



LAKE SIDE

ATHLETICS

TIME COMMITMENT FOR UPPER SCHOOL ATHLETES

FINANCIAL COMMITMENT FOR FAMILIES

2019-2020

May 10, 2019

Dear Parents and Guardians of Upper School Students,

2018-2019 has been a great year for Lakeside Athletics. Over 75 percent of the students in the Upper School participated in at least one sport. Our students competed well, were led by great coaches, and showed sportsmanship and respect as they competed. It is an honor to work on behalf of Lakeside Athletics. I send this message along to you today because it is time to start planning for the 2019-2020 school year.

We created this document so that families know what to expect when a student decides to play a sport at the Upper School. You will find start dates, practice times, contacts for coaches, and many other important pieces of information. If your student is considering playing a sport during the 2019-2020 school year, this is a great reference guide for your family.

Each page that follows gives a brief overview of the time required of a student for each of the sports offered through Lakeside athletics. You can see when practices begin; what expectations are over vacations and long weekends; and read about the attendance policy for participating in athletics (next page). There is also information about costs to families and required equipment.

Any costs associated with participating in athletics that are not covered by the school budget are charged through student billing. For families receiving financial aid package, charges from the athletics department are covered at a similar percentage to the overall award. No one should ask you for money. When students travel overnight for non-league or fun experiences, there is a minimal charge. You will see this indicated on the team pages throughout this document. Otherwise, post-season travel, apparel, uniforms, and equipment are all covered by the school.

We want every student who wants to be part of a team to join us. It is important to note, however, that participation in our athletics program requires a significant time commitment. And, students need to honor that commitment from the first day of practice until the last day of the season.

Coaches will reach out to families with information about summer practices and other commitments. If you don't hear from a coach by mid-June, please send that coach an email using the contact information found in the following pages. And, as always, please contact me if you have questions or need some assistance with the process of signing up your student for a team.

Go Lions!



Chris Hartley

Director of Athletics

chris.hartley@lakesideschool.org

***Please read these two policies carefully to ensure
that your student is eligible to participate in athletics.***

DAILY ATTENDANCE POLICY FOR PARTICIPATION IN ATHLETICS

- For students to be able to participate in practices or competitions, they must attend all classes and be present at all required school meetings (advisory, assembly, class meetings, etc.).
- If students miss a class or required meeting because they skip, they lose track of time, they are tardy more than 15 minutes, they are ill, or they are sleeping, they are ineligible to participate that day.
- If students miss a class or required meeting due to an appointment that is excused by the Upper School office, then they can participate. The most common excused absence that is approved for participation in athletics is a doctor's appointment.
- Please note that students who miss a class or required meeting because they sleep in or get extra rest in the morning will **NOT** be eligible for participation in athletics that day. Even if a student's parent/guardian excuses this absence, it does not make the student eligible for athletics that day.

RATIONALE: Academics is the top priority at Lakeside. Athletics come after academics. So, students need to make being in class their top priority. If a student does not attend all classes and meetings due to illness or because they are too tired, then their priority needs to be focusing on their school work. Time after school should be used to catch up on work or to meet with teachers. If a student skips a class or required meeting, then the consequence for that decision is that the student loses the privilege to participate in athletics.

IN-SEASON LAKESIDE ATHLETES PARTICIPATING ON A NON-SCHOOL ATHLETICS TEAM

- If a Lakeside athlete will miss practices or competitions because that athlete will be participating in an event with a non-school athletic team, that athlete must inform the Lakeside coach well in advance of the non-school team event. A waiver must be requested and approved by the coach and the director of athletics.
 - If the school sport is one of the WIAA sports, the consequences for not following this protocol are significant. If the Metro League is not informed of this situation, if the waiver is not granted, and if the athlete misses a Lakeside practice or competition, that athlete is **ineligible for the remainder of the season.**
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Lakeside Baseball

