

ATHLETICS

Philosophy:

All students earn the opportunity to participate in competitive athletics by being academically eligible to participate:

1. Passing all Classes
2. Minimum 2.0 GPA

- The experience of interscholastic athletics fosters (and models) the traits of good sportsmanship.
- The student/athletes learn the value of being part of a team and how to sacrifice *me for we!*
- The student/athletes have the opportunity to learn from and be mentored by highly professional coaches and assistant coaches.

The Athletic Opportunities:

FALL:

Football
Girls' Volleyball
Boys'/Girls' Cross Country
Boys' Golf
Girls' Soccer
Girls' Swimming
Boys' Tennis

Shaun Tarantola: starantola@lwsd.org
Teena Bambolo: t_bambolo@yahoo.com
James Henry: jhenry@lwsd.org
David Friedman: dfriedman@lwsd.org
John Mach: jmach11@comcast.net
Dawn Maurer: dmaurer@lwsd.org
Justin Ochsner: jochsner@lwsd.org

WINTER:

Girls' Basketball
Boys' Basketball
Gymnastics
Wrestling
Boys' Swimming
Cheer

Sam Lee: samwlee7512@comcast.net
Derek Witt: dwitt@lwsd.org
TBD
Jared Jennings: jeradjennings17@comcast.net
Annie Price: coachannie23@gmail.com
Jennifer Nelson: jnelson@lwsd.org

SPRING:

Baseball
Softball
Boys'/Girls' Track
Girls' Golf
Girls' Tennis
Boys' Soccer

TBD
Kristian Dahl: kdahl@lwsd.org
James Henry/Neil Kells: Jhenry@lwsd.org
Paul Miller: pmiller@lwsd.org
Justin Ochsner: jochsner@lwsd.org
TBD

CONTACT PERSONNEL:

Athletic Director	Tim Crowder	425-936-1606, tcrowder@lwsd.org
Athletic Coordinator	Andrea Snyder	425-936-1605, asnyder@lwsd.org
Athletic Secretary	TBD	425-936-1673
Bookkeeper	Jodi Hill	425-936-1617, jhill@lwsd.org
Athletic Hot Line		425-936-1668

We hope each of your students can find a sport of their interest and gain the opportunity to shine!!!

Juanita High School Fall Sports Schedule 2010

updated 6/8/2010

FOOTBALL

Date	Day	Opponent	Time	Site	
9/3	Fri.	Redmond	7:00	Redmond	
9/10	Fri.	Inglemoor	7:00	Juanita	
9/16	Thurs.	Mercer Island	7:00	Juanita	
9/24	Fri.	Sammamish	7:00	Sammamish	
10/1	Fri.	Liberty	7:00	Juanita	
10/8	Fri.	Bellevue	7:00	Juanita	<i>Pink Day/Game</i>
10/15	Fri.	Mount Si	7:00	Mount Si	
10/22	Fri.	Lake Washington	7:00	Juanita	<i>Homecoming</i>
10/29	Fri.	Interlake	7:00	Interlake	

JV FOOTBALL (subject to change)

Date	Day	Opponent	Time	Site
9/13	Mon.	Inglemoor	6:00	Inglemoor
9/20	Mon.	Mercer Island	6:00	Mercer Island
9/27	Mon.	Sammamish	6:00	Juanita
10/4	Mon.	Liberty	6:00	Liberty
10/11	Mon.	Bellevue	6:00	Bellevue
10/18	Mon.	Mount Si	6:00	Mount Si
10/25	Mon.	Lake Washington	6:00	Lake Washington
11/1	Mon.	Interlake	6:00	Juanita

Cross-Country-all meets start at 4:00 unless otherwise posted

Date	Day	Opponent	Site
9/8	Wed.	Jamboree	Lake Sammamish State Park
9/15	Wed.	Mt Si, Bellevue	Mount Si
9/22	Wed.	Liberty	Juanita
9/29	Wed.	Sammamish, LW	Lake Washington
10/6	Wed.	Interlake, M.I.	Interlake
10/13	Wed.	Lake Washington	Juanita

