



RUP Badminton 2018

News

Thursday , 11 January 2018

We are now just weeks away from the first practice on February 5!

This year we will have new rackets and uniforms and I plan to run a serious competitive team. That means I will be asking a lot from you so be prepared. You are highly encouraged to spend time over the next few weeks improving your conditioning. If you can make open badminton sessions offered by Santa Rosa Badminton Club (www.worldbadminton.com/srbc) that would be very useful.

Practices will be every day after school for 2-3 hours. There we will be learning world-class skills designed to make you a better player and to prepare you for competition. You will also be learning how to be a court official so that you can help run matches. In addition, each week I will hand out a homework assignment that is due the following week. These may or may not be related to Badminton but are designed to be a challenge.

Test on rules. Last time I passed out rules and assigned learning them. This is a question I received this morning from a player in India. How would you answer?

"I would like to know about the rules regarding the service in doubles.
The player in team 1 will start service from right side and if he lost the point then in the opposite team(team 2) who will serve first(the receiver or the one who is already in left side)?"

The most important items at this time are paperwork (see Lorena Garduno to get signed up) and recruiting players. To run a competitive team we need 30-40 players. Most important are young players (freshmen ideally) since this sport takes years to learn well. Athletes from other sports such as basketball or soccer are encouraged. No Badminton experience needed.

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 second assignment for Badminton is very basic: **pushups**. As part of our set of regular exercises we will be doing plenty of pushups as they are important for Badminton. Make sure that you work on the basics: straight body and legs, use the shoulders, heads up.

Next meeting will probably be our first practice after school on Monday February 5.

Happy Smashing!
Stan

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