

Eastlake Girls' Swim and Dive 2026

Coaching Staff

Head Swim and Dive Coach—Shelby Ruge (sruge@lwsd.org)

Dive Coach—Skip Hulet (bhulet@lwsd.org)

- Contact for questions about dive team

Asst. Swim Coach—Alicia Egashira (aegashira@lwsd.org)

- Contact for questions about swim team

Asst. Swim Coach—Nicole Giamber (ngiamber@lwsd.org)



Important Dates

- Registration opens August 3rd and closes August 21st on [FinalForms](#)
 - Sport fees are due prior to the first practice, see all information on the [EHS Athletics page](#)
- First day of practice is August 24th
- September 2 @ 7pm—MANDATORY Fall Sports Parent Meeting. Athletes must have one parent/guardian representative at the meeting in order to compete during the season.
- November 14, 2026—End of season. If you qualify for Districts or State, you must be in town through Veteran's Day weekend or you will forfeit your chance to swim at those meets (WIAA rule, not ours).

Practices

- Swim: Monday-Friday **5:15-6:30 am** at Redmond Pool (17535 NE 104th St., across from Redmond High School)
 - Fridays are OPTIONAL. These will count toward your lettering.
- Dive: Monday-Friday at Redmond Pool **3:45pm-4:50 pm**. It is possible to both swim and dive but not required.

Meet Eligibility

Athletes must have 10 practices in order to compete in the first meet parent/guardian representation at the Fall Sports Parent Meeting.

Transportation

Athletes are responsible for their transportation to/from our pool (Redmond). Coaches are NOT allowed to facilitate transportation. Buses will be provided to away meets EXCEPT Boehm Pool in Issaquah and Redmond Pool.

Gear

Athletes will need to purchase a team suit and goggles. Athletes are required to purchase a team suit for meets ([SwimOutlet](#)). This is the only required purchase. If you already have a team suit, you do NOT need to purchase a new one. Coaches will provide a sizing kit of Sporti brand the first week of practice. Latex caps will be provided by the team and team jackets can be checked out for the season. Team t-shirts will be purchased by the Booster Club.

Tentative Schedule

Date	Opponent	Location	Meet Start Time
9/8	Tyee, Highline, Evergreen	Redmond Pool	3:00pm
9/15	Lindberg High School	Lindberg Pool	3:30pm
9/24	Hazen High School	Hazen Pool	3:00pm
9/29	Woodinville High School	Redmond Pool	3:00pm
10/7	Lake Washington High School	Juanita Pool	3:00pm
10/13	Liberty High School	Boehm Pool	4:00pm
10/22	Lake Washington High School	Redmond Pool	3:00pm
10/30-10/31	Kingco Championships	Hazen Pool	TBD
11/6-11/7	District 4A Championships	Hazen Pool	TBD
11/13-11/14	State 4A Championships	KCAC	TBD