



# BADMINTON

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- NVHS BADMINTON -

“NOTHING WORTHWHILE  
COMES EASILY. HALF EFFORT  
DOES NOT PRODUCE HALF  
RESULTS. IT PRODUCES NO  
RESULTS. WORK, CONTINUOUS  
WORK, AND HARD WORK, IS THE  
ONLY WAY TO ACCOMPLISH  
RESULTS THAT LAST.”

- HAMILTON HOLT

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THE NVHS BADMINTON COACHING STAFF WOULD LIKE TO CONGRATULATE AND WELCOME ALL PLAYERS AND PARENTS TO THE NEUQUA VALLEY HIGH SCHOOL BADMINTON PROGRAM!!!

AS A MEMBER OF THE NVHS BADMINTON PROGRAM, EACH ATHLETE MUST UNDERSTAND THAT HER INVOLVEMENT IS A PRIVILEGE, NOT A RIGHT, AND THEREFORE SHE IS ACCEPTING A MAJOR COMMITMENT NOT ONLY FOR HERSELF BUT FOR HER FAMILY. OUR PROGRAM REQUIRES A GREAT DEAL OF TIME AND EFFORT FROM ALL OF THOSE WHO ARE INVOLVED. EACH ATHLETE MUST ALSO SET PRIORITIES, AS BADMINTON IS ONLY ONE ASPECT OF HER LIFE: HEALTH, FAMILY, RELIGION, AND ACADEMICS MUST BE IN THE FOREFRONT, FOLLOWED BY BADMINTON. NEVERTHELESS, WE EXPECT OUR PLAYERS TO BE DEDICATED TO BADMINTON AS ACTIVE PARTICIPANTS IN OUR TOTAL-PROGRAM-INVOLVEMENT APPROACH. WE BELIEVE OUR PROGRAM PROVIDES LEARNING EXPERIENCES, KNOWLEDGE, FRIENDSHIPS AND MEMORIES EACH PLAYER WILL TAKE WITH HER FOR A LIFETIME.

IF AT ANY TIME YOU HAVE QUESTIONS OR CONCERNS THAT ARE NOT ADDRESSED IN THIS PACKET, THE COACHES MAINTAIN AN OPEN-DOOR POLICY FOR PLAYERS AND PARENTS. COMMUNICATION BETWEEN PLAYERS AND COACHES AND/OR PLAYERS AND PARENTS SHOULD ALWAYS TAKE PLACE. THE COACHING STAFF ENCOURAGES PARENTS TO CONTACT ONE OF THE COACHES BY PHONE OR EMAIL, AS WE BELIEVE THAT COMMUNICATION IS THE FOUNDATION UPON WHICH WE WILL BUILD TRUST, ENSURE GROWTH, AND ACHIEVE EXCELLENCE! WE ASK THAT YOU REFRAIN FROM DISCUSSING ISSUES WITH US BEFORE, DURING, OR IMMEDIATELY FOLLOWING A CONTEST AS THESE CAN BE HIGHLY EMOTIONAL TIMES FOR EVERYONE.

CONGRATULATIONS AGAIN TO ALL WHO ARE HERE AND WE LOOK FORWARD TO THIS BRAND NEW SEASON OF NEUQUA VALLEY HIGH SCHOOL BADMINTON!!! WELCOME NEW MEMBERS AND WELCOME BACK RETURNING PLAYERS.

NVHS BADMINTON...TAKING PRIDE IN CHARACTER, HARD WORK, AND DEDICATION TO EXCELLENCE.

THANK YOU,

COACH VALENTE

- ★ A DISCIPLINED TEAM
- ★ A HARD WORKING AND HARD PRACTICING TEAM
- ★ AN AGGRESSIVE, PUNISHING TEAM THAT NEVER QUILTS!
- ★ A TEAM WITH PRIORITIES AND GOALS!
- ★ A CONFIDENT, ENTHUSIASTIC TEAM!
- ★ A TEAM THAT WINS AND LOSES WITH CLASS AND HONOR!

★ \_\_\_\_\_  
\_\_\_\_\_  
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★ TAKE PRIDE IN YOUR ATTENDANCE! YOUR #1 GOAL IS TO NEVER BE ABSENT!

★ DON'T LEAVE OUR PROGRAM WITH THE "I WISH" SYNDROME!

★ NEVER GO HOME WITH A PROBLEM!

★ LEARN TO BE: DISCIPLINED, RESPONSIBLE, HAVE GOOD CHARACTER POSITIVE ATTITUDE, LOVE THE GAME, PRACTICE, ACCEPT COACHING, AND LASTLY SHOW APPRECIATION!

