

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

Winter Sports Parent Meeting - Wednesday, November 20 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, 11/18/24	Try-outs Nov 18 & 19  6:30 – 8:30PM	Fieldhouse	<p><u>Practices</u> - 6:30PM – 9:00PM M-F 11:30AM – 1:30PM Sat.</p> <p><u>Games</u> – 20 game regular 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 Kevin Williams <a href="mailto:KRWilliams@lwsd.org">KRWilliams@lwsd.org</a></p>
<b>Women's Basketball</b>	Monday, 11/18/24	Try-outs Nov 18 & 19  4:00 – 6:00PM	Fieldhouse	<p><u>Practices</u> - 4:00PM – 6:00PM M-F 9:00AM – 11:00AM Sat.</p> <p><u>Games</u> – 20 game regular 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>Flag Football</b>	Monday, 11/18/24	Tentative 4:00 PM – 6:00PM M-F	Stadium	Coach Contact - TBD
<b>Gymnastics</b>	Monday, 11/11/24	Try-outs 11/11-11/13  8:00PM– 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 Hanna <a href="mailto:SHanna@lwsd.org">SHanna@lwsd.org</a>
<b>Men's Swim &amp; Dive</b>	Monday, 11/18/24	6:30AM – 7:45AM Monday-Friday	JHS Pool	Coach Contact – Randi Manuel <a href="mailto:RSowers@lwsd.org">RSowers@lwsd.org</a>
<b>Wrestling Co-ed No-Cut</b>	Monday, 11/18/24	M, T, TH, F 4:00-6:00PM  Wednesday 2:00 - 4:30PM  (Some Saturdays: TBA)	JHS Wrestling Room  (2 <sup>nd</sup> floor of fieldhouse)	Practice Gear:  <ul style="list-style-type: none"> <li>• Gym shorts &amp; T-Shirt</li> <li>• Wrestling Shoes</li> <li>• "Juanita Wrestling" branded apparel, Headgear &amp; Kneepad specifics will be provided upon registration in Final Forms.</li> <li>• A <u>DOUBLE MOUTH GUARD</u> (top &amp; bottom) is REQUIRED for wrestlers with Braces.</li> <li>• Females: FULL-Coverage Sports Bra is mandatory.</li> <li>• Bring running shoes daily</li> <li>• Personal Water bottle (labeled with Name please)</li> </ul> <p>APPAREL NEEDS TO BE CLEANED &amp; FRESH EACH DAY</p> <p>Coach Contact – Kevin Corbett - <a href="mailto:KeCorbett@lwsd.org">KeCorbett@lwsd.org</a></p>