

Winter Sports – Week 1 Practice/Try-Out Information

Winter Sports Parent Meeting - Thursday, November 19th 7:00PM JHS Commons - Winter Game Schedules can be found here - <https://arbiterlive.com/Teams?entityId=11485>

Sport	Start Date	Time	Location	Comments
Men's Basketball	Monday, 11/16/26	Try-outs Nov 16 & 17 6:30 – 8:30PM	Fieldhouse	<u>Practices</u> - 6:30PM – 9:00PM M-F 11:30AM – 1:30PM Sat. <u>Games</u> – 20 game regular season, plus post season Practices over Thanksgiving and Winter breaks Bring basketball shoes, athletic shorts and shirt, and water to try-outs. Coach Contact Kevin Williams KRWilliams@lwsd.org
Women's Basketball	Monday, 11/16/26	Try-outs Nov 16 & 17 4:00 – 6:00PM	Fieldhouse	<u>Practices</u> - 4:00PM – 6:00PM M-F 9:00AM – 11:00AM Sat. <u>Games</u> – 20 game regular season, plus post season Practices over Thanksgiving and Winter breaks Bring basketball shoes, athletic shorts and shirt, and water to try-outs. Coach Contact – Katya Yancheva KYancheva@lwsd.org

Winter Sports – Week 1 Practice/Try-Out Information

Winter Sports Parent Meeting - Thursday, November 19th 7:00PM JHS Commons - Winter Game Schedules can be found here - <https://arbiterlive.com/Teams?entityId=11485>

Sport	Start Date	Time	Location	Comments
Flag Football	Monday, 11/16/26	4:00 PM – 6:00PM M-F	Stadium	Coach Contact – Bailey Arnold BArnold@lwsd.org
Gymnastics	Monday, 11/09/26	Try-outs 11/09-11/10 8:00PM– 9:30PM	Pacific Reign Gymnastics 12728 NE 178 th St Woodinville WA 98072	Possibility of combining with LWHS more info TBD Practice Time 8PM-10PM
Men's Swim & Dive	Monday, 11/16/26	3:40PM-4:55PM Monday-Friday	JHS Pool	Coach Contact – Randi Manuel RSowders@lwsd.org
Wrestling Co-ed No-Cut	Monday, 11/16/26	M, T, TH, F 4:00-6:00PM Wednesday 2:00 - 4:30PM (Some Saturdays: TBA)	JHS Wrestling Room (2 nd floor of fieldhouse)	Practice Gear: • Gym shorts & T-Shirt • Wrestling Shoes • Headgear (Cliff Keen-brand) is required, along with Kneepads • A DOUBLE MOUTH GUARD (top & bottom) is REQUIRED for wrestlers with Braces. • Females: FULL-Coverage Sports Bra is mandatory. • Bring running shoes daily • Personal Water bottle Freshly cleaned apparel needs to be worn each day. "Juanita Wrestling"- branded apparel orders will be provided upon registration in Final Forms. Coach Contact – Kevin Corbett - KeCorbett@lwsd.org