

# 2019 Fall Sports Practice Information

## Week 1

Changes and updates can be found at [www.Kingcoathletics.com](http://www.Kingcoathletics.com), click on the "J", then the sport you're looking for. This is also where to find the game schedules.

Team	Practice Times	Location	Additional Comments
<b>Cross Country</b>	First day of practice is Monday, 8/26 Practices Monday - Friday begin at 4:00 PM. Practice on Saturday begins at 8:30 AM. Practices are typically 2-2.5 hours long	Varies, see comments	<ul style="list-style-type: none"><li>Monday August 26 - Juanita High School - meet in the track bleachers on the visitor side</li><li>Tuesday August 27 - St. Edward State Park - meet in upper parking lot by the park office/gym</li><li>Wednesday August 28 - Sammamish River Trail - meet at large gravel parking lot by Woodinville Little League Baseball fields, across the Sammamish River from the old Redhook Brewery</li><li>Thursday August 29 - St. Edward State Park - meet in upper parking lot by the park office/gym</li><li>Friday August 30 - Big Finn Hill Park - enter the park off of 84th Avenue South, next to Thoreau Elementary</li><li>Saturday August 31 - Crestwoods Park, next to Kirkland Middle School.</li></ul> <p>Coach Contact: Coach Eich <a href="mailto:ccoacheich@gmail.com">ccoacheich@gmail.com</a></p>

<p style="text-align: center;"><b>Football</b></p>	<p style="text-align: center;">1<sup>st</sup> Day of Practice Wednesday, August 21</p>	<p style="text-align: center;">JHS Football Field</p>	<ul style="list-style-type: none"> <li>• JHS Supplies practice jerseys, pants, belts, shoulder pads, helmets, knee pads, game jerseys and pants.</li> <li>• Players supply integrated girdle, cleats and mouth pieces.</li> <li>• Incoming Freshman will receive gear and complete impact testing at August 21st practice.</li> <li>• Any Sophomore, Junior or Senior who did not participate in Spring Football will receive gear on Tuesday Aug. 20 from 4PM – 7PM in the field house.</li> <li>• Locker room will open at 3:30PM to allow players to dress for practice.</li> <li>• All 3 programs practice at the same time from 4PM to 6PM on the football field.</li> <li>• August 26th – 28th we will practice twice a day: 4PM – 6PM and 7PM – 9PM</li> </ul> <p style="text-align: right;">Coach Contact: Jared Carter <a href="mailto:jacarter@lwsd.org">jacarter@lwsd.org</a></p> <p style="font-size: small; text-align: right;">ICAL Feed: <a href="http://www.juanitafootball.com/ical_feed?tags=4993308%2C4993310%2C4993312">webcal://www.juanitafootball.com/ical_feed?tags=4993308%2C4993310%2C4993312</a></p>
<p style="text-align: center;"><b>Golf (Boys)</b></p> <p style="text-align: center;"><b>Golf is a cut sport, registration deadline is Sunday, 8/25</b></p>	<p style="text-align: center;">Monday 8/26 3:00 PM-5:30 PM  Tuesday 8/27 2:30 PM-6:30 PM (or later if playing 18)</p>	<p style="text-align: center;">Willows Golf Course 10402 Willows Rd NE Redmond, WA 98052</p>	<p><b><u>Tryout Information:</u> Tryouts will take place on August 26<sup>th</sup> and August 27<sup>st</sup> at Willows Run Golf Complex in Redmond. You should attend both practices.</b></p> <p><b>Monday, August 26<sup>st</sup></b></p> <ul style="list-style-type: none"> <li>• Tryouts start at <b>3:00 PM</b> at Heron Links Putting Green (south end of complex).</li> <li>• Tee Time – 3:30 PM on Heron Links (9 holes)</li> <li>• Tryouts over between 5:00 and 5:30 PM</li> </ul> <p><b>Tuesday, August 27<sup>st</sup></b></p> <ul style="list-style-type: none"> <li>• Tryouts start at <b>2:30 PM</b> at Willow Driving Range</li> <li>• Tee Time – 3:15 PM on Coyote</li> <li>• playing 9 Holes, but optional 18</li> <li>• Tryouts over about 6:30 PM (later if playing 18)</li> </ul> <p>Be on time, bring your clubs, dress in appropriate golf attire (collared shirts, no denim) and be ready to play.</p> <p>Coach Contact: Michael Bailey <a href="mailto:m Bailey@lwsd.org">m Bailey@lwsd.org</a></p>

<p><b>Soccer (Girls)</b></p> <p><b>Soccer is a cut sport, registration deadline is Sunday, 8/25</b></p>	<p>Try-outs: 8/26, 27 &amp; 28 Time 9A-12P</p> <p>Practice: 8/29 and 8/30 8A-10A</p>	<p>JHS Football Field</p>	<p><b><u>Tryout Information</u></b> Tryouts are August 26, 27 &amp; 28 (you should attend all try-outs) Practice for teams will begin on 8/29</p> <p>Bring soccer cleats or turf shoes, shin guards, and water to every practice. Athletic shorts and shirt. Sweats and sweatshirt when necessary.</p> <p>Coach Contact: Lynn Glenn <a href="mailto:CoachLynnGlenn@gmail.com">CoachLynnGlenn@gmail.com</a></p>
<p><b>Slow Pitch Softball</b></p>	<p>First Day of Practice is Wednesday, 9/4</p> <p>Time TBA</p>	<p>JHS Softball Field</p>	<p>Slow-pitch is a <b>no cut</b> sport. You will need a glove and cleats to play.</p> <p>Coach Contact: Abbie Kruse <a href="mailto:abkruse@lwsd.org">abkruse@lwsd.org</a></p>
<p><b>Swimming (Girls)</b></p> <p><b>Registration Deadline is Sunday, 8/25</b></p>	<p>1<sup>st</sup> Day of practice is Monday 8/26</p> <p>Swim Practice 2:55 - 4:10 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.</p> <p>Coach Contact: Christina Hunsberger – <a href="mailto:chunsberger@lwsd.org">chunsberger@lwsd.org</a></p>

<p><b>Tennis (Boys)</b></p>	<p>Practices start Monday, 8/26</p> <p>Time 3:15-5:00</p>	<p>“Juanita Courts” at  <b>Lake Washington High School</b>  12033 NE 80<sup>th</sup> St.  Kirkland WA 98034</p>	<p>The first 1 to 2 weeks are practice &amp; tryouts to determine Varsity and JV. Plan on 1:45 (hours) for practice each week day. Wear tennis shoes &amp; 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> <p>Coach Contact: Mike Fleming 425-444-4891  or <a href="mailto:mflaming@lwsd.org">mflaming@lwsd.org</a></p>
<p><b>Volleyball</b></p> <p><b>Volleyball is a cut sport. Registration Deadline is Sunday, 8/25</b></p>	<p>Times vary, see comments box</p>	<p>Fieldhouse</p>	<p><b><u>Tryouts</u></b>  <b>8/26,27 and 8/28</b> (You should attend all 3 tryouts)  <b>5:30-8pm</b></p> <p><u>8/29 practice</u>  C team: 4:45-6:45  JV: 6-6:45  Varsity: 4:45-6:45</p> <p><u>8/30 practice</u>  C team: 4:45-6:45  JV: 6-8  Varsity: 5:30-8</p> <p>Note- Varsity will have conditioning/jump training or position tutoring before practices on certain days.</p> <p>Coach Contact: Coach Alyx <a href="mailto:alyxandraf@yahoo.com">alyxandraf@yahoo.com</a></p>