

## Elin Svensson in Dublin

I had a great time training in Dublin in Ireland. With trainers and sparing partners that really lived up to my expectations I couldn't be more pleased with the training I had for the two weeks. It was very inspiring to train with such good players and coaches and I would like to thank Badminton Europe and Badminton Ireland for giving me this opportunity.

Im very pleased with the coach, Irwan who shows great passion in all of his players even the ones who where just there as guest such as myself. His exercises where tough but good and the atmosphere on every training session was much better than what I am used to. I even got the chance to play against Chloe Magee on an exhibition match before she left for the Olympics which was a great experience.



We trained twice a day, at least one of the sessions was on court which was great for me since im just coming back from a hamstring injury and haven't played that much in the last few months. The on-court sessions had a lot of 2v1 exercises to get the pace up and the rallies going. The training was similar to how I train at home but the intervals where much longer so it was good to try that as well.



What I liked most about my stay in Dublin was the trainers commitment and the players attitude both on and of court. I got along very well with the other players and we had a lot of fun even in between the training sessions. I also enjoyed the beachrun on Saturdays, they really showed how you can train hard but still have a lot of fun.