

“I hope I can come back to Dublin again”



Kestutis Navickas about his stay in Dublin:

“I am glad that I got the opportunity to practice at the Irish National Center with the Irish National Team. I am also very happy, that I had the possibility to practice with a very good friend of mine, Scott Evans. The practices were led by the very good and motivated Coach Irwansyah, who helped me a lot during these 2 weeks. He has an Asian style of coaching with a European mind and I really like it. This combination suits me well, it helped a lot to make my game better and I am very grateful for that. He has had a lot of great experiences as a player and it's very interesting to listen to his stories about his career. I feel I learnt a lot from him.



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Every day we had at least 2 hours badminton session in the morning at Marino Institute where we made a lot of different exercises combined with multi feeding and technique. We had a lot of 2 against 1 exercise with very long intervals, but we also had short and fast exercises to pick up the speed in our game. This was mostly towards the end of the 2 weeks training and before I traveled to Canada for Canadian Open. We had 4 gym sessions over the 2 weeks period. This was very important to me in order to finish my final physical preparations before playing 2 tournaments. I also had 4 running sessions with short intervals to make sure I will be fast enough on court.

The last few days I played some matches against Scott and played some 2 against 1 match with other Irish players which were really good. I think the training plan made by coach Irwan was perfect and I hope I can come back to Dublin again for more practice.

I was very lucky that Scott and his family could show me some of the best places of Dublin, and it was interesting to see this beautiful city. I have often heard that it rains a lot here but I think I was very lucky because it only rained for one day during my stay. Some of the days there the weather was 27 degrees and it was great to be in the city drinking nice coffee and seeing the Irish people and how they live their daily life. I am interested in the different cultures around the world so this was very interesting for me.

In conclusion I had a good training and experience in Dublin, I really enjoyed the facilities and the people in the center, thank you very much for the practice and hopefully see you some other time in Dublin."