

Shannon Pohl Badminton Academy Summer Session

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

2017 Badminton Events:

SPBA Trip: June 26-July 4

Junior Nationals

(100% Jr. Ranking Points)

San Francisco, CA

Entry deadline TBD

www.teamusa.org/USA-Badminton/Events/

July 21-22

North Shore Open

(All Ages Tournament)

SPBA, Vernon Hills, IL

Entry deadline July 6th

www.shannonpohl.com/NorthShoreOpen

The SPBA is hiring!

OPEN GYM ASSISTANT: The SPBA is looking to hire players to run the open gyms! Employees will be responsible for supervising the open gym, setting up and taking down nets, collecting money from participants, selling equipment, and office work from time to time. Of course it is a great opportunity to practice your badminton game! Employees should be CPR & AED Certified. Shannon can help you get certified if you are not. Players can earn pay or discounts off their lessons. Must be 16 years of age or older.

If interested and available at any of the open gym times, please contact Shannon at badminton@shannonpohl.com.

PART TIME COACH: The SPBA is looking to hire a part time coach to teach on Fridays and Saturdays with possibility to expand to more hours in the future. Coach should have prior National or International level experience as an athlete or coach, preferably both. Coach must have the ability to motivate and manage diverse groups of clients including both adults and kids of all ages from 5 and up. Coach must have sound knowledge of badminton strategies, technique, footwork, rotation, and fitness. Coach must be fluent in English.

Please send cover letter and resume and any information on relevant coaching certification levels with USAB, BWF, or equivalent to badminton@shannonpohl.com

Open Gym:

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

Sundays 4:30-6:30 p.m., 6:30-9:30 p.m.

6/4, 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

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

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

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

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

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

6/9, 6/16, 6/23, 6/30, 7/7, 7/14, 7/21, 7/28, 8/4, 8/11, 8/18, 8/25, 9/1

Saturdays 4:00-6:00 p.m., 6:00-8:00 p.m.

6/10, 6/17, 6/24, 7/1, 7/8, 7/15, 7/22, 7/29, 8/5, 8/12, 8/19, 8/26, 9/2

Private Lessons & Group Classes

Membership to the Shannon Pohl Badminton Academy is required for class participation. Annual Membership for 2017 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 water bottle!

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

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: \$330 (33 classes) + 2017 SPBA membership fee of \$40

**Participation in badminton fitness class twice a week is strongly recommended for optimal improvement in fitness level.

Sundays 10:30-11:30 a.m. (12 classes) \$120

6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Monday 7:00-8:00 p.m. (10 classes) \$100

6/12, 6/19, 6/26, 7/3, 7/10, **No Class 7/17**, 7/24, 7/31, 8/7, 8/14, 8/21

Wednesdays 7:00-8:00 p.m. (11 classes) \$110

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

Beginner Class Younger (Ages 6-10) (grade school players) (5-9 players)

(one hour) Price: Class Fee(s) + 2017 SPBA membership fee of \$40

**Players can register for class 1-4 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 \$20 discount (1 free class)

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

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

BEGINNER YOUNGER CLASS AGES 6-10

Sundays 3:00-4:00 p.m. (ages 6-10) (12 classes) \$240

6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Monday 4:30-5:30 p.m. (ages 6-10) (10 classes) \$200

6/12, 6/19, 6/26, 7/3, 7/10, **No Class 7/17**, 7/24, 7/31, 8/7, 8/14, 8/21

Tuesdays 6:30-7:30 p.m. (ages 6-10) (10 classes) \$200

6/13, 6/20, 6/27, **No Class 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Thursdays 5:30-6:30 p.m. (ages 6-10) (11 classes) \$220 *** New Class Time**

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

Beginner Class Older (Ages 11+) (grade school, middle school, high school incoming freshman, and beginner players) (5-9 players)
(one hour) Price: Class Fee(s) + 2017 SPBA membership fee of \$40

**Players can register for class 1-4 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 \$20 discount (1 free class)

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

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

BEGINNER CLASS OLDER AGES 11+

Sundays 1:00-2:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240
6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Sundays 2:00-3:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240
6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Tuesdays 4:00-5:00 p.m. (ages 11+ or permission from Shannon) (10 classes) \$200
6/13, 6/20, 6/27, **No Class 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

