

INGRAHAM HIGH SCHOOL WINTER SPORTS 2021–2022

QUESTIONS? Please speak with Coaches or AD if you have questions about equipment or fees.

<p>WIAA Girls Basketball</p> <p>Coach Adam Johnson</p> <p>aljohnson@seattleschools.org</p>	<p>Begins Nov 15 Ends March 5 10 Practices Required</p> <p>Gear to bring: Face Mask and Water Bottle</p> <p>Wear: Basketball shoes, shirt, shorts. Bring Track Shoes</p> <p>Tryouts: Main Gym Monday 11.15.21 @ 6:00pm to 8:00pm</p>
<p>WIAA Boys Basketball</p> <p>Coach Joe Hardy</p> <p>jahardy1@seattleschools.org</p>	<p>Begins Nov 15 Ends March 5 10 Practices Required</p> <p>Gear to bring: Face Mask and Water Bottle</p> <p>Wear: Basketball shoes, shirt, shorts. Bring Track Shoes</p> <p>Tryouts: Main Gym Mon 11.15 @ 4:00pm to 6:00pm</p> <p>Team Practice: M T TH F 4:00pm-6:00pm Wed 3:00-5:00pm</p> <p style="text-align: center;">Sat 9am–11:00am</p>
<p>WIAA Girls Bowling</p> <p>Coach Dashawn Patrick</p> <p>odpatrick@seattleschools.org</p>	<p>Begins Nov 01 Ends Feb 5 2 Practices Required</p> <p>Gear to bring: Face Mask and Water Bottle</p> <p>Wear: Sweats / Comfortable clothing</p> <p>Meet at Kenmore Lanes, 7638 NE Bothell Way, Kenmore, WA 98028 425-486-5555</p> <p>Team Practice: Wednesdays @ 3:15pm to 5:00pm</p> <p style="text-align: center;">Practice schedule subject to change.</p>

<p>WIAA Girls Gymnastics</p> <p>Coach Natalie Booth</p> <p>nabooth@seattleschools.org</p>	<p>Begins Nov 15 Ends Feb 26 15 Practices Required</p> <p>What to bring: Face Mask and Water Bottle</p> <p>Wear: Form fitting athletic gear and running shoes</p> <p>Team Practice: M T W TH F @ 5:00pm to 7:30pm</p> <p>Meet in Lower Gym Occasional Saturdays</p>
<p>WIAA Boys Swim & Dive</p> <p>Coach Sue Schoolcraft</p> <p>Sjschoolcraf@seattleschools.org</p>	<p>Begins Nov 15 Ends Feb 19 10 Practices Required</p> <p>What to bring: Face Mask and Water Bottle</p> <p>Swimsuit, towel, swim cap and goggles</p> <p>Meet at Helene Madison Pool next to school campus</p> <p>13401 Meridian Ave N 98133 206-684 4979</p> <p>Team Practice: M T W TH F @ 7:15am</p>
<p>WIAA Wrestling Co-Ed</p> <p>Coach Thomas Taylor</p> <p>trtaylor@seattleschools.org</p>	<p>Begins Nov 15 Ends Feb 19 12 Practices Required</p> <p>What to bring: Face Mask and Water Bottle</p> <p>Running Shoes and Wrestling Shoes</p> <p>Wear: Sweats/shorts. Bring two shirts per practice</p> <p>Team Practice: M T W TH F @ 4:00pm-7:00pm / Sat 9:30-12Noon</p> <p>Lower West Gym</p>

<p>Co-Ed Ultimate Frisbee</p> <p>Coach Isaac Chamberlain</p> <p>isaacultimatecoach@gmail.com</p>	<p>Begins Nov 15</p> <p>PreSeason Survey Required: https://forms.gle/dFbQZgzJ3xsUSGL27</p> <p>Gear to bring: Face Mask, Water Bottle, Cleats, White & Dark Jerseys</p> <p style="text-align: center;">Weather appropriate clothing.</p> <p>Open Practices: 11/10 and 11/12 4-6pm I.H.S. Turf</p> <p>Tryouts: 11/15 11/16 11/18 11/19 4-6pm I.H.S. Turf</p> <p>Tryouts required: EMAIL COACH RE: I.H.S. Tryout Attendance If unable to attend a tryout day.</p>
<p>Lacrosse – Combined Team</p> <p>Nathal Hale & Ingraham</p> <p>Coach Kurt Fritts</p> <p>kfritts@gmail.com</p>	<p>Fall Practice begins Nov 6 to Dec 5</p> <p>12 voluntary practices in total</p> <p>Email Coach for registration info, practice times, dates, equipment to bring, sports gear to wear.</p>
<p>CHEER</p> <p>Coach Vanessa Ricardi</p> <p>dvriscardican@seattleschools.org</p>	<p>Tryouts: 2/8 2/9 2/10 2/11 For All Current 8th thru 11th Graders</p> <p>Visit ingrahamathletics.org</p> <p>Follow on Instagram and Facebook</p> <p>Questions? Email Coach Ricardi</p>

ASB Activity Cards are Required for Athletic Participation: 2021-22 Yearly ASB CARD Fee \$50

- Purchase an ASB Card before tryouts
- Clear any outstanding fines before participating in the first contest in each sport.
- All fines can be paid in the Fiscal Office Before School, Break & Lunch in Room 165

Note: FinalForms will be updated bi-weekly and is separate from the SchoolPay fine list.

- **Use SCHOOLPAY through the SOURCE (parent only account) \$50.00:**
<https://www.schoolpay.com/pay/for/ASB-Sports-Fee-202122/Se3RjNd>

or if applicable the link below

- **2021-22 Yearly ASB FREE & REDUCED \$25.00:**
<https://www.schoolpay.com/pay/for/ASB-SPORTS-FEEFree-and-Reduced-Lunch2021/S7SCoB>
- **Club Sports:** (Ultimate, Lacrosse, Water Polo) There is a \$25 fee for each club sport not to exceed \$50. If an athlete plays in a regular sport (ex: Cross country) and ultimate, they will only pay \$50 total for the year, not an additional \$25

***Please note:** Participation Fee Waiver forms are available in the main office or in the Activity Center. This waiver **MUST** be completed and turned in to receive approval for fee reduction.

Benefits of purchasing ASB Card:

- Reduced prices for Football Games
- Reduced prices for school dances
- Free admittance to HOME Basketball games
- Reduced prices for some spirit gear

Other noteworthy Registration Tips:

- Students must be enrolled at Ingraham HS
- Private & Home Schooled / Alternative Ed must enroll at www.seattleschools.org / Athlete Only:
https://www.seattleschools.org/wp-content/uploads/2021/07/AthleticsOnlyChecklist_ADA.pdf
- 10th, 11th and 12th Grade Students **NEW** to Ingraham will need to meet briefly with Athletic Director Traci Huffer
- **RUNNING START STUDENTS:** Required to complete the Final Forms WIAA Eligibility Running Start form.
- **Check your Final Forms account to make sure your Registration is complete before tryouts.**