★ LEARN TO DESERVE TO WIN!

★ TAKE TREMENDOUS PRIDE IN BEING A BADMINTON PLAYER AND A NVHS STUDENT.

★ THE PRICE OF SUCCESS IS HIGH! IT TAKES HARD WORK, COMMITMENT, DEDICATION, AND SACRIFICE.

**"THERE ARE NO SECRETS TO SUCCESS. IT IS THE RESULT OF PREPARATION, HARD WORK, AND LEARNING FROM FAILURE."**

★ **HARD WORK – SACRIFICE**

- THERE ARE NO EASY WAYS TO BECOME THE BEST. IF THERE WERE, EVERYBODY WOULD DO IT. YOU CAN BE COACHED, READ BOOKS, WATCH VIDEOS, WATCH THE PRO'S IT DOESN'T MATTER. THE BOTTOM LINE IS YOU MUST PRACTICE HARD TO GAIN THE EDGE ON THE REST OF THE PLAYERS. PRACTICE UNTIL YOU'VE DONE YOUR BEST THEN PRACTICE EVEN MORE. NEVER BE ASHAMED OF HAVING GOALS, PRACTICING HARD, OR MAKING SACRIFICES. HARD WORK'S CONSTANT COMPANION IS SACRIFICE.

"THE WILL TO WIN, THE DESIRE TO SUCCEED, THE URGE TO REACH YOUR FULL POTENTIAL...THESE ARE THE KEYS THAT WILL UNLOCK THE DOOR TO PERSONAL EXCELLENCE."

★ **COMMITMENT TO EXCELLENCE**

- YOU DO NOT NEED TO TALK ABOUT COMMITMENT – PEOPLE WILL KNOW. "ACTIONS SPEAK LOUDER THAN WORDS." DO NOT BE AFRAID TO ADMIT THAT YOU WANT TO BE THE BEST AND DO NOT FEEL YOU HAVE TO EXPLAIN YOUR REASON. DO NOT APOLOGIZE FOR TRYING TO WIN.

"ANY CHANGE, EVEN A CHANGE FOR THE BETTER, IS ALWAYS ACCOMPANIED BY DRAWBACKS AND DISCOMFORTS."

★ **CHANGING WEAKNESS INTO YOUR POWER**

- IF YOU REALLY WANT TO GET BETTER, YOU'LL GO OUT OF YOUR WAY TO CHANGE YOUR WEAKNESS INTO YOUR STRENGTHS. FIND YOUR WEAKNESS. STRONG COMPETITION WILL SHOW YOU WHAT THEY ARE. THE BEST ATHLETES WILL WORK TO CHANGE WEAKNESS. YOU MAY BE ABLE TO GET BY ON RAW TALENT AND ABILITY IN THE SHORT TERM, BUT OVER THE LONG HAUL YOU'LL HAVE TO IMPROVE ON YOUR WEAKNESSES IF YOU EXPECT TO WIN.

"PRACTICE DOES NOT MAKE PERFECT; PRACTICE MAKES PERMANENT. IT'S PERFECT PRACTICE THAT MAKES PERFECT."

★ **PRACTICE IT THE RIGHT WAY**

"RESPECT CANNOT BE LEARNED, PURCHASED OR ACQUIRED – IT CAN ONLY BE EARNED."

★ **RESPECT AND REPRESENTATION**

- IT IS JUST AS IMPORTANT TO RESPECT YOURSELF AND OTHERS ON THE COURT AS IT IS OFF THE COURT. TAKE PRIDE IN THE WAY YOU PRESENT YOURSELF BECAUSE YOU ARE NOT ONLY REPRESENTING YOURSELF, YOU ARE REPRESENTING YOUR TEAM, SCHOOL, AND YOUR FAMILY.

"HAVE PATIENCE WITH ALL THINGS, BUT CHIEFLY HAVE PATIENCE WITH YOURSELF. DO NOT LOSE COURAGE IN CONSIDERING YOUR OWN IMPERFECTIONS, BUT INSTANTLY SEE ABOUT REMEDYING THEM – EVERY DAY BEGIN THE TASK ANEW."

★ **DON'T BE AFRAID TO FAIL**

- IF YOU ARE WILLING TO PAY THE PRICE FOR VICTORY, YOU WILL WIN. ONLY WHEN YOU DO THIS WILL YOU DESERVE THE RIGHT TO WIN; YOU WILL HAVE EARNED IT.

"PUT YOUR HEART, MIND, INTELLECT AND SOUL EVEN TO YOUR SMALLEST ACTS. THIS IS THE SECRET OF SUCCESS."

