

**A CHANGE FROM THE NORM** Playing V1 mixed doubles during MVHS' league game against Saratoga High School, senior Lance Fuchia follows through with his shot. Although Fuchia normally plays singles, he decided to take the opportunity to play mixed doubles against SHS. *Photo by Manas Kottakota*

**[A] GET IN FORMATION** Junior Daphne Huang lunges forward to lift the birdie before returning to her ready position. By having good footwork on the court, Huang is able to quickly get to the birdie and recover before her opponent returns the shot. *Photo by Ashil Shao.*

**[B] GET IN FORMATION** Freshman Ryan Wong deflects the birdie with a lift. Directed at the opponent's back alley, lifts are a defensive clear shot that force the opponent to the back of their court. *Photo by Ashil Shao.*



# INSIGHTS

*What is the most challenging part about badminton?*

"Badminton has a lot of fast shots, so it's more about reactions and being quick rather than long spurts of endurance and energy. I think reacting quickly [during games] is challenging. [However,] when [the game] goes to three sets, that's when endurance comes in [and] you need to have enough energy to go through all three sets, [which] could definitely be a weak point for your opponent [during your match]."

**SRUTHI VENKATESAN (11)**

**IN THE CLEAR** *MVHS beat CHS 17-13 in their first match of the year*



**WHAT WERE YOUR THOUGHTS ON THE GAME TODAY?**

"I think the lineup was really interesting. I played in places where I shouldn't have played and lost terribly. [However,] the rest of the lineup [for the other matches] seemed pretty strong. [There were just] some unfortunate incidences where the other team changed their lineup as they were coming in [after] seeing ours."

**WHAT DO YOU HOPE TO IMPROVE NEXT GAME?**

"I hope that the lineup is better [and] I hope that our team [works] on cheering for each other and have better communication [with each other]."

**WHAT GAME ARE YOU LOOKING FORWARD TO THE MOST?**

"I'm looking forward to [the game against] Wilcox High School."

**ANIKA KARANDIKAR (11)**

# SMASH IT

Senior Lance Fuchia's interest in badminton began when he started playing the sport with his parents in his backyard. After their games moved to the local gym, Fuchia was scouted by the coaches there to train and join their classes, pushing him to further his career in the sport and play competitively.

"The reason why I enjoy playing is because [of] the adrenaline I receive while playing," Fuchia said. "It's a feeling that I don't really get from anything else. I enjoy playing sports in general, but [I enjoy] specifically badminton because I like to have full control over what happens and the outcome of the game."

While he can also play doubles and mixed doubles when needed by the team, Fuchia prefers to play singles due to the differences between singles and doubles.

"Singles is my best event because singles requires more speed, agility and skill as opposed to strength and physicality in doubles," Fuchia said.

"Because I'm more of a skinnier, leaner guy, it's easier for me to play singles because I'm faster but not as strong as other players."

Going into the season as captain, Fuchia looks forward to the matches against Milpitas High School, as he believes they will provide him a fun and good challenge to play against. However, he also mentions the challenges brought on by the sudden change in coach at the start of the season.

"As captains, we weren't really sure how to run the team and where to find [a new] coach," Fuchia said. "It was definitely difficult adapting to the system. We had to take on a lot of responsibilities like [creating] the match sheets [and] cutting people from the team. I want to give appreciation to the other captains who have helped tremendously and [put] in the effort so that everyone improves."



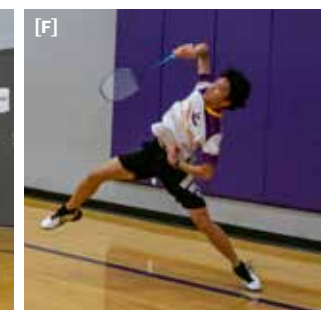
[C]



[D]



[E]



[F]

**[C] TRICKY MANEUVERS** Senior Alex Zhang starts off the point with a backhand serve. This serve is very common in doubles as it confuses the opponent of whether the shot will land close to the service line or just before the back alley. *Photo by Ashil Shao.*

**[D] PATH TO VICTORY** After her opponents hit a shot close to the net, junior Sruthi Venkatesan lifts the shot towards the back alley. Playing mixed doubles with Fuchia, Venkatesan played the tiebreaking match of the game, eventually beating her opponent 2-0 to win the match and the game for MVHS. *Photo by Ashil Shao.*

**[E] TACTICAL PLAYS** Sophomore Jeffrey Liu receives a fast flat shot and deflects it with a drive. Drive shots are hit on a horizontal or slightly downward path that force the opponent to hit an upward return, giving the other player an opportunity to attack. *Photo by Ashil Shao.*

**[F] SMASH IT** After receiving a high shot, sophomore Jayden Lim takes the opportunity to smash the birdie. As a smash is returned quickly at a downward angle, they are often a difficult shot for the opponent to receive and return. *Photo by Ashil Shao.*