



# Healdsburg Badminton 2023 Team Meeting 15 November 2022

Badminton Team 2023 - Lunchtime, Smith Robinson Gym

The last years have been tough for everyone and Badminton is no exception. There was no competition in 2020, no team in 2021 and only a very small team last spring. The good news there is that since we are essentially building from scratch there will be a place on the team for anyone who would like to compete.

Since Badminton is coed, we need both boys and girls. A minimum of 8 each will allow a team though ideally we would have at least twice that many.

As a coach my emphasis will be on building a competitive team. We will start from the basics so no experience is needed. Your place on the team is determined by your ability and interest. What would really help is any conditioning you can do before the season. Badminton is more demanding than it might appear!

The best way to contact me is email. Team information is posted on [worldbadminton.com/healdsburg](http://worldbadminton.com/healdsburg) so it is always available. Badminton starts in February but it is important to be fully cleared by sometime in January. If you haven't been on another team, all the paperwork is online these days, so quite easy to deal with. The only holdup generally is a physical- so get that scheduled right away.

Stan Bischof  
HHS Badminton Coach

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