



COSPORTS

Junior Group Badminton Program

Professional Coaching for Ages 5–18

-
-  Maximum 4 Players Per Court
 -  Professional Coaching
 -  Programs for Beginners to Competitive Players
 -  Trial Lessons Available
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Now Accepting New Students!

Players of all ages and skill levels are welcome.

Our coaches will recommend the most suitable training program based on each player's age and skill level.

Players are welcome to visit our facility for consultation, a skill assessment, and a trial lesson.

Contact Us

-  Phone: 778-858-0766
-  Email: cosports921@gmail.com
-  Address: 921 Seaborne Ave Port Coquitlam, BC V3B 8B2





COSPORTS

Junior Group Badminton Program

 **High-quality group coaching for all skill levels — from beginners to competitive athletes!**
(For Ages 5–18)

 OUR SIGNATURE: MAX 4 PER COURT

 More Training	 Less Waiting	 Better Value
More touches per session	No overcrowded courts	Premium quality at group rates

Every session is limited to **4 players per court**, ensuring more touches, more coach attention, and faster improvement.

◆ Introductory Program (Beginner)

 **Ages: 5–8** |  **Duration: 1.5 hours** |  **\$30.00**

 *A fun, game-based introduction to badminton. Builds coordination, agility, and basic racket skills — the perfect first step before joining our full program.*

◆ Foundation Program (Beginner & Intermediate)

 **Ages: 5–12** |  **Duration: 2 hours** |  **\$30.00**

 *Designed for beginner and intermediate players to build strong fundamentals. Students develop proper stroke technique, footwork, consistency, and confidence while fostering a lifelong love for badminton..*

◆ Advancement Program (Intermediate & High-Performance)

 **Ages: 10–18** |  **Duration: 2 hours** |  **\$30.00**

 *For committed athletes pursuing advanced skills, tactical development, physical conditioning, and tournament preparation.*

◆ Private & Semi-Private Training

 **Ages: 5–18** |  **Duration: 1 Hour**

 *Personalized one-on-one or small-group coaching tailored to individual goals. Ideal for accelerating skill development, improving technique, and preparing for competition.*



COSPORTS

Elite Badminton Camp

🏆 For Ages 5–18 | Summer • Spring • Winter

📅 **Camp Schedule:** *Class times based on group availability — call us for details.*

- **Summer Camp:** Monday to Friday during summer break
- **Winter Camp:** Monday to Friday during winter break
- **Spring Camp:** Monday to Friday during spring break

🎯 **Why Choose COSPORTS Camp?**

🔍 **Top-Level Facilities**

- 18 tournament-grade courts with shock-absorbing flooring to reduce injury risk
- 10-meter ceilings — ideal for clears, drop shots, and smashes

🏆 **Small Group Format:** Only 4 students per court, (vs. standard 6–8), allowing:

- ✓ More personal attention
- ✓ Safer training
- ✓ Higher efficiency

🌟 **Program Highlights**

✅ **Spacious Setup**

Each student trains in a 5m × 5m personal zone — aligned with international junior standards

✅ **High-Volume Drills**

Over 300 quality shots per student per session — twice the average of regular group training

✅ **Consistent Feedback**

1-on-1 corrections every 10 minutes to ensure visible progress

📊 **Efficiency Comparison**

Metric	Standard (6–8 per court)	COSPORTS (4 per court)	Improvement
Effective Training Time	35%	68%	+94%
Feedback Frequency	Every 8 minutes	Every 3 minutes	+167%

✅ **Comprehensive Training System**

Daily sessions include:

Technical Skills · Physical Conditioning · Tactical Training · Mental Preparation

Step-by-step progression:

🎮 Game-based learning → 🎯 Skill foundation → ⚙️ Technique refinement → 🧠 Tactical awareness
→ 🏆 Competitive readiness

📞 **Contact & Registration**

📞 Phone: 778-858-0766 📧 Email: cosports921@gmail.com

📍 Location: 921 Seaborne Ave, Port Coquitlam, BC V3B 8B2





COSPORTS

Personalized Table Tennis Training

Customized Programs for All Ages & Skill Levels

Whether you're just starting out or preparing for high-level competition, COSPORTS offers **personalized training programs** tailored to your goals, skill level, and learning style. Our expert coaches design sessions to maximize progress and keep players motivated every step of the way.

◆ Program Options

- **Private Training:** From \$60.00/hour
Ideal for players seeking individualized attention and rapid technical improvement.
- **Semi-Private Training (2 players):** From \$80.00/hour
Great for friends or siblings at similar skill levels who want focused training in a shared environment.

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