

21-22 NEWPORT HIGH SCHOOL WINTER SPORTS BULLETIN

FIRST DAY OF PRACTICE FOR WINTER SPORTS

Monday, November 15th

Athletic Director: Jesse Snyder snyderje@bsd405.org 425-456-7413
Athletic Secretary: Jennetta Blake blakej@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/>

Season game schedules and scores: www.newportknights.org

League Standings and Post-Season Tournament Brackets: www.kingcoathletics.com OR www.wiaa.com

WINTER SPORTS PARENTS TOWN HALL: 7:00 PM Thursday 11/21 – Microsoft Teams

Meeting Link: [https://teams.microsoft.com/l/meetup-](https://teams.microsoft.com/l/meetup-join/19%3ameeting-NmZjYjkyNDUtM2M0OS00YzY4LTljMGYtMmZhNmVjNTBmYzQ4%40thread.v2/0?context=%7b%22Tid%22%3a%22994a4139-7c06-491e-8098-79006d575de0%22%2c%22Oid%22%3a%2227dfafc9-8515-4707-82c9-7492bcb88d62%22%2c%22IsBroadcastMeeting%22%3atru%7d&btype=a&role=a)

[join/19%3ameeting-NmZjYjkyNDUtM2M0OS00YzY4LTljMGYtMmZhNmVjNTBmYzQ4%40thread.v2/0?context=%7b%22Tid%22%3a%22994a4139-7c06-491e-8098-79006d575de0%22%2c%22Oid%22%3a%2227dfafc9-8515-4707-82c9-7492bcb88d62%22%2c%22IsBroadcastMeeting%22%3atru%7d&btype=a&role=a](https://teams.microsoft.com/l/meetup-join/19%3ameeting-NmZjYjkyNDUtM2M0OS00YzY4LTljMGYtMmZhNmVjNTBmYzQ4%40thread.v2/0?context=%7b%22Tid%22%3a%22994a4139-7c06-491e-8098-79006d575de0%22%2c%22Oid%22%3a%2227dfafc9-8515-4707-82c9-7492bcb88d62%22%2c%22IsBroadcastMeeting%22%3atru%7d&btype=a&role=a)

Registration: www.bellevue-wa.finalforms.com

If you need help with registration or accessing your account, please contact Jennetta Blake. Please note that only the parent account can register for programs. There are forms that require both parent signature and student signatures from the student account before registration is complete.

PHYSICALS: 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, ASB office, or by emailing a scanned copy to Jesse Snyder or Jennetta Blake.

Required Fees: FEES ARE DUE BEFORE THE FIRST CONTEST

Pay at <https://touchbase.bsd405.org/> - School district payment system (pay fees and fines here) or in person at the accountant's office.

- Winter Sports Fee - \$100
- Winter Transportation Fee - \$50
- ASB Membership - \$70 – One-time Yearly

Required items to participate in practice / tryouts:

- Completed registration on Final Forms.
- Valid Physical on file with the Athletics Office.
- Basketball / Wrestling – provide proof of vaccination or testing consent form

Required to participate in contest / games:

- Minimum practice requirements met
- Valid Impact test if sport requires it
- Pay all related fees and any student fines

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 should they sustain a concussion. It is required for basketball, wrestling, gymnastics, and diving (not swim). 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

GYMNASTICS IMPACT TESTING:

- Wednesday 11/3, 3PM
- Thursday 11/4, 4PM

WINTER IMPACT TESTING:

- Monday 11/8 – 4:00 and 5:00 PM
- Tuesday 11/9 – 4:00 and 5:00 PM
- Thursday 11/11– 4:00 PM and 5:00 PM
- Friday 11/12 – 4:00 PM – 5:00 PM

COVID SAFETY: To view the full safety protocols please view the document at the link below.

