



**LAKESIDE**  
ATHLETICS

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*TIME COMMITMENT FOR UPPER SCHOOL ATHLETES*

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*FINANCIAL COMMITMENT FOR FAMILIES*

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**2022-2023**



May 24, 2022

Dear Parents and Guardians of Upper School Students,

The 2021-2022 school year was an outstanding one for Lakeside Athletics. It was amazing to be back in full swing after disruptive years due to the pandemic. Though there were some interesting challenges presented due to the layoff, seeing our student-athletes practice, compete, be joyous, and work hard was thrilling and fulfilling. Hearing the Lakeside cheer from fans was sweet, and enjoying afternoons and evenings watching our teams compete made this year a truly great one.

As is the case each year, our student-athletes enjoyed having social interactions on their teams, worked toward common goals, were led by great coaches, and showed sportsmanship and respect as they competed. It is an honor to work on behalf of Lakeside Athletics. I send this message along to you today because it is time to start planning for the 2022-2023 school year.

We created this document so that families know what to expect when a student decides to play a sport at the Upper School. You will find start dates, practice times, contacts for coaches, and many other important pieces of information. If your student is considering playing a sport during the 2022-2023 school year, this is a great reference guide for your family. You can see when practices begin; what expectations are over vacations and long weekends; and read about the attendance policy for participating in athletics (next page). There is also information about costs to families and required equipment.

Any costs associated with participating in athletics that are not covered by the school budget are charged through student billing. For families receiving financial aid package, charges from the athletics department are covered at a similar percentage to the overall award. No one should ask you for money. When students travel overnight for non-league or fun experiences, there is a minimal charge. You will see this indicated on the team pages throughout this document. Otherwise, post-season travel, apparel, uniforms, and equipment are all covered by the school.

We want every student who wants to be part of the athletics program to join us. It is important to note, however, that participation in our athletics program requires a significant time commitment. Students need to honor that commitment from the first day of practice until the last day of the season. Additionally, some sports have cuts, so not everyone who wants to be on a particular team will have the opportunity. There is at least one sport each season that does not make cuts.

Please direct questions about specific teams to the coach listed on each team page.

Go Lions!



Chris Hartley

Director of Athletics

[chris.hartley@lakesideschool.org](mailto:chris.hartley@lakesideschool.org)



***Please read these two policies carefully to ensure that your student is eligible to participate in athletics.***

DAILY ATTENDANCE POLICY FOR PARTICIPATION IN ATHLETICS

- For students to be able to participate in practices or competitions, they must attend all classes and be present at all required school meetings (advisory, assembly, class meetings, etc.).
- If students miss a class or required meeting because they skip, they lose track of time, they are tardy more than 15 minutes, they are ill, or they are sleeping, they are ineligible to participate that day.
- If students miss a class or required meeting due to an appointment that is excused by the Upper School office, then they can participate. The most common excused absence that is approved for participation in athletics is a doctor's appointment.
- Please note that students who miss a class or required meeting because they sleep in or get extra rest in the morning will NOT be eligible for participation in athletics that day. Even if a student's parent/guardian excuses this absence, it does not make the student eligible for athletics that day.

RATIONALE: Academics is the top priority at Lakeside. Athletics come after academics. So, students need to make being in class their top priority. If a student does not attend all classes and meetings due to illness or because they are too tired, then their priority needs to be focusing on their school work. Time after school should be used to catch up on work or to meet with teachers. If a student skips a class or required meeting, then the consequence for that decision is that the student loses the privilege to participate in athletics.

