



# Healdsburg Badminton 2019 News

Monday , 25 February 2019

The regular season is upon us and it is time to get serious! This week we will be busy and everyone needs to attend:

- I'll hand out uniforms Tuesday
- We need to get a ladder in place starting immediately
- Friday we will have late practice and PARENT'S NIGHT  
Friday Mar 1 – practice 4-6  
Parent's Night starts at 6PM- all players and parents need to attend as we will go over plans for the season.

## Weekly Challenge

*You may use any resources you like but don't expect to simply look up the answer- these are not trivia questions. You may work individually or in teams, but ALL team members are expected to know and be able to explain the answer.*

If I could jump 8 feet high how long would I be in the air before landing? For extra credit, what would be the answer if instead of jumping 8 feet straight up, I jumped up 8 feet during a 24 foot long jump (8 ft up, 24 feet across)?

All information including this note is included on our team website: [worldbadminton.com/healdsburg](http://worldbadminton.com/healdsburg)

Healdsburg High School  
1028 Prince Street, Healdsburg CA 95448  
Tel: 707 431-3420  
URL: <https://hhs-healdsburgusd-ca.schoolloop.com>

Coach: Stan Bischof  
1894 Bennett Meadows Lane, Santa Rosa CA 95405  
Tel: 707 542-0148 URL: [www.worldbadminton.com](http://www.worldbadminton.com)  
Email: [stan@worldbadminton.com](mailto:stan@worldbadminton.com)