

Shannon Pohl Badminton Academy Winter Session

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

2018-2019 Badminton Events:

January 12-13

2019 MW Closed

Regional Championships

(40% Jr. Ranking Points)

Naperville, Illinois

Entry deadline TBD

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

TRAVEL TOURNAMENT:

January 19-21

2019 South Open

Regional Championships

(40% Jr. Ranking Points)

Orlando, Florida

Entry deadline TBD

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

TRAVEL TOURNAMENT:

February 16-18

2019 NW Open

Regional Championships

(40% Jr. Ranking Points)

Seattle, WA

Entry deadline TBD

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

February 23-24

2019 Open Local Championships (OLC)

(10% Jr. Ranking Points)

Schaumburg, Illinois

Entry deadline TBD

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

May 25-27

**2019 SPBA MW Open Regional
Championships**

(40% Jr. Ranking Points)

SPBA, Vernon Hills, Illinois

Entry deadline TBD

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

TRAVEL TOURNAMENT:

June / July (Dates TBD)

2019 Junior Nationals

(100% Jr. Ranking Points)

Location TBD

Entry deadline TBD

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

Summer 2019

North Shore Open

(all ages tournament)

SPBA, Vernon Hills, Illinois

Entry deadline TBD

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

Introducing our new coach, Andres Corpancho!

Andres is an 8 times Peruvian National Champion. He has won national titles in all events: Men's Singles, Men's Doubles, and Mixed Doubles, and even won the triple crown twice, an extraordinary accomplishment in badminton. He's beaten top 20 players in the world in men's singles and he was ranked 35 in the world in Mixed doubles. He also has an extensive international coaching background working with national players from Brazil, Mexico, and Ecuador and two of his students got silver at the Pan American Games in women's doubles and one of his students even qualified for the Olympics in singles! We are thrilled he has joined our team at the Shannon Pohl Badminton Academy from the fall session going forward! He covered Shannon completely during all Fall classes while she was on maternity leave, and they will both now be available for coaching in the winter session and beyond.

Open Gym:

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

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

11/25, 12/2, 12/9, 12/16, 12/23, 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

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

No Open Gym 11/26-2/18

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

No Open Gym 11/27-2/19

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

No Open Gym 11/28-2/20 Open on 12/26, 1/2

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

No Open Gym 11/29-2/21 Open on 12/27, 1/3

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

11/30, 12/7, 12/14, 12/21, 12/28, 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22

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

12/1, 12/8, 12/15, 12/22, 12/29, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

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.

Private Lessons & Group Class Times:

Membership to the Shannon Pohl Badminton Academy is required for class participation. Annual Membership for 2019 is \$40, including a t-shirt 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.*****

Beginner Class Younger (Ages 6-10) (grade school players) (5-9 players per coach) (one hour)

Price: Class Fee(s) + 2019 SPBA membership fee of \$40

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

SPECIAL BEGINNER YOUNGER 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

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Monday 4:30-5:30 p.m. (ages 6-10) (11 classes) \$220

11/26, 12/3, 12/10, 12/17, No Class 12/24, No Class 12/31, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

Tuesdays 6:30-7:30 p.m. (ages 6-10) (11 classes) \$220

11/27, 12/4, 12/11, 12/18, No Class 12/25, No Class 1/1, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19

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

11/29, 12/6, 12/13, 12/20, No Class 12/27, No Class 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21

Fridays 4:30-5:30 p.m. (11 classes) \$220 ** New Time

11/30, 12/7, 12/14, 12/21, No Class 12/28, No Class 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22

Beginner Class Older (Ages 11+) (grade school, middle school, high school incoming freshman, and beginner players) (5-9 players per coach) (one hour or one and half hour classes)

Price: Class Fee(s) + 2019 SPBA membership fee of \$40

**Players can register for class 1-7 times a week. Sign up for multiple times a week for optimal improvement!

SPECIAL BEGINNER OLDER 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 10:00-11:00 a.m. (ages 11+ or permission from Shannon) (12 classes) \$240