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IN-SEASON LAKESIDE ATHLETES PARTICIPATING ON A NON-SCHOOL ATHLETICS TEAM

- If a Lakeside athlete will miss practices or competitions because that athlete will be participating in an event with a non-school athletic team, that athlete must inform the Lakeside coach well in advance of the non-school team event. A waiver must be requested and approved by the coach and the director of athletics.
- If the school sport is one of the WIAA sports, the consequences for not following this protocol are significant. If the Metro League is not informed of this situation, if the waiver is not granted, and if the athlete misses a Lakeside practice or competition, that athlete is **ineligible for the remainder of the season.**



## Baseball

Teams: Varsity and JV

Head Coach/Program Head: Kellen Sundin

Email Address: kellen.sundin@lakesideschool.org

First Day of Practice for Varsity: 2/27/2023

First Day of Practice for Sub-varsity: 2/27/2023

State Championship Weekend: 5/27/2023

Approximate Last Day: 5/5/2023

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday - Friday 2-3 Saturdays	3:30-5:45 9-11am	Practice at various parks and in the Field House
Varsity and JV Games	Weekdays	Game time: 3:30 or 4 pm	3 Games over Spring Break

**Additional In-Season Commitments:** We provide bus transportation to/from practices and games. On practice days the bus leaves Lakeside as soon as school lets out. The bus will return to Lakeside by 5:45. On game days students typically receive an early dismissal at 2 p.m. or before meaning they miss part of 7<sup>th</sup> period or 8<sup>th</sup> period. Rainouts will change the game schedule, so we may end up having four games in a week. On the first Saturday of the season, we will have a practice followed by a parent/guardian meeting to share information about the upcoming season. There will be a program-wide banquet held at Lakeside in mid- to late-May.

**In-Season School Vacations:** We play Metro league games over Spring Break, so everyone needs to commit to being available for games and practices over break.

**Summer Commitment:** The cages at Lakeside will be open for hitting and pitching sessions throughout the summer. If you are in town and interested in using these facilities, please contact Kellen Sundin at least one week in advance.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Billing for the Season:** \$100-\$200 if the team takes a weekend trip)

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Glove (can provide if needed)

**Gear:** Cleats/Turf Shoes, Practice pants



## Boys Basketball

Teams: Varsity, JV and JVC

Head Varsity Coach/Program Director: Robert Blackwell Email Address: robert.blackwell@lakesideschool.org

Head JV Coach/Program Admin: Jeff Bonar

Email Address: jeff.bonar@lakesideschool.org

First Day of Practice for Varsity: 11/14/2022

First Day of Practice for Sub-varsity: 11/14/2022

State Championship Weekend: 3/4/2023

Approximate Last Day: 2/10/2023 JV/JVC

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity, JV, & JVC Practices	Monday – Friday Saturday	3:30-5:45 Morning	Varsity players asked to attend MS games on Sat.
Varsity and JV Games	Tue & Fri, Some Sat	JV 5:45, V 7:30 on Tue JV 5:30, V 8:30 on Fri	Saturday Game times vary, usually afternoons/evenings
JVC Games	Mon & Sat	Evenings on Mondays; morning/afternoon on Sat	This is based on 2021-2022 schedule; could change

**Additional In-Season Commitments:** Players are required to have ten practices prior to competing in a game which puts attendance at a premium over Thanksgiving Break. We have a parent/guardian meeting during the first two weeks of practice. Information about the squads and season will be shared at that meeting. There is an end-of-season, program-wide banquet. The varsity team will participate in a tournament during winter break (12/25-12/31).

**In-Season School Vacations:** Players have Thanksgiving Day off. The varsity team has a tournament during Winter Break (12/25-31) and is usually still playing during Mid-Winter Break (February). The varsity team will practice on Martin Luther King Jr. Day. JV and JVC will not travel over Winter Break but will have practices and likely have games.

**Summer Commitment:** More experienced players are asked to help work Summer Camps. Optional open gym nights available to all players, and an optional tournament or two. Nothing is mandatory.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Billing for the Season:** \$200 (Varsity Only. Covers the costs of the winter break tournament)

**Game Admission:** There is an admission charge (about \$5) to all home and away games. Individuals and families can purchase season passes at a discounted rate for all home regular season games. Lakeside students do not pay for home games.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** None

