



Badminton Europe
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It was the first CTC training session in my badminton career. So I can't compare it with anything else, but I can share my experience and my opinion about it.

I think everything was good, from the hotel to trainings. The sports centre was very nice and well equipped. There we had a great opportunity to train with skilled players and learn from experienced Coaches. There I had a chance to practice with some of the best Bulgarian players such as Maria Mitsova, Maria Delcheva, Dimitar Delchev as well as other strong badminton players. I was so glad to have an opportunity to work under the guidance of Coaches Orlin Tsvetanov and Jivno Dimitrov.

From them I got a lot of useful practical information about my game, what is my style of play and what I have to correct or change in terms of technique and tactics. We practiced a lot on those things. Unfortunately there was not enough time to get much better, but I felt that I significantly improved my play during this training session. All the information I took with me and I will keep working with it back at home in my club.

The only thing I somewhat missed was more focus on technique and somewhat more physical training. On the other hand, the fact that we played a lot of matches against Bulgaria players was a very useful experience for me, since I do not have a lot of partners to practice with at my home club.

The highlight of my stay at the CTC in Bulgaria was, that I and my doubles partner Vytaute Fomkinaite gained a lot of experience and learned good practices for women doubles game. We are from different cities, so it is hard to practice together. That is why these two weeks spent training together were very important for us. Currently we are preparing for the 2017 European Championship in Kolding (Denmark). During the training camp we were more focused on doubles technique and tactics. We had more multi-shuttle, attack and defence practices for doubles. And of course, we had a lot of hard fought matches against our Bulgarian sparing partners. The Coach gave us a lot of useful advice on tactics, which, I think, we will successfully implement in our doubles play. Overall, I think, we really improved our doubles game, and it will help us to play better in the European Championship and in the future tournaments.

I would highly recommend this CTC to all young players, if they want to get a lot of experience and improve their level of a badminton play.

I want to Thank BEC for this very important and valuable experience. Their scholarship gave me a chance to go to this CTC training session. I also want to say a Big Thank You to the entire team of the Bulgarian badminton centre for their hospitality, advice and instruction.



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