

Frequently asked Questions

How do I sign my child up for a sport?

Approximately four weeks prior to a sport beginning, there will be a meeting during NIB for students interested in signing up for the next season's sports. If they miss this meeting, they may sign up on sheets provided outside of Mrs. Towers' office. Sign-up and clearance deadlines will be announced at school, placed on the reader board in the commons, and shown on Eagle Express.

What does my child need to provide in order to be cleared to participate?

You and your student must fill out the athletic information packet paperwork which includes a signature page, information on insurance, a concussion information sheet, proof of a physical in the past two years, and an emergency form. They are also required to pay a \$20 ASB fee, a \$105 sports fee and clear any outstanding fines. There are individual and family caps on sports fees which are explained in detail in the athletic packet. You may print one off of the EJH website under the "Athletics" tab.

What do I do if I want my choice school student to participate in sports at Evergreen?

You must:

1. Present a utility bill so that office staff can ensure that the student's address is in the EJH attendance area
2. Fill out the Evergreen student registration form (immunizations do not need to be checked if the student is coming from another in-district school)
3. Complete the Evergreen Sports Packet
4. Pay the sport's participation fee \$105 and the pay ASB fee \$20 (the ASB fee is collected only once a year)

What are the typical practice times and days?

Generally practices are held Monday, Tuesday, Thursday, and Friday. Practice times vary, but are usually 2:45-4:45. A few sports may have later practices due to the coach's availability. Optional morning practices (usually Wednesday) may also take place, especially at the beginning of a season. There are no practices weekends, vacations, or holidays. If a practice is cancelled due to weather, students will be notified through the reader board in the commons or by an announcement. Questions about practice schedules should be directed to the coach. If you are unable to speak with the coach directly, contact Leslie Lewis, the Athletic Director, at lelewis@lwsd.org

How does my son or daughter get to and from practice?

Transportation to and from practice is not provided by the school district. Students and parents are encouraged to carpool.

How does my student get to and from contests?

The school district transports athletes to and from Evergreen for all athletic competitions, but parents must pick up their students at EJH after each event is over. If a parent wants to bring their student home directly from an event, they must check the student out directly with the coach prior to leaving. If a student is getting a ride with someone other than his/her parent, he/she must present the coach with **written permission** from the parent prior to the event.

How do I know what team (Varsity/JV or Regional) my student will play on?

The Junior Highs in Lake Washington School District have a full participation philosophy, which means every student who tries out for a sport will play at some level- Varsity, Junior Varsity, or Regional. Skill evaluations are typically held the first week of practice. Students may move up from one team to another on occasion.

How will I know if an athletic event has been cancelled due to weather or other factors?

Parents may always call the Evergreen Office at 425-936-2320. We will also put the information up on the reader board at the school as soon as we know so students are informed. Cancellations will also be posted on the EJH website and on Tandem Calendar.

What sports can my ninth grader play at the high school?

Fall- Cross-Country; Boy's Golf; Girl's Swimming; Girl's Soccer
Winter- Gymnastics; Boy's Swimming & Diving
Spring- Boy's Soccer; Girl's Golf

**9th Grade students are cleared at the high school for these sports.

What if my child loses his/her uniform or equipment?

All uniforms and equipment are the responsibility of the student. Any uniform or equipment that is lost will be billed to the student at replacement cost.