Teams: Varsity and JV

Head Coach/Program Head: Kellen Sundin

Email Address: kellen.sundin@lakesideschool.org

First Day of Practice for Varsity: 3/2/2020

First Day of Practice for Sub-varsity: 3/2/2020

State Championship Weekend: 5/30/2020

Approximate Last Day: 5/8/2020

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday - Friday 2-3 Saturdays	3:15-5:30 9-11am	Practice at Magnuson Park and in the Field House
Varsity and JV Games	Mon, Wed, Fri	Game time: 3:30 or 4 pm	3 Games over Spring Break

Additional In-Season Commitments: We provide bus transportation to/from practices and games. On practice days the bus leaves Lakeside as soon as school lets out. The bus will return to Lakeside by 5:45. On game days students typically receive an early dismissal at 2 p.m. or before meaning they miss part of 7th period and all of 8th period. Rainouts will change the game schedule, so we may end up having four games in a week. On the first Saturday of the season we will have a practice followed by a parent/guardian meeting to share information about the upcoming season. There will be a program-wide banquet held at Lakeside in mid- to late-May.

In-Season School Vacations: We play Metro league games over Spring Break, so everyone needs to commit to being available for games and practices over break.

Summer Commitment: The cages at Lakeside will be open for hitting and pitching sessions throughout the summer. If you are in town and interested in using these facilities, please contact Kellen Sundin at least one week in advance.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Billing for the Season: \$100-\$200 if the team takes a weekend trip

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Glove (there are a few available to borrow)

Gear: Cleats/Turf Shoes, Practice pants

Boys Basketball

Teams: Varsity, JV and JVC

Head Coach/Program Head: Joe Puetz

Email Address: joe.puetz@lakesideschool.org

First Day of Practice for Varsity: 11/18/2019

First Day of Practice for Sub-varsity: 11/18/2019

State Championship Weekend: 3/7/2020

Approximate Last Day: 2/14/2020 JV/JVC

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday Saturday	3:30-5:30 Morning	Varsity players asked to attend MS games on Sat.
Varsity and JV Games	T & F Some Sat	JV 5:45, V 7:30 on Tue JV 5:30, V 8:30 on Fri	Saturday Game times vary, usually afternoons/evenings
JVC Practices	Monday - Friday	3:30-5	
JVC Games	Mon & Sat	Evenings on Mondays; morning or afternoon on Sat	This is based on 2018-2019 schedule; could change

Additional In-Season Commitments: Players are required to have ten practices prior to competing in a game which puts attendance at a premium over Thanksgiving Break. We have a parent/guardian meeting during the first two weeks of practice. Information about the squads and season will be shared at that meeting. There is an end-of-season, program-wide banquet. The varsity team will participate in a tournament during winter break (12/25-12/31).

In-Season School Vacations: Players have Thanksgiving Day off. The varsity team has a tournament during Winter Break (12/25-31) and is usually still playing during Mid-Winter Break (February). The varsity team will practice on Martin Luther King Jr. Day. JV and JVC will not travel over Winter Break but will have practices and likely have games.

Summer Commitment: More experienced players are asked to help work Summer Camps. Optional open gym nights available to all players, and an optional tournament or two. Nothing is mandatory.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Billing for the Season: \$200 (Varsity Only. Covers the costs of the winter break tournament in CA or AZ)

Game Admission: There is an admission charge (about \$5) to all home and away games. Individuals and families can purchase season passes at a discounted rate for all home regular season games. Lakeside students do not pay for home games.

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: None

Gear: Basketball Shoes

Girls Basketball

Teams: Varsity, JV and Possibly JVC

Head Coach/Program Head: Mia Fisher

Email Address: mia.fisher@lakesideschool.org

First Day of Practice for Varsity: 11/18/2019

First Day of Practice for Sub-varsity: 11/18/2019

State Championship Weekend: 3/7/2020

Approximate Last Day: 2/14/2020 JV/JVC

Are there tryouts? Yes

Does your program have cuts? Rare Occasions

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday And Saturdays	3:30-5:30 Morning	Varsity players asked to attend MS games on Sat.
Varsity Games	Wednesdays and Fridays Some Saturdays	7:30 on Wed; 7 on Fri	Saturday game times are afternoons or evenings
Sub-varsity Practices	Monday - Friday	3:30-5:30	No Saturdays
Sub-varsity Games	Wednesdays and Fridays Some Saturdays	5:45 on Wed; 4 on Fri	Saturday Games Vary, usually evenings

Additional In-Season Commitments: Players are required to have ten practices prior to competing in a game which puts attendance at a premium over Thanksgiving Break. We have a parent/guardian meeting during the first two weeks of practice. Information about the squads and season will be shared at that meeting. There is an end-of-season, program-wide banquet. The varsity team will participate in a tournament during Winter Break (12/25-12/31).

