

Delphine Lansac in Odense



French player Delphine Lansac received a scholarship to practice in the Certificated Training Center of Odense. Here you can read about her stay:

“As part of the Future Stars Project I had the opportunity to apply for a Scholarship to practice in one of Badminton Europe’s certificated training centres. I choose Odense, because I was always interested in going to Denmark to practise. I am so happy that Badminton Europe was supporting me. I know a lot of European players, who are practicing in the academy of Odense, so I knew I will have great sparring partners. It was great to experience different trainings than with my own club in Strasbourg. After the Dutch International, where I reached the semi-finals, I travelled straight to Denmark and stayed there for 2 weeks. I was ready to progress my technical skills, gain experience, get advices from other coaches, who don’t me so much in order to take my game to a better level. Just as I expected there were a lot of good players to practice with. During the 2 weeks I spent there, I had sparring partners as Jocelyn Dechamps, Marius Myhre, Luka Zevl, Jakub Bitman, Camilla Martens, Airi Mikkela, Alzbeta Basova, Zuzana Pavelkova, Maiken Fruergaard, Sara Thygesen and a lot of other Danish players.

There are great facilities in Odense. They have 2 big sport halls, with a fitness room inside the bigger hall, where we had our physical trainings. It is great, that everything is there at the same building, so you can have different kind of practises without having to travel from one sports hall to

another. My accommodation was very close to the sport hall as well, so it was very convenient early in the mornings. We were practicing twice a day, every day except Sunday. The trainings were 2 hours long. The morning sessions started always at 8 o'clock, and in the evenings we had practice from 6-8. The practices were very well structured, led by 2 great coaches: Lennart Engler and Jakob Toft. Trainings were always hard and tiring, but I enjoyed them very much. The most effective trainings to me were the ones when I had individual sessions with Lennart. He is a great coach and it's so much easier to learn when you have a session alone. He gave me a lot of useful advices, which I will have to remember when I go back to France.

I feel that I improved in certain areas, for example I feel more power in my legs, I have more control at the net and even my English improved by the end of the second week. But I also know that the real work is still ahead. I hope when I get back to France I will be able to follow all the advices and instructions I received in Denmark. If I can do that, I am sure that I will soon be able to see the progress in my game.

I would really recommend to everyone who would like to improve, to try and practise in one of Badminton Europe's certificated training centres. There are a lot of good players, great coaches who can teach you a lot, great conditions, so you can really learn a lot. I hope I will be able to apply for another scholarship in the future.

I want say thanks to Badminton Europe and to all the people in the Odense Academy for supporting me and giving me the chance to do all this!"