

## Upcoming Events:

### **SPBA Trip: July 1-July 10 United States Junior Nationals**

*(100% Jr. Ranking Points)*

**Seattle, FL**

Qualifying Draw: July 2-3, 2015

Main Draw: July 5 - July 10, 2015

Entry deadline May 26

[www.teamusa.org/USA-Badminton/Events/](http://www.teamusa.org/USA-Badminton/Events/)

### **SPBA Tournament: July 22-24 North Shore Open**

Entry Deadline Postmarked 7/12 or dropped off at SPBA by 7/14

**SPBA, Vernon Hills**

[www.shannonpohl.com/north-shore-open](http://www.shannonpohl.com/north-shore-open)

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## **Shannon Pohl Badminton Academy Summer Session**

Adversity Volleyball Club

710 Corporate Woods Parkway • Vernon Hills, IL • 847-722-8857

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### **Open Gym**

\$5 per day for member and non-members.

Sundays 6:30-9:30 p.m.

5/22, **No Open Gym 5/29**, 6/5, 6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

Mondays 7:30-9:30 p.m.

**No Open Gym 5/23 to 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29

Tuesdays 7:30-9:30 p.m.

**No Open Gym 5/24, 5/31, No Open Gym 6/7, No Open Gym 6/14**, 6/21, 6/28, 7/5, **No Open Gym 7/12 to 8/30**

Wednesdays 7:30-9:30 p.m.

**No Open Gym 5/25 to 7/6**, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31

Thursdays 7:30-9:30 p.m.

**No Open Gym 5/26, 6/2, No Open Gym 6/9, No Open Gym 6/16**, 6/23, 6/30, 7/7, **No Open Gym 7/14 to 8/25**

Fridays 7:30-9:30 p.m.

**No Open Gym 5/27**, 6/3, 6/10, 6/17, 6/24, 7/1, 7/8, 7/15, **No Open Gym 7/2 NSO**, 7/29, 8/5, 8/12, 8/19, 8/26

Saturdays 4:00-6:00 p.m.

**No Open Gym 5/28**, 6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, **No Open Gym 7/23 NSO**, 7/30, 8/6, 8/13, 8/20, 8/27

## Private Lessons & Group Classes

Membership to the Shannon Pohl Badminton Academy is required for class participation. Annual Membership for 2016 is \$40, including a t-shirt, a junior membership to USA Badminton (please note that this does not include national level ranking events), and free coaching at select local tournaments. New members will also get a SPBA waterbottle!

**\*\*Please read the registration and cancelation policy on the last page of this document.\*\***

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### **Badminton Fitness Class** (Great to combine with any age or level classes)

Located at Vernon Hills Athletic Complex (VHAC) Track/Football Field. Rain-outs at Adversity. We will run together to VHAC through the baseball fields from Adversity. We will focus on specific badminton fitness training--running (largest focus), intervals, jumping, plyometrics, and footwork to build speed, strength, and cardiovascular fitness. Bring lots of water and hand towel to class. Running shoes and watch required.

Class Fee: \$320 (32 classes) + 2016 membership fee of \$40 for new academy members.

\*\*Participation in badminton fitness class at least twice a week is strongly recommended for optimal improvement in fitness level. If only doing twice a week and not three times a week, players should do the weekday classes.

Sundays 11:00-12:00 p.m. (10 classes (meet at adversity, sometimes run at VHAC) \$100  
6/12, 6/19, 6/26, **No Class 7/3, No Class 7/10**, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

Mondays 6:30-7:30 p.m. (11 classes) (meet at adversity, run at VHAC) \$110  
6/13, 6/20, 6/27, **No Class 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29

Wednesdays 6:30-7:30 p.m. (11 classes) (meet at adversity, run at VHAC) \$110  
6/15, 6/22, 6/29, **No Class 7/6**, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31

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### **Beginner Class** (grade school, middle school, high school incoming freshman, and beginner players) (5-9 players) (one hour class) Price: Class Fee(s) + 2015 membership fee of \$40 for new members.

\*\*Players can register for class 1-5 times a week. Sign up for multiple times a week for optimal improvement!