In-Season School Vacations: Players have Thanksgiving Day off. The varsity team has a tournament during Winter Break (12/25-31) and is usually still playing during Mid-Winter Break (February). Sub-varsity will practice over Winter Break. The season is over by Mid-Winter (February) Break for sub-varsity teams. Varsity might participate in a tournament on Martin Luther King Jr. Day.

Summer Commitment: Varsity players are asked to help work our Summer Camp. There will be open gym nights available to all players, a team camp, and an optional tournament or two. Nothing is mandatory.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Billing for the Season: \$100 (Varsity Only. Covers the cost of a local winter break tournament.)

Game Admission: There is an admission charge (about \$5) to all home and away games. Individuals and families can purchase season passes at a discounted rate for all home regular season games. Lakeside students do not pay for home games.

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: None

Gear: Basketball Shoes

Crew

Teams: Varsity and Novice

Head Coaches/Program Heads: Jeff Iqbal (b)
Briana Schulte (g)

Email Address: jeff.iqbal@lakesideschool.org
briana.schulte@lakesideschool.org

First Day of Practice: 2/25/2019

Last Team Regatta: 5/21 – 5/23/2020

National Championship Weekend: 6/11 – 6/13/2020

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Practices	Monday – Friday Saturday	3:30 – 6 pm 8 – 11 am	See transportation arrangements section
Regattas (6 or 7)	Weekends	All day	Two are overnight trips

Transportation Arrangements: Lakeside provides busing from Lakeside (departing around 3:10 p.m.) to the Ayrault Shellhouse (Kenmore). Many students carpool, and busing is provided to ensure that everyone has a ride to practice. Students are unable to return to campus in time for the Activity Bus, so arrangements need to be made for the student to return home. Carpools can be used.

Additional In-Season Commitments: Two regattas (Brentwood and NW Regionals) are overnight trips. For both regattas, students leave on Thursday and return to Lakeside on Sunday. For local regattas, athletes' days begin early in the morning and are scheduled until the evening.

In-Season School Vacations: There are two practices each day during spring break for returning members of the team (Varsity) and one practice each day during spring break for new members of the team (Novice).

Summer Commitment: Returning members of the team (Varsity) are encouraged to participate in the optional summer training sessions held July 29-August 22, Monday-Thursday from 6:00-8:00 a.m. Varsity members will be asked to volunteer their time at the two weeks of the Lakeside Co-ed Learn to Row Camps, which will be held July 8-19, Monday-Friday from 9am-noon.

Fall Pre-Season Commitment: Returning members of the team (Varsity) are expected to attend Pre-Season Training held August 26-September 3 (no practice on Monday, September 3), Monday-Friday from 3:30-6:00 p.m.

Fall Practices: Interested students can row in the fall. Returning members of the team (Varsity) will practice five times per week. Busing is provided to the boathouse, but Varsity athletes will need to get rides home. Athletes who are new to the sport or new to the team are "Novices" and have two options for training in the fall. Athletes who are brand new to the sport or who have less than three months of experience will practice two days a week (Mondays and Wednesdays) and complete an eight-week Beginning Learn to Row curriculum (September 9-October 30) that will give them a solid introduction to the sport. Athletes who have at least three months of experience can choose to practice three days a week (Tuesdays, Thursdays and Fridays) and follow the eight-week Advanced Learn to Row curriculum (September 10-November 1) that will further their understanding of the sport and include an opportunity to race another team in a local scrimmage. Athletes who are eligible for the Advanced Learn to Row program can choose to row in the Beginning Learn to Row program if they prefer.

