

## Dominik Stipsits in CTC Dublin



I had the honour to get the Badminton Europe scholarship and so I spent two weeks of tough but also fun training in Ireland. I got the opportunity to see their approach to training and try add some things in my training back home.

The coaches Irwan and Dan put a lot of effort in every single training and so I learned a lot in the short time I stayed there. Irwan demands a lot of discipline at the training but he also knows when it's the right time to have some fun, so the quality is very high but it's still fun.

Mostly I trained together with Sam, Joshua and Paul, so I could improve from their way of playing doubles and it gave us the possibility to train a lot of 2 vs. 2 exercises, mostly attack against defence. Irwan always tried that every routine was like in a match so we get used to these kind of situations. The morning sessions were always used for Badminton training and the



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afternoon sessions were mostly physical like gym, footwork or track.

The hall isn't that difficult to play so you get used to it very fast. With the accommodation right next to the hall and also the possibility to get food right there made the stay very comfortable.

The whole trainings squad made it two great weeks where I improved a lot but also had the opportunity to spend some time with the trainings squad and see a bit of Dublin.

I recommend it to everyone else and I'm sure I will come back.