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Sundays 11:00-12:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Sundays 12:00-1:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Sundays 1:00-2:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Sundays 2:00-3:00 p.m. (ages 11+ or permission from Shannon) (12 classes) \$240

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Tuesdays 4:00-5:00 p.m. (ages 11+ or permission from Shannon) (11 classes) \$220

11/27, 12/4, 12/11, 12/18, No Class 12/25, No Class 1/1, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19

Wednesdays 4:30-5:30 p.m. (ages 11+ or permission from Shannon) (11 classes) \$220

11/28, 12/5, 12/12, 12/19, No Class 12/26, No Class 1/2, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20

*** Special 1.5 hour Beginner Class!

Thursdays 6:30-8:00 p.m. (ages 11+ or permission from Shannon) (11 classes) \$330

11/29, 12/6, 12/13, 12/20, No Class 12/27, No Class 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21

Thursdays 8:00-9:00 p.m. (ages 11+ or permission from Shannon) (11 classes) \$220

11/29, 12/6, 12/13, 12/20, No Class 12/27, No Class 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21

Advanced Beginner Class (last season's high school freshman team, middle school players with lessons and tournament experience) (5-9 players per coach) (one and a half hour class)

Price: Class Fee(s) + 2019 SPBA membership fee of \$40

**Players can register for class 1-3 times a week.

**Sign up for multiple times a week for optimal improvement!

SPECIAL 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)

Saturdays 8:00-9:30 p.m. (12 classes) \$360 ****New Time**

12/1, 12/8, 12/15, 12/22, **No Class 12/29**, 1/5, 1/12, 1/19, 1/26, 2/2, 2/9, 2/16, 2/23

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

No Class 11/25, 12/2, 12/9, 12/16, 12/23, **No Class 12/30**, 1/6, 1/13, 1/20, 1/27, 2/3, 2/10, 2/17, 2/24

Tuesdays 5:00-6:30 p.m. (11 classes) \$330

11/27, 12/4, 12/11, 12/18, **No Class 12/25**, **No Class 1/1**, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19

Thursdays 4:00-5:30 p.m. (11 classes) \$330

11/29, 12/6, 12/13, 12/20, **No Class 12/27**, **No Class 1/3**, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21

Intermediate/Advanced Class (last season's high school junior varsity & varsity players and adults) (5-9 players per coach) (one hour 45 minute class or two hour class)

Price: Class Fee(s) + 2019 SPBA membership fee of \$40

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

**Sign up for multiple times a week for optimal improvement! Junior National Level Players are often training 5 times a week or more!

SPECIAL INTERMEDIATE/ADVANCED CLASS DEAL:

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

Tuesdays 8:00-9:45 p.m. (11 classes) \$385

11/27, 12/4, 12/11, 12/18, **No Class 12/25**, **No Class 1/1**, 1/8, 1/15, 1/22, 1/29, 2/5, 2/12, 2/19

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

11/28, 12/5, 12/12, 12/19, **No Class 12/26**, **No Class 1/2**, 1/9, 1/16, 1/23, 1/30, 2/6, 2/13, 2/20

Senior and Junior Elite Teams (selected by coach) (5-18 players per team) (2 hour class four times a week)

Price: Class Fee(s) + 2019 SPBA membership fee of \$40

Class Fee can be split into two payments if needed.

This class is aimed at players looking to compete in Junior Ranking Tournaments, the High School State Championships, and the 2019 Junior Nationals. Special considerations may be given for athletes who play other high school sports during their sport's season.

The 2 hour classes will include speed, strength, and overall fitness training. It will also include drills, technique and match play. We will also focus on mental training, tournament preparation, and strategy.