**Gear:** Basketball Shoes



## Girls Basketball

**Teams:** Varsity, JV and Possibly JVC

**Head Coach/Program Head:** Mia Augustavo-Fisher

**Email Address:** mia.fisher@lakesideschool.org

**First Day of Practice for Varsity:** 11/14/2022

**First Day of Practice for Sub-varsity:** 11/14/2022

**State Championship Weekend:** 3/4/2023

**Approximate Last Day:** 2/10/2023 JV/JVC

**Are there tryouts?** Yes

**Does your program have cuts?** Possibly

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday And Saturdays	3:30-5:45 Morning	Varsity players asked to attend MS games on Sat.
Varsity Games	Wednesdays and Fridays Some Saturdays	7:30 on Wed; 7 on Fri	Saturday game times are afternoons or evenings
Sub-varsity Practices	Monday - Friday	3:30-5:45	No Saturdays
Sub-varsity Games	Wednesdays and Fridays Some Saturdays	5:45 on Wed; 4 on Fri	Saturday Games Vary, usually evenings

**Additional In-Season Commitments:** Players are required to have ten practices prior to competing in a game which puts attendance at a premium over Thanksgiving Break. We have a parent/guardian meeting during the first two weeks of practice. Information about the squads and season will be shared at that meeting. There is an end-of-season, program-wide banquet. The varsity team will participate in a tournament during Winter Break (12/25-12/31).

**In-Season School Vacations:** Players have Thanksgiving Day off. The varsity team has a tournament during Winter Break (12/25-31) and is usually still playing during Mid-Winter Break (February). Sub-varsity will practice over Winter Break. The season is over by Mid-Winter (February) Break for sub-varsity teams. Varsity might participate in a tournament on Martin Luther King Jr. Day.

**Summer Commitment:** Varsity players are asked to help work our Summer Camp. There will be open gym nights available to all players, a team camp, and an optional tournament or two. Nothing is mandatory.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Billing for the Season:** \$200 (Varsity Only. Covers the cost of a winter break tournament.)

**Game Admission:** There is an admission charge (about \$5) to all home and away games. Individuals and families can purchase season passes at a discounted rate for all home regular season games. Lakeside students do not pay for home games.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** None

**Gear:** Basketball Shoes



## Crew

**Teams:** Varsity and Novice

**Head Coaches/Program Heads:** Jeff Iqbal (b)      **Email Address:** jeff.iqbal@lakesideschool.org  
Briana Schulte (g)      briana.schulte@lakesideschool.org

**First Day of Practice:** 2/20/2023      **Last Team Regatta:** Late-May, 2023  
**National Championship Weekend:** Mid-June, 2023

**Are there tryouts?** No

**Does your program have cuts?** No

	Days of Week	Time	Things to Note
Practices	Monday – Friday Saturday	3:30 – 6 pm 8 – 11 am	See transportation arrangements section
Regattas (5-7)	Weekends	All day	Two are overnight trips

**Transportation Arrangements:** Lakeside provides busing from Lakeside (departing around 3:20 p.m.) to the Ayrault Shellhouse (Kenmore). Many students carpool, and busing is provided to ensure that everyone has a ride to practice. Students are unable to return to campus in time for the Activity Bus, so arrangements need to be made for the student to return home. Carpools can be used.

**Additional In-Season Commitments:** Two regattas are overnight trips. For both regattas, students leave on Thursday and return to Lakeside on Sunday. For local regattas, athletes' days begin early in the morning and are scheduled until the evening.

**In-Season School Vacations:** There are two practices each day during spring break for returning members of the team (Varsity) and one practice each day during spring break for new members of the team (Novice).

**Summer Commitment:** Returning members of the team (Varsity) are encouraged to participate in the optional summer training sessions held in August. Coaches will communicate dates and times in the next few weeks.

**Fall Practices:** Interested students can row in the fall. Coaches will share more information about the time commitment in a summer communication.

**Winter Workouts:** Winter training workouts are for Varsity athletes who will be rowing in the spring. School transportation is not provided. There will be four workouts per week, two land workouts and two workouts on the water. Novice athletes will be considered for this opportunity on a case-by-case basis.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*



## STUDENT BILLING

**Estimated Billing for the Year:** \$600

**Items Contained in Bill:** Travel expenses for regattas that do not involve travel by plane range from \$50-\$350 depending on the location of the regatta and the length of stay. There is an additional charge for athletes who go to Nationals.

## REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** None

**Gear:** Rowers need to have spandex apparel. No loose-fitting clothing (athletic shorts, t-shirts)





## Cross Country Running

Teams: Varsity and JV

Head Coach/Program Head: Sally Revere

Email Address: sally.revere@lakesideschool.org

First Day of Practice for Varsity: 8/22/2022

First Day of Practice for Sub-varsity: 8/22/2022

State Championship Weekend: 11/5/2022

Approximate Last Day for Sub-varsity: 10/28/2022

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Team Practices	Monday – Friday	3:30 – 5:45	Optional Saturday practices
Team Meets	One per week on a week-day, 3 optional Saturday invitationals	Weekday meets start approximately at 2:45 and will end before 5 pm.	Lakeside transportation provided for those needing it.

**Additional In-Season Commitments:** The first five days of pre-season practice (August 22-26) are optional practices. On the first Saturday when school is in session, we will host a parent/guardian meeting to share important information about the team and the season, and there is an optional workout at the same time for the runners. There is an end-of-season banquet that will take place in early December. On meet days, students will have an early dismissal and miss all of their last period class. Runners will miss a full day of class for the Metro League meet.

**In-Season School Vacations:** Practices held on Labor Day and on teacher in-service days.

**Summer Commitment:** None. Weekly emails are sent to the runners with training ideas and suggested training schedules. Once a week for the months of June and July there is an optional informal run that is attended by a coach as well – usually late Tuesday afternoons.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Billing for the Season:** \$25 for students who participate in invitationals that require an overnight stay.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Distance training shoes, some may want to have cross country racing spikes – we also have some loaner spikes

**Gear:** good synthetic socks, non-cotton training clothes (shorts, sweats, long and short sleeved shirts)



## FOOTBALL

Teams: Varsity and JV

Program Head/Head Coach: Mike Lengel

Email Address: mike.lengel@lakesideschool.org

First Day of Practice for Varsity: 8/17/2022

First Day of Practice for Sub-varsity: 8/17/2022

State Championship Weekend: 12/3/2022

Approximate Last Day: Mid-November

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity & JV Practices	Monday – Friday Saturday	3:30 – 5:45 Mornings	
Varsity Games	Friday afternoons/nights	Home – Friday -7 pm Away – Friday – 7 pm	Buses are provided for away games.
JV Games	Monday afternoons/evenings Saturday Afternoons	Monday – 4 pm Saturday – 1 pm	Same as varsity

**Additional In-Season Commitments:** Practices begin before school starts. There will be 5 “double days” that run 3:30-8:30 p.m. Freshman players are asked to help at varsity games with filming and other support work. There is an end-of-season banquet that will take place in late November.

**In-Season School Vacations:** Practices held on Labor Day and on teacher in-service days.

**Summer Commitment:** There are about 10 practices in the summer held from 5:00-7:00 p.m. Attendance at summer practices is encouraged. An athlete’s commitment in the summer will have a direct correlation to varsity playing time in the fall. And, an athlete joining Lakeside football for the first time will find the summer practices beneficial. New football players will have time to meet the older players and to learn the offense and defense.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside’s strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student’s school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$50 if the team has an overnight trip in July.

**Game Admission:** There is an admission charge (about \$5) to all home and most away games. Lakeside students do not pay for home games.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** None

**Gear:** Cleats



## Boys & Girls Golf

Teams: Varsity

Head Coach: Guy Thyer

Email Address: [guy.thyer@lakesideschool.org](mailto:guy.thyer@lakesideschool.org)

First Day of Practice for Varsity: 8/22/2022

State Championship Tournament: 5/24/2023

Approximate Last Day: 10/29/2021

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday	3:30 – 5:30	At Jackson Park Golf Course or at school
Varsity Matches	Two per week (days vary)	4 p.m.: first tee time	At Jackson, Jefferson, or West Seattle Golf Courses

**Additional In-Season Commitments:** We provide bus transportation to/from practices and matches. On match days students typically receive an early dismissal between 1:30 and 2:30 depending on where the match is being played. This means that students will miss 7<sup>th</sup> period or 8<sup>th</sup> period.

