



RUP Badminton 2018

News

Monday , 19 March 2018

PRACTICE

We have a great opportunity for the upcoming 3 weeks in that we only have 3 matches in total which leaves 12 days for practice sessions. If we make the best of these times you all should improve nicely and we will be able to field a much stronger team for the second half of the season.

So- attend every session possible and learn everything you can. I'll be introducing some new skills and you will be honing what you already know.

As usual practice times will be announced and will also be posted on our website.

You have been doing a great job notifying me of absences- please keep doing so!

TEAM PICTURES

We will have team pictures next TUESDAY the 27th at the beginning of practice. Be in uniform and at practice which is directly after school.

THIS WEEK

We have a home game on Thursday. Be on time (3:30 ideally) and be in uniform.

NEXT WEEK

Practice Monday and Tuesday then away matches on Wednesday (Petaluma) and Thursday (Piner).

TEAM PARTY

Let's have a pot luck. I will ask each one of you to prepare something for the group. Appetizers, main dishes, desserts, sides are all fair game, but please no pre-prepared items. If you are just learning to cook, ask the cook in your house to show you how. I'll have an oven and a barbecue available if you would like to bring something to cook at the party. Tentative date is Sunday May 13.

HOMEWORK: due next Monday March 26. If I could jump 8 feet high how long would I be in the air before landing?

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.

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