****2018/2019 Senior and Junior Elite players must make a commitment to:**

- attend 3-4 training sessions a week (4 is highly encouraged to stay competitive) throughout the 2018/2019 school year until the Junior Nationals in the summer. Exception is IHSA players during season.
- play all three upcoming 10-40% local ranking tournaments
(Coaches may advise some young/new players to wait)
(Jan. 12-13 CRC) (Feb. 23-24 OLC) (May 25-27 ORC)
- High School players competing on their high school teams 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. Weekend instructional classes fitting within the IHSA Rules and Regulations will be offered for this purpose. They also must pay for and attend practices the 2 weeks after the IHSA State Championships and prior to the SPBA Midwest Open Regional 40% Ranking Tournament
- Buy uniform

OPTIONAL:

- play in the Jan. 19-21 Southern Jr. Open Regional 40% tournament Orlando, FL (the trip is Jan 18-21)
- play in the Feb. 16-18th Northwest Jr. Open Regional 40% tournament Seattle, WA (the trip is Feb 15-18)
- play in the Junior Nationals (usually the last week of June and first week of July ~ 8-10 days)
- attend the Junior National Training Camp prior to Junior Nationals
- If a player plans to participate in any of the three travel tournaments, players must make a non-refundable Coaching Fee deposit of \$150 per travel tournament for coach's expenses.

RULES:

- if late for class, extra physical exercises
 - bring towel, pre-filled big water bottle, notebook, pen or pencil, extra t-shirt and socks to class
 - must buy tournament quality badminton shoes and have 2 rackets
 - no jeans to play
 - arrive 10 minutes early to change into your badminton shoes BEFORE class begins
 - Long hair must be tied up
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SENIOR OR JUNIOR ELITE WINTER PRICE:

FOUR TIMES A WEEK:

\$1260 + \$40 2019 SPBA Membership

\$1680 -25% discount = \$1260 (\$420 savings in the Winter Session)

THREE TIMES A WEEK:

\$1054-1088 + \$40 2019 SPBA Membership

(440+440+400)=\$1280 -15% discount = \$1088 (\$192 savings in the Winter Session)

(440+400+400)=1240-15% discount=\$1054 (\$186 savings in the Winter Session)

SENIOR ELITE TIMINGS:

Wednesdays 5:30-7:30 p.m. (11 classes) \$440 **2 coaches

11/28, 12/5, 12/12, 12/19, No Class 12/26, No Class 1/2, 1/9, 1/6, 1/23, 1/30, 2/6, 2/13, 2/20

Fridays 7:30-9:30 p.m. (11 classes) \$440 ** 1 coach

11/30, 12/7, 12/14, 12/21, No Class 12/28, No Class 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22

Saturdays 4:00-6:00 p.m. (10 classes) \$400 ** 1 coach

12/1, 12/8, 12/15, 12/22, No Class 12/29, 1/5, No Class Ranking Tourney 1/12, 1/19, 1/26, 2/2, 2/9, 2/16,
No Class Ranking Tourney 2/23

Sundays 7:30-9:30 p.m. (10 classes) \$400 ** 2 coaches except during travel tournaments

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30,1/6, No Class Ranking Tourney 1/13,
1/20, 1/27, 2/3, 2/10, 2/17, No Class Ranking Tourney 2/24

JUNIOR ELITE TIMINGS:

Mondays 5:30-7:30 p.m. (11 classes) \$440 **2 coaches

11/26, 12/3, 12/10, 12/17, No Class 12/24, No Class 12/31, 1/7, 1/14, 1/21, 1/28, 2/4, 2/11, 2/18

Fridays 5:30-7:30 p.m. (11 classes) \$440 ** 1 coach

11/30, 12/7, 12/14, 12/21, No Class 12/28, No Class 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/15, 2/22

Saturdays 6:00-8:00 p.m. (10 classes) \$400 ** 1 coach

12/1, 12/8, 12/15, 12/22, No Class 12/29, 1/5, No Class Ranking Tourney 1/12, 1/19, 1/26, 2/2, 2/9, 2/16,
No Class Ranking Tourney 2/23

Sundays 5:30-7:30 p.m. (10 classes) \$400 ** 2 coaches except during travel tournaments

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30,1/6, No Class Ranking Tourney 1/13,
1/20, 1/27, 2/3, 2/10, 2/17, No Class Ranking Tourney 2/24

Private and Semi-Private Lessons

Private: \$80/hour

Semi-Private (2 players): \$100/hour

Semi-Private (3 or 4 players): \$120/hour

+ 2019 SPBA membership fee of \$40 for the new year.

