



Badminton Europe
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I am very glad that I got a scholarship from Badminton Europe and had a chance to practice in Certificated Training Centre in Bulgaria. I had a lot of open questions about badminton training abroad. During this training camp in Bulgaria I got the answers to many of them. I also gained a lot of experience during the training.

During this CTC training camp there were many training sessions focused on tactics. These tactics skills were improved by playing matches. While in Bulgaria, I had a chance to play singles matches against Maria Mitsova, Maria Delcheva, Dimitar Delchev and a few other Bulgarian athletes. I also played a few women doubles matches against Maria Mitsova and Petya Nedelcheva. It was interesting to play these matches, because it's quite different from what I am used to. Also I really liked working with the Coach Orlin Tsvetanov. Mostly because of the advice and instruction he gave to me. Not only he spotted the weakest points in my game, but also noticed the stronger sides and advised me to what style of the game I should be more concentrated.

What is more, I improved my women doubles skills. Before this camp, I and my partner were not sure about our game. We were a little distracted. We didn't have a clear vision and enough tactics knowledge about this category. During this camp, we started feeling each other, we know where to shoot a shuttlecock, where to stand and run. However, we still have to work a lot, as we still occasionally have some misunderstandings while playing.

However, I missed physical fitness training. I believe it's very important for every athlete. Everyday there were individual warm up sessions and then practice sessions with shuttlecock. I also wanted to have some more technique practice sessions. We were playing matches most of the time, and from one side of view it's very good, but still the aim of this camp was to improve our overall skills and we dwelt mostly on one subject.

On the whole, I got a lot of experience during this CTC training camp. I saw everything from another side of view, received answers to many questions, met new people and worked with very good Coaches. Also I got some advice about my game and now I know what skills I should improve.



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