

2018 IAS Badminton Boot Camp

- Date – Sundays from July 15 to Sept 9, 2018 (except July 22, Aug 5 & September 2)
- Time – 10: am to Noon.
- Place - **Out door tracks @St. Peter HS** , (750 Charlemagne Blvd, Orléans, ON K4A 3M4
- Cost - \$10 per session
- **Contact - Stephane Gaumond** @ stephanegaumond@gmail.com

Come and see how super fit **IAS players Brandon Watkins, Gabriel Brie, Marika Brunet, Matthew Howse** and other IAS players do their off-court training !

All ODBA players are welcome to participate in the **IAS Badminton Boot Camp** that will be offered on **Sunday mornings from 10:00 a.m. to noon** from **July 15th to September 9th, 2018** at the outdoor track located @ **St. Peter HS in Orleans** (750 Charlemagne Blvd, Orléans, ON K4A 3M4).

Please note that there will be **no IAS Boot Camp on July 22nd**, as well as **August 5th** and **September 2nd** for the Civic and Labor Day long weekends.

The **cost is 10\$ per session**. The IAS Boot Camp is appropriate for athletes who are **13 years old and over**. I encourage you to read the advantages of the IAS Boot Camp below.

Please contact **IAS Head Coach Steph Gaumond** for more information @ stephanegaumond@gmail.com.
steph

I Am Specialized Badminton Team

Head Coach - Steph Gaumond, B.Sc., M.A.

ODBA Director of Junior Development

Owner and President, I Am Specialized Sports Consulting

stephanegaumond@gmail.com

[Tel : \(613\) 297-7577](tel:(613)297-7577)

IAS Boot Camp Advantages

1) The I Am Specialized Boot Camp is an advanced training program that is designed to develop and improve the physical and physiological components that are important for athletes, like the VO2Max, lactate threshold, speed and explosiveness, and core strength;

2) IAS athletes have the opportunity to train together as a team, which is ideal for motivation and to generate maximum effort, especially for training as rigorous as the IAS Boot Camp. It's also a lot of fun to do advanced training and know it will pay off !

3) Steph will be on site to lead the training sessions and motivate IAS athletes, as well as teach the psychology of training;

4) The IAS Boot Camp will increase the likelihood of long-term adherence to a regular training program, which is very important for athletes, as well as for general fitness, health and wellness;

5) IAS is science-based: Although Steph is a certified coach through the National Coaching Certification Program, the I Am Specialized Program is mostly driven by my 7 years of full time study at the university level in Kinesiology and Experimental Psychology, for my undergrad and master's degrees respectively. Through this formal education, I studied in great depths all the elements that are important to train and to prepare high performing athletes, including laboratory studies on how to train and improve the physical and physiological components of athletes. During my master's degree with thesis, I studied the motivational profile of approximately 900 athletes and their parents with the purpose of examining the impact of psycho-social determinants on motivation and behavior of youth athletes. I also focused my studies at the graduate level on how to achieve expert performance in sports and in talent detection by studying and working with university professors who are experts in the field.

6) Since the IAS Boot Camp is advanced training that is science-based, it is therefore very efficient and a great return on investment!

The IAS Boot Camp is offered in French and English!