

Lounais-Suomen
Sulkapalloyhdistys ry

Lounasulka Kumpoo Summer Camp 2019



31.7. - 4.8.2019

PUNT, Parainen

Welcome to Badminton Camp!

You are coming to badminton camp in the 31st of July. Camp is organized by the Lounais-Suomen Sulkapalloyhdistys which is a society of thirteen Finnish badminton clubs from South-West Finland. It takes only few weeks and we all can enjoy badminton along with Danish top DGI coaches!

At the moment, over forty ambitious juniors are participating in camp. Few of the juniors have won this year's Finnish 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. 😊

This year we have also eight juniors coming from Denmark! Warm welcome!

Campsite

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

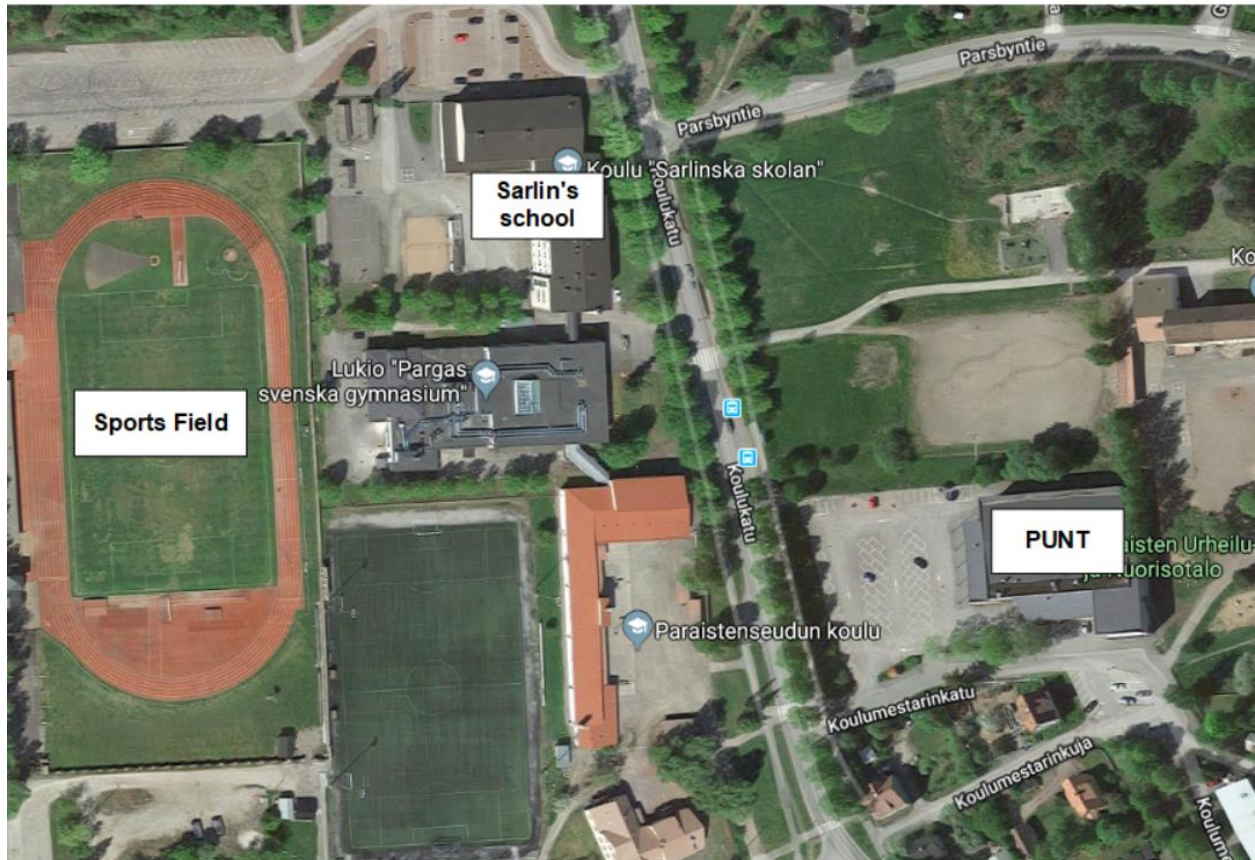


Accommodation is provided in the Youth House premises and in the main hall. Youth House is in the front of the building. Pass to the premises is possible from inside or outside the building but for the security reasons the outside door is kept mainly locked during the camp. For the accommodation, you 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 six adults/coaches present during the camp.