***** Special 1.5 hour Beginner Class!**

Wednesdays 4:00-5:30 p.m. (ages 11+ or permission from Shannon) (11 classes) \$330 *** New Class Time**
6/14, 6/21, 6/28, 7/5, 7/12, 7/19, 7/26, 8/2, 8/9, 8/16, 8/23

***** Special 1.5 hour Beginner Class!**

Thursdays 6:30-8:00 p.m. (ages 11+ or permission from Shannon) (11 classes) \$330
6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24

Thursdays 8:00-9:00 p.m. (ages 11+ or permission from Shannon) (11 classes) \$220
6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24

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) + 2017 SPBA membership fee of \$40

**Players can register for class 1-3 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 \$30 discount (1 free class)

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

Sundays 4:00-5:30 p.m. (12 classes) \$360
6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Tuesdays 5:00-6:30 p.m. (10 classes) \$300
6/13, 6/20, 6/27, **No Class 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Thursdays 4:00-5:30 p.m. (11 classes) \$330 *** New Class Time**
6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24

Intermediate Class (last season's high school junior varsity players and adults) (5-8 players)
(two hour class) Price: Class Fee(s) + 2017 SPBA membership fee of \$40.

**Players can register for class 1-2 times a week.

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

SPECIAL SUMMER INTERMEDIATE CLASS DEAL:

If an individual student signs up for this class twice a week, get a \$40 discount (1 free class)

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

6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Tuesdays 7:30-9:30 p.m. (10 classes) \$400

6/13, 6/20, 6/27, **No Class 7/4**, 7/11, 7/18, 7/25, 8/1, 8/8, 8/15, 8/22

Advanced Class (last season's high school varsity players and adults) (5-8 players)
(two hour class) Price: Class Fee(s) + 2017 SPBA membership fee of \$40

**Players can register for class 1-2 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 \$40 discount (1 free class)

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

6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Elite Gold Training (selected by coach) (last season's elite, state championship players & medalists, advanced players with Shannon's approval) (5-8 players) (2.5 hour class twice a week + third class is a 2 hour advanced class)
Price: Class Fee(s) + 2017 SPBA membership fee of \$40.

Class Fee can be split into two payments if needed. (Taught by Coach Shannon)

This class is aimed at players looking to medal in the upcoming state championship. It will prepare these players for their high school season, the State Championships, Junior Ranking Tournaments and the 2018 Junior Nationals.

The 2.5 hour classes will include the 1 hour fitness class (see class description above), followed by 1.5 hours of drills and technique. We will also focus on mental training, tournament preparation, and strategy.

****Elite Gold players must make a commitment to:**

-attending at least 3 training sessions a week (7 hrs total)

This includes the two Elite Gold practices and an additional Advanced SPBA Class of your choice until the start of the IHSA Spring Season in March. (extra classes beyond are highly encouraged to keep up with top level competition). Middle School students and boys on the team are expected to continue training this often in the spring while the girls are in the high school season.

-players are required to keep up their fitness training during the spring IHSA season so they don't get out of shape before the State Championships and the SPBA Midwest Open Regional. A Sunday class will be offered for this purpose.

-attending practices the 2 weeks after the IHSA State Championships and prior to the SPBA Midwest Open Regional 40% Ranking Tournament

-play a minimum of two of the three upcoming 10-40% local ranking tournaments (although playing three is highly encouraged) (dates TBS)

-play in the one Open Regional out

-play in the May 26-28 SPBA Midwest Open Regional 40% Tournament at our club

-play in the June 27-July 4th Junior Nationals in San Francisco, CA (this trip is June 26-July 4th)

-attend the Junior National Training Camp prior to Junior Nationals:

3 hour training session for 8 days: 6/11, 6/12, 6/14, 6/15, 6/19, 6/21, 6/22, 6/25 (cost \$360)

-Buy uniform

Prior to participation on the Elite Gold Training, players must make a non-refundable Coaching Fee deposit of \$300 (\$150 per travel tournament) for coach's expenses at the Southern Jr. Super Regionals and the Junior Nationals).

Players in this class will get to attend all open gyms at SPBA for free up until Junior Nationals! This is to encourage our elite players to log more court time for them to practice the skills they learn in class on their own.