Busing will be provided to the boathouse for Novice athletes on all practice days. Novices will return to the main campus in time to catch the Activity Bus **EXCEPT** on Fridays. They will be on the water later on those days and will need to make arrangements to be transported home. Carpools can be used.

Winter Workouts: Winter training workouts are for Varsity athletes who will be rowing in the spring. School transportation is not provided. There will be four workouts per week, two land workouts and two workouts on the water. Novice athletes will be considered for this opportunity on a case-by-case basis. All athletes will have the ability to return to campus in time for the Activity Bus.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Year: \$400

Items Contained in Bill: Travel expenses for Portland Regatta (Fall - \$50), Brentwood (Spring - \$300) and NW Regionals (Spring - \$50). Athletes qualifying for Nationals will incur additional charges for airfare and lodging.

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: None

Gear: Rowers need to have spandex apparel. No loose-fitting clothing (athletic shorts, t-shirts)

Cross Country Running

Teams: Varsity and JV

Head Coach/Program Head: Sally Revere

Email Address: sally.revere@lakesideschool.org

First Day of Practice for Varsity: 8/26/2019

First Day of Practice for Sub-varsity: 8/26/2019

State Championship Weekend: 11/9/2019

Approximate Last Day for Sub-varsity: 11/2/2019

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Team Practices	Monday – Friday	3:30 – 5:30	Optional Saturday practices
Team Meets	One per week on a week-day, 3 optional Saturday invitationals	Weekday meets start approximately at 2:45 and will end before 5 pm.	All runners must ride Lakeside provided buses to the weekday meets

Additional In-Season Commitments: The first five days of pre-season practice (August 26-30) are optional practices. On the first Saturday when school is in session, we will host a parent/guardian potluck to share important information about the team and the season, and there is an optional workout at the same time for the runners. There is an end-of-season banquet that will take place in early December. On meet days, students will have an early dismissal and miss all of their last period class. Runners will miss a full day of class for the Metro League meet.

In-Season School Vacations: Practices held on Labor Day and on teacher in-service days.

Summer Commitment: None. Weekly emails are sent to the runners with training ideas and suggested training schedules. Once a week for the months of June and July there is an optional informal run that is attended by a coach as well – usually late Tuesday afternoons.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Billing for the Season: \$25 for students who participate in invitationals that require an overnight stay.

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Distance training shoes, some may want to have cross country racing spikes – we also have some loaner spikes

Gear: good synthetic socks, non-cotton training clothes (shorts, sweats, long and short sleeved shirts)

FOOTBALL

Teams: Varsity and JV

Head Coach: Mike Lengel

Email Address: mike.lengel@lakesideschool.org

First Day of Practice for Varsity: 8/26/2019

First Day of Practice for Sub-varsity: 8/26/2019

State Championship Weekend: 12/7/2019

Approximate Last Day: Mid-November

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity Practices	Monday – Friday	3:30 – 5:45	
Varsity Games	Friday afternoons/nights Saturday afternoons	Home – Friday -7 pm Away – Friday – 7 pm Saturday – 1 pm	Buses are provided for away games.
JV Practices	Same as varsity	Same as varsity	Same as varsity
JV Games	Monday afternoons/evenings Saturday Afternoons	Monday – 4 pm Saturday – 1 pm	Same as varsity

Additional In-Season Commitments: Practices begin before school starts. There will be 5 “double days” that run 3:30-8:30 p.m. Freshmen players are asked to help at varsity games with filming and other support work. There is an end-of-season banquet that will take place in late November.

In-Season School Vacations: Practices held on Labor Day and on teacher in-service days.

Summer Commitment: There are a total of 20 practices in the summer held from 5:00-7:00 p.m. The team goes to Camp Casey on Whidbey Island, July 26-28. Attendance at summer practices is encouraged. An athlete’s commitment in the summer will have a direct correlation to varsity playing time in the fall. And, an athlete joining Lakeside football for the first time will find the summer practices beneficial. New football players will have time to meet the older players and to learn the offense and defense.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside’s strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student’s school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$50 (charged to all players who attend the team trip at Camp Casey)

Game Admission: There is an admission charge (about \$5) to all home and most away games. Lakeside students do not pay for home games.

