FIRST DAY OF PRACTICE FOR FALL SPORTS
Wednesday August 19th for Football
All other Fall Sports Monday August 24th

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/

Season game schedules, scores, and league standings - 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. This is handy for sports that can be rained out!

FALL SPORTS NIGHT FOR PARENTS AND ATHLETES – 7:00 PM Thursday 8/27 – Main Gym

We typically hold this event in person but may need to have this event remotely.

Registration for Fall Sports is completed at www.bellevue-wa.finalforms.com. Please contact Charlene Jones with registration questions or for support.

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 Charlene Jones.

Required Fees – 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.

• Fall Sports Fee - $100
• Fall Transportation Fee - $55
• ASB Membership - $70

Club sports (water polo) have a different funding model and will have different fees than the other fall 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 should they sustain a concussion. It is required for football, soccer, dive, golf, volleyball, 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: **TBD** — *We are not certain when and how we will be able to execute our ImPACT testing schedule for this summer. As soon as we can, we will publish a list of dates.*

Please note that the impact test is not required to tryout or begin practices on August 19th or August 24th. If needed, we will schedule additional testing times and will coordinate those times with coaches so that the testing can be completed at convenient times. There is no need to register in advance for a test.

**Required items to participate in practice / tryouts:**
- Completed registration on Final Forms.
- Valid Physical on file with the Athletics Office.

**Required to participate in contest / games:**
- Practice requirements met
- Valid Impact test if sport requires it
- Pay all related fees and any student fine
- Minimum of 10 practices (12 for football)

**Cheer and Drill Tryouts**

We typically have a tryout for our drill and cheer teams in April and an opportunity for new students in October. We have not held our tryouts yet and have not announced a date for the tryouts this year. As soon as we can hold a tryout in person, we will publish a date.
FALL SPORTS – COACH CONTACT AND FIRST PRACTICE
Practice times are TBD and will be published in August.

First Day of Football – Wednesday August 19th - Practices at Newport Stadium
Head Coach: Drew Oliver - olivera@bsd405.org

First Day for All Fall Sports – Monday August 24th
Girls Soccer – Practices at Newport Stadium
Head Coach: Casey Rummel – rummelc@bsd405.org

Girls Volleyball – Practices at Newport Main Gym
Head Coach: Zeke Hsu – hsuz@bsd05.org

Girls Swim and Dive – Practices at Edgebrook Swim and Tennis Club
*First practice usually meets in the NHS commons
Head Coach: Eric Bartleson – bartlesone@bsd405.org

Boys and Girls Cross Country – Newport Stadium
Head Coaches: Jon Lafler laflerj@bsd405.org; Kayla Evans evansk@bsd405.org

Boys Golf – Tryout at Twin Rivers Golf Course 7AM
Practice site is Newcastle Golf Club
Head Coach: Frank Nimmo – nimmof@bsd405.org

Boys Tennis – Newport HS Tennis Courts
Head Coach: Barb Sneckner - snecknerb@bsd405.org
Players will need to purchase their own uniform

Boys Water Polo – Practices at Edgebrook Pool Time TBD
Head Coach Farrah Kunkel – kunkelf@bsd405.org

Cheer 2020-2021 Season – Year-Long Activity
Head Coach: Jannetta Blake blakej@bsd405.org

Dance and Drill 2020-2021 – Year-Long Activity
Head Coach: Savannah Atabelo atabelos@bsd405.org