



Healdsburg Badminton 2019

Parent's Meeting

Friday , 1 March 2019

Welcome to all players and Parents to the 2019 HHS Badminton team.

I am Stan Bischof, an engineer by trade, and now Healdsburg's Badminton coach. I have been playing and coaching now for decades and enjoy the challenge of the sport itself and of a new players. My goal here at Healdsburg is to introduce the team members to competitive in the hopes that they will stay with the sport long after High School. We are looking at many aspects of Badminton, starting with footwork and conditioning then working through the facets of racket work and finally looking at strategy and tactics.

I maintain the **team's website at worldbadminton.com/healdsburg**. There you will find most everything I have related to the team, including schedules, results, weekly challenges, handouts, pictures and notices. Feel free to contact me at anytime- and the best way is by email.

Training: I will be asking a lot of the team members. Badminton is a challenging sport in many ways both physically and mentally. Even under great conditions, it take years to master the sport. For high school players who only get a few months of training per year, it is usually the 3rd and 4th year players who get toward the top of the league. As such, first year players should never be discouraged!

Equipment: The team has a supply of good rackets and shuttles. About all that players need to provide are good indoor shoes. Badminton shoes are best but like all oher equipment they are not available in local stores. However volleyball shoes are also a very good choice. If players would like to buy their own rackets that is of course an option, and is recommended for anyone who will be staying with the sport.

Weekly Challenge: I like to challenge all my teams intellectually and not just physically. As part of that I assign a weekly problem to be solved by the team. The solutions are expected to be known by all team members- no exceptions!

Waiver: my norm is to post team pictures on the team website. In order for me to do so, I would ask that everyone sign a waiver.

Potluck Dinners: This year I would like to introduce the team's families to the sport. To do this I am planning a series of potluck dinners to which the player's families are invited. These will be on Fridays at 6 after a team practice. My intention is that parents and siblings will join in so that we can all get to know each other better. I will bring plenty of rackets and would encourage all family members to try out the sport.

Team Competition: The badminton team competes as a group. The games that each player competes in will contribute to the team's overall score. As such everone has an equal chance to contribute to the team.

Attendance: If any player is missing from practice the team is lessened. And I can't schedule matches if I do not know who will be competing on a given day. Hence it is **REQUIRED** that all players attend the practice before each match if they are to compete the next day. Matches are Tuesdays and Thursdays

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Attendance (cont) There are of course always exceptions, but I need to know of these in advance. I do not want any surprises on game days! My assumption is that every players will attend our meets. If you cannot for some reason, you need to let me know in advance. Drop me an email is fine.

Away Games: we will be traveling to 7 other schools for our away games. For each of these we will have a bus and will be leaving class early.

Weekly News: I normally create a brief newsletter each week for the team discussing current events.

Here are the **major events** for our team this season. All team members are expected at these events. For more details and for updates see the team website.

Tuesday, March 5: home vs Santa Rosa.
Thursday, March 7: vs Analy at Analy.
Tuesday, March 12: vs RUP at RUP
Thursday, March 14: home vs Windsor
Friday, March 15: **POTLUCK 6PM**
Spring Break
Tuesday, March 26: vs Montgomery at Montgomery
Thursday, March 28: home vs Piner
Tuesday, April 2: vs Maria Carillo at Maria Carillo
First half of season is over
Thursday, April 4: vs Santa Rosa at Santa Rosa
Friday, April 5: Mid Season **POTLUCK 6PM**
Tuesday, April 9: home vs Analy
Thursday, April 11: home vs RUP
Tuesday, April 16: vs Windsor at Windsor
Thursday, April 18: home vs Montgomery
Tuesday, April 23: vs Piner at Piner
Thursday, April 25: home vs Maria Carillo
Friday, April 26: End of Season **POTLUCK 6PM**