

## Martina Repiská about her experiences in Odense



Thanks to Badminton Europe, I was given a Scholarship which brought me to CTC in Odense, Denmark once again. I have already been practicing there many times before so that means I had known all the players and coaches, the environment and conditions. The main reason I decided to apply for the mentioned scholarship was undoubtedly a high-quality standard in all training sessions which I had already experienced in recent years. This time my stay started on Monday 22 of June and lasted two weeks.

All the practices were of course very hard and effective. In the morning sessions we used to play some small games for a good warming-up and then we did different 2/1 exercises with individual focus. Afterwards we played some matches with several rules. The programme of afternoon sessions was 1/1 exercise on full court with different time intervals where we often focused on changing speed, defense/offense and safe strokes on the court. There was a totally burnt-out physical practice two times per week – running and 3 exercises of footwork on court without any shuttle.

Once or twice a week we have done a multi feeding programme which is very hard both physically and mentally. Sometimes it was a big challenge and I really had to exceed my limits and just keep fighting until the work is done. All the time we encouraged each other and gave a lot of positive feedback. A couple of times there have been additional words given by the coach of Lennart Engler whose main meaning was to increase mental readiness for all the players. He always motivated us and explained us the most important elements in a professional badminton life. We have done a great work every single day and after each practice we could feel both satisfaction and tiredness.

During these two weeks I had a chance to know many other players from foreign countries with whom I trained. For example, there have been players from all Scandinavian countries, France, Slovenia, Latvia, New Zealand, Barbados, US, Canada, etc. As I consider myself a friendly and social person, I had an amazing friendship with everyone around and that gave me a lot of positive energy. Between practices we spent a lot of time together playing cards, walking in a city, having some lunch or just chilling on the terrace when the weather was nice. On Saturday we had a rest-day so we used it for a big trip to the beach.



I would like to mention that everything was working very well and all the conditions met professional high quality standard. I stayed in a big house with other players and it was really close to the hall and city centre as well. As I expected, an improvement became quite fast. My physical shape rapidly increased, footwork on court is getting better and better, speed of my game stepped up, safe strokes from backcourt are faster and I can control my favourite strokes much more. I have got a lot of positive feedback and advices.

Finally, I would like to thank Badminton Europe for helping me this year again and special thanks to Lennart Engler for being such a perfect coach. I have had a great time in Odense and I am looking forward to come back again.

*Article by Martina Repiská*