

Sport	Start Date	Time	Location	Comments
Boys Basketball	Monday, 11/18	Try-outs: Nov 18 & 19 3:30PM – 6:00PM	Fieldhouse	<p>Bring basketball shoes, athletic shorts and shirt</p> <p style="text-align: center;"><u>Practices</u> 3:30PM-6:00PM M-F 11AM-1PM Sat.</p> <p>Practice jersey required every day, available after tryouts.</p> <p style="text-align: center;"><u>Games</u> 20 games plus post season</p> <p>We practice over Thanksgiving and Winter breaks. First Saturday of season is an all-day retreat.</p> <p>Coach contact - Justin Mezistrano jmezistrano@gmail.com</p>
Girls Basketball	Monday, 11/18	Try-outs: Nov 18 & 19 6:00PM to 8:15PM	Fieldhouse	<p>Bring basketball shoes, athletic shorts and shirt, and water to try-outs.</p> <p style="text-align: center;"><u>Practices</u> 6:00PM to 8:15PM M-F 9:00AM to 11:00AM Sat.</p> <p>Practice shorts and shirt provided after try-outs.</p> <p style="text-align: center;"><u>Games</u> 20 games plus post season</p> <p>We practice over Thanksgiving and Winter breaks.</p> <p>The first Friday of the season, Varsity team will be attending a Weekend retreat. (11/22-11/24)</p> <p>Coach Contact – Azuma Bearden Abearden80@gmail.com</p>

<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Gymnastics</h1>	<p>Monday, 11/11</p> <p>*Note this is ONE WEEK earlier than other sports</p>	<p>M/W 3:30-5:30pm</p> <p>T/Th/F: 7:00-9:30pm</p> <p>Sat: 8-10am</p>	<p>Northwest Aerials 12440 128th Ln NE Kirkland WA 98034</p>	<p>Try-outs 11/11-11/13</p> <p>All athletes should wear either a leotard, or other tight-fitting clothing, bring a water bottle and have your hair tied back.</p> <p>We have 6 meets, and postseason for those who qualify</p> <p>We practice over Thanksgiving and Winter breaks</p> <p>Coach Samantha Hanson samantha.hanson4@gmail.com</p>
<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Swim & Dive</h1>	<p>Monday, 11/18</p>	<p>Mon-Fri 2:55PM – 4:10PM</p>	<p>JHS Pool</p>	<p>Bring swimsuit, cap, goggle and Towel for practices.</p> <p>We will have a modified practice schedule during school breaks</p> <p>Coach Contact – Christina Hunsberger chunsberger@lwsd.org</p>
<h1 style="writing-mode: vertical-rl; transform: rotate(180deg);">Wrestling</h1>	<p>Monday, 11/18</p>	<p>Mon-Fri 3:00PM-5:15PM</p> <p>Sat 9AM-11AM</p>	<p>Mat Room</p>	<p>Wrestlers bring BOTH wrestling & running shoes daily. Athletic Shorts & t-shirts</p> <p>Practices during Thanksgiving & Winter Breaks</p> <p>A comprehensive season schedule of dates/times will be provided at the Winter Parent Meeting</p> <p>Coach Kevin Corbett KevinC@RebelsWrestling.org</p>

Winter Sports Parent Meeting will be held Thursday, 11/21 @ 6:30