There will be a parent/guardian meeting held at the beginning of the season. There will be a program-wide, end-of-season banquet in October. The boys district tournament takes place during the last week of October. The girls district tournament takes place in mid-May. Both the boys and girls state tournaments take place during the last week of May.

**In-Season School Vacations:** Practice will be held on three-day weekends when teachers have professional development days.

**Summer Commitment:** The first two or three days of practice are tryouts. It is important for students who want to compete on our golf teams to practice over the summer. Lakeside's top golfers average between 36 and 40 for nine holes. Students wanting to be contributing members of the team should regularly shoot below 50 for nine holes.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

Estimated Billing for the Season: \$0

Items Contained in Bill: N/A

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Golf clubs, balls, etc.

**Gear:** Golf cleats



## Boys Lacrosse

Teams: Varsity and JV

Head Coach/Program Head: Michael Black

Email Address: michael.black@lakesideschool.org

First Day of Practice for Varsity: 2/27/2023

First Day of Practice for Sub-varsity: 2/27/2023

State Championship Weekend: 5/27/2023

Approximate Last Day: 5/3/2023

Are there tryouts? Yes

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday Saturday	3:30 – 5:30 or 3:45 – 5:45 Mornings	Parsons and Twin Ponds
Varsity and JV Games	Mostly Weekdays; a few Saturdays	Weekday start times are between 5 and 8 pm; weekends are around 2 pm	Buses are provided for travel to away games.

**Additional In-Season Commitments:** There is the potential for an overnight trip the first weekend of the season. On the second Saturday of practices, we will host a parent/guardian meeting to share important information about the team and the season. There is an end-of-season banquet that will take place in early- to mid-May. Parent/guardian volunteers are needed to run our home and away games. Please volunteer if you are able.

**In-Season School Vacations:** There are practices and potentially travel to games over spring break. There are practices on all in-service days for teachers (no classes).

**Summer Commitment:** Optional practices will be organized and communicated by Coach Black.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$100 if there are overnight trips

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Lacrosse stick, gloves, shoulder pads, arm pads (the school has some items that can be borrowed)

**Gear:** Cleats, athletic cup



## Girls Lacrosse

Teams: Varsity and JV

**Head Coach/Program Director:** Jamie Asaka  
**Assistant Coach/Program Admin:** Claire Monsaas

**Email Address:** jamie.asaka@lakesideschool.org  
**Email Address:** claire.monsaas@lakesideschool.org

**First Day of Practice for Varsity:** 2/27/2023  
**State Championship Weekend:** 5/20/2023

**First Day of Practice for Sub-varsity:** 2/27/2023  
**Approximate Last Day:** 5/2/2023

**Are there tryouts?** Yes

**Does your program have cuts?** No

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday through Friday	3:30-5:30 pm	Parsons, MS, Twin Ponds
Varsity and JV Games	Mon – Fri; Occasional Sat	Range: 3:30-8 pm start	Buses provided to and from away games

**Additional In-Season Commitments:** There will be a parent/guardian meeting at the beginning of the season to share important information. There will be a program-wide banquet at the end of the season.

**In-Season School Vacations:** There may be practices during spring break. Before any travel plans are made, please speak with Coach Asaka or Coach Monsaas.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$0

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Eye goggles, lacrosse stick, mouth-guard (Lakeside has equipment that can be borrowed)

**Gear:** Shorts, cleats, running shoes



## Boys Soccer

Teams: Varsity and JV

Head Coach/Program Head: Mark Szabo

Email Address: mark.szabo@lakesideschool.org

First Day of Practice for Varsity: 2/27/2023

First Day of Practice for Sub-varsity: 2/27/2023

State Championship Weekend: 5/27/2023

Approximate Last Day: 5/6/2023

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday - Friday	3:30-5:30	2 or 3 Saturday practices
Varsity and JV Matches	Mostly Weekdays; a few Saturdays	Weekday start times are at 3:30 or 4pm; weekends are around 2 pm	Buses are provided for travel for away games.

**Additional In-Season Commitments:** On the first Saturday of practices, we will host a parent/guardian meeting to share important information about the team and the season. There is an end-of-season banquet that will take place in mid-May.

