



# Healdsburg Badminton 2025 Team Meeting October 10, 2024

For those who don't know me, my name is Stan Bischof and I am a retired (happily) RF/Microwave engineer. I have been playing and coaching Badminton for a long time and still really enjoy doing so. I keep everything for the team on a website ([worldbadminton.com/healdsburg](http://worldbadminton.com/healdsburg)) so that's a great place to find details.

Given the strength of our returning players and the quantity of new players, it looks to me like the team is finally really coming together. As such this year I plan to transition to a more competitive team. What that means for you is that I will be asking more in terms of commitment and effort than I have in the past.

The first item is that I want everyone to be ready to play the very first practice at the beginning of February. That means you need to get yourself cleared THIS YEAR. Since clearance involves a physical it can take a little while- so get going. I'll check every few weeks and remind those who aren't done yet.

Second: keep those grades up. Academics should be your priority- plus if you don't have the grades you can't play.

Third: get yourself some exercise. If you play a fall or winter sport that's great. Soccer and Basketball are both really good for Badminton players. If you don't have a sport then whatever exercise you do will help you.

Last: we can always use more players- especially freshmen- so feel free to recruit others.

The Badminton team does not have tryouts but instead has a place for anyone who wants to join in. We have both a Varsity and a JV squad. Your position on the team is up to you: I maintain a ladder with the top part of the ladder being varsity and the next part being JV. Your position is based solely on your performance.

I have enough good equipment and uniforms for everyone, so the only items that you will need for the season are black shorts and decent indoor shoes. Badminton shoes are of course great but not available locally. Volleyball shoes work very well also. After that most anything other than running shoes should be OK.

For uniforms, if you would like your own we have a team store ([teamtime.shop/collections/greyhounds-badminton-21177309](http://teamtime.shop/collections/greyhounds-badminton-21177309)). Note that this is totally optional, but if you buy your own you can have your name and if you want number on it and of course keep it. The team uses the "Greyhounds Badminton 55285916 Short Sleeve Performance Shirt" so get that one for competition. I have one of the windbreakers- quite nice. The lead time is long enough that you'll want to order before the season.

For rackets if you would like your own please let me know and I'll help you find something. I don't recommend any rackets from local stores. The team rackets are good so you do not need to buy anything.

Practices are generally 2 hours right after school. Matches are mostly Tuesday and Thursday and tend to run until 7 or 8.

Generally the best way to reach me is email. more later as the season approaches!

Stan Bischof  
Healdsburg High Badminton Coach

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