturday 12:00 – 1:00 pm	Sept 16 – Nov 18	Oct 28 & Nov 11	Sept 7, 2017
B	Monday 4:00 – 5:30 pm	Sept 18 – Nov 6		Sept 7, 2017
B	Saturday 1:00 – 2:30 pm	Sept 23 – Nov 25	Oct 28 & Nov 11	FULL
<b>B</b>	<b>Saturday 5:30 – 7:00 pm</b>	<b>Oct 7 – Dec 9</b>	<b>Oct 28 &amp; Nov 11</b>	<b>FULL</b>
<b>B &amp; A/B</b>	<b>Saturday 2:30 – 4:00 pm</b>	<b>Oct 21 – Dec 23</b>	<b>Oct 28 &amp; Nov 11</b>	<b>Sept 28, 2017</b>
<b>A/B</b>	<b>Saturday 10:30 – 12:00 pm</b>	<b>Oct 7 – Dec 9</b>	<b>Oct 28 &amp; Nov 11</b>	<b>Sept 28, 2017</b>
<b>A/B</b>	<b>Sunday 5:45 – 7:15 pm</b>	<b>Oct 8 – Nov 26</b>		<b>Sept 28, 2017</b>
<b>A / AA</b>	<b>Friday 4:00 – 5:30 pm</b> <b>&amp; Saturday 4:00 – 5:30 pm</b>	<b>Oct 20 – Dec 22</b>	<b>Oct 28,</b> <b>Nov 10 &amp; Nov 11</b>	<b>Sept 28, 2017</b>

✂ .....  
Name: \_\_\_\_\_ Male / Female Current VRC Member

Contact Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

PARENT'S CONSENT: I \_\_\_\_\_ the mother/father/guardian of \_\_\_\_\_ will not hold the VRC, its Directors, Coaches, and members liable or responsible for any injury or accident that might happen to my child while attending the VRC Advance Training Program being hosted by the Club.

- |   |  |   |
|---|--|---|
| BEGINNER <input type="checkbox"/>               | GROUP B (Mon 4:00 pm) <input type="checkbox"/> | GROUP A/B (Sat 10:30 am) <input type="checkbox"/> |
| GROUP A/AA (Fri) <input type="checkbox"/>       | GROUP B (Sat 1:00 pm) <input type="checkbox"/> | GROUP A/B (Sat 2:30 pm) <input type="checkbox"/>  |
| GROUP A/AA (Sat) <input type="checkbox"/>       | GROUP B (Sat 2:30 pm) <input type="checkbox"/> | GROUP A/B (Sun 5:45 pm) <input type="checkbox"/>  |
| GROUP A/AA (Fri & Sat) <input type="checkbox"/> | GROUP B (Sat 5:30 pm) <input type="checkbox"/> |   |

Period: Oct 2017 to Dec 2017

\_\_\_\_\_  
Signature of Parent or Guardian

\_\_\_\_\_  
Date

Cheque/Cash \$ \_\_\_\_\_  
Date Rec'd \_\_\_\_\_