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: None

Gear: Cleats

Co-ed Golf

Teams: Varsity

Head Coach: Doug Porter

Email Address: doug.porter@lakesideschool.org

First Day of Practice for Varsity: 8/26/2019

State Championship Meet: 5/28/2020

Approximate Last Day: 11/6/2019

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday	3:30 - 5:30	At Jackson Park Golf Course or at school
Varsity Matches	Two per week (days vary)	4 p.m.: first tee time	At Jackson, Jefferson, or West Seattle Golf Courses

Additional In-Season Commitments: We provide bus transportation to/from practices and matches. On match days students typically receive an early dismissal between 1:30 and 2:30 depending on where the match is being played. This means that students will miss part of 7th period and all of 8th period.

There will be a parent/guardian meeting held at the beginning of the season. There will be a program-wide, end-of-season banquet in October. The boys district tournament takes place during the last week of October. The girls district tournament takes place in mid-May. Both the boys and girls state tournaments take place during the last week of May.

In-Season School Vacations: Practice will be held on three-day weekends when teachers have professional development days.

Summer Commitment: The first two or three days of practice are tryouts. It is important for students who want to compete on our golf teams to practice over the summer. Lakeside's top golfers average between 36 and 40 for nine holes. Students wanting to be contributing members of the team should regularly shoot below 50 for nine holes.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$0

Items Contained in Bill: N/A

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Golf clubs, balls, etc.

Gear: Golf cleats

Boys Lacrosse

Teams: Varsity and JV

Head Coach/Program Head: TBD

Email Address: chris.hartley@lakesideschool.org

First Day of Practice for Varsity: 3/2/2020

First Day of Practice for Sub-varsity: 3/2/2020

State Championship Weekend: 5/30/2020

Approximate Last Day: 5/4/2020

Are there tryouts? Yes

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday	3:30 – 5:30 or 3:45 – 5:45	2 or 3 Saturday practices
Varsity and JV Games	Mostly Weekdays; a few Saturdays	Weekday start times are between 5 and 8 pm; weekends are around 2 pm	Buses are provided for travel for away games.

Additional In-Season Commitments: All players will go to Camp Casey the first weekend of the season. On the second Saturday of practices, we will host a parent/guardian meeting to share important information about the team and the season. There is an end-of-season banquet that will take place in early- to mid-May. Parent/guardian volunteers are needed to run our home and away games. Please volunteer if you are able.

In-Season School Vacations: During Spring Break, team practices begin on Thursday. Practices are held Thursday, and Friday, Saturday, and Monday. Varsity players are expected to be at all Spring Break practices. There are practices on all in-service days for teachers (no classes).

Summer Commitment: No summer practices

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$50 (Camp Casey)

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Lacrosse stick, gloves, shoulder pads, arm pads (the school has some items that can be borrowed)

Gear: Cleats, athletic cup

Girls Lacrosse

Teams: Varsity and JV

Head Coach/Program Head: Jamie Asaka

Email Address: Jamie.asaka@lakesideschool.org

First Day of Practice for Varsity: 2/24/2020

First Day of Practice for Sub-varsity: 2/24/2020

State Championship Weekend: 5/15/2020

Approximate Last Day: 5/1/2020

Are there tryouts? Yes

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday through Friday	3:30-5:30 pm	
Varsity and JV Games	Mon – Fri; Occasional Sat	Range: 3:30-8 pm start	Buses provided to and from games

Additional In-Season Commitments: There will be a parent/guardian meeting at the beginning of the season to share important information. There will be a program-wide banquet at the end of the season.

