



# COSPORTS

## Junior Group Badminton Program

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

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### ◆ Beginner & Intermediate Group Program

 **Ages: 5–12**

 **Duration: 2 hours | 10 sessions – \$420**

 **Schedule:**

- **Mon / Wed / Fri/Sun:** 4:30PM ~ 6:30PM
- **Tue / Thu / Sat:** *Flexible timing (based on group availability)*

 ***Build strong fundamentals and improve technique in a fun, supportive environment.***

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### ◆ Intermediate & High-Performance Group Program

 **Ages: 10–18**

 **Duration: 3 hours | 10 sessions – \$600**


 **Schedule:**

- **Mon / Wed / Fri / Sun:** 4:30 PM ~ 7:30 PM
- **Tue / Thu / Sat:** *Flexible timing (arranged upon registration)*

 ***For serious players focused on advanced skills, endurance, and tournament-level competition.***

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### ◆ Game-Specific Group Training Program

 **Focus:** Match Play · Strategy · Rotation Drills

 **Ages: 7–18**


 **Duration: 2 hours | 5 sessions – \$150**

 **Schedule:** Tue / Thu / Sat (*Flexible timing*)

 ***Enhance tactical awareness and real-game performance. Great as supplemental training.***

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 **Call to Register or Book a Skill Assessment!**

 **Phone:** 778-858-0766

 **Email:** cosports921@gmail.com

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

 ***Please call to schedule an assessment — exciting surprises await!***

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# COSPORTS

## Personalized Badminton Training



**Customized Programs for All Ages & Skill Levels**

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### Why Choose COSPORTS Private Coaching?

- ✓ One-on-one or small group sessions
  - ✓ Tailored skill development plans
  - ✓ Flexible scheduling (weekdays & weekends)
  - ✓ Professional coaching for rapid progress
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### Who Is It For?

- ✓ Beginners learning the fundamentals
  - ✓ Intermediate players refining techniques
  - ✓ Competitive athletes preparing for tournaments
  - ✓ Adults seeking fitness and fun through badminton
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### Personalized for Your Goals

Whether you're picking up a racket for the first time or training for competitive play, our personalized programs adapt to your **goals, pace, and level**.

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### Let's Get Started!



**Let the fun begin** — book your assessment today!



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





# 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](mailto: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.

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#### ◆ 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.