

INGRAHAM ATHLETICS 2023-2024 WIAA FALL SPORTS INFO

Register on <http://seattleschools-wa.finalforms.com>

CROSS COUNTRY **8.21.23-11.04.23** **10 Practices prior to competing**
Practices: 8.21-9.5.2023 M-F 4-6pm LW Track Sat: 10am-12noon Lower Woodland Track
 9.6-11.04 M-F 4-6pm Track Shed Sat: 10am-12noon Lower Woodland Track
What to Bring: Running shoes, water bottle, athletic clothing, digital watch, post-practice snack.
Info at: <https://www.ingrahamathletics.org/xc>
Summer Conditioning **6.5-7.25Camp: 7.26-7.29** **Captain's Practices** **8.1-8.19**
Coach Josh Montgomery jmmontgomery@seattleschools.org

FOOTBALL **Fall: 8.16-12.2.23/ 12 Practices Required** **Spring: 6.1-6.30**
 8.16 – 8.18: 3:30-6:30pm **Sat. 8.19.23: 9am-12Noon**
 2 A Day Week: 8.21 - 8.25 10-12Noon & 3:30-6:30pm / 8.26: 9-12:Noon
Athletic Attire: Shorts/sweats, t-shirt, sweatshirt (weather pending: bring warm clothes). Water Bottle, post practice snack
Cleats-example <https://www.adidas.com/us/adizero-cleats/E H1308.html>
Mouth guard-example: https://www.amazon.com/Franklin-Sports-Sportsoral-Armor-ColorMouth/dp/B07HSD9JSV/ref=sr_1_8?dchild=1&keywords=mouth+guard+football&qid=1612324358&sr=8-8
School Days: Meet at Locker room. Practice at Football Stadium. Dressed by 3:55 M T T H F Wed 2:55
Coach Louis Lotorres llotorres@seattleschools.org

CO-ED GOLF **Season 8.21-5-22-24** **Zero Practices required prior to competing**
Practice Days/Times: **M-F 4-6pm** **Meet at Jackson Golf Course**
 We practice at the golf range short course and big course. We putt and chip on the practice greens.
What to Bring: Water Bottle, sunscreen. Athletic Attire: Shorts, layers, tennis shoes/golf shoes
Coach Jon Calderwood jacalderwood@seattleschools.org

GIRLS SOCCER **Season: 8.21.23 – 11.18.23** **10 Practices required prior to compete**
 Tryouts: 8.21 – 8.23 4-6pm Meet at Soccer Field
 Captains Practices Tues and Thurs 9am-11am all summer until tryouts
What to Bring: Water Bottle, snack Athletic Attire: Wear workout clothing
Coach: **Corey McNamee** cjmcnamee@seattleschools.org

GIRLS SWIM **Season 8.21 – 11.11.23** **10 Practices required prior to competing**
Practice Days: Mon-Fri 6:45-8:30am Meet at Helene Madison Pool
What to Bring: Water bottle, snack Athletic Attire: Swimsuit, towel, goggles and cap
Coach Sue Schoolcraft sjschoolcraf@seattleschools.org

GIRLS SOFTBALL **Season: 8.21-10.28** **10 Practices required prior to competing**
 Practice: 8.21 **Meet at Softball field M T T H F 4-5:30pm W 2:45-4:45pm**
 Captains Practices: **Info mailed out in June**
What to Bring: Softball glove, bat, water bottle, post practice snack
Athletic Attire: Layers to include leggings, softball pants or sweats. Molded rubber/TPU cleats or turf shoes (running shoes, trainers with good traction are okay to start)
Coach Kristin Vincent kdvincen@seattleschools.org

VOLLEYBALL **Season: 8.21-11.11.23 or 18th** **10 Practices required prior to competing**
 Tryouts 8.21 4-8pm 8.22 – 8.25 6-8pm **Meet in Upper Gym**
 Captains Practices: **TBD information to follow**
What to Bring: Water Bottle / snack Athletic Attire: Court Shoes (no Nike Frees) shorts, t-shirts
Optional: Ankle Braces, knee pads, non-court outside/running shoes for outdoor workouts. Post practice snack
Visit: www.ingrahamathletics.org/volleyball **Coach Bronson Young** bhyoung@seattleschools.org