In-Season School Vacations: There may be practices during spring break. Before any travel plans are made, please speak with Coach Asaka.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$0

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Eye goggles, lacrosse stick, mouth-guard (Lakeside has equipment that can be borrowed)

Gear: Shorts, cleats, running shoes

Boys Soccer

Teams: Varsity and JV

Head Coach/Program Head: Mark Szabo

Email Address: mark.szabo@lakesideschool.org

First Day of Practice for Varsity: 3/2/2020

First Day of Practice for Sub-varsity: 3/2/2020

State Championship Weekend: 5/30/2020

Approximate Last Day: 5/9/2020

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday - Friday	3:30-5:30	2 or 3 Saturday practices
Varsity and JV Matches	Mostly Weekdays; a few Saturdays	Weekday start times are at 3:30 or 4pm; weekends are around 2 pm	Buses are provided for travel for away games.

Additional In-Season Commitments: On the first Saturday of practices, we will host a parent/guardian meeting to share important information about the team and the season. There is an end-of-season banquet that will take place in mid-May.

In-Season School Vacations: There will be matches held over spring break. All soccer players need to be prepared to participate all week during spring break.

Summer Commitment: No soccer commitments

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$0

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: none

Gear: Shin guards and cleats

Girls Soccer

Teams: Varsity and JV

Head Coach/Program Head: Derrek Falor

Email Address: derrek.falor@lakesideschool.org

First Day of Practice for Varsity: 8/26/2019

First Day of Practice for Sub-varsity: 8/26/2019

State Championship Weekend: 11/23/2019

Approximate Last Day: 11/1/2019

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday, occasional Saturdays	3:30 – 5:30 If Sat then 10 am	3-3:30 is individual dev time for those that want it
Varsity and JV Matches	Tuesday afternoons/nights Thursday afternoons/nights Saturdays	Home – T/TH – 4 pm Sat – 12 pm Away – TBD	Buses are provided for travel to away games.

Additional In-Season Commitments: Practices begin before school starts. There will be “2-a-day” practices the week before school starts that run 3:30-8:30 p.m. In order to make the varsity team a student has to be able to be at practice beginning August 26. There will be one or two team-bonding events in the first two week of practice in the evenings. There is a program-wide, end-of-season banquet that will take place at the conclusion of the season.

In-Season School Vacations: Practices will be held on Labor Day and on in-service work days for teachers (no classes).

Summer Commitment: There will practices throughout the summer beginning Monday, June 17 and ending Wednesday, July 31. All practices will be 3:30-5:30 pm. Coach Falor will send out specific dates. Attendance is strongly encouraged when athletes are in town.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside’s strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student’s school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$0

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: None

Gear: Cleats and shin guards

Boys Swim and Dive

Teams: Varsity

Head Coach/Program Head: Matt Miller

Email Address: matt.miller@lakesideschool.org

First Day of Practice for Varsity: 11/18/2019

State Championship Weekend: 2/22/2020

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity Practices	Monday thru Friday in pre-season; Mon-Thur once meets begin	6:15-7:45 am	Practices are at Helene Madison Pool (next to Ingraham HS); Occasional Saturday practices
Varsity Meets	Fridays and some Saturdays	Friday 3:30-6 pm	Occasional weekend meets

Additional In-Season Commitments Pre-Season meeting with all parents, guardians and swimmers; end-of-season banquet for all. Car pools are used to travel between Helene Madison and the school after morning practices. Car pools are used to travel from the school to Helene Madison for meets. Busing is provided for away meets. Because of the timing of swim meets, swimmers receive an early dismissal on Fridays during the season, missing part or all of their final class of the day. The team might have an overnight, team bonding experience during a school break or weekend.

In-Season School Vacations: Practices during week of Thanksgiving, Winter Break, and Mid-Winter Break, weekdays and Saturdays, not including holidays.

