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## Dorotea Sutara in CTC Bonn

I would like to thank Badminton Europe for giving me, once again, the scholarship for training in one of the Badminton Europe Certificated Training Centres. This time I chose CTC Bonn where there was training from 9th August to 30th August 2016. It was my first time here so I didn't exactly know what to expect.

My adventure started when I landed at the Cologne/Bonn airport at midnight on 9th August. Coach Martin Lemke from the BC Beuel picked me up and drove to the family with whom I stayed. The mother Andrea welcomed me and took me on a quick tour around the house. Next day Magdalena Lajdova, player who was also staying in the house, took me for a ride to show me where the hall is. Our hosts were very kind to let us use their bikes so we rode every day to trainings for about 5 km. That was a little extra exercise every day, especially uphill to the house.

The training hall has 9 courts, gym, sauna, a bathtub for cold bath after hard sessions and a kitchen. Football field is next to the hall where you can run. So, everything you need is at one place.

My first practice started on Thursday, 11th August at 10:30 h. I will not forget that day. We had 5 trainings and only one break for lunch; we just went from one training to another. We spent five hours on the court, one hour working on the power and 30 min working on the condition. It was a bit of a shock for my body due to large number of practices. And it was like that for 4 days in a row. I was really surprised when I saw that, because I never trained like that before and I found it quite interesting although I have one day break after I survived that first killer day. My whole body was sore and on the end of the last training session on the third day, I hurt my groin so I wasn't able to train at full power. It got better after a few days, just in time for the tournament in Isernhagen, where I played only doubles and mixed doubles. With my bad luck, it started to hurt again after the match of ladies doubles, but it didn't stop me working hard next days.

I have to admit I have expected more players from other countries will be training in CTC Bonn, but there were mainly German players from BC Beuel and some other clubs. That was fine for me because we had more space to make "one on one" exercises. Also, players are



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very good so they were excellent sparing partners.

The atmosphere during trainings and breaks was awesome and everyone enjoyed every training session. We have always joking and laughing while working hard on and off the court; we pushed and cheered each other during some hard exercises. Everyone was so friendly and ready to help if you needed something. I liked that a lot and that friendly atmosphere make me feel very welcomed in CTC Bonn.

After 3 weeks of training I improved my defence, net game for doubles and mixed doubles, control and reading of the game even though I couldn't practice at full power all three weeks because of my injury.

I am so happy with my staying and training in CTC Bonn and can't wait to get back. One more, thank you Badminton Europe for providing me the scholarship so I could train in this amazing CTC!