**In-Season School Vacations:** There will be matches held over spring break. **All soccer players need to be prepared to participate all week during spring break.**

**Summer Commitment:** No soccer commitments

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$0

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** none

**Gear:** Shin guards and cleats



**Girls Soccer**

Teams: Varsity and JV

Head Coach/Program Head: Derrek Falor

Email Address: derrek.falor@lakesideschool.org

First Day of Practice for Varsity: 8/22/2022  
State Championship Weekend: 11/12/2022

First Day of Practice for Sub-varsity: 8/22/2022  
Approximate Last Day: 11/5/2022

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday, occasional Saturdays	3:30 – 5:30 If Sat then 10 am	3-3:30 is individual dev time for those that want it
Varsity and JV Matches	Tuesday afternoons/nights Thursday afternoons/nights Saturdays	Home – T/TH – 4 pm Sat – 12 pm Away – TBD	Buses are provided for travel to away games.

**Additional In-Season Commitments:** Practices begin before school starts. There will be “2-a-day” practices the week before school starts that run 3:30-8:30 p.m. In order to make the varsity team a student has to be able to be at practice beginning August 22. There will be one or two team-bonding events in the first two week of practice in the evenings. There is a program-wide, end-of-season banquet that will take place at the conclusion of the season.

**In-Season School Vacations:** Practices will be held on Labor Day and on in-service work days for teachers (no classes).

**Summer Commitment:** There will practices throughout the summer beginning late-June early-July and ending Friday, July 29. Coach Falor will send out specific dates. Attendance is strongly encouraged when athletes are in town.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside’s strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student’s school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

**Estimated Billing for the Season:** \$50 (for team bonding events)

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** None

**Gear:** Cleats and shin guards



## Boys Swim and Dive

Teams: Varsity

Head Coach/Program Head: Matt Miller

Email Address: matt.miller@lakesideschool.org

First Day of Practice for Varsity: 11/14/2022

State Championship Weekend: 2/18/2023

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Practices	Monday-Friday Saturday (a few)	6:30 am start TBD	Helene Madison Pool TBD
Meets	Fridays	4 pm	Seattle Parks Pools

**Additional In-Season Commitments** Pre-Season meeting with all parents, guardians and swimmers; end-of-season banquet for all. Carpools are used to travel between Helene Madison and the school after morning practices. Carpools are used to travel from the school to Helene Madison for meets. Busing is provided for away meets. Because of the timing of swim meets, swimmers receive an early dismissal on Fridays during the season, missing part or all of their final class of the day. The team might have an overnight, team bonding experience during a school break or weekend.

**In-Season School Vacations:** Practices during week of Thanksgiving, Winter Break, and Mid-Winter Break, weekdays and Saturdays, not including holidays.

**Summer Commitment:** None

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$50

**Items Contained in Bill:** Overnight trip, if it happens

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Goggles

**Gear:** Practice suits





## Girls Swim and Dive

Teams: Varsity

Head Coach/Program Head: Matt Miller

Email Address: matt.miller@lakesideschool.org

First Day of Practice for Varsity: 8/22/2022

State Championship Weekend: 11/12/2022

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Practices	Monday-Friday Saturday (a few)	6:30 am start TBD	Helene Madison Pool TBD
Meets	Fridays/Saturdays	Times vary	Depends on Pool Schedule

**Additional In-Season Commitments:** Pre-Season meeting with all parents, guardians and swimmers; end-of-season banquet for all. An overnight, team-bonding event may happen during the season. Busing is provided for away meets. Because of the timing of swim meets, swimmers receive an early dismissal on Fridays during the season. They will miss part or all of their last period class each Friday. There might be an overnight, team-bonding trip during the season.

**In-Season School Vacations:** Practices begin before school starts. Practices are held on in-service days for teachers (no classes).

