



# RUP Badminton 2018

## News

Monday , 5 March 2018

FIRST MATCH is tomorrow (Tuesday vs Piner at home) so let's go over some basics:

- (1) Arrive as soon as possible and be in uniform.
- (2) First to arrive help get set up: nets, chairs, floor needs to be swept
- (3) Remember that the opposing team are our guests- treat them as such.
- (4) Everyone get in some warmup exercises – best is the footwork drill
- (5) I could use someone to take care of paperwork at desk
- (6) When playing match:
  - a. Introduce yourself
  - b. Get a good warmup, trying out all of your shots
  - c. Toss shuttle to see who starts
  - d. Change ends between games and at 11 in third game
  - e. Know the rules and abide by them
  - f. Any issues grab a coach
  - g. At end of match shake hands, make sure that your scores are recorded correctly, and return shuttle and scorecard to the desk
  - h. At end of day when we are away it is good to wander by the desk and thank them for their efforts
- (7) Most important during match: play your absolute best *and* learn something
- (8) Finally- stay until our opponents are done and then help clean up.

HOMEWORK: due next Monday March 12. What are the missing two numbers?

4 1 5 9 2 6 ? ? 5

Remember ground rules: you can work together or in teams, You can use any reference you like or consult anyone. However everyone of the team needs to know answer and be able to justify it so you should share what you find. I will ask someone at random what the answer is and ask someone else to explain it.

Tomorrow practice then Thursday next home game.

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