

## **Carissa Turner visited the Certificated Training Center in Dublin**



Toward the end of last season I decided I wanted to apply for the Badminton Europe Scholarship. My focus that season ahead of the Commonwealth Games had been doubles, but I knew my partner would be stopping after the Games so I had to think ahead. There are not many of us in Wales and a couple of players' retirement and a few going to university meant that I have no sparring left in Cardiff. The main reason for me going to Dublin was to get the sparring I can't get at home so I planned my 2 weeks of training right before my first tournament of the season.

Because I wanted to be in Dublin ahead of a tournament I arrived on a Thursday, 4 September 2014. I began with some match practice that evening against some of the U19 players who were competing in the Irish U19 Open that weekend. Friday morning it was in to training. I had heard from the players that the training is intense but I'm not sure I was fully prepared for how intense it would be. We began with a 15minute 2 vs 1 drill where the routine changed every one and two minutes so it became 5 sets of a 3minute routines. This was followed by some multi shuttle drills; 20 shuttles x 4 of full court Smash-Kill then 20 shuttles 4 times, anywhere on the full court. To finish we did a routine which incorporated footwork and multi shuttle in one. We had to put a row of 5 shuttles in the 2 rear corners and 1 of the front ones. You have to move to each corner knocking 1 shuttle down then hit 5 smashes and begin again; we did this four times moving the front court shuttles to the opposite side and then bringing the rear court shuttles to the mid court. For me it was a really interesting session and one that I felt worked all of the players very hard. That afternoon we had a Strength & Conditioning session which again was very interesting because one of the main things I need to focus on is

gaining strength. We did some jump tests at the beginning and at the end of what was a very good weights programme. The strength coach took into consideration my personal needs/programme from home and developed a very good session for me. After Day 1 I was actually glad it was the weekend so that I could rest and prepare for the following full weeks training. I was really looking forward to getting stuck in to the training and to push myself. I did a little site seeing in Dublin on the Saturday but mainly used the weekend to recover and ensure I was ready for Monday.

The weeks training programme was slightly different to what I normally do:

Monday = 8-10am On court. 6-7pm Physical.

Tuesday = 7-9am On court. 3-4pm Strength&Conditioning /Weights.

Wednesday = 9-11am On court. 6-8pm Match Play.

Thursday = 8-10am On court. 3-4pm Cardio.

Friday = 9-11am On Court. 2-3pm Strength&Conditioning/Weights.

As well as the Irish players there were some Portuguese boys training in Dublin that week so there was plenty of sparring for me! We did a lot of 1 on 1 routines like attack, defence for 15minutes each, 2 vs 1 control where we were focusing on our speed and also some routines specific to each players needs. A lot of the trainings were very game like and we all rotated partners which was great. One of my favourite sessions that week was probably the Tuesday morning where we did full court control for 5minutes x 3 but the feeder was also on a full court followed by 15 minutes of attack and defence and 2 vs1 control to the net where the feeders were trying to put the worker under a lot of pressure. I could really feel my legs giving in by the end of the routine but was very happy with what I had learnt and how I had developed through that session.

I only had 3 days of training the following week before going to the Polish International and the coach, Irwansyah, really adapted my training to suit that. All of the drills he set up were 1 on1 for me so that it was game like and I also did a lot of technique to sharpen up too. I played quite a lot of matches that week and felt like I had really improved in a short space of time.

I'm really glad I chose to go to Dublin, the players made me feel so welcome from the very first day so I never felt uncomfortable or anxious. Irwansyah was understanding of what I needed to work on and was very encouraging and helpful. The accommodation is on the same campus as the training hall which made things a lot easier for me and if I needed anything the Irish players and staff on campus were extremely helpful. The training was a very high standard and even though everyone was tired, it was still a lot of fun. We would travel to the weights sessions together, they took me food shopping and I went to their apartment a few afternoons. I thoroughly enjoyed my training in Dublin and would highly recommend it to everyone!

*Article by Carissa Turner*