Summer Commitment: None

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$50

Items Contained in Bill: Overnight trip

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Goggles

Gear: Practice suits

Girls Swim and Dive

Teams: Varsity

Head Coach: Susan Mayfield

Program Head: Matt Miller

Email Address: susan.mayfield@lakesideschool.org

Email Address: matt.miller@lakesideschool.org

First Day of Practice for Varsity: 8/26/2019

State Championship Weekend: 11/16/2019

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity Practices *	Monday-Thursday Saturday	3:30-5:30 pm 11:30 am-1 pm	At Viewridge Pool Viewridge
Varsity Meets	Fridays	3:00-5:30pm	Occasional Saturday meets

* Our home pool (Helene Madison) is closed Fall 2019 for upgrades and repairs. We will be using a number of pools throughout the season for practices (Innis Arden, Wedgwood, and Viewridge). The coaches will share detailed practice plans with athletes and families well in advance of the season. The practice times outlined above are for when school begins.

Additional In-Season Commitments: Pre-Season meeting with all parents, guardians and swimmers; end-of-season banquet for all. An overnight, team-bonding event may happen during the season. Busing is provided for away meets. Because of the timing of swim meets, swimmers receive an early dismissal on Fridays during the season. They will miss part or all of their last period class each Friday. There will be an overnight, team-bonding trip during the first two weeks of practice.

In-Season School Vacations: Practices begin before school starts. Practices are held on in-service days for teachers (no classes).

Summer Commitment: None

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$50

Items Contained in Bill: Cost for overnight trip or team bonding event

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Goggles

Gear: Practice suits

Co-ed Tennis

Teams: Varsity and JV

Head Coach: TBD

Email Address: chris.hartley@lakesideschool.org

First Day of Practice for Varsity: 3/2/2020

First Day of Practice for Sub-varsity: 3/2/2020

State Championship Weekend: 5/30/2020

Approximate Last Day: 5/2/2020

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity Practices	Monday – Friday	3:30 – 5:30 pm	At Magnuson Park
Varsity Matches	Two per week (days vary)	Matches start at 3:30	At local parks and schools
JV Practices	Monday – Friday	3:30 – 5:30 pm	At Bitter Lake courts
JV Matches	Two per week (days vary)	Matches start at 3:30	At local parks and schools

Additional In-Season Commitments: Most, if not all, travel is accomplished with carpools using student drivers. On match days students typically receive an early dismissal between 1:30 and 2:30 depending on where the match is being played. Weather greatly affects the match schedule. Depending on the number of rainouts, there are some weeks when students have four matches. There will be a parent/guardian meeting held at the beginning of the season. There will be a program-wide, end-of-season banquet.

Metro and District Tournaments happen on multiple days beginning the second week of May. Players advancing in the tournaments will miss classes on several days. Play usually begins in the early afternoon and runs until the evening.

In-Season School Vacations: No practices over Spring Break

Summer Commitment: None

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$0

Items Contained in Bill: N/A

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Tennis racquet

Gear: Tennis shoes

Co-ed Track & Field

Teams: Varsity and JV

Head Coaches: Doug Porter
Sally Revere

Email Address: doug.porter@lakesideschool.org
sally.revere@lakesideschool.org

Program Head: Sally Revere

Email Address: sally.revere@lakesideschool.org

First Day of Practice for Varsity: 3/2/2020
State Championship Weekend: 5/30/2020

First Day of Practice for Sub-varsity: 3/2/2020
Approximate Last Day for Sub-varsity: 5/14/2020

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Varsity and JV Practices	Monday – Friday	3:30 – 5:30	Optional Saturday practices
Varsity and JV Meets	One per week on a week-day, 3 optional Saturday invitationals	Weekday meets start approximately at 2:45 and will end around 7 pm	Athletes can drive, carpool or ride school-provided transportation to the meets.

Additional In-Season Commitments: On the first Saturday of practice we will host a parent/guardian morning meeting to share important information about the team and the season, and there is an optional workout at the same time for the runners. Because of the timing of meets, athletes receive an early dismissal on competition days. They typically miss all of the last period of the day of meets. There is an end-of-season banquet that will take place in early June.

Metro and District meets are two-day events (Wednesday and Friday) with early dismissals.

In-Season School Vacations: There are no formal practices during Spring Break. Optional workouts will be offered for those interested.

