INTERSCHOLASTIC ATHLETIC PROGRAM DESCRIPTION

TIME SCHEDULES: Daily turnouts after school
Sr. High: Fall, Winter & Spring, as determined by WIAA
Middle School: Kent-Tahoma League Four Sports Season

LOCATION OF FACILITIES: Turnouts at school sites (and Kent Parks facilities when needed). Game site exceptions indicated by sport.

LEGAL CONDITIONS: As specified on the Athletic Registration & Physical Form.

STUDENT INVOLVEMENT: Students are expected to commit to training & attendance rules outlined by the coach, as well as WIAA, League and School District rules and regulations. All sports are open to 7th and 8th graders at the middle school level and 9th, 10th, 11th and 12th graders at the senior high level, who meet eligibility requirements.

LEAGUE: All middle school sports included are Kent-Tahoma Middle School League sports.
All senior high sports (except judo) are South Puget Sound League sports.

FALL SEASON (September - November)

FOOTBALL
SPORT LEVELS: Varsity, JV & Freshman teams
TIME SCHEDULES: 9 night games for varsity plus involvement in league & state playoffs. 7:00 p.m. starting time for varsity & JV starting times vary.
LOCATION OF FACILITIES: Turnouts at school site. All varsity home games at French Field.
SAFETY FACTORS: Contact sport that requires special awareness of endurance and safety techniques for prevention of possible head, neck and other serious injuries.
*EQUIPMENT: Equipment and uniforms provided.

CROSS COUNTRY (Boys & Girls)
SPORT LEVELS: Varsity & JV boys & girls
TIME SCHEDULES: One afternoon league meet per week plus varsity involvement in approved invitational, league, district & state meets. 4:00 p.m. starting time for league meets.
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Special awareness of endurance factors.
*EQUIPMENT: Uniforms & equipment provided.

GIRLS’ SOCCER
SPORT LEVELS: Varsity, JV & Freshman
TIME SCHEDULES: 16 games with 3:45 p.m. starting time for afternoon games and 7:30 p.m. for night games (5:30 p.m. and 7:30 p.m. for double headers)
LOCATION OF FACILITIES: Games at school sites, French Field and Wilson Field. Turnouts at school sites and Wilson Field.
SAFETY FACTORS: Some contact with special awareness of endurance factors.
*EQUIPMENT: Equipment & game uniforms provided.

GIRLS’ SWIMMING
SPORT LEVELS: Varsity & JV
TIME SCHEDULES: 12 afternoon meets plus league, district & state meet involvement.
LOCATION OF FACILITIES: Kent-Meridian and Kentwood at Kent Meridian Pool (KM campus); Kentridge at Lindbergh Pool; Kentlake at Tahoma Pool
SAFETY FACTORS: Coaching personnel trained in Aquatics & Water Safety.
*EQUIPMENT: Uniforms & equipment provided.
**GIRLS VOLLEYBALL**
- **SPORT LEVELS:** Varsity, JV & Freshman
- **TIME SCHEDULES:** 16 afternoon or evening meets plus league, district & state playoff involvement.
- **LOCATION OF FACILITIES:** Meets & turnouts at school sites.
- **SAFETY FACTORS:** Minimal
- **EQUIPMENT:** Uniforms & equipment provided.

**GOLF (COED)**
- **SPORT LEVELS:** Varsity
- **TIME SCHEDULES:** Afternoon meets plus district & state playoffs.
- **LOCATION OF FACILITIES:** Turnout and meet facilities provided by Fairwood, Jade Greens, Riverbend, & Meridian Valley Golf & Country Clubs.
- **SAFETY FACTORS:** Minimal
- **EQUIPMENT:** Furnished by student athlete.

**BOYS TENNIS**
- **SPORT LEVELS:** Varsity & JV
- **TIME SCHEDULES:** 16 afternoon meets plus district & state meets.
- **LOCATION OF FACILITIES:** At school sites.
- **SAFETY FACTORS:** Minimal
- **EQUIPMENT:** Uniforms & equipment provided. Athletes provide own racquets.

**WINTER SEASON (November - March)**

**BOYS’ BASKETBALL**
- **SPORT LEVELS:** Varsity, JV & Freshman
- **TIME SCHEDULES:** 20 games plus league, district & state playoffs. Starting Times: JV 5:45 p.m., Varsity 7:30 p.m.
- **LOCATION OF FACILITIES:** Games & turnouts at school sites
- **SAFETY FACTORS:** Conditioning for limited contact & endurance factors.
- **EQUIPMENT:** Uniforms & equipment provided.

**GIRLS’ BASKETBALL**
- **SPORT LEVELS:** Varsity, JV & Freshman
- **TIME SCHEDULES:** 20 games plus league, district & state playoffs. Starting Times: JV 5:45 p.m.; Varsity 7:30 p.m.
- **LOCATION OF FACILITIES:** Turnouts & games at school sites.
- **SAFETY FACTORS:** Conditioning for limited contact & endurance factors.
- **EQUIPMENT:** Uniforms & equipment provided.

**WRESTLING**
- **SPORT LEVELS:** Varsity & JV
- **TIME SCHEDULE:** 16 matches, plus league, region & state meets.
- **LOCATION OF FACILITIES:** Turnouts & meets at school sites.
- **SAFETY FACTORS:** Instruction & training for strength, endurance, dangerous and illegal holds, for prevention of head, neck & other serious injuries.
- **EQUIPMENT:** Uniforms & equipment provided.

