

Three months of hard work – Adam Mendrek’s training experience



I came to Poland immediately after coming back to Czech Republic from Asia, where I spent my first part of summer training. I had the opportunity to train in Malaysia (New Vision Academy, Kuala Lumpur) and Indonesia (PB Djarum, Kudus). I arrived to Warsaw on 15th of August. I stayed in an apartment of my friend and teammate from Brno Kamila Augustyn. I was lucky, because they live nearby the National Center and it was about 15 minutes get there. I was very curious, how I am going to get used to the European style of game again, after staying one and half month in Asia, where we had quite tough sessions.



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On Monday I started to practice with 120% again. I was lucky I could practice with great sparring partners, for example Adrian Dziolko, Michal Rogalski or Mateusz Dubowski and so many other players. In the beginning we practiced a lot in 2 against 1, where one player was standing by the net and the other one in the real court. Then we also had a lot of one against one exercises, which I actually found the hardest. Not physically, but mainly mentally.

I was very satisfied with the cooperation of the coaches, they took really good care of me during the trainings and they always corrected mistakes and shared their remarks. On Tuesday and Thursday we had physical training in the gym. Last few days before heading to my first tournament, Yonex Slovak Open in Trencin, I tried to focus at the mental contentment, just to get ready for my matches.

I think that was a very good 2 weeks training session in the National Center of Poland and I was very satisfied with everything. Thanks to Badminton Europe, who supported me on this Badminton Scholarship.

Article by Adam Mendrek