

# HFK SPORTS REGISTRATION (2024 – 2025) !

## MENS BASKETBALL (ADULT)

**Registration:** July 1<sup>st</sup> – June 30<sup>th</sup>  
**Fees:** HFK “Giving Back” Campaign  
**Days:** Tuesdays & Thursdays 7:30pm – 9:30pm  
**Location:** HFK Gym  
**Contact:** Bill Lapke – [bill.lapke@gmail.com](mailto:bill.lapke@gmail.com)  
**Sign Up:** <https://go.teamsnap.com/forms/439173/signups>

## CO-ED PICKLEBALL (ADULT)

**Registration:** July 1<sup>st</sup> – June 30<sup>th</sup>  
**Fees:** HFK “Giving Back” Campaign  
**Days:** Wednesdays 7:30pm to 9:30pm / Saturdays 10:00am – 12:00pm or 6:00pm – 8:00pm  
**Location:** HFK Gym  
**Contact:** Francois Buriemek – [swa68@hotmail.com](mailto:swa68@hotmail.com)  
**Sign Up:** <https://go.teamsnap.com/forms/439175/signups>

## SOCCER (YOUTH)

**Registration:** July 8<sup>th</sup> – August 30<sup>th</sup>  
**Grades / Fees:** K – 8<sup>th</sup> / \$100 per player (1<sup>st</sup> – 8<sup>th</sup>) / \$50 per player (K) / Scholarships upon request  
**Divisions:** K & 1<sup>st</sup> = co-ed / 2<sup>nd</sup> – 8<sup>th</sup> = gender specific  
**Season:** Regular = September 3<sup>rd</sup> – October 19<sup>th</sup> / Playoffs = October 20<sup>th</sup> – October 26<sup>th</sup>  
**Games:** Saturdays / Sundays (1<sup>st</sup> – 8<sup>th</sup>) / Friday nights 5:00 – 6:00pm (K)  
**Practices:** Start 1<sup>st</sup> week of school / 1<sup>st</sup> – 8<sup>th</sup> = 1hr twice a week / K = 1hr a week  
**CYO Info:** <https://www.teamsideline.com/sites/seattlecyo/content/18954/K-8-Soccer>  
**Contact:** Zach Bourn – [zlbourn@yahoo.com](mailto:zlbourn@yahoo.com)  
**Sign Up:** <https://go.teamsnap.com/forms/439168/signups>

## CROSS COUNTRY (YOUTH)

**Registration:** July 8<sup>th</sup> – September 6<sup>th</sup>  
**Grades / Fees:** K – 8<sup>th</sup> / \$25 per runner / Scholarships upon request  
**Season:** September 6<sup>th</sup> – October 4<sup>th</sup>  
**Meets:** 3 (Prelims Sunday 09.22 & 09.29 / Championship Sunday 10.06)  
1pm or 3:15pm Meets (2 Pools) @ Lower Woodland Park  
**Practices:** 5 (Fridays 09.06, 09.13, 09.20, 09.27 & 10.04)  
3:15pm to 4:30pm @ HFK Soccer Field  
**CYO Info:** [www.teamsideline.com/sites/seattlecyo/content/18955/K-8-Cross-Country](https://www.teamsideline.com/sites/seattlecyo/content/18955/K-8-Cross-Country)  
**Contact:** Joanna Jones – [joannarosejones@gmail.com](mailto:joannarosejones@gmail.com)  
**Sign Up:** <https://go.teamsnap.com/forms/439144/signups>

