



2011

MAGGIE HO SUMMER CAMP

Come join our summer camp of this fast growing sport in the United States. Badminton is one of the fastest sports, the speed of a shuttlecock can travel beyond 200 mph. Maggie Ho Badminton Summer Camps are designed to help students develop solid badminton fundamentals as well as the multiple physical aspects— fitness, control, and mental strategy. In this camp, you will learn racket grip, footwork correct upper arm and under arm swing, badminton service, correct forward and backward movement, teaching correct timing execute clear, drop shot, smashing and defending.

ABOUT THE COACH

Coach Maggie Ho has been coaching since 2006. Her students are range from beginners and intermediates. She has tremendous experience on coaching fundamental badminton skills; helping students building solid badminton foundation. Coach Maggie also have coached in colleges, high schools and several local badminton clubs. Coach Maggie received proper training in Indonesia and earned Mixed Double Quarter Finalist title in US Open 2007.

WHERE

University of Sport
555 Rohnert Park Expressway
Rohnert Park, CA 94928



WHEN

One week session,
Each session 4 times a week.
Session 1: June 6-9
Session 2: June 20-23
Session 3: June 27-30
Session 4: July 4-7
Session 5: July 18-21
Session 6: Aug 1-4
Session 7: Aug 15-18

HOURS

2-hours each session:
9am - 11am
or
11am - 1pm

PRICE

\$150.00 Per session

HOW TO REGISTER?

Email Coach Maggie at
maggie77ho@gmail.com or
Call her at 415-395-6441

GOT QUESTIONS?

Please email maggie77ho@gmail.com

