

Lounais-Suomen
Sulkaopallo Yhdistys ry

Lounasulka Kumpoo Summer Camp 2018



1.-5.8.2018

PUNT, Parainen

Welcome to Badminton Camp!

You are coming to badminton camp in the 1st of August. Camp is organized by the Lounais-Suomen Sulkapalloyhdistys which is a society of twelve Finnish badminton clubs from South-West Finland. It takes only two weeks and we all can enjoy badminton along with Danish top DGI coaches! At the moment, thirty ambitious juniors are participating in camp (age average 14,5 years): Few of the juniors have won this year's national championship medals, few more will do it in the future but we also have juniors who are just beginning their competition career in this best sport on the planet.

Campsite

Campsite is the Paraisten Nuoris- ja Urheilutalo (PUNT, Koulumestarinkatu 5). It is a local Sports and Youth House in Parainen. Some program will be held also in nearby area. During the badminton exercises all nine badminton courts will see a lot of sweat, laugh and succeeding!



Accommodation is provided in the Youth House premises, which is in the front of the building. Pass to the premises is possible from inside or outside the building but for the security reasons the outside door is kept mainly locked during the camp. For the accommodation, you need your own mattress, pillow, sleeping bag/blanket and required covers.

Toilets and bathrooms are available beside the sport hall.

The Youth House and the Sport Hall are reserved for us for entire camp. However, some outsiders might use the gym which is in one corner of the building. For this reason, it is advised to keep all valuable stuff along.

There are always at least three adults/coaches present during the camp.

Pre-Schedule

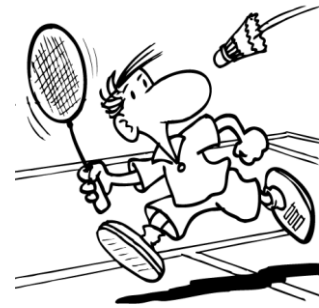
Pre-schedule is depicted in the picture below. Final schedule will be finetuned before the camp but as you can see the camp is quite intensive! The schedule includes badminton exercises, additional exercises and recovering workouts. To maintain the ability to get maximum response from the exercises, it is essential to concentrate to the main exercise which begins at 22:00 i.e. the rest!

	Wednesday	Thursday	Friday	Saturday	Sunday
7:00		Goodmorning (07:00-07:15) + Morning activity	Goodmorning (07:00-07:15) + Morning activity	Goodmorning (07:00-07:15) + Morning activity	Goodmorning (07:00-07:15) + Morning activity
7:30		Breakfast	Breakfast	Breakfast	Breakfast
8:00		Practise	Practise (indoor and outdoor activity)	Practise (indoor and outdoor activity)	Practise
8:30					
9:00					
9:30	Welcome	(Small break)	(Small break)	(Small break)	Practise
10:00	Practise	Practise	Practise (indoor and outdoor activity)	Practise (indoor and outdoor activity)	Practise
10:30					
11:00					
11:30					
12:00					
12:30	Lunch (announcements, 'brevkasse' and teams)	Lunch	Lunch	Lunch	Lunch + packing
13:00	Practise	Practise focus in games	Practise focus in games	Practise focus in games	Team games + MILITARY (rough)
13:30					
14:00					
14:30					
15:00					
15:30	Break with fruit	Break with fruit	Break with fruit	Break with fruit	Goodbye
16:00	Team games	Team games	Team games	Team games	
16:30					
17:00					
17:30					
18:00					
18:30	Dinner	Dinner	Dinner	Dinner	
19:00	Alternative activity	Warm up + matches	Alternative activity	Preparation for entertainment, show night!!	
19:30					
20:00					
20:30	Break until sleep	DK VS. FIN	Break until sleep	SHOW	
21:00					
21:30	Goodnight	Goodnight	Goodnight	Goodnight (?)	
22:00					
22:30					
23:00					

List of stuff

For the camp, you need the following items (in applicable parts):

- For the persons who are sleeping at PUNT
 - mattress and pillow
 - sleeping bag/blanket and required covers
 - pajamas
 - toothbrush, toothpaste and other personal toiletry
 - flashlight
 - comfortable suit for internal activities
- For the badminton exercises
 - racket(s) and shuttlecocks (one tube is included to the camp fee)
 - training shoes (indoor)
 - T-shirts (one is included to the camp fee)
 - shorts or culottes
 - socks
 - water bottle
- Clothes for outdoor activities
 - running shoes
 - sweatpants / shell suit / tights
 - coat
- Extra clothes for exchange
- A plastic bag for the used/dirty clothes
- Personal medication etc.
- towel and swimming suit
- Crocs or sandals (nice to wear after the exercises)
- Candy (be reasonable)
- A notebook, a pen, an eraser
- Suntan lotion
- games, playing cards etc. for spare time .
- pocket money (be reasonable)



Remember to mark your stuff to prevent the confusion of ownership!

Other issues

Elite Players as Assistants

We have a great honor to have some local elite players to work as assistants in the camp. This ensures that also advanced juniors get enough talent to beat. 😊

Kumpoo Product Sale / Service

Main sponsor of the camp Kumpoo will introduce the Kumpoo Products. At the same time, it is possible to maintain rackets and buy shuttlecocks etc.

General Regulations

The general regulations and etiquette are obeyed in the camp. If these regulations are seriously violated by the player, he/she will be sent home from the camp. Most important rule is that at nighttime, it is not allowed to leave the camp premises.

To ensure that we all get the best sleep, all cell phones will sleep at the same time as owners. This means that all electrical gadgets are powered off during 22:00-07:00. 😊

During the exercises, the cell phones are in training bags. However, taking the pictures is allowed.



Contact Information

Lounasulka Camp Core Team

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Lounasulka Social Media

<https://losu.sporttisaitti.com/>

<https://twitter.com/Lounasulka>

<https://www.facebook.com/Lounasulka-146853285833290/>



