

Dorotea Sutara for the first time in Odense



“I have chosen Odense training centre for my summer preparation for the next badminton season as I was granted a scholarship from Badminton Europe. It was my first time to practice in the training centre of Odense, so I was very excited to start the trainings there. I knew trainings will be different than what I am used to in Croatia, but I wondered how different will it be from my last two summer preparations which I have spent in Asia (Thailand, Indonesia and Malaysia).

I arrived to Odense on 14 July 2014 late in the evening, my roommate Monika Radovska was very kind and came to the train station and to escort me to my accommodation. The apartment in which I was staying was located near to the centre of Odense and approximately 15 minutes walk from the sport hall which was very practical for me. In the apartment I had to cook for myself.

I stayed in Odense for 4 weeks, but I was only one of a lot of players who have chosen to spend this year's summer preparation there. During my stay I practiced with lot of players like Monika



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Radovska, Cathrine Fossmo, Torjus Halvorsen, Sixtine Roy, Maureen Gerard, Nigel Degaetano, Emil Rasmussen, Katrine Gaarde, Thomas Ebdrup, Simon Nguyen, Kyle Sciberras, Martina Repiska, Iza and Lia Salehar and a lot of others.

We had approximately 4 hours of practices every day. We had one training in the morning and one in the afternoon from Monday to Friday, and approximately 2 hours in the morning on Saturdays and Sundays. Sunday was always the day of multi-feeding, which was the most effective exercise for me. During training, we were divided into groups - women's singles, men's singles and doubles players. We played many exercises in two against one or three against one for defence, flat game and double quarter. Focus was always on the footwork and on the changing of speed.

The atmosphere in the hall during trainings was very good. I was working hard, trying to give my best during exercises. What I really enjoyed is that the coaches allowed the music to be played during practices. Like this I could focus more on the exercises and also felt like nothing is too difficult to do, when the music is on.

It was great experience to train in Odense. Coach Lennart was fantastic and I could always talk to him or ask him if I had any kind of questions. At the beginning of my stay in Odense, he planned some easier sessions for me, when I started to feel pain in my leg due to the injury I have suffered playing in European Club Championships in France. And on the last day of my stay in Odense during my last practice, Lennart made me play against boys. It was a very good training!

By the end of the fourth week I could feel improvement on my footwork, especially from the back court and I feel more confident on the court.

I am very satisfied with my summer preparation in Odense, and I would definitely come back again if I would have the chance. Many thanks to Badminton Europe for providing me this scholarship!"

Article by Dorotea Sutara