2019-2020 Spring Sports Bulletin

FIRST DAY OF PRACTICE FOR ALL SPRING SPORTS: **MONDAY March 2nd, 2020**

Athletic Director – Jesse Snyder  snyderje@bsd405.org  425-456-7416

Athletic Secretary – Charlene Jones  jonesc@bsd405.org  425-456-7417

School Accountant – Judy Sceats  sceatsj@bsd405.org  425-456-7418

Athletic Trainer – Hannah Santos  Hannah.santos@seattlechildrens.org

NHS Athletics Website:  [https://bsd405.org/nhs/knights/athletics/](https://bsd405.org/nhs/knights/athletics/)

Season **game schedules, scores, and league standings** can be found at  [http://www.kingcoathletics.com](http://www.kingcoathletics.com)

You can become a subscriber at kingcoathletics.com and receive email, text, and twitter alerts for the sports of your choice if changes to the schedule happen. Really handy for sports that can be rained out!

**Spring Sports Night for Parents and Athletes** – 7PM Thursday March 5th, 2020 - Main Gym

*Informational night for parents and student-athletes. There will be a general session for parents / athletes followed by an opportunity for parents to hear from coaches while student-athletes are informed about the code of conduct*

**Registration** for spring sports is completed at  [www.bellevue-wa.finalforms.com](http://www.bellevue-wa.finalforms.com)

All families should have received an email from mailman@finalforms.com to activate their account. If you did not receive that email, check your junk folder, and if it is not there please contact Jesse Snyder or Charlene Jones and we will get you set up in a matter of minutes

**PHYSICALS:** In order to participate in athletics a **current physical exam** completed by a physician that clears a student for participation must be on file in the athletics office. They are valid for two years from the date of the exam.

You can submit the physical in person at the athletics office in the commons, in the main office, or by emailing a scanned copy to Jesse or Charlene.
Required Fees – *DUE BEFORE THE FIRST CONTEST*

Pay at [https://touchbase.bsd405.org/](https://touchbase.bsd405.org/) or in person at the accountant’s office

- Spring Sports Fee - $100
- Transportation Fee - $50
- ASB Membership - $70

*Club sports (water polo, lacrosse, badminton) have a different funding model and will have different fees than the other spring sports.*

**Impact Testing** – Impact testing is a brain function test that provides our athletic trainers with a baseline to assist in a student’s safe return to athletics if they should sustain a concussion. It is required for baseball, softball, boys and girls lacrosse, girls water polo, boys soccer, pole vault, cheer, and drill. The test is valid for two years in most cases. Our trainer will ensure that all athletes who need the test will be tested.

**Impact Testing Schedule: All tests will be held in room 2407 (second floor, near the theatre)**

**SPRING IMPACT TESTING SCHEDULE:**

2-24-2020 - 4:00 PM – 5:00 PM
2-25-2020 – 4:00 PM – 5:00 PM
2-27-2020 – 4:00 PM - 5:00 PM
2-28-2020 – 4:00 PM – 5:00 PM

*If you cannot make the session scheduled for your specific team, you are welcome to attend any of the scheduled sessions*

**Required items to participate in practices / tryouts**

- Completed registration on Final Forms
- Valid Physical on file with athletics office

**Required to participate in contests / games**

- Practice requirements met
- Valid impact test if sport requires it
- Pay all related fees and any student fines
- Minimum 10 practices
Spring Sports – Coach Contact and First Practice

Boys Baseball: Cut sport that will offer V/JV teams (C-team TBD)
- Head Coach: Brad Files filesb@bsd405.org
- **First Practice: Monday 3/2/2020 4PM NHS Baseball Field**

Girls Fastpitch Softball: No-Cut Varsity (JV TBD)
- Head Coach: Mike Hirai hiraim@bsd405.org
- **First Practice: Monday 3/2/2020 4PM NHS Softball Field**

Boys / Girls Track and Field: No cut sport
- Head Coaches: Jonathan Lafler and Kayla Evans laflerj@bsd405.org; evansk@bsd405.org
- **First Practice: Monday 3/2/2020 4:00pm NHS Stadium**

Boys Soccer: Cut sport that will offer V/JV/C teams
- Head Coach: Mike Williams williamsm@bsd405.org
- **First Practice: Monday 3/2/2020 4:00 PM NHS Stadium**

Girls Golf: Cut sport, limited roster size due to golf course constraints
- Head Coach: Jeff Kent kentj@bsd405.org
- **First Practice: Monday 3/2/2020 4:00 PM Newcastle Golf Club**

Girls Tennis: No cut sport that will offer V/JV teams
- Head Coach: Barb Sneckner snecknerb@bsd405.org
- **First Practice: Monday 3/2/2020 4:00 PM NHS Tennis Courts**

Boys Lacrosse: No cut club sport
- Head Coach: Nick Riley rileyn@bsd405.org
- **First Practice: Monday 2/24/2020 7pm NHS Stadium**

Girls Lacrosse (with Sammamish and Interlake High Schools): No cut club sport*
- Head Coach: Carli Weinberg weinbergc@bsd405.org
- **First Practice: Monday 2/24/2020 Tillicum Middle School Multi-Use Field 4:00 PM**

Girls Water Polo: No cut club sport
- Head Coach: Farrah Kunkel kunkelf@bsd405.org
- **First Practice: Monday 3/2/2020 3:45PM Edgebrook Pool**

Girls Badminton: No cut club sport
- Head Coach: Peter Lee leep@bsd405.org
- **First Practice: Monday 3/2/2020 4pm NHS Main Gym**

Cheer Tryouts for 2020-2021 Season: Year-long activity
- Head Coach: Jannetta Blake blakej@bsd405.org
- Tryout Dates: April 6th – April 10th (Times TBD)

Dance and Drill Tryouts for 2020-2021 Season: Year-long activity
- Head Coach: Savannah Atabelo atabelos@bsd405.org
- Tryout Dates: April 27th – May 1st (Times TBD)