

Interlake Saints 2020-2021 Sports Bulletin



FIRST DAY OF PRACTICE FOR ALL SPORTS:

Fall Practices (All Sports) - September 28

Season 2 (Winter Sports) - December 28, 2020

Season 3 (Fall Sports) – March 1, 2021 (Football – February 17)

Season 4 (Spring Sports) – April 26, 2021

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

Athletics Contacts

Athletic Director – Patrick Malone malonep@bsd405.org 425-456-7209

Athletic Secretary – Krystyn Higgins higginsk@bsd405.org 425-456-7365

Athletic Trainier – Shauna Delaney delaneys@bsd405.org

Season **schedules, scores, and league standings** can be found at <http://www.kingcoathletics.com>

Sports Information Night for Parents: Are held the second week of each sports season –

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 5 practices (Wrestling - 6, Football & Gymnastics - 10)

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

All families should have received an email from 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 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 Krystyn.

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 should they sustain a concussion. It is required all contact sports and is valid for two years in most cases. ImPACT Test dates, times, and locations are TBD. Further information will be shared prior to regular season activities.



Required Fees – DUE BEFORE THE FIRST CONTEST

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

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

**** these fees are subject to change for the 2020-2021 school year****

Coach Contact

Season 2 Sport	Head Coach	Coach Email	Start Date
Basketball (Boys) *	Scott Marcum	marcums@bsd405.org	December 28, 2020
Basketball (Girls) *	Ryan Cruz	cruzz@bsd405.org	December 28, 2020
Gymnastics	Sara Grandstrand	grandstrands@bsd405.org	December 28, 2020
Swim/Dive (Boys)	Erik Mathre	Mathree@bsd405.org	December 28, 2020
Wrestling (co-ed)	Dave Unwin	unwind@bsd405.org	December 28, 2020

Season 3 Sport	Head Coach	Coach Email	Start Date
Cross Country (Boys)	Brad Barquist	barquistb@bsd405.org	March 1, 2021
Cross Country (Girls)	Andrea Miller	milleran@bsd405.org	March 1, 2021
Football	Dante Foster	Fosterd@bsd.org	February 17, 2021
Golf (Boys) *	Scott Marcum	marcums@bsd405.org	March 1, 2021
Soccer (Girls) *	Justin Petersen	petersenj@bsd405.org	March 1, 2021
Swim/Dive (Girls) *	Erik Mathre	mathree@bsd405.org	March 1, 2021
Tennis (Boys) *	Matthew Perlman	perlmanm@bsd405.org	March 1, 2021
Volleyball *	Eddie Guerrero	guerreroe@bsd405.org	March 1, 2021

Season 4 Sport	Head Coach	Coach Email	Start Date
Badminton	Jerry Schaefer	schaeferj@bsd405.org	April 26, 2021
Baseball *	Kyle Skinner	skinnerk@bsd405.org	April 26, 2021
Golf (Girls) *	Doug Calvert	calvertd@bsd405.org	April 26, 2021
Lacrosse (Boys)	Bobby Henry	Henryr@bsd405.org	April 26, 2021
Lacrosse (Girls)	Carli Weinberg	weinbergc@bsd405.org	April 26, 2021
Soccer (Boys) *	Dan Peterson	petersond@bsd405.org	April 26, 2021
Softball	Cassandra Hill	hillca@bsd405.org	April 26, 2021
Tennis (Girls) *	Matthew Perlman	perlmanm@bsd405.org	April 26, 2021
Track and Field (Boys)	Dave Unwin	unwind@bsd405.org	April 26, 2021
Track and Field (Girls)	Mitch Carabat	carabatm@bsd405.org	April 26, 2021

Year Round	Head Coach	Coach Email	Start Date
Cheer *	Heather Mclean	mcleanh@bsd405.org	Summer 2020
Drill *	Samantha Bradley	bradleys@bsd405.org	Summer 2020

**Indicates a cut sport*