#### **SPECIAL SUMMER BEGINNER CLASS DEAL:**

If an individual student signs up for this class twice a week, get a \$40 discount (2 free classes)

If an individual student signs up for this class three times a week, get a \$60 discount (3 free classes)

If an individual student signs up for this class four times a week, get a \$80 discount (4 free classes)

If an individual student signs up for this class five times a week, get a \$100 discount (5 free classes)

Sundays 2:00-3:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240  
6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

Sundays 3:00-4:00 p.m. (ages 6-10)(12 classes) \$240  
6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

#### **\*\*\* Special 1.5 hour Beginner Class!**

Mondays 5:00-6:30 p.m. (ages 11+ or permission from Shannon) (11 classes) \$330  
6/13, 6/20, 6/27, **No Class 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29

Tuesdays 4:00-5:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240  
6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30

Tuesdays 6:30-7:30 p.m. (ages 6-10)(12 classes) \$240  
6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30

**Advanced Beginner Class** (last season's high school freshman team, middle school players with lessons and tournament experience) (5-9 players)  
(one and a half hour class) Price: Class Fee(s) + 2015 membership fee of \$40 for new members.

\*\*Players can register for class 1-4 times a week.

\*\*Sign up for multiple times a week & the badminton fitness class for optimal improvement!

**SPECIAL SUMMER ADVANCED BEGINNER CLASS DEAL:**

If an individual student signs up for this class twice a week, get a \$60 discount (2 free classes)

If an individual student signs up for this class three times a week, get a \$90 discount (3 free classes)

If an individual student signs up for this class four times a week, get a \$120 discount (4 free classes)

Sundays 4:00-5:30 p.m. (12 classes) \$360

6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

Tuesdays 5:00-6:30 p.m. (12 classes) \$360

6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30

Wednesday 5:00-6:30 p.m. (12 classes) \$360

6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31

Thursdays 6:00-7:30 p.m. (11 classes) \$330

6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25

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**Intermediate Class** (last season's high school junior varsity players and adults) (5-8 players)  
(two hour class) Price: Class Fee(s) + 2015 membership fee of \$40 for new members.

\*\*Players can register for class 1-4 times a week.

\*\*Sign up for multiple times a week & the badminton fitness class for for optimal improvement!

**SPECIAL SUMMER INTERMEDIATE CLASS DEAL:**

If an individual student signs up for this class twice a week, get a \$80 discount (2 free classes)

Sundays 5:30-7:30 p.m. (12 classes) \$480

6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

Tuesdays 7:30-9:30 p.m. (12 classes) \$480

6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30

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**Advanced Class** (last season's high school varsity players and adults) (5-8 players)  
(two hour class) Price: Class Fee(s) + 2015 membership fee of \$40 for new members.

\*\*Players can register for class 1-3 times a week. Advanced players are highly encouraged to play multiple times a week & join the badminton fitness class to reach a high varsity level.

**SPECIAL SUMMER ADVANCED CLASS DEAL:**

If an individual student signs up for this class twice a week, get a \$80 discount (2 free classes)

Sundays 7:30-9:30 p.m. (12 classes) \$480

6/12, 6/19, 6/26, 7/3, 7/10, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28

Thursdays 7:30-9:30 p.m. (11 classes) \$440

6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25

## **SPBA Elite Gold/Silver Team (selected by coach Shannon)**

(last season's elite team, state championship players & medalists, players traveling to Super Regionals and Junior Nationals, advanced players with Shannon's approval)

*This class prepares players for the 2015 Junior Nationals and next season's Jr. National Tournaments and High School Season. Classes will include fitness class, drills, technique, matches, mental training, tournament preparation, and strategic games. (Three hour class three times a week) (Taught by Coach Shannon)*

*\*\*Elite Gold players get to attend all open gyms at SPBA for free up until Junior Nationals.*

*\*\*Elite Silver players get to attend all open gyms at SPBA for only \$2 up until Junior Nationals.*

Gold/Silver Elite Player Expectations:

*-Players must attend the Junior National Training Camp prior to attending Junior Nationals*

## **Junior National Training Camp (Gold & Silver Teams Combined)**

**Elite Gold/Silver Team Price: Special Pricing \$378 for 27 hours!**

Mondays 6:30-9:30 p.m. (3 classes)

6/13, 6/20, 6/27

Wednesdays 6:30-9:30 p.m. (3 classes)

6/15, 6/22, 6/29

Sundays 11:00-2:00 p.m. (3 classes)

6/12, 6/19, 6/26

## **Training after Junior Nationals for Elite Gold & Silver Teams**

*Silver Team should train at least 2 times a week and Gold Team should train at least 3 times a week.*

*Players are welcome to train more often! Remember, top national players are playing 5-7 days a week!*

*If training only 2 times a week, it is suggested to pick the two weekday classes for max fitness improvement.*

### **SPECIAL SUMMER ELITE SILVER/GOLD CLASS DEAL:**

*If an individual student signs up for this class twice a week, get a \$90 discount (2 free classes)*

*If an individual student signs up for this class three times a week, get a \$135 discount (3 free classes)*

Mondays 6:30-9:30 p.m. (8 classes) \$360

7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29

Wednesdays 6:30-9:30 p.m. (8 classes) \$360

7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31

Sundays 11:00-2:00 p.m. (7 classes) \$315

7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

## Private and Semi-Private Lessons with Shannon Pohl

Private: \$75/hour  
Semi-Private (2 players): \$100/hour  
Semi-Private (3 or 4 players): \$120/hour  
+ 2016 membership fee of \$40 for new academy members.

