

PETRA POLANC IN ODENSE

In the beginning I would like to thank the whole Danish team and coach Lenart for an amazing experience for which I hope I will get a chance to do it at least one more time. It makes me very happy and thankful that I got a chance to perfect my game and also a very important factor of psychological readiness.

We started our journey to Denmark on Wednesday, on 27th of July and stayed there for two weeks. Our trainings started on Thursday and the very first thing that came to my mind when I got to that badminton hall was, that these two weeks will be amazingly wonderful. The fact that there were so many players from other countries provided us with a great chance to have a very quality training.

The training course was without any problems. We have had them twice a day. At the beginning of every training we always warmed up. Sometimes we also played different games on the playground that helped us with our accuracy. I got the feeling that the biggest highlight was on the defense. Alongside there were a lot of exercises for our physical and mental readiness. A few times a week we did 'multi' in which I got really tired at the beginning, but after a few times doing it, it felt easier. In 'multi' I perfected three different types of game (changing speed, defense and safe strokes). Many times we did exercises which required two against one player. We played matches at least one time a week. One time I even had an honor to see the Danish national team play.

I lived in a house with my Slovenian team and also a few amazing people with whom we became very good friends. Our house was a ten-minute walk from the badminton hall and a little bit more from the shop and the center.

I am very happy that I got a chance to experience this different way of training and I will treasure that chance forever. I am glad because I have learnt numerous different techniques which I am going to try to use and perfect in my game. I loved the fact that I





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could have asked Lenart or any other coach whatever I wanted, whenever I needed it. I felt really comfortable and good in everyone's company. I really hope to come back next year.

Thank you Badminton Europe for enabled scholarship!