

2024 Fall Sports Practice Information

Week 1

Team	Practice Times	Location	Additional Comments
<p>Cross Country Registration closes Sunday, 8/25</p>	<p>First day of practice is Monday, 8/26.</p> <p>Practices Monday -Friday are from 4pm-6pm.</p> <p>Practice on Saturday is from 8:30am-10:30am.</p>	<p>Varies, see comments</p>	<ol style="list-style-type: none"> 1. Monday August 26 - Juanita High School - meet in the track bleachers on the visitor side. 2. Tuesday August 27 - St. Edward State Park - meet in upper parking lot by the park office/gym. 3. Wednesday August 28 - Sammamish River Trail - meet at large gravel parking lot by Woodinville Little League Baseball fields, across the Sammamish River from the old Redhook Brewery. 4. Thursday August 29 - St. Edward State Park - meet in upper parking lot by the park office/gym. 5. Friday August 30 - Big Finn Hill Park - enter the park off 84th Avenue South, next to Thoreau Elementary 6. Saturday August 31 - Blythe Park, parking lot near shelter <p><u>Coach Contacts:</u> Coach Neil Kells nkells@lwsd.org Coach Lisa Gordon lgordon@lwsd.org</p>
<p>Football Registration Closes Tuesday, 8/20</p>	<p>1st Day of Practice Wed., August 21</p> <p>Schedule will be emailed out in early August to all Registered players.</p>	<p>JHS Football Field</p>	<ul style="list-style-type: none"> • JHS Supplies practice jerseys, pants, belts, shoulder pads, helmets, knee pads, game jerseys and pants. • Players supply integrated girdle, cleats, and mouth pieces. <p>Coach Contact: Jared Carter jacarter@lwsd.org</p>

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<p>Golf (Men's)</p> <p>Golf is a cut sport, registration deadline is Sunday, 8/25</p>	<p>Tryouts</p> <p>Mon. 8/26 3:00-4:45PM</p> <p>Tue. 8/27 3:00-4:15PM</p> <p>Wed. 8/28 2:40PM</p>	<p>Willows Golf Course 10402 Willows Rd NE Redmond, WA 98052</p> <p>Redwood Range 13029 Redmond-Woodinville Rd NE Redmond WA 98052</p> <p>Lynnwood GC 20200 68th Ave W, Lynnwood, WA 98036</p>	<p><u>Tryout Information:</u></p> <p>Tryouts will take place on August 26th at Heron Links practice area at Willows Run Golf Complex in Redmond, August 27th at Redwood Driving Range and August 28th at Lynnwood Municipal Golf Course. You should attend all tryouts.</p> <p>Monday, August 26th</p> <ul style="list-style-type: none"> Tryouts start at 3:00 PM at Heron Links Practice Area at Willows Run <p>Tuesday, August 27th</p> <ul style="list-style-type: none"> Tryouts start at 3:00 PM at Redwood Driving Range <p>Wednesday, August 28th</p> <ul style="list-style-type: none"> 3:07-3:37 tee times for 9 holes at Lynnwood GC. Be there by 2:40 <p>Be on time, bring your clubs, dress in appropriate golf attire (collared shirts, no denim) and be ready to play.</p> <p>Coach Contact: Michael Fleming – mfleming@lwsd.org</p>
<p>Soccer (Women's)</p> <p>Soccer is a cut sport, registration deadline is Sunday, 8/25</p>	<p>Try-outs: 8/26-8/28 7:00 PM – 8:30 PM</p> <p>Practices begin 8/29: 7:00 PM – 8:30 PM</p> <p>Saturdays: 9/7 - 1:00 PM – 2:30 PM</p>	<p>JHS Multi-Purpose Field</p>	<p><u>Tryout Information</u></p> <ul style="list-style-type: none"> Tryouts are August 26-28 (you should plan to attend all try-outs). Practice for teams will begin on 8/29. Athletes are required to have 10 full practices to be eligible for the first game of the season. Bring water & shin guards. Wear appropriate athletic gear, including cleats. After the last day of tryouts on 8/28 teams will be decided, practices will start on 8/29. <p>Coach Contact: Dan Faires dfaires@lwsd.org</p>

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<p style="text-align: center;">Slow Pitch Softball</p> <p>Registration Closes Sunday, 8/25</p>	<p>First Day of Practice Monday, 8/26</p> <p style="text-align: center;">Mon-Fri 3:30PM-5:30PM</p> <p>After School Starts M, T, TH, F 3:45PM-5:45PM Wed 2:30PM-4:30PM</p>	<p style="text-align: center;">JHS Softball Field</p>	<ul style="list-style-type: none"> • You will need a glove and cleats to play. • Molded cleats or turf shoes/cleats are perfect. • No metal cleats. • Shorts will be okay for the first week. • A fielder's face mask is not required but is highly recommended. <p>Coach Contact: Greg Benson grbenson@lwsd.org</p>
<p style="text-align: center;">Swimming (Women's)</p> <p>Registration Closes Sunday, 8/25</p>	<p>1st Day of practice Monday 8/26</p> <p style="text-align: center;">Swim Practice M-F Aug 26 – Aug 30 2:30PM-4:15PM</p> <p style="text-align: center;">Swim Practice M-F Once School Starts 6:25AM-7:45AM</p> <p style="text-align: center;">Dive Practice 3:30PM-5:15PM (tentative)</p>	<p style="text-align: center;">Juanita Pool</p>	<p>Swimming is a no cut sport. However, we do have the following Swim Team Safety Expectations:</p> <p>For the safety of the swimmers and coaches, it is expected team participants can swim AT LEAST 50 yards of continuous freestyle with face in the water, 50 yards continuous backstroke, are comfortable swimming in the deep end of the pool and have a basic knowledge of all four competitive strokes (butterfly, backstroke, breaststroke, freestyle).</p> <p>Bring a 1-piece suit, cap, and goggles.</p> <p>Coach Contact: Dawn Maurer DMaurer@lwsd.org</p>

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<p>Tennis (Men's)</p> <p>Registration Closes Sunday, 8/25</p>	<p>Practices start Monday, 8/26</p> <p>Time 3:00PM-5:00PM</p>	<p>JHS Tennis Courts</p>	<p>For the first week, practice is 3PM-5PM at the Juanita tennis courts and consists of practice & tryouts to determine Varsity and JV. Plan on 2 hours for practice each weekday.</p> <ul style="list-style-type: none"> • Wear tennis shoes & athletic clothes. Wear sunscreen, hats, and bring lots of water/Gatorade. • Players should bring a tennis racquet. If raining, practice will be significantly shortened or cancelled. • Once school starts, we will have a repeating practice schedule w/ slightly different times. <p>Coach Contact: Toni Leitao aleitao@lwsd.org</p>
<p>Volleyball</p> <p>Volleyball is a cut sport. Registration Deadline is Sunday, 8/25</p>	<p>Tryouts</p> <p>Monday-Wednesday August 26,27 & 28 4:00PM-6:00PM</p>	<p>Fieldhouse</p>	<p><u>Tryouts</u> 8/26, 27 and 8/28 4:00PM – 6:00PM</p> <p>(Participation in tryouts is mandatory to make the team.)</p> <p>Full practices begin Thursday, August 29 Varsity, JV & C-Team ALL from 4-6pm (except Saturdays will be 9-11AM.)</p> <p>Practices for the first week will be Mon-Sat and the second week will be Tue-Sat. This is necessary due to the minimum required practices for participation in our first match - Tuesday, September 9 at Lake Washington.</p> <p>Coach Contact: Mark Thornburg MThornburg@lwsd.org</p>