

INGRAHAM ATHLETICS 2023 – 2024 WIAA SPRING SPORTS DRAFT

Parents/Guardians: Register at <https://seattleschools-wa.finalforms.com/>

REGISTRATION DEADLINE: February 10 Season Begins Feb 26.

Our office will be closed the week of 2.13 - 2.23.24 for Mid Winter Break

Registrations submitted or emails sent will not be viewed until we return on 2.26.24.

Submitting your Registration late or incomplete will hinder your ability to attend the 1st practice.

Baseball	<p>Tryouts: Feb 26 – 28. Time: 4:10-6:00pm Meet at Baseball Homeplate</p> <p>Bring: Bat, batting helmet, gloves, water bottle</p> <p>Wear: Baseball pants/sweats. Molded cleats or running/turf shoes. Hat. Athl type shirt. No "vans"/dress/casual shoes. No shorts or jeans. Required: 10 practices before competing.</p> <p>Parent Mtg: Details TBA</p> <p>Coach Tim Lee: tim@shorelineroyals.com</p>
Fastpitch	<p>Practice: Mon 2.26 4:00-6:00pm Meet at Softball Field</p> <p>Bring: Softball glove, Bat, Water Bottle.</p> <p>Wear: Athletic layers to include leggings, softball pants, or sweats and molded rubber/TPU cleats or turf shoes (running shoes/trainers w/ good traction are okay to start with) Required: 10 practices before competing.</p> <p>Info Mtg Mon, Jan 22 at 5:30pm Softball Field Parents are welcome to attend.</p> <p>Coach Kristin Vincent kdvincent@seattleschools.org</p>
Boys Soccer	<p>Tryouts: Mon 2.26 4:00-5:30pm Meet at Soccer Field</p> <p>Bring: Cleats, shin guards, shorts, shirt, Water Bottle</p> <p>Wear: Soccer warm-up pants, sweatshirt suggested for when on sideline. No street clothes. Do not bring ipads or other valuables to the field. Required: 10 practices before competing.</p> <p>Info Mtg TBA Parent Mtg Friday, TBA</p> <p>Coach: Corey McNamee cjmcmnamee@seattleschools.org</p> <p>Captains Practices</p> <p>*Bring Water, Cleats and a Soccer Ball. Captain Miguel Willkens (1mmwillkens@seattleschools.org)</p>
Co-Ed Tennis	<p>Tryouts: Mon 2.26 4:00pm Meet in the Lower West Gym</p> <p>Wear: Layers: sweats/tennis shoes. No Jeans.</p> <p>Bring : Racket and water bottle. Required: 10 practices before competing</p> <p>Info Mtg TBA</p> <p>Coach: Lori Monlux Lori@monlux.com</p>
Co-Ed Track	<p>Practice: Mon 2.26 4:00pm Meet at Track Shed</p> <p>Wear: Running shoes/workout clothes. Wear layers. no jeans no casual shoes. Be prepared for cold/wet weather. Bring water bottle</p> <p>Required: 10 practices before competing.</p> <p>Info Mtg Parent and Athlete – Mandatory Meeting TBA Tentative: 2.8.24</p> <p>Coaches: M.Gayman megayman@seattleschools.org; Dave Wainwright dawainwright@seattleschools.org</p>
Cheer	<p>Tryouts: Feb 6 - 10th Meet in Cafeteria. Register @Final Forms and complete the Tryout Packet</p> <p>Wear: Shorts, T-Shirt, Tank Top, Tennis Shoes. No jewelry. Bring: Water Bottle</p> <p>Coach: Vanessa Ricardi dvricardican@seattleschools.org</p> <p>Assistant Coach: Hunter Jupiter hmjupiter@seattleschools.org</p>