\*\* Buy 10 private lessons up front and get one free!

### Shannon is available the following dates for private lessons:

#### Sundays

Availability: 6/12, 6/19, 6/26, **No Private Lesson 7/3**, **No Private Lesson 7/10**, 7/17, 7/24, 7/31, 8/7, 8/14, 8/21, 8/28  
10:00-11:00 a.m. **AVAILABLE**

#### Mondays

Availability: 6/13, 6/20, 6/27, **No Private Lesson 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22, 8/29  
3:00-4:00 p.m. **AVAILABLE**  
4:00-5:00 p.m. **AVAILABLE**

#### Tuesdays

Availability: 6/14, 6/21, 6/28, **No Private Lesson 7/5**, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23, 8/30  
2:00-3:00 p.m. **AVAILABLE**  
3:00-4:00 p.m. **AVAILABLE**

#### Wednesdays

Availability: 6/15, 6/22, 6/29, **No Private Lesson 7/6**, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24, 8/31  
3:00-4:00 p.m. **AVAILABLE**  
4:00-5:00 p.m. **AVAILABLE**

#### Thursdays

Availability: 6/16, 6/23, 6/30, **No Private Lesson 7/7**, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25  
4:00-5:00 p.m. **AVAILABLE**  
5:00-6:00 p.m. **AVAILABLE**

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\*\* Players can book one private or weekly private lessons.

\*\* I often have players of a variety of levels looking for 1 to 3 more players to join a semi-private.

\*\* Other private lesson times may open up. Call Shannon if interested or to join a waitlist for when I have cancelations!

**Registration:  
(important information – please read)**

- **Online registration available here:** <http://www.shannonpohl.com/registration/>

I will confirm your registration upon receipt.

**ONLINE REGISTRATION OR IN PERSON CLASS REGISTRATION IS CONSIDERED A COMMITMENT TO PROVIDE PAYMENT FOR ENTIRE GROUP CLASS SESSION.**

- Players may sign up for any specific class any number of times a week.
- Shannon must approve class level for each student. Skill level of each class may be higher than previous sessions.
- **Players on elite teams and players previously enrolled have first priority registration over new students.**

**Payment, What to Bring, and Tournaments**

- Bring to the first class the total payment (cash or check) for the session of classes. Checks can be made out to "Shannon Pohl Badminton Academy." **We do not take credit cards.**
- Please bring to the first class your racket (if you don't have one you can rent one), water, and a small notebook. All new members must fill out the 2015 waiver and registration forms found in the "BadmintonAcademy2015.pdf" document.
- Non-marking court shoes are strongly encouraged to avoid injuries. We sell them at the pro shop.
- Please do not wear outside shoes in the gym, as wet and dirty shoes create a safety hazard.
- Cell phone use is not allowed during classes. Players are expected to have phones put away at all times.
- **SPBA players are also expected to give their best effort to participate in local tournaments. Our club's next tournament is the North Shore Open (July 22-23). All SPBA players in advanced beginner level and above are expected to participate.** You can find a list of all tournaments compliments of Badminton Chicago at: [www.tinyurl.com/bcactivities](http://www.tinyurl.com/bcactivities) and sanctioned tournaments at [usabadminton.org](http://usabadminton.org)
- Questions? Feel free to call Shannon at 847-722-8857.

**Cancellation Policy**

- **24-hour notice is required for cancelation of any lesson.** Refunds are not provided for group lessons and make-up classes are not guaranteed. Make-up classes are only permitted if there was 24 hours notice of the cancelation and if there is open space in another day's group lesson during the same session. Less than 24 hours notice will be considered a no-show, and constitutes loss of lesson fee. Emergency cancelations will be handled on an individual basis.
- For semi-private lessons with 2-4 players –if a player doesn't show up, or gives less than 24 hour notice for a cancelation that player is still responsible for their portion of the lesson fee and will not be rescheduled.
- Failure to attend a lesson constitutes loss of lesson fee and will not be rescheduled.