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## Spike city badminton

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The surge in Covid-19 cases in the city has hit various sectors, with sporting events also unin't regretted. In the last few days, the city has witnessed a huge spike in cases every day, resulting in the Karnataka Badminton Association (KBA) opting to knock down its shutters from Thursday. It also means that the KBA Academy, which resumed work on the court in late May, has re-started its online session for its players, who have gone through a similar process during the lockout period since late March. Anup Sridhar will hold sessions over Zoom, Shiram BN Online sessions held over Zoom coach Anup Sridhar, focused mainly on maintaining the fitness of their players, including India players Ajay Jayaram and Tanvi Lyada. It was divided into three categories - cardio, strength and interval sessions for its 40-odd shuttles. When operations at the academy began again in May, Schriedhar drew plans to help players returning to the court after stopping for about two months reach a fitness match. However, with things going online temporarily once again, it's a different ball game altogether that will delay his plans a little bit more. Obviously it's getting extremely difficult. But there's nothing we can do about it. We just have to accept it and move on. There's no point in feeling bad about it or anything else,' Sridhar told CE, adding that they did their best under the circumstances. But we know that the work we've put in the last few weeks (on the court) since we started training won't go to waste. We have to wait and see. There is still more work left to get into top fitness. It doesn't go to a thing. Online classes are currently held for one hour for six days, but Sridhar is working on a strategy to get players to spend more time online. Starting Monday, there can be nine sessions a week, instead of the existing six. Because of the original plan, KBA is closed for 10 days, but reopening also depends on the situation in the city, kba P Secretary Rajesh confirmed. The coach who knows about this also expressed his helplessness in the current situation. It depends on how long it lasts. If KBA closed lasts for one week or more than it does as well, we can't do anything. Due to the situation, this is what it is, said Sridhar. As Toronto and Peel Region move into the lockdown zone in an effort to combat the rise in COVID 19 cases, Epic Sports will be closed as of Monday November 23, 2020 until further notice. Our string service, pro shop and physiotherapy clinic will remain open. All memberships and lessons will be put on hold. Lockdown has been extended until January 4, 2021. We hope everyone stays safe and healthy throughout this. If you have any questions feel write to us on [epicsportstoronto@gmail.com](mailto:epicsportstoronto@gmail.com) about all the choices of racket? Not sure which one to buy? Come to epic sports! Epic Sports is the only place in Ontario that you can try demo Yonex rackets before buying them! COME VISIT OUR PROFESSIONAL SHOP FOR THE BEST YONEX BADMINTON GEAR! Gear!

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