




# Badminton Summer Camp 羽毛球暑期训练营


 培训日期:


 2025年

- 6月23日 - 6月27日
- 7月7日 - 7月11日
- 7月21日 - 7月25日

 训练时间: 上午 9:00 - 12:00

 培训地点: QD Academy

 适合人群: 7岁以上学生


 暑期训练计划

此次夏令营采用一周训练、一周间隔的模式，让学员在每轮训练后有充分的时间巩固和消化所学内容，结合实战加深对羽毛球的理解。

- ◆ 第一阶段: 夯实基础，规范技术，掌握战术思维
- ◆ 第二阶段: 加深肌肉记忆，规范标准动作，同时提升速度与力量
- ◆ 第三阶段: 进入对抗实战，学会分析对手弱点，解决自身短板，培养不怕输、不服输的竞技精神


通过这个训练体系，学员不仅能迅速提升技术水平，更能培养自信、坚韧和自我突破的能力。

 费用: 每人每周 \$300


 报名要求: 4人开班，最多8人，名额有限，先到先得！


 付款方式:

请提前通过 Zelle 付款至 qdacademy4100@gmail.com (QD Academy) 预定席位。

 联系方式:

Jessica Fan 469-974-1534

 温馨提醒:

 训练时请穿专业球鞋，并自备 球拍、毛巾、水和零食！

🔥 快来加入我们，一起在夏天提升你的羽毛球技艺吧！🔥

Coach: Jessica Fan

☎ 469-974-1534



Jessica Fan has been immersed in badminton since childhood, shaping her resilience and passion for the sport through eight years of professional training. Her journey as both a player and coach has been marked by dedication, discipline, and a deep appreciation for time and life.

#### 🏆 Badminton Achievements:

- 1991-1998: Gold medalist in women's singles (Huangpu District, same age group)




- 1991-1998: Silver & bronze medalist in women' s singles (Shanghai, same age group)
- 1997: Joined the Shanghai Youth Team; National Youth Championship silver medalist (women' s doubles, same age group)
- 1998: Retired from the Shanghai Youth Team to focus on academics
- 2001-2003: Women' s singles gold medalist at the Songjiang District Inter-University Badminton Competition
- 2005-2021: While working in corporate credit at the Bank of Communications (Shanghai Branch), consistently ranked top three in both singles and doubles at the National Financial System Competitions

### Coaching & Training Philosophy

Jessica' s coaching career spans over 26 years, with experience training individuals and teams across all skill levels—from beginners to competitive players. Her coaching approach is highly individualized, ensuring each student receives the guidance they need to progress. With a strong background in finance and economics, she also brings unique insights into sports management and performance optimization.

### Summer Training Program

This summer camp follows a one-week-on, one-week-off training model. The structured breaks allow students time to absorb and reflect on their training, reinforcing their understanding of badminton through practical experience.

-  Phase 1: Focus on foundational skills, building technique, and understanding game strategy.
-  Phase 2: Deepen muscle memory, refine standard movements, and enhance speed & strength.
-  Phase 3: Competitive play—learning to analyze opponents' weaknesses, address personal challenges, and develop a resilient mindset.

By the end of the program, students will not only improve their badminton skills but also cultivate perseverance, self-awareness, and a never-give-up attitude.

For badminton enthusiasts, this is an excellent opportunity for skill enhancement. For children, it' s the perfect environment to train, play, relax, and grow!

**教练：范洁华**

☎ 469-974-1534

从小，范洁华就投身于羽毛球运动。8年的专业训练，不仅磨砺了她的意志，也让她学会了珍惜时间、珍惜生命。作为运动员和教练，她始终保持对羽毛球的热爱与执着。

🏆 主要羽毛球成绩：

- 1991-1998年：黄浦区同年龄组女子单打金牌
- 1991-1998年：上海市同年龄组女子单打银牌、铜牌
- 1997年：入选中国上海青年队，全国青年锦标赛女子双打银牌
- 1998年：从上海青年队退役，专注学业
- 2001-2003年：松江区校际羽毛球赛女子单打金牌
- 2005-2021年：在交通银行上海市分行任职期间，连续多年在全国金融系统大赛单打、双打前三名

🔑 教练理念与训练模式

范洁华的执教生涯已有26年，她曾指导各个水平的学员，从初学者到竞技选手。她的教学方式因材施教，注重学员的个性化需求。同时，凭借深厚的金融与经济学背景，她还能为学员提供独特的运动管理与表现优化见解。

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无论是羽毛球爱好者，还是希望孩子通过运动锻炼成长的家长，这都是一个不可多得的学习与提升机会！