Pre-Schedule

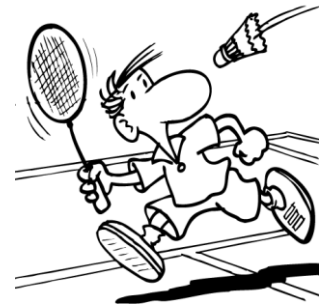
Pre-schedule is depicted in the picture below. Final schedule will be finetuned before the camp but as you can see the camp is quite intensive! The schedule includes badminton exercises, additional exercises and recovering workouts. To maintain the ability to get maximum response from the exercises,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

	Wednesday <i>(First schoolday)</i>	Thursday <i>(War)</i>	Friday <i>(Golf)</i>	Saturday <i>(Spa)</i>	Sunday <i>(Last schoolday)</i>
7:00		Goodmorning + Morning activity (C & O)	Goodmorning + Morning activity (The Green)	Goodmorning + Morning activity (Mindfulness)	Sleep
7:30					Goodmorning
8:00		Breakfast	Breakfast	Breakfast	Breakfast
8:30					
9:00		All - Squad Goals Teamwork	All "Hole in one!" (1+2 out, 3+4 in)	All A balanced mind "So delicious"	All No boundaries
9:30					
10:00	Welcome! :-)				
10:30					
11:00	Who are my classmates?	Raw strength	(1+2 in, 3+4 out)	"In the zone"	Packing + lunch
11:30					
12:00					
12:30					
13:00	Lunch	Lunch	Lunch	Lunch	All Matches + Military
13:30					
14:00	All "New impressions"	All Survival - combat training	All Nerves	All "Appearance"	
14:30					Good Bye! :-{
15:00					
15:30					
16:00	Break (fruit)	Break (fruit)	Break (fruit)	Break (fruit)	
16:30					
17:00	"Diversity"	Battlefield	Team games (Team matches) Welcome to the Golf Club	Team games "SteamRoom"	
17:30					
18:00	Dinner	Dinner	Dinner	Dinner	
18:30					
19:00	"New adventure"	Supplies + war	"Out of Bounds"	Prep for tonight's entertainment	
19:30					
20:00		APOCALYPSE Finland vs. Denmark		Fun night (Quiz + entertainment)	
20:30					
21:00	Break until sleep at 22:00				
21:30					
22:00	Sleep	Sleep	Sleep	Sleep ?	
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/>



Short Vocabulary

Official “coaching language” is English in the camp. 😊 However, you don't have to be afraid of that because there are plenty of assistants who can get you over the language barrier! Now is a great moment to learn vocabulary in English:

badminton	sulkapallo (peli)
a shuttlecock	sulkapallo (peliväline)
singles	kaksinpeli
doubles	nelinpeli
a racquet	maila
a string	jänne
a frame	mailan kehys
a court	kenttä
a forecourt	etukenttä
a midcourt	keskikenttä
a rearcourt	takakenttä
a service court	syöttöruutu
a baseline	takaraja
a sideline	sivuraja
a doubles sideline	nelinpelin sivuraja
a center line	syöttöruutujen välinen raja
a net	verkko
a server	syöttäjä
a receiving player	syötön vastaanottaja
an opponent	vastustaja
defend	puolustaa
a base position	pelikeskus
a score	piste
a rally	pelattu pallo
a game	erä
a match	ottelu
a stroke	lyönti, isku
forehand	kämmen
backhand	rysty
a jump smash	hyppysmash
an attacking clear	hyökkäävä clear-lyönti
a drop shot	droppilyönti
a netshot	verkkolyönti
a lift	nosto
a kill	tappolyönti
a wood shot	kehyslyönti
a slicing shot	leikkaavalyönti
spin	pyöriä
a tumbling netshot	verkkorullari