★ COURAGE TO SUCCEED

○ IT TAKES COURAGE:

- TO WORK OUT WHEN YOU'RE TIRED OR SICK
- TO STAND BY YOUR CONVICTION WHEN THOSE AROUND YOU HAVE NO CONVICTIONS.
- TO KEEP FIGHTING WHEN YOU ARE LOSING.
- TO PUSH YOURSELF TO PLACES YOU HAVEN'T BEEN BEFORE PHYSICALLY AND MENTALLY.
- TO TEST YOUR LIMITS AND BREAK THROUGH BARRIERS.
- TO WORK TO BE THE BEST YOU CAN BE WHEN OTHERS AROUND YOU STRIVE FOR AVERAGE.

\*PEOPLE HAVE MORE COURAGE THAN THEY GIVE THEMSELVES CREDIT FOR.

"CONFIDENCE IS CONTAGIOUS. SO IS LACK OF CONFIDENCE."

★ CONFIDENCE

- CONFIDENCE ENABLES YOU TO PERFORM THE BEST OF YOUR ABILITIES. BELIEVE IN YOURSELF!!! DO NOT BE SURPRISED WHEN YOU MAKE A GOOD SHOT, YOU'VE PAID THE PRICE...YOU DESERVE IT.
- HAVE FUN
- "SUCCESS IS A JOURNEY, NOT A DESTINATION."
- LEADERSHIP AND TEAMWORK
- LEADERS ARE NOT ALWAYS THE LOUDEST OR THE MOST POPULAR. LEADERS ARE SHAPED FROM THE HIGHEST CHARACTER AND GENERALLY THE HARDEST WORKERS ON THE TEAM. THEY'RE THE FIRST TO GET TO PRACTICE AND THE LAST ONES TO LEAVE. DURING PRACTICE THEY LEAD BY EXAMPLE WITH THEIR MOUTHS CLOSED, CONCENTRATING HARD. THEY UNDERSTAND THE TEAM'S GOALS AND KNOW WHAT IT TAKES TO REACH THEM. THEY REALIZE THE IMPORTANCE OF PRACTICE- IT IS PREPARATION FOR THE REAL THING.

**"WE BELIEVE IN EACH OTHER!"**

# BADMINTON FAN CONDUCT

- PLEASE NO COACHING (THESE ARE IHSA RULES)
- PLEASE NO MAKING CALLS (IN OR OUT)
- PLEASE DO HAVE POSITIVE CHEERING! PLEASE DO NOT CHEER FOR SOMEONE ELSE'S MISTAKE.
- PLEASE CLEAN UP!
- WATCH THE COURTS – WALK BEHIND COURTS IF NECESSARY TO GET AROUND. WAIT FOR A RALLY TO BE OVER BEFORE WALKING BY.
- PLEASE DO COME AND SUPPORT YOUR LOCAL BADMINTON TEAM!!!!
- PARKING AND ATHLETE PICK UP

## MISCELLANEOUS BUT IMPORTANT

- SNACKS – EACH PLAYER WILL BE RESPONSIBLE FOR CREATING SNACK BAGS DURING AN ASSIGNED MATCH FOR HER TEAM
- RIDING THE BUS TO AND FROM A COMPETITION

