

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

Winter Sports Parent Meeting will be held Thursday November 16 7:00PM JHS Commons

<b><i>SPORT</i></b>	<b><i>START DATE</i></b>	<b><i>TIME</i></b>	<b><i>LOCATION</i></b>	<b><i>COMMENTS</i></b>
<b>Men's Basketball</b>	Monday, 11/13	<p>Try-outs are Nov 13 &amp; 14</p> <p>6:00 – 8:00PM</p>	Fieldhouse	<p>Two days of try-outs. Staff will determine the three rosters after session two, Tuesday Nov. 14.</p> <p>Those invited to continue turn out WED NOV 15 for the duration of the playing season for practice 6-8pm Monday-Friday and in the mornings on Saturday.</p> <p>Arrive no later than 5:45 properly equipped, warmed up, and ready.</p> <p>Bring:</p> <ul style="list-style-type: none"> <li>• Water bottle w/name on it</li> <li>• Basketball w/name on it</li> <li>• Hand towel (<i>opt.</i>)</li> <li>• Basketball shoes &amp; socks</li> <li>• Backpack or other bag for your belongings</li> </ul> <p>Coach Contact – Themba Dayton <a href="mailto:TDayton@lwsd.org">TDayton@lwsd.org</a> with "Tryouts" in the subject field.</p>
<b>Women's Basketball</b>	Monday, 11/13	<p>Try-outs are Nov 13 &amp; 14</p> <p>4:00 – 6:00PM</p>	Fieldhouse	<p><u>Practices</u> - 4:00PM – 6:00PM M-F 9:00AM – 11:00AM Sat.</p> <p><u>Games</u> – 20 game season, plus post season</p> <p><b>Practices over Thanksgiving and Winter breaks</b></p> <p>Bring basketball shoes, athletic shorts and shirt, and water to try-outs.</p> <p>Coach Contact – Katya Yancheva <a href="mailto:KYancheva@lwsd.org">KYancheva@lwsd.org</a></p>

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<b>Gymnastics</b>	Monday, 11/13	Try-outs 11/13-11/15  8:00 – 9:30PM	Pacific Reign Gymnastics  12728 NE 178 <sup>th</sup> St Woodinville WA 98072	All athletes should wear either a leotard, or other tight-fitting clothing and have their hair tied back. Bring a water bottle, and grips (if you have them)  Practice Time 8PM-10PM  Coach Contact – Samantha Hanson <a href="mailto:SaHanson@lwsd.org">SaHanson@lwsd.org</a>
<b>Men's Swim &amp; Dive</b>	Monday, 11/13	6:30 – 7:45AM Monday-Friday	JHS Pool	Coach TBD
<b>Wrestling</b> <i>non-cut sport</i>	Monday, 11/13	Monday-Friday 4:00 – 6:00PM  Most Saturdays (Time TBD)  Wednesday Freshman ONLY 2:00 – 4:00 All others regular time	JHS Wrestling Room  (2 <sup>nd</sup> floor of fieldhouse)	The school provides the competition uniform.  Participants supply their own PRACTICE apparel & protective headgear: <ul style="list-style-type: none"><li>• GYM SHORTS: Cotton or polyester</li><li>• T-SHIRT</li><li>• WRESTLING Shoes - <a href="https://tinyurl.com/WRshoes">https://tinyurl.com/WRshoes</a></li><li>• HEADGEAR - <a href="https://tinyurl.com/CKheadgear">https://tinyurl.com/CKheadgear</a></li><li>• <u>RECOMMENDED</u> but not required:<ul style="list-style-type: none"><li>• Kneepads</li><li>• Mouthguard (Required if the wrestler has braces)</li></ul></li></ul> ***Bring running shoes daily  APPAREL NEEDS TO BE CLEANED & FRESH EACH DAY  Coach Contact – Kevin Corbett - <a href="mailto:KeCorbett@lwsd.org">KeCorbett@lwsd.org</a>