

# VRC Vancouver Racquets Club

Phone: 604-874-0242

Website: www.vrc.bc.ca

REGISTRATION  
STARTS:  
**Fri, March 1<sup>st</sup>, 2019**  
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 *
Group A & AA	\$140.00 **	\$160.00 **

\*1 class/ week

\*\*2 classes/ week

**Cheques payable to Calvin Holoboff**

**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 \*  
\*Credit will be held for max. 6 months\*

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

Group	Time	Period	No Class	Registration
<b>Beginner</b>	<b>Saturday 12:00 – 1:00 pm</b>	<b>Mar 30 – May 18</b>		<b>Mar 1, 2019</b>
B	Monday 4:00 – 5:30 pm	Mar 4 – Apr 22		Feb 9, 2019
<b>B</b>	<b>Saturday 1:00 – 2:30 pm</b>	<b>Apr 6 – May 25</b>		<b>Mar 1, 2019</b>
B	Saturday 5:30 – 7:00 pm	Feb 16 – Apr 6		Jan 15, 2019
B & A/B	Saturday 9:00 – 10:30 am	Feb 16 – Apr 6		Jan 15, 2019
B & A/B	Saturday 2:30 – 4:00 pm	Mar 2 – Apr 20		FULL
A/B	Saturday 10:30 – 12:00 pm	Feb 16 – Apr 6		FULL
<b>A/B</b>	<b>Sunday 5:45 – 7:15 pm</b>	<b>Mar 31 – May 19</b>		<b>Mar 1, 2019</b>
A / AA	Friday 4:00 – 5:30 pm & Saturday 4:00 – 5:30 pm	Feb 22 – Apr 13		Feb 1, 2019



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.

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|--|--|---|
| BEGINNER (Sat 12:00 pm) <input type="checkbox"/> | GROUP B & A/B (Sat 2:30 pm) <input type="checkbox"/> | GROUP A/AA (Fri) <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 (Sat) <input type="checkbox"/>       |
| GROUP B (Sat 1:00 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"/>   | GROUP B & A/B (Sat 9:00 am) <input type="checkbox"/> |   |

Period: Dec 2018 to Feb 2019

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

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

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

\_\_\_\_\_  
Date