

# Free Junior Badminton Coaching Clinics Application Form



**Week 1:** Friday 28th April— Basic skills including grips, serving and overheads.

**Week 2:** Friday 5th May— Footwork, underarm shots and backhands.

**Week 3:** Friday 12th May—How to play singles and doubles.

The Ballarat Badminton Association will be conducting a 3 week free junior coaching clinic program starting Friday 28th April, from 4pm—5pm. The clinics are open to all juniors and is ideal for beginner players and those players wishing to improve their basic skills and knowledge of the game. All you need to do is complete this registration form or download from our website and return to the Ballarat Badminton Association by Thursday April 27th. All equipment provided. All sessions conducted by NCAS Level 3 Coach and Olympian Rhonda Cator.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ P'code: \_\_\_\_\_

Email: \_\_\_\_\_

Age: \_\_\_\_\_ Ph: \_\_\_\_\_

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