**NVHS BADMINTON EXPECTATIONS**

1. IF YOU ARE FAILING A CLASS, NOTIFY YOUR COACH IMMEDIATELY SO HE/SHE CAN WORK WITH YOU TO BRING YOUR GRADES BACK TO STANDARDS. REMEMBER, YOU MUST BE PASSING AT LEAST 5 CLASSES TO PRACTICE OR COMPETE. IF YOU CANNOT BALANCE ACADEMICS AND BADMINTON, THIS IS GROUNDS FOR DISMISSAL FROM THE TEAM.
2. IF YOU MISS PRACTICE, A SIGNED NOTE BY YOUR PARENT/GUARDIAN IS REQUIRED IN ADVANCE IF POSSIBLE. IF NOT, ONE WILL BE REQUIRED UPON RETURNING TO PRACTICE. NOTIFICATION OF ANY PRIOR COMMITMENTS SHOULD BE GIVEN TO THE COACH AS SOON AS POSSIBLE. PLEASE NOTE THAT PRIOR COMMITMENTS AND ABSENCES **MAY OR MAY NOT BE EXCUSED**.
3. EXCUSED ABSENCES ARE: ILLNESS, ACADEMICS, AND FAMILY EMERGENCIES. WITH THE EXCEPTION OF FAMILY EMERGENCIES, REPEATED OFFENSES IN THIS AREA MAY RESULT IN LIMITED PLAYING TIME OR **BEING DROPPED FROM THE TEAM**. UNEXCUSED ABSENCES (ON A MATCH OR PRACTICE) WILL RESULT IN THE FOLLOWING:
  - 1<sup>ST</sup> UNEXCUSED ABSENCE – SIT OUT 1 MATCH
  - 2<sup>ND</sup> UNEXCUSED ABSENCE – SIT OUT 2 MATCHES
  - 3<sup>RD</sup> UNEXCUSED ABSENCE – DROPPED FROM THE PROGRAM
1. IF YOU NEED TO SERVE A DETENTION AFTER SCHOOL OR NEED ACADEMIC ASSISTANCE, **YOU** ARE RESPONSIBLE FOR NOTIFYING YOUR COACH (**NOT A TEAMMATE, NOT A PARENT**) AHEAD OF TIME.
2. EXCESSIVE TARDIES MAY RESULT IN THE PLAYER BEING DROPPED FROM THE PROGRAM. IF A PLAYER IS LATE BECAUSE THEY ARE WORKING ON ACADEMICS WITH A TEACHER, THE PLAYER MUST SIMPLY BRING A PASS INCLUDING TIME LEFT AND SIGNATURE OF THE TEACHER. PLAYER WILL NOT BE ALLOWED INTO PRACTICE WITHOUT ONE.
3. IF AN INJURY OCCURS YOU MUST NOTIFY THE COACH AND IF NECESSARY GO SEE THE TRAINER.
4. PROPER CONDUCT IS EXPECTED OF YOU IN CLASS, ON THE BUS, AT MATCHES, IN THE ATHLETIC AREAS, AND ON THE COURTS. BE RESPECTFUL OF EACH OTHER AND OF THE COACHES AT ALL TIMES. REMEMBER YOU NOT ONLY REPRESENT NVHS BADMINTON BUT ALSO THE SCHOOL AND MOST IMPORTANTLY YOUR FAMILY. **ANY IMPROPER CONDUCT MAY RESULT IN LIMITED PLAYING TIME OR BEING DROPPED FROM THE TEAM**.
5. YOU ARE RESPONSIBLE FOR FOLLOWING THE STUDENT ATHLETIC CODE.
6. DRUG/ALCOHOL USE WILL NOT BE TOLERATED. NOTIFY YOUR COACH OF ANY PRESCRIPTION MEDICATION THAT YOU ARE TAKING.
7. TEAM UNIFORMS ARE TO BE WORN FOR ATHLETIC COMPETITION ONLY. **IT IS NOT TO BE WORN AS A PE UNIFORM**.
8. ALL PLAYERS MUST RIDE THE SCHOOL BUS FROM NVHS TO THE TEAMS' DESTINATION AND BACK. PLAYERS MAY HOWEVER RIDE HOME WITH THEIR PARENTS WITH A WRITTEN NOTE. IN THOSE CASES VERBAL OR VISUAL CONTACT MUST TAKE PLACE BETWEEN THE COACH AND THE PARENT. PLAYER A MAY NOT RIDE HOME WITH PLAYER B'S PARENTS WITHOUT A WRITTEN NOTE FROM PLAYER A'S PARENTS WHICH EXPRESSES THAT PERMISSION.
9. YOU MUST BE IN SCHOOL AT LEAST 1 CLASS MORE THAN HALF OF YOUR SCHEDULED DAY, THE DAY OF A MATCH OR PRACTICE. OPTION/LUNCH DO NOT COUNT. IF NOT, YOU MUST RECEIVE APPROVAL FROM THE ATHLETIC DIRECTOR IN ORDER TO PLAY. FIELD TRIPS AND OTHER UNIQUE CIRCUMSTANCES DO NOT APPLY.
10. ALL PLAYERS ARE REQUIRED TO STAY ON TILL THE END OF THE MATCHES TO SUPPORT THEIR TEAMMATES.
11. COACHES HAVE AN OPEN DOOR POLICY. ANY QUESTIONS OR CONCERNS CAN BE ADDRESSED AT ANY TIME DURING THE SEASON.

----- (TEAR HERE) -----

PLEASE PRINT PLAYER'S NAME HERE \_\_\_\_\_

WE HAVE READ AND UNDERSTAND THE NVHS BADMINTON EXPECTATIONS, RULES, AND CONSEQUENCES LISTED ABOVE:

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(PLAYER'S SIGNATURE & DATE)

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(PARENT/GUARDIAN SIGNATURE & DATE)