**Summer Commitment:** None

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$50

**Items Contained in Bill:** Cost for overnight trip or team bonding event if it happens.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Goggles

**Gear:** Practice suits



## Boys & Girls Tennis

Teams: Varsity and JV

Head Coach: Melissa Lloyd

Email Address: melissa.lloyd@lakesideschool.org

First Day of Practice for Varsity: 2/27/2023

First Day of Practice for Sub-varsity: 2/27/2023

State Championship Weekend: 5/27/2023

Approximate Last Day: 5/5/2023

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday	3:30 – 5:30 pm	At Magnuson Park
Varsity Matches	Two per week (days vary)	Matches start at 3:30	At local parks and schools
JV Practices	Monday – Friday	3:30 – 5:30 pm	At Bitter Lake courts
JV Matches	Two per week (days vary)	Matches start at 3:30	At local parks and schools

**Additional In-Season Commitments:** Most, if not all, travel is accomplished with carpools using student drivers. On match days students typically receive an early dismissal between 1:30 and 2:30 depending on where the match is being played. Weather greatly affects the match schedule. Depending on the number of rainouts, there are some weeks when students might have four matches. There will be a parent/guardian meeting held at the beginning of the season. There will be a program-wide, end-of-season banquet.

Metro and District Tournaments happen on multiple days beginning the second week of May. Players advancing in the tournaments will miss classes on several days. Play usually begins in the early afternoon and runs until the evening.

**In-Season School Vacations:** No practices over Spring Break

**Summer Commitment:** None

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$0

**Items Contained in Bill:** N/A

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Tennis racquet

**Gear:** Tennis shoes



## Co-ed Track & Field

Teams: Varsity and JV

Head Coaches/Program Head: Sally Revere

Email Address: sally.revere@lakesideschool.org

First Day of Practice for Varsity: 2/27/2023

First Day of Practice for Sub-varsity: 2/27/2023

State Championship Weekend: 5/27/2023

Approximate Last Day for Sub-varsity: 5/13/2023

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday	3:30 – 5:30	Optional Saturday practices
Varsity and JV Meets	One per week on a week-day, 3 optional Saturday invitationals	Weekday meets start approximately at 2:45 and will end around 7 pm	Athletes can drive, carpool or ride school-provided transportation to the meets.

**Additional In-Season Commitments:** On the first Saturday of practice we will host a parent/guardian morning meeting to share important information about the team and the season, and there is an optional workout at the same time for the runners. Because of the timing of meets, athletes receive an early dismissal on competition days. They typically miss all of the last period of the day of meets. There is an end-of-season banquet that will take place in early June.

Metro and District meets are two-day events (Wednesday and Friday) with early dismissals.

**In-Season School Vacations:** There are no formal practices during Spring Break. Optional workouts will be offered for those interested.

**Summer Commitment:** None

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$25 (participation in invitationals that require an overnight stay)

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** Sturdy running shoes, some may wish to have racing spikes – we also have some loaner spikes to lend

**Gear:** Good synthetic socks, non-cotton training clothes (shorts, sweats, long and short sleeved shirts)



## Boys Ultimate Frisbee

Teams: Varsity and JV

Head Coach: Brendan Wallace

Email Address: [brendan.wallace@lakesideschool.org](mailto:brendan.wallace@lakesideschool.org)

First Day of Practice for Varsity: 8/22/2022

First Day of Practice for Sub-varsity: 8/22/2022

State Championship: 11/12/2022

Approximate Last Day: 10/27/2022

Are there tryouts? Yes

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday	3:30-5:30 pm	Quad/Old Softball Field
Varsity Games	2 per week	4 pm start time	Hamlin Park
Sub-varsity Practices	Monday - Friday	3:30-5:30 pm	Quad/Old Softball Field
Sub-varsity Games	1-2 per week	4 pm start time	Hamlin Park

**Additional In-Season Commitments:** Tryouts will be held on the first two or three days of practice. There will be a program-wide parent/guardian meeting in the first two weeks of practice to meet coaches, learn about the season, sign up for volunteer opportunities, and be introduced to athletics department policies and protocols.

**In-Season School Vacations:** No practices over spring break. There will be practices on professional development days (no classes).

