

Adam Mendrek visited Odense again



I came to Denmark on the 27th December, immediately after Christmas. Before Christmas I mostly had physical trainings, so I was really looking forward to playing badminton. I was so lucky, I had such great sparring partners as Raul Must from Estonia or Steffen Rasmussen and Patrick Bjerregaard from Denmark.

The morning sessions 8:00-10:00 were typically focusing on the technique and footwork. The trainings were led by two coaches, Lennart Engler and Jakob Toft. The hardest part of the trainings for me, were the 2 against one or 3 against one exercises. Usually two players were standing at the net and one in the back of the court. Then we changed, so two were standing on the back and one at the net. These trainings were very tiring, not only physically, but mentally as well.

After spending 9 days in Odense, I left to Estonia for training camp with Badminton Europe and Estonian International 2014. From Tuesday till Wednesday we had great practices on a really high level with two great coaches, Jeroen van Dijk and Arturo Ruiz Lopez. The best part of the camp was our great group of players. We had a very good time, we enjoyed all of the practices, and had a lot of fun together. On thursday I played my first match on the Estonian International. I got through 2 rounds in the qualification, then I met Justin Teeuwen (NED) my good friend and sparring partner from the training camp. Unfortunately I lost the game, so I couldn't play on the main draw, but overall I was really satisfied with my performance throughout the tournament.

On Sunday 12th of January I went back to Odense for my last week of the scholarship. Throughout the whole week I was trying to be mentally prepared for each training and focus on every single moment of the practices. I've spent a great time in Odense and Tallin, I learned a lot and I think it was a great preparation for the Czech National Championships 2014. I feel stronger and I am very excited about being on the court, using all the skills I have learned.

Thank you Badminton Europe for supporting me!