



PHHS

## MIXED BADMINTON 2021

### TRYOUT INFORMATION

#### CONTACT

**Coach Abigail Kallina**

Email: akallina@bcps.org

Telephone: 667-401-6909

Location (during school):  
Rm 201

Tryouts will be held at the PHHS Gym on the following dates/times:

- Wednesday, August 11<sup>th</sup> – 10am-12pm
- Thursday, August 12<sup>th</sup> – 10am-12pm
- Friday, August 13<sup>th</sup> – 10am-12pm

1<sup>st</sup> Practice: Saturday, August 14<sup>th</sup> – 10am-12pm

Players should wear appropriate clothing for physical activity (e.g. t-shirt, shorts, socks, and sneakers, etc.) and bring: (1) water and (2) a racquet (if you have one).

#### PRE-TRYOUT REQUIREMENTS:

- 2.0 GPA for all students (except incoming 9th graders, no GPA requirement)
- Register using Form Releaf (see the Athletics page on the PHHS website for the link). *Note: Registration will open for the Fall 2021 season on July 1, 2021.*
- Complete the Sports Physical and email it directly to Mr. Hruz rhruz@bcps.org (as a PDF file please)
- Join the “Perry Hall High School Badminton” group in Schoology with the following code: DCF8-MJQX-2C42D.
- Do not wait for tryouts to begin to start working out (sprints, footwork and racquet drills, planks/crunches/squats, etc.). *Note: If you are new to badminton, don’t worry—YouTube is a wonderful resource for various at-home badminton drills for both racquets, footwork, etc.*

#### PRACTICE INFORMATON

- Practice will almost always occur in the PHHS Gym.
- Before teachers go back to school, practice will occur from 10am-12pm every weekday with the occasional Saturday practice.
- After teachers return to school (a.k.a. starting the week of Monday, 8/23), we will alternate on a weekly basis between late practice (5-7pm) and early practice (3-5pm). This depends on the volleyball and badminton schedules, but we hope to have a relatively consistent schedule.
- Further scheduling details will be provided after tryouts conclude.

#### FINAL NOTE

If you will miss any of the tryout days due to being out of town or having other responsibilities, contact Coach Kallina ASAP (email or phone) with the following information: first and last name, grade (e.g. 9<sup>th</sup> grader), dates and reasons for absence, and the best way to contact you. Also, make sure you have completed all items listed under the “Pre-Tryout Requirements” section of this document before the first day of tryouts (8/11/21).