



2009 OBA Summer Indonesian Training Camps

**Train in Jakarta, Indonesia for one month or more in Taufik's Training Center with Taufik's Coach Mulyo Handoyo, Hariawan and Taufik Hidayat
Monday, 29th June - Friday, 31st July 2009**

Coaches / Sparring Partners

Mulyo Handoyo, Taufik Hidayat, Anggun Nugroho, Alamsyah Yunus, Hariawan
Namri Sroto, Indra Gagus Chandra, Kaisar Bobby, Ahmad Rifai
(most are former Pelatnas PSBI, top Indonesian club)

Training will be Monday to Saturday with 33 hours of training per week. Training will cover physical training, theory, technical training, tactical training and sparring.

Cost \$1,500

advance registration before April 30th, 2009 and \$1,800 there after
program can be extended 1-3 week for an additional cost.

Fees for the coaching camp includes air conditioned accommodation, daily meals (Monday to Friday), transport to training camp, shuttles and other items in Indonesia. Participants will be responsible for travel, medical and travel insurance to and from Indonesia, food cost for weekends, other personal expenses in Indonesia and all other related expenses in getting to Indonesia.

All are welcome to apply but since space is limited, participants will be selected based on ranking and the benefit to their personal improvement in attending the camp. An OBA selection committee will notify the selected participants.

To register or for more information please contact Pry Gnana (pry@badmintonbirds.com) of OBA or Ian Bishop. Please visit the OBA website for further details, training schedule and more pictures of accommodation and the training facility.

www.ontariobadminton.on.ca

