

I would like to thank Badminton Europe for giving me the scholarship. For the period of 4 August – 25 August 2015 I was training in the Certificated Training Centre of Odense. This wasn't my first time in Odense so I knew what kind of exercises to expect.

I arrived by train from Copenhagen around 2:30 pm and I was told to go to the hall as soon as I arrived. I came in the hall at the very end of practice. After that they took me to the motel where I stayed for 4 nights. It was located approximately 10 minutes from the sport hall by foot. Later I was asked to move to another accommodation for one night. After that I was moved to a house where I stayed till the end of my training period. The house was only 5 minutes away from the hall.



My first practice was in the morning the next day. It took me a few days to adapt to the hall. From Monday to Friday we had 2 training sessions per day, 2 hours in the morning and 2 hours afternoon or in the evening. On Saturdays we had a day off to relax. On Sundays we had 2 or 1 practice. Every training starts with warming up, few minutes of running and stretching and warming up on the court.

A lot of players from different countries, like New Zealand, Uganda, Japan, Slovenia, Slovakia, Belgium, Bulgaria etc., came to train here. It's great to have sparing partners from all over the world because you can learn from different types and styles of play. We did mostly 2 against 1 exercise which are very effective; they are physically and mentally hard. By the end of the 3rd week I felt improvement in speed, reaction on the shuttle and my attack is better, I feel stronger and more confident on the court.

During my last week unfortunately I got sick so I had to take a couple of days off. I would like to say thanks to Lennart for taking care of me.

Overall I am very happy with my training here in Odense, I have learned many new things and I have improved in some aspects of game.

Thanks once again Badminton Europe for providing me the Scholarship!