



Healdsburg Badminton 2026 Team Meeting November 14, 2025

The last few years Healdsburg Badminton has been near but not quite at the top of our league. This year I would like to see us push ourselves that last little bit. That will take a lot of work but it is doable.

Most of you have not played competitive Badminton. For those of you that have, I expect that you will agree that a lot of time and hard work are essential in developing the needed skills. Since we only have several weeks of practice before the first matches it is important that you attend all possible practices.

However, you can't join in until you are cleared and **clearance** includes a sports physical that sometimes causes delays, so you **need to get started as soon as possible**.

Winter sports are a great way to help prepare for Badminton. I would recommend joining a winter sport or at least getting some good exercise before Badminton season starts in early February.

The best way to reach me is email. Note that all team information is online at worldbadminton.com/healdsburg

Finally, if you are planning to purchase your uniform (see instructions on our website) I would suggest doing so right away so that you'll be sure to have it by the season start.

Looking forward to the coming season

Stan Bischof
Healdsburg High Badminton Coach