

Estonian girls in Dublin



After we attended the Certificated Training Center in Odense last year, we decided to apply for another scholarship again this year. We chose the certificated Training Center in Dublin, Ireland where we spent 2 weeks in total.

We arrived on Sunday, 18 October 2015, where we got picked up and driven to our accommodation, which was really close to the training hall. We were very happy with this, as we could easily walk to the training sessions every day. The quality of the accommodation was very good, but we could not cook meals to ourselves. There was however a shop nearby and a restaurant at the second floor of the arena so this made our lives easier.

Everyone was very friendly and they were always willing to help us when we needed it. It was also good to practice our English. We had training sessions twice a day for two hours. All the sessions had strict discipline. There was a training program for each week and there was enough variety in the trainings. Everyone contributed to the training sessions in different ways for example everyone participated in preparing the courts and collecting the shuttles after the training. The staff was really supportive if there was something we did not understand at once they always explained and showed it once more.



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One of the most positive things was having different sparring partners. During exercises and matches there was a supportive atmosphere and everyone was cheering for each other. We were always very concentrated when doing exercises and trying to give our bests. A lot of emphasis was put on speed and doing the exercises with good quality. If you did not give your best while doing exercises you had to do additional physical exercises.

We liked that there was possible to choose whether you would like to do exercises for the singles or for doubles and there were options for both. as well. Irwansyah, the head coach, was from Indonesia who has been a good level player himself. Therefor he was able to see our week spots and give advice how to improve at home as well. In addition there were other coaches as well who gave also valuable advice and they were good at feeding the shuttles during exercises. As we participated during the school holiday it was good that we did not have to do homework and were able to concentrate just on trainings.

We have very good impressions from the 2 weeks training and we would be interested in returning next year as well. We also saw how training are organised and coached in another country, which was a great experience. Now we can add some new exercises to our trainings at home.

Thank you to Badminton Europe for the scholarship, it was very helpful for us!

Article by Kristin Kuuba and Helina Rüütel