## **CO-ED VOLLEYBALL (ADULT)**

<b>Registration:</b>	July 8 <sup>th</sup> – September 6 <sup>th</sup>
<b>Grades / Fees:</b>	Adults (21 years & older) / \$25 per player
<b>Season:</b>	Regular = September 6 <sup>th</sup> – October 23 <sup>rd</sup> / Tournament = November 2 <sup>nd</sup>
<b>Games:</b>	Monday or Wednesday nights between 7:00pm to 9:00pm
<b>Practices:</b>	TBD based on team requests
<b>CYO Info:</b>	<a href="https://www.teamsideline.com/sites/seattlecyo/content/1341/Adult-Volleyball">https://www.teamsideline.com/sites/seattlecyo/content/1341/Adult-Volleyball</a>
<b>Contact:</b>	Milo Magnano – <a href="mailto:milo@napoleon-co.com">milo@napoleon-co.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439172/signups">https://go.teamsnap.com/forms/439172/signups</a>

## **BASKETBALL (YOUTH)**

<b>Registration:</b>	September 30 <sup>th</sup> – October 25 <sup>th</sup>
<b>Grades / Fees:</b>	4 <sup>th</sup> – 8 <sup>th</sup> / \$100 per player / Scholarships upon request
<b>Divisions:</b>	4 <sup>th</sup> – 8 <sup>th</sup> = gender specific / 6 <sup>th</sup> – 8 <sup>th</sup> = Junior Varsity or Varsity
<b>Season:</b>	Regular = October 28 <sup>th</sup> – January 12 <sup>th</sup> / Playoffs = January 17 <sup>th</sup> – January 25 <sup>th</sup> (Varsity)
<b>Games:</b>	Saturdays / Sundays
<b>Practices:</b>	Start last week of October / 1hr twice a week
<b>CYO Info:</b>	<a href="https://www.teamsideline.com/sites/seattlecyo/content/18956/3-8-Basketball">https://www.teamsideline.com/sites/seattlecyo/content/18956/3-8-Basketball</a>
<b>Contact:</b>	Jeff D'Ambrosio – <a href="mailto:jeffdambrosio@hotmail.com">jeffdambrosio@hotmail.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439180/signups">https://go.teamsnap.com/forms/439180/signups</a>

## **BASKETBALL (HIGH SCHOOL)**

<b>Registration:</b>	November 4 <sup>th</sup> – December 13 <sup>th</sup>
<b>Grades / Fees:</b>	9 <sup>th</sup> – 12 <sup>th</sup> / \$50 per player / Scholarships upon request
<b>Divisions:</b>	Freshmen / Sophomore & Junior / Senior = gender specific
<b>Season:</b>	Regular = December 14 <sup>th</sup> – February 16 <sup>th</sup> / Playoffs = February 22 <sup>nd</sup> – March 2 <sup>nd</sup>
<b>Games:</b>	Saturdays / Sundays (Games at Echo Glen will be on weeknights)
<b>Practices:</b>	TBD based on team requests
<b>CYO Info:</b>	<a href="https://www.teamsideline.com/sites/seattlecyo/content/18957/HS-Basketball">https://www.teamsideline.com/sites/seattlecyo/content/18957/HS-Basketball</a>
<b>Contact:</b>	Milo Magnano – <a href="mailto:milo@napoleon-co.com">milo@napoleon-co.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439183/signups">https://go.teamsnap.com/forms/439183/signups</a>

## **TOURNAMENT WEEKEND (ADULT)**

<b>Registration:</b>	December 23 <sup>rd</sup> – January 24 <sup>th</sup>
<b>Fees:</b>	HFK "Giving Back" Campaign
<b>Divisions:</b>	Dads Basketball (Grades) & Moms Volleyball (Pool)
<b>Dates:</b>	Thursday January 30 <sup>th</sup> – Saturday February 1 <sup>st</sup>
<b>Contact:</b>	Dads Basketball = Andrew Bartram – <a href="mailto:bartramandrew@hotmail.com">bartramandrew@hotmail.com</a> Moms Volleyball = Amy Lenihan – <a href="mailto:lenihan.amy@gmail.com">lenihan.amy@gmail.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439331/signups">https://go.teamsnap.com/forms/439331/signups</a>

