

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.

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

177
Metro League titles.

83 state
championships.

42 WIAA academic
state championships.



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Our values

BROAD-BASED PARTICIPATION

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 — two strength and conditioning coaches and two athletic trainers.

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 1A school playing in 3A classification for most sports.

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.

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



FACILITIES

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.

In addition to the athletics center, 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.



ACCESSIBLE AND AFFORDABLE

Lakeside is committed to making athletics accessible and affordable. Coaches and staff work to ensure that all students — regardless of 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 girls
- Volleyball - MS girls