

21-22 Spring Sports Bulletin

FIRST DAY OF PRACTICE FOR ALL SPRING SPORTS: MONDAY FEBRUARY 28, 2022

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/>

NHS Schedules and Standings: <http://www.kingcoathletics.com/>

New to high school athletics? If this is your first experience with high school athletics, you might be surprised at the level of competition and the expectations of commitment from our coaches. In general, our teams all practice and compete 5-6 days per week and most have events scheduled on weekends and over spring break. To get the most out of the experience, it is suggested that you clear your calendar of conflicts and commit to the entire season. The regular season ends in the first 2 weeks of March, but playoffs and post-season events will continue all the way to Memorial Day weekend. Some sports have a tryout and will offer roster spots to players based on merit and roster space; others are no-cut opportunities that will take as many students as will commit to the season.

Registration for all spring sports is completed at www.bellevue-wa.finalforms.com

Final Forms Support: https://bsd405.org/wp-content/uploads/2018/10/BELLEVUE_FinalForms_ParentPlaybook.pdf

There is a parent account and a student account and both accounts require action to be fully registered. Only the parent account can add a student to a spring sport. Please contact blakej@bsd405.org for help.

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

You can submit the physical by uploading it to your final forms profile, in person at the athletics office in the commons, or by email to blakej@bsd405.org

Required Fees: DUE BEFORE THE FIRST CONTEST

Pay at <https://touchbase.bsd405.org/> or in person at the accountant's office

- Spring Sports Fee - \$100
- Transportation Fee - \$50
- ASB Membership - \$70
- Club Sport Fee \$150* (Badminton, Boys / Girls Lacrosse, Girls Water Polo)

**For lacrosse and water polo there are also fees paid to a non-school club that covers expenses for the program. Please check w/ the accountant or club treasurer before paying the club fee to be certain that the club has not paid that expense on your behalf, especially if you have already paid fees to the club.*

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, lacrosse, water polo, 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: Sessions are drop in and there is no need to register. The test takes between 30 – 60 minutes for most students to complete. The testing rooms are located on the South end of the school on the second floor, the opposite side of the building from the main classroom area.

Thursday 2/10	4:00 PM	Room 2407	Tuesday 2/15	4:00 PM	Room 2406
Friday 2/11	4:00 PM	Room 2407	Thursday 2/17	4:00 PM	Room 2406
Monday 2/14	4:00 PM	Room 2406	Friday 2/18	4:00 PM	Room 2406

Minimum requirements to participate in practices or tryouts

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

Minimum requirements to participate in contests and games

- Valid impact test (if sport requires)
- Pay all related fees and any student fines
- Minimum 10 practices
- Club sports may have additional requirements from their sponsoring club
- Teams may have additional requirements unique to their program

Spring Sports – Coach Contact and First Practice

Boys Baseball: Cut sport that will offer V/JV teams and C-team if sufficient participants

- Head Coach: Brad Files filesb@bsd405.org
- **First Practice: Monday 2/28/22 4PM NHS Baseball Field**

Girls Fastpitch Softball: Limited cut sport, will offer a Varsity team and JV team if sufficient participants

- Head Coach: Mike Hirai hiraim@bsd405.org
- **First Practice: Monday 2/28/22 4PM NHS Softball Field**

Boys / Girls Track and Field: No cut sport

- Head Coaches: Onna Turner turneron@bsd504.org and Doug Cooper rdcoopermarketing@gmail.com
- **First Practice: Monday 2/28/22 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 2/28/22 4:00 PM NHS Stadium**
- **Offering voluntary open field sessions on 2/11 and 2/18 from 5:00 – 6:30 PM. Come dressed to play.**

Girls Golf: Cut sport, limited roster size due to golf course constraints

- Head Coach: Jeff Kent kentj@bsd405.org
- **First Practice: 2/28/22 4:00 PM Newcastle Golf Club**

Girls Tennis: No cut sport that will offer V/JV and C teams

- Head Coach: Barb Sneckner snecknerb@bsd405.org
- **First Practice: 2/28/22 4:00 PM NHS Tennis Courts**

Boys Lacrosse: No cut club sport

- Head Coach: Trevor Rainville rainvillet@bsd405.org
- **First Practice: Monday 2/28/22 7pm NHS Stadium**

Girls Lacrosse (with Sammamish and Interlake High Schools): No cut club sport

- Head Coach: Samantha Gunnerson gunnersons@bsd405.org
- **First Practice: Monday 2/28/22 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 2/28/22 3:45PM Edgebrook Pool**

Girls Badminton: No cut club sport

- Head Coach: Peter Lee leep@bsd405.org
- **First Practice: Tuesday 4/1/22 4pm NHS Main Gym**

Cheer Tryouts for 2021-2022: Year-long activity

- **Head Coach: Jennetta Blake blakej@bsd405.org**
- **Tryout Dates: April 4th – April 8th 7-9pm NHS Main Gym**

Dance and Drill Tryouts for 2021-2022: Year-long activity

- **Head Coach: Savannah Atabelo atabelos@bsd405.org**
- **Tryout Dates: April 18th – April 22nd (Times TBD)**