## **VOLLEYBALL (YOUTH)**

<b>Registration:</b>	December 23 <sup>rd</sup> – January 24 <sup>th</sup>
<b>Grades / Fees:</b>	4 <sup>th</sup> – 8 <sup>th</sup> / \$100 per player / Scholarships upon request
<b>Divisions:</b>	4 <sup>th</sup> = co-ed / 5 <sup>th</sup> – 8 <sup>th</sup> = gender specific / 7 <sup>th</sup> & 8 <sup>th</sup> girls = AA or AAA
<b>Season:</b>	Regular = February 3 <sup>rd</sup> – March 30 <sup>th</sup> / Playoffs = April 2 <sup>nd</sup> – April 13 <sup>th</sup>
<b>Games:</b>	Saturdays / Sundays
<b>Practices:</b>	Start 1 <sup>st</sup> week of February / 1hr twice a week
<b>CYO Info:</b>	<a href="https://www.teamsideline.com/sites/seattlecyo/content/18958/4-8-Volleyball">https://www.teamsideline.com/sites/seattlecyo/content/18958/4-8-Volleyball</a>
<b>Contact:</b>	Chris Comunale – <a href="mailto:ccomunale@gmail.com">ccomunale@gmail.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439185/signups">https://go.teamsnap.com/forms/439185/signups</a>

## **CO-ED VOLLEYBALL (HIGH SCHOOL)**

<b>Registration:</b>	March 3 <sup>rd</sup> – March 28 <sup>th</sup>
<b>Grades / Fees:</b>	9 <sup>th</sup> – 12 <sup>th</sup> / \$50 per player / Scholarships upon request
<b>Divisions:</b>	Freshmen / Sophomore & Junior / Senior = co-ed
<b>Season:</b>	Regular = April 28 <sup>th</sup> – June 9 <sup>th</sup> / No playoffs
<b>Games:</b>	Saturdays / Sundays
<b>Practices:</b>	TBD based on team requests
<b>CYO Info:</b>	<a href="https://www.teamsideline.com/sites/seattlecyo/content/18959/HS-Volleyball">https://www.teamsideline.com/sites/seattlecyo/content/18959/HS-Volleyball</a>
<b>Contacts:</b>	Milo Magnano – <a href="mailto:milo@napoleon-co.com">milo@napoleon-co.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439316/signups">https://go.teamsnap.com/forms/439316/signups</a>

## **TRACK & FIELD (YOUTH)**

<b>Registration:</b>	March 16 <sup>th</sup> – April 18 <sup>th</sup>
<b>Grades / Fees:</b>	4 <sup>th</sup> – 8 <sup>th</sup> / \$50 per player / Scholarships upon request
<b>Meets:</b>	5 (Qualifiers 05.03, 05.10, 05.17 / Pentathlon 05.18 (8 <sup>th</sup> Only) / Championship 06.07) 10am or 2:30pm Meets (2 Pools) @ Renton Memorial or West Seattle Stadium
<b>Practices:</b>	5 (Mondays or Wednesdays 05.05 – 06.06) 5:30pm to 6:30pm @ Kirkland Middle School
<b>CYO Info:</b>	<a href="https://www.teamsideline.com/sites/seattlecyo/content/18961/4-8-Track-Field">https://www.teamsideline.com/sites/seattlecyo/content/18961/4-8-Track-Field</a>
<b>Contact:</b>	Elisa Flasko – <a href="mailto:emflasko@live.com">emflasko@live.com</a>
<b>Sign Up:</b>	<a href="https://go.teamsnap.com/forms/439317/signups">https://go.teamsnap.com/forms/439317/signups</a>

**Volunteer coaches are needed for all sports programs. There can be no sports teams without parents volunteering to coach so please consider signing up @ <https://go.teamsnap.com/forms/439329/signups>. Please contact our Athletic Director Milo Magnano ([milo@napoleon-co.com](mailto:milo@napoleon-co.com)) with any questions.**