

Alistair Casey attended Badminton Europe's Certificated Training Center in November 2013



The Scottish player received a Scholarship to practice at the Certificated Training Centre in Dublin. Here you can read a report about his stay:

"I have spent 3 great weeks in the training center of Dublin in November 2013. The main reason I applied for the scholarship was to have high level trainings with good sparring partners. The atmosphere in the hall was always great, all the players were friendly and we had a great coaching staff as well. We had 2 trainings every day, one in the morning and one in the afternoon with one day off. The morning practices always started at 8am, which was a little early for me. I personally prefer later training times, so in the beginning it was hard to force myself to wake up in time and start to get ready for the practice, but in a few days I got used to the schedule. The trainings were very intense and very effective. The hardest trainings to me were the Sunday running sessions. We had 60 minutes interval running, I really got tired by the end. My main goal was to speed up my game and I feel the three tough weeks of training I had in Dublin, helped me to achieve this.

I would recommend to every player who has the opportunity, to train in any of Badminton Europe's Certificated Training Centers. It is a very good chance for everyone to improve their game in a professional environment.

Thank you Badminton Europe for the support you have given!"