

2026 Fall Sports Practice Information

Week 1

Team	Practice Times	Location	Additional Comments
Cross Country Registration closes Sunday, 8/23	First day of practice is Monday, 8/24. Practices Monday -Friday are from 4pm-6pm. Practice on Saturday is from 8:30am- 10:30am.	Varies, see comments	- Monday August 24 - Juanita High School - meet in the track bleachers on the visitor side. - Tuesday August 25 – Crestwood Park – Meet near softball field/restrooms. - Wednesday August 26 - Sammamish River Trail - meet at large gravel parking lot by Woodinville Little League Baseball fields, across the Sammamish River from the old Redhook Brewery. - Thursday August 27 - St. Edward State Park - meet in upper parking lot by the park office/gym. - Friday August 28 – Juanita High School – meet by garage. - Saturday August 29 - Blythe Park, parking lot near shelter Coach Contacts: Coach Neil Kells nkells@lwsd.org Coach Elise Krueger – ekrueger@lwsd.org
Football Registration Closes Sunday, 8/23	1 st Day of Practice Wed, August 19 Wed-Fri Aug 19-21 4:00 – 9:00PM Saturday Aug 22 10:00AM-1:00PM	JHS Football Field	- JHS Supplies practice jerseys, pants, belts, shoulder pads, helmets, knee pads, game jerseys and pants. - Players supply integrated girdle, cleats, and mouth pieces. Coach Contact: Jared Carter jacarter@lwsd.org

Team	Practice Times	Location	Additional Comments
Golf (Men's) Golf is a cut sport, registration deadline is Sunday, 8/23	Tryouts Mon. 8/24 3:00-4:45PM Tue. 8/25 3:00-4:15PM Wed. 8/26 2:40PM There will be Thursday practice for athletes who make the squad.	Willows Golf Course 10402 Willows Rd NE Redmond, WA 98052 Redwood Range 13029 Redmond-Woodinville Rd NE Redmond WA 98052 Lynnwood GC 20200 68th Ave W, Lynnwood, WA 98036	Tryout Information: Tryouts will take place on August 24th at Heron Links practice area at Willows Run Golf Complex in Redmond, August 25th at Redwood Driving Range and August 26th at Lynnwood Municipal Golf Course. You should attend all tryouts. Monday, August 24th - Tryout starts at 3:00 PM at Heron Links Practice Area at Willows Run Tuesday, August 25th - Tryout starts at 3:00 PM at Redwood Driving Range Wednesday, August 26th 3:07-3:37 tee times for 9 holes at Lynnwood GC. Be there by 2:40 Be on time, bring your clubs, dress in appropriate golf attire (collared shirts, no denim) and be ready to play. Coach Contact: Michael Fleming – mfleming@lwsd.org
Soccer (Women's) Soccer is a cut sport, registration deadline is Sunday, 8/23	Try-outs: 8/24-8/26 5:00-7:00PM Practices begin 8/27 5:00-7:00PM Saturday 8/29 9:00-11:00AM	JHS Multi-Purpose Field	Tryout Information - Tryouts are August 24-26 (you should attend all try-outs). Practice for teams will begin on 8/27. - Bring water & shin guards. - Wear appropriate athletic gear, including cleats. Coach Contact: Noah Bochner – Nbochner@lwsd.org

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Slow Pitch Softball Registration Closes Sunday, 8/23	First Day of Practice Monday, 8/24 Mon-Fri 3:30PM-5:30PM After School Starts M, T, TH, F 3:45PM-5:45PM Wed 2:30PM-4:30PM	JHS Softball Field	- 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. Coach Contact: Greg Benson grbenson@lwsd.org
Swimming (Women's) Registration Closes Sunday, 8/23	1 st Day of practice Monday 8/24 Swim & Dive Practice M-F Aug 24 – Aug 28 3:00-5:00PM Saturday 8/29 9:00-11:00AM Information TBA Swim & Dive Practice M-F Once School Starts 3:35-4:55PM	JHS Pool	Swimming is a no cut sport. However, we do have the following Swim Team Safety Expectations: 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). Additionally - due to lane capacity considerations, there is the possibility that registration will shut down early if we hit our cap of 55 swimmers. Bring a 1-piece suit, cap, and goggles. Coach Contact: Tess Ritcey tritcey@lwsd.org

Team	Practice Times	Location	Additional Comments
Tennis (Men's) Registration Closes Sunday, 8/23	Practices start Monday, 8/24 Time 3:30PM-5:30PM	JHS Tennis Courts	Week 1 practice & tryouts to determine Varsity and JV. Plan on 2 hours for practice each weekday. - 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/afternoon practice time. Coach Contact: Alex Bard ABard@lwsd.org
Volleyball Volleyball is a cut sport. Registration Deadline is Sunday, 8/23	Tryouts Monday-Wednesday August 24,25 & 26 4:00PM-6:00PM	Fieldhouse	<u>Tryouts</u> 8/24, 8/25 and 8/26 4:00PM – 6:00PM (Participation in tryouts is mandatory to make the team.) - Full practices begin Thursday, August 27 Varsity, JV & C-Team ALL from 4-6pm (Except Saturday August 29 will be 9AM-12PM.) - We will only have one Saturday practice. This will allow us to accomplish some housekeeping before games start. Coach Contact: Chad Kulper CKulper@lwsd.org