**GIRLS’ GYMNASTICS**
- **SPORT LEVELS:** Varsity
- **TIME SCHEDULE:** 10 evening meets plus league, district & state meets.
- **LOCATION OF FACILITIES:** Turnouts & meets at school sites.
- **SAFETY FACTORS:** Conditioning & instruction for strength, safe falling techniques and dangerous stunts within routines, for prevention of head, neck & other serious injuries.
- **EQUIPMENT:** Uniforms & equipment provided.
**BOYS' SWIMMING**

**SPORT LEVELS:** Varsity & JV

**TIME SCHEDULE:** 12 afternoon league meets plus qualifying & state meets.

**LOCATION OF FACILITIES:** Kent-Meridian and Kentwood at Kent Meridian Pool (KM campus); Kentridge at Lindbergh Pool; Kentlake at Tahoma Pool

**SAFETY FACTORS:** Coaching personnel trained in Aquatics & Water Safety

**EQUIPMENT:** Uniforms & equipment provided.

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**SPRING SEASON (March - May)**

**BASEBALL**

**SPORT LEVELS:** Varsity, JV & Freshman

**TIME SCHEDULE:** 20 games plus league, region & state playoffs. Some night games permitted. Afternoon games 4:00 p.m.

**LOCATION OF FACILITIES:** At school sites.

**SAFETY FACTORS:** Special awareness of thrown or batted balls, sliding and other contact & swinging bat factors.

**EQUIPMENT:** Uniforms & equipment provided.

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**COED TRACK**

**SPORT LEVELS:** Varsity & JV

**TIME SCHEDULES:** 10 meets plus league, district and state playoff involvement.

**LOCATION OF FACILITIES:** KM turnouts at French Field; KL, KR and KW at school sites. Home meets at school sites or French Field.

**SAFETY FACTORS:** Foam rubber pits provided. Instruction & training in safe practices, especially shot put and discus areas, proper falling and endurance factors.

**EQUIPMENT:** Uniforms & equipment provided.

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**GIRLS' TENNIS**

**SPORT LEVELS:** Varsity & JV

**TIME SCHEDULES:** 16 afternoon meets plus district & state meets.

**LOCATION OF FACILITIES:** At school sites.

**SAFETY FACTORS:** Minimal.

**EQUIPMENT:** Uniforms & equipment provided. Athletes provide own racquets.

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**GIRLS' FASTPITCH SOFTBALL**

**SPORT LEVELS:** Varsity, JV & Freshman

**TIME SCHEDULES:** 20 games plus district & state playoffs. Starting time is 4:00 p.m.

**LOCATION OF FACILITIES:** Turnouts & games at school sites.

**SAFETY FACTORS:** Special awareness of thrown balls or batted balls, sliding and other contact & swinging bat factors.

**EQUIPMENT:** Uniforms & equipment provided by schools.

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**BOYS' SOCCER**

**SPORT LEVELS:** Varsity, JV & Freshman

**TIME SCHEDULES:** 16 games plus district & state playoffs. Starting times: Afternoon 3:45 p.m. Night 7:30 p.m. (5:30 p.m. & 7:30 p.m. for double headers).

**LOCATION OF FACILITIES:** Var. games: French Field; JV: school and Wilson fields.

**SAFETY FACTORS:** Some contact with special awareness of endurance factors.

**EQUIPMENT:** Equipment & game uniforms provided.
**FOOTBALL**
SPORT LEVELS: 8th & 7th grade teams
TIME SCHEDULES: 6 afternoon games
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Contact sport, requires extensive endurance & awareness of safety practices for prevention of head, neck & other serious injuries.
*EQUIPMENT: Game and practice uniforms provided.

**GIRLS' VOLLEYBALL**
SPORT LEVELS: 8th & 7th grade teams
TIME SCHEDULES: 10 afternoon meets.
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Minimal (not a contact sport)
*EQUIPMENT: Uniforms & equipment provided.
*Athletes provide their own shoes, socks, supporters and undershirts.

**SEASON 2 (November - January)**

**BOYS' BASKETBALL**
SPORT LEVELS: 8th & 7th grade teams
TIME SCHEDULES: 10 afternoon games.
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Contact sport, requires extensive endurance.
*EQUIPMENT: Game & practice equipment & game uniforms provided.

**GIRLS' GYMNASTICS**
SPORT LEVELS: Varsity
TIME SCHEDULE: 6 afternoon meets
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Conditioning & instruction for strength, safe falling techniques and dangerous stunts within routines for prevention of possible head, neck and other serious injuries.
*EQUIPMENT: Uniforms & equipment provided.

**SEASON 3 (January - March)**

**GIRLS' BASKETBALL**
SPORT LEVELS: 8th & 7th grade teams
TIME SCHEDULES: 10 afternoon games.
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Contact sport, requires extensive endurance.
*EQUIPMENT: Game & practice equipment & game uniforms provided.

**WRESTLING**
SPORT LEVELS: Varsity & JV, plus Exhibition
TIME SCHEDULE: 10 afternoon or evening matches on 7 scheduled days plus Conference meet.
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Contact sport, special awareness of illegal holds & other factors involving potential head, neck & other serious injuries.
*EQUIPMENT: Game/practice uniforms & equipment provided.
SEASON 4 (April – June)

TRACK (BOYS & GIRLS)
SPORT LEVELS: Varsity & JV
TIME SCHEDULE: 7 meets & conference meet.
LOCATION OF FACILITIES: At school sites.
SAFETY FACTORS: Regulation pits provided. Instruction of athletes in safe practices, especially shot put areas, proper falling & endurance techniques.
*EQUIPMENT: Game & turnout equipment & uniforms provided.