



Healdsburg Badminton 2024 Team Meeting December 6, 2023

Biggest message for today: Clearance is critical. I cannot let you join in until you are fully cleared.

Last year we came in second in our league after some close matches. This year I would like to improve on that so I will be focused on building a competitive team. I have new rackets that will help, but mostly this will come down to your ability and hard work.

Competitive Badminton is strenuous. As such any conditioning you can do will be helpful. An opportunity exists for Healdsburg: weight training, which is great for all sports including Badminton. Starting in January morning weight training will be available for all athletes. I would encourage you contact coach Parameter and join in. Also, any Winter sport such as Basketball would be helpful. Or just get out on long walks or any other form of exercise.

Badminton starts in February but don't wait. Get cleared right away! Wander by HHS home page and find Departments | Athletics. From there you can complete the registration online. Most of this is very quick and simple, but you do need a physical and that can take a while to arrange. We only have a few weeks of practice before our first matches, so if you can join our first practice (February 5) that would be great.

I maintain a website for the team at worldbadminton.com/healdsburg. Most anything related to the team is there, but if you have any questions feel free to contact me directly.

Stan Bischof
Healdsburg High Badminton Coach

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