

# LAKESIDE ATHLETICS



LAKESIDE  
S C H O O L

**Mentored by engaged coaches and cheered by spirited fans, Lakeside students are growing and excelling as athletes and teammates.**

25 varsity teams, many with sub-varsity and Middle School counterparts. (Find a list on the reverse side of this card.)

Most Upper School teams compete in Seattle's highly competitive Metro League.

Most Middle School teams are part of the local Catholic Youth Organization (CYO) League.



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# Our values

## BROAD-BASED PARTICIPATION

**14** sports; **25** varsity teams, most with sub-varsity and Middle School counterparts.

**80%+** students participate in at least one sport; many choose to play two or three.

All Middle School sports are no-cut.

At the Upper School, we offer at least one no-cut sport each season.

## COACHING EXCELLENCE

**90+** coaches, experts in their sports, dedicated to middle- and high-school athletes.

Experienced and dedicated staff in strength and conditioning staff and sports medicine.

Program heads provide leadership and create connections between campuses.

## COMPETITIVE SUCCESS

Because of our commitment to participation and development, our varsity teams can compete at a high level.

Lakeside plays big: we're an A-size school playing in AAA classification for most sports.

Our teams regularly bring home league, district, and state titles.

**171**  
Metro League titles.

**82** state  
championships.

**40** WIAA academic  
state championships.



## FACILITIES

Lakeside School is home to some of the finest high school athletics facilities in the region. Teams have access to two artificial turf fields lined for multi-sport use; a natural-grass soccer pitch; an all-weather track; a shellhouse for all crew teams; and a dedicated Middle School multisport gymnasium.

The Paul G. Allen Athletics Center is a state-of-the-art facility that includes a fieldhouse and gymnasium with full-size practice areas; arena seating in the competition gym for up to 800 fans; a fully equipped mat room; and spacious dedicated spaces for strength and conditioning and for sports medicine.



## ACCESSIBLE AND AFFORDABLE

Lakeside is committed to making athletics accessible and affordable. Faculty and staff work to ensure that all students — regardless of experience or financial circumstances — can participate in the sport of their choice in a way that is meaningful and equitable.



## Sports and seasons

### FALL

- Crew - MS coed (8th grade)
- Crew - US girls
- Crew - US boys
- Cross country - MS coed
- Cross country - US coed
- Football - US coed
- Golf - US coed
- Soccer - MS girls
- Soccer - MS boys
- Soccer - US girls
- Swimming and diving - US girls
- Ultimate - US boys
- Volleyball - US girls

### WINTER

- Basketball - MS girls
- Basketball - MS boys
- Basketball - US girls
- Basketball - US boys
- Swimming and diving - US boys
- Wrestling - US coed

### SPRING

- Baseball - US boys
- Crew - MS coed (7th grade)
- Crew - US girls
- Crew - US boys
- Lacrosse - MS girls
- Lacrosse - MS boys
- Lacrosse - US girls
- Lacrosse - US boys
- Soccer - US boys
- Tennis - US coed
- Track and field - MS coed
- Track and field - US coed
- Ultimate - MS coed
- Ultimate - US GX
- Volleyball - MS girls