

## **SHUTTLESPORT/DOUGLAS COLLEGE BADMINTON ACADEMY**

- **Want to play competitive Badminton?**
- **Want to improve your game?**
- **Want to be part of a team?**

Then the Shuttlesport/Douglas College Badminton Academy is for you. Adult Badminton programs begin January 16, 2008. This Academy is based in Coquitlam at the David Lam campus.

The Academy is run under the direction of Performance Director Arif (Al) Mawani and assisted by a group of certified coaches who work under his supervision. Currently, Al is the head Coach for both the Douglas College and BC Badminton teams. He has experience coaching at the International level, has developed National Champions, coached British Columbia to the Gold medal at the 2003 Western Canada Summer Games & 2007 Canada Winter Games. In addition, he has coached several National titles with Douglas College to go with his five time coach of the year honors.

The Shuttle Adult Program offered on Wednesdays will cover the following:

- Novice to intermediate skills & tactics
- Game analysis
- **There will be 1 hour of instruction & 1 hour of games every night**

**Instructor:** Thomas Wong – NCCP Level 2 certified coach  
(Guest Instructor: Al Mawani)

Note: There will be additional coaches added depending on registration numbers

### **Shuttle – Adult Program**

**(Wednesday 8:00 – 10:00pm)**

Training Dates:

#### **January:**

Wednesday: 16, 23, 30

#### **February:**

Wednesday: 6, 13, 20, 27

#### **March:**

Wednesday: 5, 12

#### **April:**

Wednesday: 2, 9, 16, 23

#### **Fees:**

1 X Week (Wednesday – 10 sessions) \$130.00 (\$137.80 inc. GST)

\*\*Shuttle provided\*\*

## (Shuttle – Adult Program)

---

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_ please circle

Address: \_\_\_\_\_ Phone No. \_\_\_\_\_ M F

\_\_\_\_\_ Postal Code: \_\_\_\_\_

Medical Condition: \_\_\_\_\_

**Please check one of the following:**

Wednesday \_\_\_\_\_ \$130.00 (\$137.80 inc. GST)

\*\*\*Cheques made payable to: Douglas College

**On behalf of the signed applicant I release Shuttlesport International Ltd., Douglas College, the Coaching Staff, Pinetree Community Centre, and its sponsors from all applicant claims arising from participation in the program. I certify the applicant is in good health except for any medical condition listed.**

**TO BE SIGNED BY PARTICIPANT:** \_\_\_\_\_ **DATE:** \_\_\_\_\_

**PARTICIPANT NAME:** \_\_\_\_\_

Registration forms can be mailed to: 3942 Harper Court, Burnaby, B.C. V5G 4C1  
For further information contact: Performance Director Al Mawani @ (778) 737 – 7475  
or e-mail [shuttlesport@shaw.ca](mailto:shuttlesport@shaw.ca)