

## Winter Sports – Week 1 Practice/Try-Out Information

Sport	Start Date	Time	Location	Comments
Boys Basketball	Monday,11/15	Try-outs are Nov 15 & 16 6:30PM – 9:00PM	Fieldhouse	<p>Practices - 6:30PM to 9:00PM M-F 11:00AM – 1:30PM Sat</p> <p><b>Practices over Thanksgiving and Winter breaks</b></p> <p>Coach Contact – Justin Mezistrano <a href="mailto:jmezistrano@lwsd.org">jmezistrano@lwsd.org</a></p>
Girls Basketball	Monday,11/15	Try-outs are Nov 15 & 16 4:30PM – 6:45PM	Fieldhouse	<p><u>Practices</u> - 4:30PM to 6:45PM M-F 9:00AM – 11:00AM Sat. <u>Games</u> – 20 game season, plus post season</p> <p>Varsity team attending Team bonding retreat on (11/20/21)</p> <p><b>Practices over Thanksgiving and Winter breaks</b></p> <p>Bring basketball shoes, athletic shorts and shirt, and water to try-outs. Practice shorts and shirt provided after try-outs.</p> <p>Coach Contact – Azuma Bearden <a href="mailto:abearden@lwsd.org">abearden@lwsd.org</a></p>

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<p><b>Gymnastics</b></p>	<p>Monday, 11/15</p>	<p>M-Th: 7:00-9:30PM          F: 7:00-9:00PM          Sat: 7:00-9:00AM          (only weekend practice)</p>	<p>Ascend Gymnastics          12728 NE 178<sup>th</sup> St          Woodinville WA 98072</p>	<p>Try-outs 11/15-11/16          Team will be determined by 11/17</p> <p>All athletes should wear either a leotard, or other tight-fitting clothing and have your hair tied back. Bring a water bottle, mask, and grips (if you have them)</p> <p>We have 6 meets, and postseason for those who qualify</p> <p>Coach Samantha Hanson  <a href="mailto:sahanson@lwsd.org">sahanson@lwsd.org</a></p>
<p><b>Boys Swim &amp; Dive</b></p>	<p>Monday, 11/15</p>	<p>2:55PM – 4:10PM          Monday-Friday</p>	<p>JHS Pool</p>	<p>There will be an altered practice schedule for Winter Break</p> <p>Coach Allie Knerr  <a href="mailto:alknerr@lwsd.org">alknerr@lwsd.org</a></p>
<p><b>Wrestling</b></p>	<p>Monday, 11/15</p>	<p>Monday-Friday          4:30PM – 6:30PM          and most Saturdays as scheduled</p>	<p>Mat Room</p>	<p>Athletes need to bring wrestling and running shoes, wrestling headgear, athletic shorts and shirt.</p> <p>Required practices over Thanksgiving and Winter Breaks</p> <p>Coach Kevin Corbett  <a href="mailto:kcorbett@lwsd.org">kcorbett@lwsd.org</a></p>

Winter Sports Parent Meeting will be held Thursday, 11/18 - Time and location TBA