COLLEGE RIFLES BADMINTON CLUB

Pre-Season Training!

Postal Address: P.O. Box 87447
Meadowbank, Auckland 5
Clubrooms: 33 Haast Street, Meadowbank
Phone: 524 4285 (Office & Pro Shop)
520 6625 (Clubrooms)
Fax: 524 4285

Beginner and Social Juniors

Coach – **Dhanny Oud**

- ☐ *8 x TUESDAYS* ~ 17th January until 6th March 2012
  17th, 24th, 31st January ~ 7th, 14th, 21st, 28th February ~ 6th March
- ☐ *1.5 HOURS per session* ~ 5.00pm to 6.30pm
- ☐ *TOTAL COST of $60.00*

Attach payment to form below and send to the Club

or Pay at first session on 17th January

- fitness routines
- fun ladder games
- basic footwork and racquet skills
- introduction to tactics and match play

Any queries?

- Sherilyn Bright (Club Secretary) - tel: 524 4285
- Dorothy Wing (Junior Convenor) - tel: 524 7852 mob: 021 31 31 53
- www.crbad.co.nz *(to download further copies of this form)*

Please complete the form below and either send or deliver to the above address with payment attached

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CRjr - Pre-Season Training ~ Beginner + Social Juniors ~ Coach Dhanny Oud ~ 17th January to 6th March 2012 ~ Tuesdays 5.00pm to 6.30pm

Name: .....

Address: .....

Telephone: ..... Date of Birth: .....

Badminton Experience: .....

Total Cost of $60.00 is attached: ☐ paid by cash ☐ paid by cheque