

TRAINING PROGRAM

training@bellevuebadminton.com www.bellevuebadminton.com/training

August 12, 2024

Dear Athletes and Parents,

We are excited to announce some changes to our competitive program structure, aimed at fostering a more focused and motivated training environment for all.

Over time, we have observed that our competition team has become diluted, with many athletes not fully committing to the training and tournament schedule. To address this, we have hand-selected a group of dedicated individuals who have consistently shown commitment, talent, and a strong work ethic. These athletes will now form our Competition Team as High Performance Junior and High Performance.

For those not selected for the Competition team, please do not be discouraged. This is an opportunity for you to further develop your skills and work towards earning a spot on the competitive team in the future. You will now be part of our Development Team, training at the Intermediate 2, Advanced, or Team levels.

To our Development Team athletes: Your goal is clear - work hard, demonstrate commitment, and prove that you deserve to be on the Competition Team. We believe in your potential and look forward to seeing your progress.

We are confident that this change will create a more focused and driven training environment for everyone. Remember, hard work and dedication will always be rewarded.

To our Competitive Team athletes: Congratulations on your selection, but remember, being on the High Performance team is not a guarantee. We will maintain the highest standard, and those who do not meet expectations will be moved to the Development Team.

With this, we will also update our Competitive Team program as we continue to grow as a comprehensive training program. These renewed focus are designed to foster a unified approach, streamline communication, and build a stronger sense of teamwork and community. We believe that guidelines will not only enhance the training experience but also help us achieve unparalleled success together.

Embracing a Unified Approach:

Our commitment to excellence is driving us to bring all training elements in-house. This unified approach will ensure consistency, minimize confusion, and foster a deep sense of respect and trust between athletes, parents, and coaches. We're confident that this centralized training model will facilitate a collaborative environment where everyone feels valued and supported.

Minimum Training Requirement:

To ensure optimal development and maximize their potential, all High-Performance athletes are required to participate in at least three group training sessions per week. We believe that group training provides



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invaluable opportunities for skill development, teamwork, and camaraderie. Our updated training schedule, starting in September 2024, has been designed to make it easier than ever to fit these sessions into your busy lives.

In addition, I want to emphasize that this schedule is also designed to allow the athletes to participate in more group lessons, potentially eliminating the need for private lessons.

Many of our High Performance athletes do not require weekly private lessons and would benefit more from additional group training. I encourage all high-performance athletes to embrace this opportunity to train more frequently with their peers and coaches.

Building a Stronger Community:

We're also excited to introduce the Parent Volunteer Program. This initiative encourages active participation from parents, fostering a sense of shared responsibility and creating a positive and supportive atmosphere that extends beyond the court. Together, we can build a vibrant badminton community where everyone feels connected and empowered.

Strategic Tournament Planning:

Our coaching staff is dedicated to providing you with targeted and meaningful competition experiences. By carefully selecting approved tournaments, we ensure that your participation aligns with your individual goals and the overall objectives of the program. This strategic approach will help you maximize your potential and achieve peak performance at key events throughout the year.

Commitment to Excellence:

With these new policies in place, we're confident that we'll be fostering the hardest-working athletes in the USA. By embracing teamwork, unity, and a unified approach to training, we're setting the stage for unparalleled success. We're excited to embark on this transformative journey with you and witness the incredible achievements that lie ahead.

For more detailed information, please visit our policies page on our website: LINK

We look forward to a stronger, harder working, and unified competition team.

Sincerely,

Derrick Ng Head Coach Bellevue Badminton Club