**Summer Commitment:** Students will receive an email from the coaching staff about dates and times for optional summer practices.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$400

**Items Contained in Bill:** Varsity team only, if they travel for a tournament.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** none

**Gear:** Cleats



## Gx Ultimate Frisbee

Teams: Varsity and JV

Head Coach: Brendan Wallace

Email Address: [brendan.wallace@lakesideschool.org](mailto:brendan.wallace@lakesideschool.org)

First Day of Practice for Varsity: 2/27/2023

First Day of Practice for Sub-varsity: 2/27/2023

Season Ends (approx.): 5/20/2023

Approximate Last Day: 5/5/2023

Are there tryouts? Yes

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity Practices	Monday – Friday	3:30-5:30 pm	Quad/Old Softball Field
Varsity Games	2 per week	4 pm start time	Hamlin Park
Sub-varsity Practices	Monday – Friday	3:30-5:30 pm	Quad/Old Softball Field
Sub-varsity Games	1-2 per week	4 pm start time	Hamlin Park

**Additional In-Season Commitments:** Tryouts will be held on the first two or three days of practice. There will be a program-wide parent/guardian meeting in the first two weeks of practice to meet coaches, learn about the season, sign up for volunteer opportunities, and be introduced to athletics department policies and protocols.

**In-Season School Vacations:** Practices begin before school starts. There will be practice on Labor Day and all professional development days (no classes).

**Summer Commitment:** Students will receive an email from the coaching staff about dates and times for optional summer practices.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$400

**Items Contained in Bill:** Varsity team only, if they travel for a tournament.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** none

**Gear:** Cleats



## Volleyball

**Teams:** Varsity and JV (potentially JVC)

**Head Coach/Program Head:** Jeff Kim

**Email Address:** jeff.kim@lakesideschool.org

**First Day of Practice for Varsity:** 8/22/2022

**First Day of Practice for Sub-varsity:** 8/22/2022

**State Championship Weekend:** 11/19/2022

**Approximate Last Day:** 10/28/2022

**Are there tryouts?** Yes

**Does your program have cuts?** Yes

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday	3:30-5:30 pm	
Varsity Matches	2-3 matches per week	Start time is 7 pm	2-3 Sat. Tournaments
Sub-varsity Practices	Monday - Friday	3:30-5:30 pm	
Sub-varsity Games	Monday - Friday	5:30 pm	1 or 2 Sat. Tournaments

**Additional In-Season Commitments:** Tryouts will be held on the first two or three days of practice. Varsity players volunteer to call lines and work the table during the JV games. This responsibility is rotated among the players.

**In-Season School Vacations:** Practices will be held on Labor Day and in-service days for teachers (no classes)

**Summer Commitment:** Students will receive an email from the coaching staff about dates and times for summer practices. There will be open gyms offered throughout the summer as well. Players should make every effort to attend when they are in town and do not have other conflicts.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$400

**Items Contained in Bill:** The varsity team plans to travel out-of-state for a national tournament.

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** none

**Gear:** Shorts, knee pads, volleyball shoes



## Co-ed Wrestling

Teams: Varsity and JV

Head Coach: Dave Manahan

Email Address: dave.manahan@lakesideschool.org

First Day of Practice for Varsity and JV: 11/14/2022

State Championship Weekend: 2/18/2023

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Practices	Monday – Friday Saturday	3:45 – 5:45 pm Mornings	
Matches	Thursdays with a few invitationals on Saturdays	Thursday matches start between 5 and 7 pm; invitationals are all day	Busing provided for all away matches

**Additional In-Season Commitments:** The weight management program for wrestling is a critical component. Athlete's safety and well-being is the primary focus. This program is closely monitored and administered by the athletic training staff. There will be a parent/guardian meeting held at the beginning of the season. There will be a banquet at the end of the season.

**In-Season School Vacations:** There will be practices over Thanksgiving break (guaranteed no practice on Thursday). There will be practices over Winter Break (guaranteed no practice on Christmas Day or New Years Day). Wrestlers who are competing in the post-season will practice and compete over Mid-Winter Break (February).

**Summer Commitment:** Those who are interested can connect with the coach to look at appropriate camps to attend.

**Strength and Conditioning:** *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

### STUDENT BILLING

**Estimated Billing for the Season:** \$0

**Items Contained in Bill:**

### REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

**Equipment:** None

**Gear:** Wrestling shoes, shorts, t-shirts

