

2023 Spring Sports

Week 1 Practice/Tryout Information

Spring Sports Parent Meeting – March 7 @ 7:00PM in the Commons

| Team | Practice Times | Location | Additional Comments |
|-----------|----------------------------|----------------|---|
| Badminton | 3:00-4:30PM | Fieldhouse | <p>1st week practice will be Monday-Friday from 3-4:30PM in the fieldhouse.</p> <p>Players should arrive early to help set up nets and equipment.</p> <p>We have rackets to lend, but please bring your own if you have one.</p> <p>Coach Cheng Contact: pcheng@lwsd.org</p> |
| Baseball | 3:30-6:00PM M-F TBA Sat | Baseball Field | <p>Tryouts will be held Monday 02/27 - Wednesday 03/01.</p> <p>Cuts will be made on Wednesday, March 1.</p> <p>Players will need rubber or plastic cleats (NO METAL!), their own glove, baseball pants, baseball belt, baseball hat, and a long sleeve shirt/sweatshirt/jacket (We will be outside no matter what!). They should also bring a bat if they have one but not required.</p> <p>Lastly, please NO SUNFLOWER SEEDS! We have a beautiful new turf field and would like to keep it clean! GO RAVENS!</p> <p>Coach contact: Joe Meggs – jmeggs@lwsd.org</p> |

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| Golf (Girls) | 3:15PM - 4:30PM M-Th | Meet at Willows Golf Course (Par 3 Course) 10402 Willows Rd, Redmond, WA | Coach Contact: Michael Fleming mfleming@lwsd.org |
| Soccer (Boys) | 3:00 – 5:00PM | Soccer Field | Tryouts are Monday, 2/27 – Wednesday, 3/1 3:00-5PM (You should be there all three days) Th/F Practice will be 3-5 for V/JV and 5:30-7 for C Team Coach contact: Matt Brown mabrown@lwsd.org |
| Softball | 3:30 – 5:30PM M-F 9:00 – 11:30AM Sat | Softball Field | Tryouts are Monday and Tuesday & potentially Wednesday Team(s) will be determined after tryouts on Tuesday or Wednesday Practice begins after tryouts with determined teams Bring: Glove, molded cleats, bat (if you have one) and tennis shoes. Dress for the weather! We will have Saturday practice 9A-11:30AM Coach Contact: Chris Cook ccook@lwsd.org |
| Tennis (Girls) | 3:00 – 5:00PM M,T,TH,F 1:15-3:15PM Wed | Tennis Courts | Bring your tennis racquet, tennis shoes, clothing for tennis, water and snacks. Come ready to run around. Coach Contact: Toni Leitao aleitao@lwsd.org |
| Track and Field | 3:45-6:00PM M-F 8:30AM -10:30AM Sat | Track | Bring running shoes, sweats, and raincoat Coach Contacts: Neil Kells nkells@lwsd.org |