

# VRC Vancouver Racquets Club

Phone: 604-874-0242

Website: www.vrc.bc.ca

REGISTRATION  
STARTS:

**Tues, Nov 14, 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	Nov 25 – Jan 13		Oct 27, 2017
B	Monday 4:00 – 5:30 pm	Nov 13 – Jan 15	Dec 25 & Jan 1	FULL
B	Saturday 1:00 – 2:30 pm	Dec 2 – Jan 20		Oct 27, 2017
<b>B</b>	<b>Saturday 5:30 – 7:00 pm</b>	<b>Dec 16 – Feb 10</b>	<b>Jan 13</b>	<b>Nov 14, 2017</b>
B & A/B	Saturday 9:00 – 10:30 am	Nov 18 – Jan 6		Oct 27, 2017
<b>B &amp; A/B</b>	<b>Saturday 2:30 – 4:00 pm</b>	<b>Dec 30 – Feb 24</b>	<b>Jan 13</b>	<b>Nov 14, 2017</b>
<b>A/B</b>	<b>Saturday 10:30 – 12:00 pm</b>	<b>Dec 16 – Feb 10</b>	<b>Jan 13</b>	<b>Nov 14, 2017</b>
<b>A/B</b>	<b>Sunday 5:45 – 7:15 pm</b>	<b>Dec 3 – Feb 4</b>	<b>Dec 24 &amp; 31</b>	<b>Nov 14, 2017</b>
<b>A / AA</b>	<b>Friday 4:00 – 5:30 pm</b> <b>&amp; Saturday 4:00 – 5:30 pm</b>	<b>Dec 23 – Feb 23</b>	<b>Jan 12 &amp; 13</b>	<b>Nov 14, 2017</b>

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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 (Sat 12:00 pm) <input type="checkbox"/>	GROUP B & A/B (Sat 9:00 am) <input type="checkbox"/>	GROUP A/AA (Fri) <input type="checkbox"/>
GROUP B (Mon 4:00 pm) <input type="checkbox"/>	GROUP B & A/B (Sat 2:30 pm) <input type="checkbox"/>	GROUP A/AA (Sat) <input type="checkbox"/>
GROUP B (Sat 1:00 pm) <input type="checkbox"/>	GROUP A/B (Sat 10:30 am) <input type="checkbox"/>	GROUP A/AA (Fri & Sat) <input type="checkbox"/>
GROUP B (Sat 5:30 pm) <input type="checkbox"/>	GROUP A/B (Sun 5:45 pm) <input type="checkbox"/>	

Period: Dec 2017 to Feb 2018

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

\_\_\_\_\_  
Date

Cheque/Cash \$ \_\_\_\_\_

Date Rec'd \_\_\_\_\_