**MIXED BADMINTON 2023**

PHHS

TRYOUT INFORMATION

Tryouts will be held at the PHHS Gym, from Wednesday (8/9) to Saturday (8/12) from 11:30am-1:30pm.

Cuts will be made on Friday and/or Saturday. If a player will miss the tryout period (those days mentioned above) with the reason for their absence and to request a later tryout date.

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).

If you do not have a racquet, the coach has a *limited* number that can be lent out.

CONTACT

**Coach Abigail Kallina**

Email: akallina@bcps.org

Telephone: 667-401-6909

Location (during school):

Rm 201

PRE-TRYOUT

REQUIREMENTS

* All students *must have a 2.0 GPA with no more than one E* for the 4th quarter from the previous year (a.k.a. Spring 2023) in order to be eligible to try out for the Fall sports season.
* Register using Form Releaf (see the Athletics page on the PHHS website for the link). *Note: Registration will open for the Fall 2023 season normally at the start of July.*
* 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 *likely* occur from in the morning/afternoon every weekday with the occasional Saturday practice.
* After teachers return to school, we will have a weekly schedule with some earlier and some later practices. The *tentative* plan is to have Monday/Thursday/Friday practice from 2:45-4:30pm and Tuesday/Wednesday practice 3:30-5pm. 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. 9th 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 (August 9, 2023).