

2026 Spring Sports

Week 1 Practice/Tryout Information

Spring Sports Parent Meeting – March 5 @ 7:00PM in the Commons

Team	Practice Times	Location	Additional Comments
Badminton	3:45PM – 5:15PM	Fieldhouse	<ul style="list-style-type: none"> 1st week practice will be Monday-Friday from 3:45PM – 5:15PM in the fieldhouse. Players should arrive early to help set up nets and equipment. We have rackets to lend, but please bring your own if you have one. Singles Ranking Ladder tournament starts on 3/5 Doubles Ranking Ladder tournament starts on 3/6 and ends on 3/9 1st Match vs. Inglemoor on 3/10. <p>Coach Contact: Peter Cheng PCheng@lwsd.org</p>
Baseball	<u>M.T,Th,F</u> 3:45-6:00PM <u>Wed</u> 2:30-5:00PM <u>Sat</u> TBD	Baseball Field	<p>Tryouts</p> <ul style="list-style-type: none"> Tryouts will be held Mon. 3/2, Tues. 3/3 and Wed. 3/4. You should attend all tryouts Cuts will be made on Wednesday, 3/4 Red and Navy intersquad game Saturday March 7th. Initial Rosters posted sometime the following week (rosters subject to change). <p>Players must come prepared to tryouts with the following:</p> <ul style="list-style-type: none"> Baseball pants, hat, and belt are mandatory Long sleeves, sweatshirt or jacket Wear Juanita gear or colors Baseball glove Rubber or molded cleats (no metal spikes) Plenty of water Baseball bat and helmet (optional) <p>Field Rules & Notes</p> <ul style="list-style-type: none"> No metal spikes No sunflower seeds Be Prepared for rain, we will be outside regardless of weather <p>Coach contact: Jason Musselman JMusselman@lwsd.org</p>

Golf (Girls)	3:50PM – 5:15PM M-Th	Meet at Willows Golf Course (Par 3 Course) 10402 Willows Rd, Redmond, WA	<p>Tryouts – Van will leave from by theater entrance at 3:25ish, if you would like a ride to tryouts or practice.</p> <ul style="list-style-type: none"> • Monday 3/2 @ Willows Par 3 Course practice area • Tuesday 3/3 @ Redwood Golf Range. • Wednesday 3/4 @ Willows Par 3 Course • Be prepared for rain, please. If you need help with having appropriate gear, contact Coach. <p>Coach Contact: Michael Fleming MFleming@lwsd.org</p>
Soccer (Boys)	Tryouts 6:00PM – 8:00PM (See details to the right)	Soccer Field	<p>Tryouts</p> <ul style="list-style-type: none"> • Tryouts 6:00 – 8:00PM Monday-Wednesday (3/2-3/4) • Arrive at 5:30PM for check-in and tryout jersey distribution each day. • Practices Thursday, 3/5 and Friday, 3/6 C Team Training 5-7PM, Varsity Training 7-9PM • Saturday TBD • You should attend all tryouts <p>Planned practice times after tryouts are over:</p> <ul style="list-style-type: none"> • C Team will train M-F, 5-7PM (will rotate depending on home games days) • JV/V will train 7-9PM (will rotate when C Team plays at home) <p>Coach contact: Noah Bochner NBochner@lwsd.org</p>
Fastpitch Softball	3:45PM-5:45PM M,T,Th,F 2:30PM-4:30PM Wed. 9:00 – 11:30AM Sat	Softball Field	<p>Tryouts</p> <ul style="list-style-type: none"> • Monday 3/2 and Tuesday 3/3 & potentially Wednesday • Team(s) will be determined after tryouts on Tuesday or Wednesday • Practice begins after tryouts with determined teams. <p>Bring:</p> <ul style="list-style-type: none"> • Glove • Molded cleats • Bat (if you have one) • Tennis shoes. <p>Dress for the weather!</p> <p>FYI – Practice times may be adjusted if we have a JV team and when we get more daylight.</p> <p>Varsity will have Saturday practice 9A-11:30AM (based on weather), JV Saturday practice TBD.</p> <p>Coach Contact: Chris Cook CCook@lwsd.org</p>

Tennis (Girls)	<u>M,T,Th,F</u> 3:30PM-5:30PM <u>Wed</u> 2:30PM-4:30PM <u>Saturday</u> 9:00AM-11:00AM	Tennis Courts	<p>Bring:</p> <ul style="list-style-type: none"> • Your racquet, tennis shoes, sportwear for tennis, water and snacks. • Bring layers/jacket for the weather as most practices are outside. • Teams determined Wednesday after practice <p>Practice times may be adjusted if we have a JV team</p> <p>Coach Contact: Geoff Sandine GSandine@lwsd.org</p>
Track & Field	<u>Monday-Friday</u> 4:00PM-6:00PM	Track	<p>Bring running shoes, sweats, and a raincoat.</p> <p>Coach Contacts: Neil Kells NKells@lwsd.org Ryan Chism RChism@lwsd.org</p>