

## Interlake Saints 2021-2022 Sports Bulletin

FIRST DAY OF PRACTICE FOR ALL SPORTS:

Fall- August 23, 2021 (Football-August 18)

Winter- November 15, 2021 (Gymnastics-November 8)

Spring- February 28, 2022

For times and locations please go to our website: <https://bsd405.org/interlake/saints/athletics/>

### **Athletics Contacts**

Athletic Director – Kyle McKenna [mckennak@bsd405.org](mailto:mckennak@bsd405.org) 425-456-7209

Athletic Secretary – Krystyn Higgins [higginsk@bsd405.org](mailto:higginsk@bsd405.org) 425-456-7365

Athletic Trainer – Shauna Delaney [delaneys@bsd405.org](mailto:delaneys@bsd405.org)

Season **schedules, scores, and league standings** can be found at <https://interlakeathletics.org/>

**Sports Information Night for Parents: Are held the second week of each sports season –**  
*Informational night for parents. There will be a general session for parents followed by an opportunity for parents to hear from coaches and parent reps.*

### **Requirements**

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

- Completed registration on Final Forms
- Valid Physical on file with athletics office
- Completed Baseline Testing for all contact sports (this test is offered at Interlake June-August)

#### **Required to participate in contests**

- Practice requirements met
- Pay all related fees and any student fines
- Minimum 10 practices (Football and Wrestling have a minimum of 12, Gymnastics 15)

**Registration** for 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](mailto: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 Ms. Krystyn Higgins and we will get you set up in a matter of minutes.

**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 exam form in person at the Athletics Office in the commons (at the drop box outside of the Athletic Office), in the counseling office, or by emailing a scanned copy to Ms. Higgins.

**IMPACT Testing** – IMPACT testing is a cognitive test that provides our athletic trainers with a baseline to assist in a student’s safe return to athletics if should they should sustain a concussion. It is required all contact sports and is valid for two years in most cases. If a student is registered for a sport which requires an IMPACT test, Shauna Delaney will communicate with you about IMPACT testing dates, times, and locations.

**Required Fees – DUE BEFORE THE FIRST CONTEST**

Pay at <https://wa-bellevue.intouchrecepting.com/> or in person at the accountant’s office (Ms. Tate)

- Winter Sports Fee - \$100
- Transportation Fee - \$50
- ASB Membership - \$75

**Coach Contact**

Fall Sport	Head Coach	Coach Email	Start Date
Cross Country (Boys)	Brad Barquist	<a href="mailto:barquistb@bsd405.org">barquistb@bsd405.org</a>	August 23, 2021
Cross Country (Girls)	TBD	TBD	August 23, 2021
Football	Dante Foster	<a href="mailto:fosterd@bsd405.org">fosterd@bsd405.org</a>	August 18, 2021
Golf (Boys) *	Scott Marcum	<a href="mailto:marcums@bsd405.org">marcums@bsd405.org</a>	August 23, 2021
Soccer (Girls) *	Justin Petersen	<a href="mailto:petersenj@bsd405.org">petersenj@bsd405.org</a>	August 23, 2021
Swim/Dive (Girls) *	Erik Mathre	<a href="mailto:mathree@bsd405.org">mathree@bsd405.org</a>	August 23, 2021
Tennis (Boys) *	Matthew Perlman	<a href="mailto:perlmanm@bsd405.org">perlmanm@bsd405.org</a>	August 23, 2021
Volleyball *	Eddie Guerrero	<a href="mailto:guerreroe@bsd405.org">guerreroe@bsd405.org</a>	August 23, 2021

Winter Sport	Head Coach	Coach Email	Start Date
Basketball (Boys) *	TBD	TBD	November 15, 2021
Basketball (Girls) *	Ryan Cruz	<a href="mailto:cruzz@bsd405.org">cruzz@bsd405.org</a>	November 15, 2021
Gymnastics	Sara Grandstrand	<a href="mailto:grandstrands@bsd405.org">grandstrands@bsd405.org</a>	November 15, 2021
Swim/Dive (Boys)	Erik Mathre	<a href="mailto:Mathree@bsd405.org">Mathree@bsd405.org</a>	November 15, 2021
Wrestling (co-ed)	Dave Unwin	<a href="mailto:unwind@bsd405.org">unwind@bsd405.org</a>	November 15, 2021

Spring Sport	Head Coach	Coach Email	Start Date
Badminton	Jerry Schaefer	<a href="mailto:schaeferj@bsd405.org">schaeferj@bsd405.org</a>	February 28, 2022
Baseball *	Kyle Skinner	<a href="mailto:skinnerk@bsd405.org">skinnerk@bsd405.org</a>	February 28, 2022
Golf (Girls) *	Doug Calvert	<a href="mailto:calvertd@bsd405.org">calvertd@bsd405.org</a>	February 28, 2022
Lacrosse (Boys)	Bobby Henry	<a href="mailto:Henryr@bsd405.org">Henryr@bsd405.org</a>	February 28, 2022
Lacrosse (Girls)	Carli Weinberg	<a href="mailto:weinbergc@bsd405.org">weinbergc@bsd405.org</a>	February 28, 2022
Soccer (Boys) *	Dan Peterson	<a href="mailto:petersond@bsd405.org">petersond@bsd405.org</a>	February 28, 2022
Softball	Cassandra Hill	<a href="mailto:hillca@Absd405.org">hillca@Absd405.org</a>	February 28, 2022
Tennis (Girls) *	Matthew Perlman	<a href="mailto:perlmanm@bsd405.org">perlmanm@bsd405.org</a>	February 28, 2022
Track and Field (Boys)	Dave Unwin	<a href="mailto:unwind@bsd405.org">unwind@bsd405.org</a>	February 28, 2022
Track and Field (Girls)	Mitch Carabat	<a href="mailto:carabatm@bsd405.org">carabatm@bsd405.org</a>	February 28, 2022

Year Round	Head Coach	Coach Email	Start Date
Cheer *	Heather Mclean	<a href="mailto:mcleanh@bsd405.org">mcleanh@bsd405.org</a>	Spring 2021
Drill *	Samantha Bradley	<a href="mailto:bradleys@bsd405.org">bradleys@bsd405.org</a>	Spring 2021

*\*Indicates a cut sport*