**AYRSHIRE BADMINTON CLUB**

**CUMNOCK SECTION**

We are delighted to announce that Ayrshire Badminton is launching new sessions for people in the Cumnock area. This will add to successful and popular classes that are already running and established in Irvine & Kilmarnock.

The Cumnock section will be coached by Tommy Milgrew who has coached many local players, several of whom have gone on to achieve huge success at county, national and international level. Classes will run in the Barony Campus on Thursday evenings from 6-9pm as follows:

**6 – 7pm Beginners – from P3 upwards Cost £3**

**7 – 9pm Secondary Pupils Cost £4**

The first session will cater for pupils from P3-P7, although this is a guideline, and younger players may be admitted. This class will teach badminton basics with challenges and fun games leading to small matches and progression opportunities. All equipment will be provided.

A senior session will run from 7-9pm and will cater for mainly secondary school pupils, although younger players will also be invited to take part once they have reached a suitable playing level. Each senior session will combine a mix of games and coaching. The coaching part will teach shot production, movement and tactics of both singles and doubles play.

To register or receive further information use these contact numbers:

Ayrshire Badminton: 07532 705377

Tommy Milgrew: 07718 768127 (Call or text)

Email: tmilgrew1@gmail.com

We would also like to hear from anyone interested in assisting in any way; this can be by on court participation (feeding shuttles etc) if you have even basic badminton skills; however, it could also be helping in other ways such as organising games or doing administrative work. Some of the best sporting volunteers in the district have been people in this category. Get in touch if you wish to discuss this.