

Martina Repiska again in Odense



Martina Repiská about stay in Odense, Denmark:

Thanks to Badminton Europe I received a scholarship which I could use to practice in Certificated Training Center in Denmark, Odense. This was already my fourth time there, so it was quite easy for me as I was familiar with the coaches a few players and with all the rules as well. I flew early in the morning from Vienna to Copenhagen on 26 of June and then I took the train to Odense. Mostly, I was living in one player's apartment which was totally amazing, all the rooms were well-equipped and modern and I had nothing to complain with. In July, I shared room with other girl from Slovakia and when she left I got a new room-mate from Finland. It was such a quiet place, we used a common garden for taking an afternoon nap as long as the weather was nice. Luckily, there were two supermarkets just around the corner. Usually I used a bike every day as a transport. It took me less than 10 minutes to get to the hall.



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Unsurprisingly, the first week of practice was the hardest. Fortunately, I got used to it quite soon but still, I had sore muscles at the beginning. During two months, the main topic of each practice was different. We were focusing on various things.

Normally, there were two training sessions per day. 2 hours in the morning and 2 in the afternoon or evening. Each practice started by warming up, 5 minutes of running, some stretching and small games. One of the toughest practices was multi-feeding. 45 minutes of really hard work. A big challenge while I had to beat myself and push my limits forward. Then, we were doing different kinds of exercises focused on defense on the court, the right technique of footwork and pre-jump, changing speed of movement and much more. Mostly, we were three players on each court so we had an opportunity to play 2 against 1.

Some days, we had technical practices as well, when we were focusing on our strokes from backcourt and frontcourt. I think it was very useful and I had a chance to improve my skills especially by the net. Twice a week we used some heavy rackets to create more power. Two or three times per week we played normal matches but sometimes there were different rules. I have to mention that the training were always very high quality with a lot of people taking part of each practices, having the opportunity for great sparring!

Many players came from all over the world, I can list some of the countries: the national team from Brazil, New Zealand, Norway, Sweden, Finland, Estonia, Latvia, Slovenia, Austria, Iceland, France, Belgium, Czech Republic, etc... Of course there were many Danish players as well. I really enjoyed every practice, the atmosphere was always nice in the sportshall. Besides being in the hall, I've done a huge number of other activities, such as going to the gym, sauna and swimming pool, I regularly visited the city center, and we also had a trip to the beach with other players, spending a day-off at the outdoor swimming pool, hanging-out with my friends, eating a delicious ice-cream and much more.

As I expected, I've learn many new things by practicing really hard. I feel much more comfortable, safe and fast on the court. I increased the speed of my game and the technique of my strokes are getting much better. We did also some physical exercises therefore I am in a good shape at the moment and that makes me feel satisfied.

I would like to thank to Badminton Europe for helping me with the financial support and a special thanks to Lennart Engler and Jacob Toft for being such a perfect coaches, I appreciate it so much.

Hopefully, I can come back to Odense soon again!

Martina Repiská