These savings from open gym can potentially add up to \$25 a week or potentially \$1300 a year!

Elite Gold Training Spring Price:

\$990 + Coaching Fee Deposit

\$1320 -25% discount = \$990 (More than \$330 savings in the Summer Session)

Sundays 10:30-1:00 p.m. (12 classes) Price before discount: \$480

6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Monday 7:00-9:30 p.m. (10 classes) \$400

6/12, 6/19, 6/26, 7/3, 7/10, **No Class 7/17**, 7/24, 7/31, 8/7, 8/14, 8/21

Wednesdays 7:00-9:30 p.m. (11 classes) \$440

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

Don't forget you're already schedule and paid for practice After IHSA Season Before SR:

Mondays 7-9:30 p.m. 5/15, 5/22

Wednesdays 7-9:30 p.m.

5/17, 5/24

****Silver and Gold players will train together.**

Remember, Players are encouraged to train more often! Top junior national players are playing 5-7 days a week!

Elite Silver Training (selected by coach) (advanced players and elite grade school and middle school players with Shannon's approval) (5-8 players) (2.5 hour class twice a week, a third class is highly recommended)

Price: Class Fee(s) + 2017 SPBA membership fee of \$40. Class fee can be splint into two payments if needed.

This class will prepare players for their high school season, the State Championships, Junior Ranking Tournaments and the 2018 Junior Nationals. Players in this team are required to train two days a week with the Elite Silver Team but are encouraged to join more classes if possible. Special considerations may be given for athletes who play other high school sports during their sport's season. Players in this class will get to attend all open gyms at SPBA for only \$2 up until Junior Nationals.

The 2.5 hour classes will include the 1 hour fitness class (see class description above), followed by 1.5 hours of drills and technique. We will also focus on mental training, tournament preparation, and strategy.

****Elite Silver players must make a commitment to:**

-attending at least 2 training sessions a week (5 hrs total)

This includes the two Elite Silver practices until the start of the IHSA Spring Season in March.

(extra classes beyond are highly encouraged to keep up with top level competition). *Middle School students and boys on the team are expected to continue training this often in the spring while the girls are in the high school season.*

-players are required to keep up their fitness training during the spring IHSA season so they don't get out of shape before Conference, Sectionals, the State Championships and the SPBA Midwest Open Regionals. A Sunday class will be offered for this purpose.

-attending the 2 weeks after the IHSA State Championships and prior to the SPBA OPEN Regional 40% Ranking Tournament

-play a minimum of two of the three upcoming 10-40% local ranking tournaments (although playing three is highly encouraged) (dates tbd)

-play in at least one Open Regional tournament outside of the Midwest

-play in the May 26-28 SPBA Midwest Super Regional 40% Tournament at our club

-play in the Junior Nationals

-attend the Junior National Training Camp prior to Junior Nationals:

-Buy uniform

Prior to participation on the Elite Silver Training, players must make a non-refundable Coaching Fee deposit of \$300 (\$150 per travel tournament) for coach's expenses at the travel Open Regional Regionals and the Junior Nationals).

Players in this class will get to attend all open gyms at SPBA for \$2 up until Junior Nationals! This is to encourage our elite players to log more court time for them to practice the skills they learn in class on their own.

These savings from open gym can potentially add up to \$15 a week or potentially \$780 a year!

Elite Silver Training Spring Price: Selected Classes + Coaching Fee Deposit

Sunday and Monday: \$880 -18% discount = \$721 (More than \$159 savings)

Sunday and Wednesday: \$920 -18% discount = \$754 (More than \$126 savings)

Monday and Wednesday: \$840 -18% discount = \$688 (More than \$152 savings)

Sundays 10:30-1:00 p.m. (12 classes) Price before discount: \$480

6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27

Monday 7:00-9:30 p.m. (10 classes) \$400

6/12, 6/19, 6/26, 7/3, 7/10, **No Class 7/17**, 7/24, 7/31, 8/7, 8/14, 8/21

Wednesdays 7:00-9:30 p.m. (11 classes) \$440

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

****Silver and Gold players will train together.**

Remember, Players are encouraged to train more often! Top junior national players are playing 5-7 days a week!