Summer Commitment: None

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$25 (participation in invitationals that require an overnight stay)

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: Sturdy running shoes, some may wish to have racing spikes – we also have some loaner spikes to lend

Gear: Good synthetic socks, non-cotton training clothes (shorts, sweats, long and short sleeved shirts)

Volleyball

Teams: Varsity and JV (potentially JVC)

Head Coach/Program Head: Jeff Kim

Email Address: jeff.kim@lakesideschool.org

First Day of Practice for Varsity: 8/26/2019

First Day of Practice for Sub-varsity: 8/26/2019

State Championship Weekend: 11/10/2018

Approximate Last Day: 10/27/2018

Are there tryouts? Yes

Does your program have cuts? Yes

	Days of Week	Time	Things to Note
Varsity Practices	Monday - Friday	3:30-5:30 pm	
Varsity Matches	2-3 matches per week	Start time is 7 pm	2-3 Sat. Tournaments
Sub-varsity Practices	Monday - Friday	3:30-5:30 pm	
Sub-varsity Games	Monday - Friday	5:30 pm	1 or 2 Sat. Tournaments

Additional In-Season Commitments: Tryouts will be held on the first two or three days of practice. For home matches, JV players are asked to call lines for the varsity game. Varsity players volunteer to call lines during the JV games. This responsibility is rotated among the players.

In-Season School Vacations: Practices will be held on Labor Day and in-service days for teachers (no classes)

Summer Commitment: Lakeside hosts a volleyball camp for middle school-aged students, July 8-12, 9 a.m.-12 p.m. Current members of the volleyball program are asked to volunteer at this camp. That same week, July 8-12, team camp will run 3:30-6:30 p.m. There will be open gyms offered throughout the summer as well. Players should make every effort to attend when they are in town and do not have other conflicts.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$0

Items Contained in Bill:

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: none

Gear: Black spandex shorts, knee pads, volleyball shoes

Ultimate Frisbee

The athletics department at Lakeside does not oversee the Ultimate Frisbee program. If you would like more information about the Ultimate Program, please contact Eleanor Long or Rachel Maiorano.

Eleanor Long: eleanor.long@lakesideschool.org

Rachel Maiorano: rachel.maiorano@lakesideschool.org

Co-ed Wrestling

Teams: Varsity and JV

Head Coach: Bryce Aktepy

Email Address: bryce.aktepy@lakesideschool.org

First Day of Practice for Varsity and JV: 11/18/2019

State Championship Weekend: 2/22/2020

Are there tryouts? No

Does your program have cuts? No

	Days of Week	Time	Things to Note
Practices	Monday - Friday	3:30 - 5:30 pm	Occasional Sat. practices
Matches	Thursdays with a few invitationals on Saturdays	Thursday matches start between 5 and 7 pm; invitationals are all day	Busing provided for all away matches

Additional In-Season Commitments: The weight management program for wrestling is a critical component. Athlete's safety and well-being is the primary focus. This program is closely monitored and administered by the athletic trainer staff. There will be a parent/guardian meeting held at the beginning of the season. There will be a banquet at the end of the season. The team will likely have an overnight experience to watch a collegiate wrestling tournament.

In-Season School Vacations: There will be practices over Thanksgiving break (guaranteed no practice on Thursday). There will be practices over Winter Break (guaranteed no practice on Christmas Day or New Years Day). Wrestlers who are competing in the post-season will practice and compete over Mid-Winter Break (February).

Summer Commitment: Those who are interested can connect with the coach to look at appropriate camps to attend.

Strength and Conditioning: *The expectation is that all athletes participate in Lakeside's strength and conditioning program. Student-athletes will be given the opportunity to sign up to participate in this program during free periods, before school, or after school (out of season). This is a year-round program. As is always the case, a student's school work has top priority. So, if adding an additional time commitment in the strength and conditioning room is too much, athletes can postpone this work.*

STUDENT BILLING

Estimated Billing for the Season: \$50

Items Contained in Bill: Cost for overnight trip (lodging and transportation).

REQUIRED EQUIPMENT/GEAR NOT PROVIDED BY THE SCHOOL

Equipment: None

Gear: Wrestling shoes, shorts, t-shirts