



Piner Badminton 2008

News

Monday , 10 February 2008

Badminton Practice Every Day

We will be competing for gym space with Basketball and Wrestling, but nominally will be practicing every day starting 30 min after school and lasting about 2 hours.

Nutrition - Get a good lunch and eat well during the season, Stay away from fats and sugars but get plenty of protein, fresh vegetables, whole grains, and so on. Drink lots of water before practice, especially later in the season when it gets hot.

Parent Drivers - needed March 10 and March 12 to drive us to Petaluma. We will be leaving about 2:30 and returning about 7:30. **Dinner included.**

Clinic plus Racket/Shoe Sales – On Sunday Feb 24 at 1PM in the Piner gym there will be a Badminton Clinic followed by a shoe and racket sale. Andy Gouw of ASBY (www.asby.com) will be performing a clinic and will be bringing a supply of shoes and rackets for you to look at. If you are interested in buying some good badminton shoes or your own racket, this is a very good chance.

Rules – learn the rules!

Team Pictures will be Friday February 29 – be in uniform and be on time

Schedule – will be announced as practice times are arranged. Expect irregular times for the next couple of weeks. Team web site will be kept current.

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