



**The  
Badminton  
Professionals**

In Association With



**CSS**

Centre for Sports Science  
Crafting Sports Through Science

# BADMINTON COACHING PROGRAM

## Mentors



**Anup Sridhar**

Olympian  
Arjuna awardee



**Vijay Lancy**

International  
Badminton Player

**10%** OFF\*  
only for  
**SRMC**  
Students

**REGISTRATIONS  
ARE OPEN!**

For more info:  
Mobile: +91 62817 55273  
+91 99863 88488  
+91 98409 99830  
Email: [info@csstrucoach.in](mailto:info@csstrucoach.in)

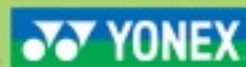
## VENUE:

### **CENTRE FOR SPORTS SCIENCE**

A UNIT OF Sri Ramachandra Institute of  
Higher Education and Research

No. 1, Ramachandra Nagar,  
Porur, Chennai - 600 116

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Passion For Excellence



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- ◆ Coaching program developed by “**The Badminton Professionals**” and imparted along with team of expert coaches
- ◆ Coaching schedule planned on assessment of Current playing and fitness level
- ◆ Periodic assessments and feedback
- ◆ Emphasis on Basics for Strong foundation of Strokes and Footwork
- ◆ Strong focus on Fitness and Correct techniques of warm up and stretching
- ◆ Academy discipline and standards to be strictly maintained
- ◆ Ideal Coach-Student Ratio

Batch	Days	Timings
5 Days	Mon to Fri	5.00 to 6.00 am; 6.00 to 7.00 am; 4.00 to 5.00 pm; 5.00 to 6.00 pm; 6.00 to 7.00 pm
3 Days	Mon, Wed & Fri	4.00 to 5.00 am; 5.00 to 6.00 am; 6.00 to 7.00 am;
	Tue, Thu & Sat	4.00 to 5.00 pm; 5.00 to 6.00 pm; 6.00 to 7.00 pm;
2 Days	Sat & Sun	10.00 am to 11.30 am; 11.30 am to 1.00 pm; 2.00 to 3.30 pm; 3.30 to 5.00 pm
Intermediate 5 days	Mon to Fri	5.00 to 7.00 pm
Intermediate 3 days	Mon, Wed & Fri	5.00 to 7.00 pm

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