

# Norfolk Badminton Association

Framingham Earl Leisure Centre

23<sup>rd</sup> & 24<sup>th</sup> April 2016

Coaching sessions available to all Norfolk club players have been organised by Norfolk Badminton Association with ex World Number 1 Julie Bradbury. Each session will be 2 hours long and cost £5.00 per player (this is payable when you book). The number of players in each session will be limited and places will be on a first come first served basis – don't miss out!!!

To book your place and/or to find out further information please contact Louise Culyer – [louise.culyer@btinternet.com](mailto:louise.culyer@btinternet.com)

## Saturday 23<sup>rd</sup> April

12.00pm – 2.00pm      Division 3 Players  
2.00pm – 4.00pm      Division 5 Players  
4.00pm – 6.00pm      Division 4 Players

## Sunday 24<sup>th</sup> April

10.00am – 12.00pm      Division 1 Players  
12.00pm – 2.00pm      Social Players  
2.00pm – 4.00pm      Division 2 Players



### **A FANTASTIC OPPORTUNITY TO DEVELOP YOUR GAME**

Julie's master classes are tailored to the skill and experience of those attending. This can be aspirational or part of an ongoing training program for the more advanced player which can cover:

- Tactics
- Technique
- Footwork
- Strength & Conditioning
- Mental Approach
- Mentoring

### **Julie Bradbury**

- Previous World Number 1 in Mixed Doubles
- 50 England Caps
- Double Olympian (Barcelona 1992, Atlanta 1996)
- All England Mixed Doubles Finalist



**East Anglia's Largest Racket Sports Specialist**

Topspin Tennis and Yonex will be present at the centre during the weekend with demo rackets available to try.