TARGET 2028 OLYMPICS:

Under 11 & Under 13 Elite Bronze Training (selected by coach) (grade school players in the U11 and U13 category with Shannon's approval) (5-8 players) (1.5 hour class twice a week + third class is an additional class time of your choice based on your current level). Price: Class Fee(s) + 2017 SPBA membership fee of \$40.
Class Fee can be split into two payments if needed. (Taught by Coach Shannon)

This class will prepare U11 and U13 players for future Junior Ranking Tournaments including the Junior Nationals. Players in this team are required to practice three days a week (two Elite Bronze team practices and an additional Advanced SPBA Class of your choice). Players in this class will get to attend all open gyms at SPBA for free up until Junior Nationals.

The weekday 1.5 hour classes will include drills, technique, and matches. We will also focus on mental training, tournament preparation, and strategic games. Due to overwhelming interest, we have made two classes, class A and class B to accommodate different player's schedules.

****Elite Bronze players must make a commitment to:**

- attending at least 3 training sessions a week throughout the 2016/2017 school year (4-5 hrs total)
- attending practices on 5/15, 5/17, 5/22, 5/24 the 2 weeks after the IHSA State Championships and prior to the SPBA Super Regional 70% Ranking Tournament
- play a minimum of two of the three upcoming 10-20% local ranking tournaments (although playing three is highly encouraged) (Shannon may advise some young/new players to wait) (10% Oct 22-23 in Schaumburg, IL) (20% Nov 4-6 in Naperville) (10% Jan 14-15 in Schaumburg, IL)
- play in the May 27-29 SPBA Midwest Super Regional 70% Tournament at our club
- Buy uniform

OPTIONAL:

- play in the Feb 18-20th Southern Jr. Super Regional 70% tournament Orlando, FL (the trip is Feb 17-20)
- play in the June 27-July 4th Junior Nationals in San Francisco, CA (this trip is June 26-July 4th)
- attend the Junior National Training Camp if attending Junior Nationals:
3 hour training session for 8 days: 6/11, 6/12, 6/14, 6/15, 6/19, 6/21, 6/22, 6/25 (cost \$360)
- If a player plans to participate in either of the two travel tournaments, players must make a non-refundable Coaching Fee deposit of \$150 per travel tournament for coach's expenses at the Southern Jr. Super Regionals and the Junior Nationals).

Players in this class will get to attend all open gyms at SPBA for free up until Junior Nationals! This is to encourage our elite players to log more court time for them to practice the skills they learn in class on their own. These savings from open gym can potentially add up to \$25 a week or potentially \$1300 a year!

Under 11 & Under 13 Elite Bronze Training Spring Price:

\$472 + price of additional classes you choose

\$630 -25% discount = \$472 (More than \$158 savings in the Summer Session)

Class B: Monday 5:30-7:00 p.m. (10 classes) \$300

6/12, 6/19, 6/26, 7/3, 7/10, **No Class 7/17**, 7/24, 7/31, 8/7, 8/14, 8/21

Wednesdays 5:30-7:00 p.m. (11 classes) Price before discount: \$330

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

Private and Semi-Private Lessons with Shannon Pohl

Private: \$80/hour
Semi-Private (2 players): \$100/hour
Semi-Private (3 or 4 players): \$120/hour
+ 2017 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:

Mondays

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

Wednesdays

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

Thursdays

Availability: 6/15, 6/22, 6/29, 7/6, 7/13, 7/20, 7/27, 8/3, 8/10, 8/17, 8/24
9:00-10:00 Available

Sundays

Availability: 6/11, 6/18, 6/25, 7/2, 7/9, 7/16, 7/23, 7/30, 8/6, 8/13, 8/20, 8/27
8:30-9:30 a.m. **BOOKED**
9:30-10:30 a.m. **BOOKED**

** 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 PESON 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.

*****Please read the payment, tournament information, and cancelation policy on the next page.***

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 members must fill out the 2016 waiver and registration forms found in the "BadmintonAcademy2016.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 big tournament is the SPBA Midwest Super Regionals May 27-29 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 and sanctioned tournaments at usabadminton.org
- Questions? Feel free to call Shannon at 847-722-8857.

Cancelation 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.