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

Coach Shannon is the former top ranked singles player for USA. She has represented Team USA in four world championships and was ranked top 69 in the world in women's singles. She was also a bronze medalist in the Pan Am Championships. She is the highest certified High Performance Coach in the Midwest Region and the winner of the USA Badminton Developmental Coach of the Year Award and one of three finalists for the United States Olympic Committee Developmental Coach of the Year Award. She also has coached several times for Team USA.

Coach JP has been coaching part time at the SPBA for many years and has been especially involved in coaching our elite squads at Junior National Tournaments. He was the Junior National Champion of Canada in doubles and he has coached several years at Golder College Prep and now he is the head coach of Walter Payton College Prep. His students won the Chicago City Championship every year of his tenure at both schools and he has the hardest smash around!

Coach Andrés is an 8 times Peruvian National Champion. He has won national titles in all events: Men's Singles, Men's Doubles, and Mixed Doubles, and even won the triple crown twice, an extraordinary accomplishment in badminton. He's beaten top 20 players in the world in men's singles and he was ranked 35 in the world in Mixed Doubles. He also has an extensive international coaching background working with national players from Brazil, Mexico, and Ecuador and two of his students won the Pan American Games in women's doubles and one of his students even qualified for the Olympics in singles!

Sundays:

No Class 11/25, 12/2, 12/9, 12/16, 12/23, No Class 12/30, 1/6, No Class 1/13, Pending 1/20, 1/27, 2/3, 2/10, 2/17, No Class 2/24

7:00-8:00 a.m. **BOOKED WITH COACH JP**
8:00-9:00 a.m. **BOOKED WITH COACH JP**
9:00-10:00 a.m. **BOOKED WITH COACH JP**
9:00-10:00 a.m. **BOOKED WITH COACH ANDRÉS**

Mondays:

11/26, 12/3, 12/10, 12/17, No Class 12/24, No Class 12/31, 1/7, 1/14, Pending 1/21, 1/28, 2/4, 2/11, 2/18
7:30-8:30 p.m. **BOOKED WITH COACH ANDRÉS**
7:30-8:30 p.m. **BOOKED WITH COACH SHANNON**
8:30-9:30 p.m. **BOOKED WITH COACH ANDRÉS**
8:30-9:30 p.m. **AVAILABLE WITH COACH SHANNON**

Thursdays:

11/29, 12/6, 12/13, 12/20, No Class 12/27, No Class 1/3, 1/10, 1/17, 1/24, 1/31, 2/7, 2/14, 2/21
9:00-10:00 p.m. **BOOKED WITH COACH ANDRÉS**

Fridays:

11/30, 12/7, 12/14, 12/21, No Class 12/28, No Class 1/4, 1/11, No Class 1/18, 1/25, 2/1, 2/8, 2/15, 2/22
3:45-4:30 p.m. **BOOKED WITH COACH ANDRÉS**

** 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 cancellations

REGISTRATION

- **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.
- Coach 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 pre-registration week or a designated registration time 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 for \$5 a class), water, and a small notebook. All members must fill out the 2018 waiver and registration forms here: <http://www.shannonpohl.com/pdfs/SPBAForms.pdf>
- 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.
- **All SPBA players in advanced beginner level and above are expected to participate in SPBA Midwest Open Regionals and North Shore Open and give their best effort to participate in other local ranking tournaments.** Tournament Dates are listed on the first page of this document. You can find a list of even more 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.
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Cancellation Policy

- Online, phone, and in person registration is considered a commitment to participate in and pay for class session or private lesson. Payment is due at the latest at the time of the first class.
- If cancelation of group lesson occurs 24 hours before the first class starts, you may receive a full refund or not owe any payment. If cancelation occurs less than 24 hours before your first class, you are responsible for payment for the first class. If cancelation occurs less than 24 hours before the second class, you are responsible for the price of the current session.
- **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 cancellations 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 players 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.