

2021 Fall Sports Practice Information

Week 1

Team	Practice Times	Location	Additional Comments
<p>Cross Country</p>	<p>First day of practice is Monday, 8/23 Practices Monday - Friday begin at 4:00 PM. Practice on Saturday begins at 8:30 AM. Practices are typically 2-2.5 hours long</p>	<p>Varies, see comments</p>	<ul style="list-style-type: none"> • Monday August 23 - Juanita High School - meet in the track bleachers on the visitor side • Tuesday August 24 - St. Edward State Park - meet in upper parking lot by the park office/gym • Wednesday August 25 - 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 26 - St. Edward State Park - meet in upper parking lot by the park office/gym • Friday August 27 - Big Finn Hill Park - enter the park off of 84th Avenue South, next to Thoreau Elementary • Saturday August 28 - Crestwoods Park, next to Kirkland Middle School. <p>Coach Contact: Coach Neil Kells nkells@lwsd.org</p>
<p>Football</p>	<p>1st Day of Practice Wednesday, August 18 3:30-6PM</p>	<p>JHS Football Field</p>	<ul style="list-style-type: none"> • JHS Supplies practice jerseys, pants, belts, shoulder pads, helmets, knee pads, game jerseys and pants. • Players supply integrated girdle, cleats and mouth pieces. • Locker room will open at 3:00 PM to allow players to dress for practice. • All 3 programs practice at the same time from 3:30 PM to 6PM on the football field. <p>Coach Contact: Jared Carter jacarter@lwsd.org ICAL Feed: webcal://www.juanitafootball.com/ical_feed?tags=4993308%2C4993310%2C4993312</p>

<p>Golf (Boys)</p> <p>*Updated 8/13*</p> <p>Golf is a cut sport, registration deadline is Sunday, 8/22</p>	<p>Monday 8/23 2:30PM</p> <p>Tuesday 8/24 11:45AM</p> <p>Wednesday 8/25 TBD</p>	<p>Willows Golf Course 10402 Willows Rd NE Redmond, WA 98052</p>	<p style="text-align: center;"><u>Tryout Information:</u></p> <p>First day of tryouts will be at Heron Links (at Willows Run, the par-3 course) at 2:30. Second day will be at Eagles' Talon, 12:27 first tee off, show up at 11:45AM.</p> <p>Tee costs are covered by the team, please arrive in golf-wear.</p> <p>What to Bring:</p> <ol style="list-style-type: none"> All golfers must supply their own golf clubs, balls, and tees. Wear appropriate golf attire to all practices. Appropriate golf attire includes a collared polo shirt, cotton, or polyester blend pants (khaki) or dress shorts with a pleated or flat front, belt, and golf shoes with soft spikes. Flip-flops, cut-off shorts, denim pants, sweatpants, cargo pants, tee-shirts, and sleeveless shirts are not allowed at matches or practices. <p>Coach Contact: Mike Fleming mflaming@lwsd.org</p>
<p>Soccer (Women's)</p> <p>Soccer is a cut sport, registration deadline is Sunday, 8/23</p>	<p>Try-outs: 8/23, 24 & 25 Time: 9A - 12P</p> <p>Practice: 8/26, 8/27 Time: 8A - 10A</p> <p>Practice: 8/28 Time: 9A - 12P</p> <p>Picnic: 8/28 in Kingsgate (TBD) Time: 1P – 5P</p>	<p>JHS Multi-Purpose Field</p>	<p><u>Tryout Information</u></p> <p>Tryouts are August 23, 24 & 25 (you should plan to attend all try-outs). Practice for teams will begin on 8/26. Athletes must have 10 practices logged in order to play in games. It is vital that you attend as many practices as possible at the beginning of the season. Each day of tryouts count as one practice.</p> <p>Bring soccer cleats or turf shoes and running shoes, shin guards (required), and water to every practice. Athletic shorts and shirt. Sweats and sweatshirt when necessary.</p> <p>Coach Contact: Lynn Glenn LGlennJr@LWSD.org Calendar: Women's Soccer Calendar</p>

<p>Slow Pitch Softball</p>	<p>First Day of Practice is Thursday, 9/2 Time TBA</p>	<p>JHS Softball Field</p>	<p>Slow-pitch is a <i>no cut</i> sport. You will need a glove and cleats to play. Coach Contact: TBD</p>
<p>Swimming (Girls)</p>	<p>1st Day of practice is Monday 8/23 Swim Practice 2:55 - 4:10 <small>(time could change based on pool availability)</small> Dive Practice TBD</p>	<p>Juanita Pool</p>	<p>Swimming is a no cut sport. However, to participate team members must be able to swim 25 yards unassisted and be comfortable in the water. Bring a 1-piece suit, cap, and goggles. Coach Contact: TBD</p>
<p>Tennis (Boys)</p>	<p>Practices start Monday, 8/23 Time 3:00-5:00</p>	<p>JHS Tennis Courts</p>	<p>The first 1 to 2 weeks are 3PM-5PM at the new Juanita courts, and consist of practice & tryouts to determine Varsity and JV. Plan on 2 hours for practice each weekday.</p> <ul style="list-style-type: none"> • 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/ slightly different times. <p>Coach Contact: TBD</p>

<p>Volleyball</p> <p>Volleyball is a cut sport.</p> <p>Registration Deadline is Sunday, 8/22</p>	<p>Tryouts August 23,24,25 5:30PM-7:30PM</p>	<p>Fieldhouse</p>	<p><u>Tryouts</u></p> <p>8/23,24 and 8/25 (You should attend all 3 tryouts) 5:30-7:30PM</p> <p>Coach Contact: Coach Alyx apackard@lwsd.org</p>
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