Boys' Golf

Date	Day	Opponent	Time	Site
9/2	Wed.	M.I., LW, Liberty	3:00	Maplewood Golf Course
9/7	Tues.	Samm, LW, Bellevue	3:00	Overlake Golf Course
9/8	Wed.	Mt. S, Interlake, LW	3:00	Bellevue Golf Course
9/14	Tues.	Sammamish	3:00	Wayne Golf Course
9/16	Thurs.	Lake Washington	3:00	Bellevue Golf Course
9/21	Tues.	Mount Si	3:00	Mount Si Golf Course
9/23	Thurs.	Bellevue	3:00	Wayne Golf Course
9/28	Tues.	Mercer Island	3:00	Wayne Golf Course

9/30	Thurs.	Liberty	3:00	Maplewood Golf Course
10/5	Tues.	Interlake	3:00	Tam O'Shanter Golf Course

Volleyball

Date	Day	Opponent	Time	Site
9/9	Thurs.	Sammamish	5:30/7:00	Juanita
9/13	Mon.	Mercer Island	5:30/7:00	Mercer Island
9/15	Wed.	Bellevue	5:30/7:00	Juanita
9/20	Mon.	Mount Si	5:30/7:00	Mount Si
9/22	Wed.	Liberty	5:30/7:00	Juanita
9/27	Mon.	Interlake	5:30/7:00	Juanita
9/29	Wed.	Lake Washington	5:30/7:00	Lake Washington
10/4	Mon.	Sammamish	5:30/7:00	Juanita
10/6	Wed.	Mercer Island	5:30/7:00	Juanita
10/11	Mon.	Bellevue	5:30/7:00	Bellevue
10/13	Wed.	Mount Si	5:30/7:00	Juanita
10/18	Mon.	Liberty	5:30/7:00	Liberty
10/20	Wed.	Interlake	5:30/7:00	Interlake
10/25	Mon.	Lake Washington	5:30/7:00	Juanita

Girls' Swim & Dive

Date	Day	Opponent	Time	Site
9/9	Thurs.	Sammamish	8:30	Mary Wayte Pool
9/16	Thurs.	Bellevue	8:30	Mary Wayte Pool
9/21	Tues.	Interlake	3:30	Juanita
9/28	Tues.	Lake Washington	2:30	Juanita
10/7	Thurs.	Mercer Island	3:30	Juanita
10/21	Thurs.	LWSD Meet	TBD	Juanita

Girls' Soccer

Date	Day	Opponent	Time	Site
9/9	Thurs.	Inglemoor	5:30/7:00	Juanita
9/11	Sat.	Bothell	(v) 2:00	TBD
9/11	Sat.	Bothell	(jv) 2:00	TBD
9/14	Tues.	Sammamish	5:30/7:00	Juanita
9/16	Thurs.	Mercer Island	5:30/7:00	Mercer Island
9/21	Tues.	Bellevue	5:30/7:00	Juanita
9/23	Thurs.	Mount Si	5:30/7:00	Mount Si
9/28	Tues.	Liberty	5:30/7:00	Juanita
9/30	Thurs.	Interlake	5:30/7:00	Interlake
10/5	Tues.	Lake Washington	5:30/7:00	Juanita
10/7	Thurs.	Sammamish	5:30/7:00	Sammamish
10/12	Tues.	Mercer Island	5:30/7:00	Juanita
10/14	Thurs.	Bellevue	5:30/7:00	Bellevue
10/19	Tues.	Mount Si	5:30/7:00	Juanita

10/21	Thurs.	Liberty	5:30/7:00	Liberty
10/26	Tues.	Interlake	5:30/7:00	Juanita
10/28	Thurs.	Lake Washington	5:30/7:00	Lake Washington

Varsity Boys' Tennis

Date	Day	Opponent	Time	Site
9/21	Tues.	Liberty	3:45	Juanita
9/23	Thurs.	Bellevue	3:45	Bellevue
9/28	Tues.	Mount Si	3:45	Juanita
10/5	Tues.	Mercer Island	3:45	Mercer Island
10/7	Thurs.	Lake Washington	3:45	Juanita
10/12	Tues.	Sammamish	3:45	Sammamish
10/14	Thurs.	Interlake	3:45	Juanita

JV Boys' Tennis

Date	Day	Opponent	Time	Site
9/21	Tues.	Liberty	3:45	Liberty
9/23	Thurs.	Bellevue	3:45	Juanita
9/28	Tues.	Mount Si	3:45	Mount Si
10/5	Tues.	Mercer Island	3:45	Juanita
10/7	Thurs.	Lake Washington	3:45	Lake Washington
10/12	Tues.	Sammamish	3:45	Juanita
10/14	Thurs.	Interlake	3:45	Interlake