<https://www.doh.wa.gov/Portals/1/Documents/1600/coronavirus/820-201-SportsFitnessGuidance.pdf>

Masks and student-athletes: When actively participating in practices or competitions, student-athletes may remove their masks. In all other indoor settings masks are required, regardless of vaccination status. Athletes can choose to remain masked except in situations where wearing a mask may be unsafe (i.e.: certain gymnastics skills or cheer stunts).

COVID Testing for high-risk indoor sports: Participants in basketball, wrestling, cheer, and drill are required to participate in screening testing unless they are fully vaccinated. Students who provide documentation of their vaccination status are exempt from testing.

PRE-TRYOUT TESTING CONSENT / VACCINATION SCREENING:

Wednesday November 10th 12:30 – 1:30 PM

Friday November 12th 3:00 – 4:00

If you are trying out for basketball or wrestling you will need to bring proof of vaccination or a signed testing consent form to Mr. Snyder in the commons at the times listed. You cannot participate in practices if you have not consented to testing or provided proof of vaccination.

Spectator Information: Ticket prices for varsity basketball, wrestling, and gymnastics events

- JV/C events on the same site and day as a varsity event will be charged admission
- \$7 for adults or students w/o ASB membership
- \$5 for students K-8.
- Students with ASB membership attend home games for free
- Pre-school age children and senior citizens are free.
- Playoff events have different pricing and may require online pre-purchase through www.gofan.com

Spectator Guidelines

- **Masks must be worn indoors at all times by all spectators**
- Food and drink are not allowed in the gym
- Behavior that is abusive to the visiting team and officials will not be tolerated
- Spectators are to stay out of the playing area at all times
- All Kingco Spectator policies apply

<http://www.kingcoathletics.com/attach/pages/0.7.0.0.200/KingCoHandbook2021-202221.8.29.pdf>

ON SALE – FAMILY GAME PASSES: Through your student's touchbase account you can purchase game passes in 5, 8, and 10 game punch cards and eliminate the need to have cash for admission to a game. Once ordered online they can be picked up with the athletic secretary or at the gate of a home game.

PASSES ARE ONLY VALID FOR REGULAR SEASON HOME GAMES.

WINTER SPORTS – COACH CONTACT AND FIRST PRACTICE

First Day of Winter Sports – Monday, November 15, 2021

Gymnastics

Practice Sites: Gymnastics East, Newport Outside Gym, Bellevue High

First Practice – **8:00 PM @ Gymnastics East**

Head Coach: Rose Kibala kibalar@bsd405.org

Gymnastics is a mostly no-cut sport. Our coaches reserve the right to recommend a roster cut for an athlete who cannot safely perform tumbling skills if needed.

Boys Basketball

Practice Sites: Newport Main and upper gym

First Practice Grades 10-12 – **3:30pm @ NHS Main Gym**

First Practice for Freshmen – **7pm @ NHS Upper Gym**

Head Coach Mark Prince – princem@bsd405.org

Boys basketball is a cut sport. The first 3 practices are a tryout for the team. There are nearly 90 boys registered for the sport and there are 30-40 roster spots. Athletes trying out for the team that do not have any prior experience playing some level of team basketball will find it very difficult to earn a roster spot.

Girls Basketball – Newport Main Gym

Practice Sites: Newport Main and upper gym

First Practice – **5:30pm @ NHS Main Gym**

Head Coach Cuong Luu – luuc@bsd05.org

Girls basketball is a cut sport. The first 3 practices are a tryout for the team. We have made very few roster cuts in the past because the number of participants at the tryout has not exceeded our roster space.

Boys Swim and Dive

Practice Site: Edgebrook Swim and Tennis Club

First Practice – **6PM Edgebrook Swim and Tennis Club**

Head Coach Eric Bartleson – bartlesone@bsd405.org

Swim and dive is a no-cut sport.

Boys and Girls Wrestling

Practice Site: NHS Outside Gym

First Practice – **4:30pm NHS Outside Gym**

Head Coach Shawn Weisenburgh weisenburghs@bsd405.org

Wrestling is a no-cut sport.