



RUP Badminton 2018

News

Wednesday , 20 September 2017

My name is Stan Bischof and I will be coaching RUP's badminton team this year.

Those of you who already know me realize that I coach and play Badminton year-round and have done so for many years because I truly enjoy the sport. I hope that you will also enjoy Badminton.

This year I am coming to RUP to teach you the art of Badminton and to help you become a strong competitive team. To do this I am going to challenge every one of you to be the best player that you can be. From what I know of RUP, you are already being similarly challenged by your studies so are used to hard work. That's good because you will find that Badminton is not at all easy.

I would strongly encourage all of you to help enlist RUP's athletes for the Badminton team. We could especially use players with soccer or basketball backgrounds. And also all of you who do not already have a Winter sport or otherwise get vigorous regular exercise should get started. Join a team or start a program of running, core strengthening, aerobics or the like. The better shape you are in at the start of practice on February 5, the better you will fare.

A great way to get a head start on the season is available to everyone: Santa Rosa Badminton Club sponsors open sessions 5 times a week and also has training available. These are inexpensive sessions and rackets and shuttles are both available if you do not have your own. See SRBC's website at worldbadminton.com/srbc.

The most important item that you will need for badminton is some good shoes. Badminton shoes would be ideal but you won't find them locally. Other options such as volleyball or indoor soccer shoes work fine, but stay away from basketball or running shoes. As with shoes you will not find any good rackets locally at an acceptable price since no local store caters to Badminton.

The best way to contact me is via email, and you'll find that I post most everything on the web. RUP team information is at worldbadminton.com/RUP. Feel free to contact me most anytime.

Your first homework assignment for Badminton is very basic: read and learn the rules. If you'd like soft copy, you can download a PDF from the Handouts section of our team website.

That's it for today. We'll meet again as the season gets closer.

Happy Smashing!

Stan

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