

# November 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1	2	3	4
5	6 1 <sup>st</sup> day of practice 1 2:45-5:00	7 2:45-5:00 2	8 1:00-3:00 3	9 2:45-5:00 No Sheila 4	10 No School 5 9:00-11:00	11 Practice 6 9:00-11:00
12	13 2:45-5:00 7	14 2:45-5:00 8	15 ***1:30-2:45*** VARSITY ONLY No Duerre Sheila leave early 9	16 2:45-5:00 No Sheila 10	17 2:45-4:30 No Sheila 11	18 Practice 9:00-11:00 No Sheila 12
19	20 2:45-5:00 13	21 **12:00-2:30** No Duerre 14	22 Early Release **12:00-2:30** 15	23 THANKSGIVING	24 BLACK FRIDAY	25 Practice 9:00-11:00 16
26	27 2:45-5:00 Winter Sports Parent Meeting 6:00-7:00pm 17	28 2:45-5:00 18	29 MEET @ TAHOMA 4:00-11:00PM NO BUS	30		

## KENTLAKE GYMNASTICS

Coach Lindsey Duerre  
[Lindsey.duerre@kent.k12.wa.us](mailto:Lindsey.duerre@kent.k12.wa.us)

Coach Sheila Clark  
[sheilaclark0930@gmail.com](mailto:sheilaclark0930@gmail.com)

### Remind.com

Please download the Remind app or go to Remind.com to sign up. We will use this as our primary form of communication for the team.

### NPSLathletics.org

This is the website that you can subscribe to in order to get inclement weather updates and maps to each meet location. All meets will begin at 6:30pm unless otherwise noted.

# December 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	2
3	4 2:45-5:00	5 <b>HOME MEET</b> <b>Set up after school</b> <b>Finish by 9:30pm</b>	6 1:30-3:30 <b>VARSITY ONLY NO DUERRE</b>	7 2:45-5:00	8 2:45-4:30	9
10	11 2:45-5:00	12 2:45-5:00	13 <b>MEET</b> <b>@Auburn HS 4:00-10:00pm</b>	14 2:45-5:00	15 2:45-4:30	16 Winter Open Invitational (WOWI) Auburn Mountainview H.S.
17	18 NO SCHOOL 1:30-4:00 (2:00-3:30) <b>MIDDLE SCHOOL CAMP</b>	19 NO SCHOOL 1:30-4:00 (2:00-3:30) <b>MIDDLE SCHOOL CAMP</b>	20 NO SCHOOL 1:30-4:00 (2:00-3:30) <b>MIDDLE SCHOOL CAMP</b>	21 NO SCHOOL 9:00-11:00 <b>NO DUERRE</b>	22 NO SCHOOL 9:00-11:00 <b>NO DUERRE</b>	23
24 Christmas Eve	25 Christmas Day	26 NO SCHOOL 9:00-11:00	27 NO SCHOOL 9:00-11:00	28 NO SCHOOL 9:00-11:00	29 NO SCHOOL 9:00-11:00	30
31 New Years Eve						

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# January 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 New Years Day	2 2:45-5:00	3 1:30-3:30 VARSITY ONLY No Duerre	4 2:45-5:00	5 2:45-4:30	6
7	8 2:45-5:00	9 2:45-5:00	10 1:30-3:30 VARSITY ONLY	11 MEET @ FEDERAL WAY start time *7pm	12 2:45-4:30	13
14	15 No School MLK 9:00-11:00	16 MEET @HOME Senior night	17 1:30-3:30 VARSITY ONLY No Duerre	18 2:45-5:00 Varsity Only JV MEET @Mt. Rainier	19 2:45-4:30	20 UW Meet 12:30pm Seattle \$5 per ticket need drivers/light rail
21	22 2:45-5:00	23 2:45-5:00	24 MEET @KW ALL CITY	25 2:45-5:00	26 2:45-4:30 Last full team practice	27
28	29 2:45-5:00 League Competitors Only	30 No School 9:00-11:00 TENTATIVE League Competitors Only	31 1:30-3:30 League Competitors Only No Duerre			

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# February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 2:45-5:00 League Competitors Only	2 2:45-4:30 League Competitors Only	3 NPSL LEAGUE MEET TBD KW and/or MR
4	5 2:45-5:00 District Competitors Only	6 2:45-5:00 District Competitors Only	7 1:30-3:30 District Competitors Only (Duerre) Clean Up ****Every gymnast must attend**** BANQUET 6:00pm LOCATION TBD????	8 2:45-5:00 District Competitors Only Clean Up ****Every gymnast must attend**** BANQUET 6:00pm LOCATION TBD????	9 2:45-4:30 District Competitors Only  Practice at KM	10 DISTRICT MEET TBD AMHS
11	12 2:45-5:00 State Competitors Only Practice at KM	13 2:45-5:00 State Competitors Only Practice at KM	14 1:30-3:30 State Competitors Only No Duerre Practice at KM	15 2:45-5:00 State Competitors Only Practice at KM	16 STATE Tacoma Dome	17 STATE Tacoma Dome
	MID WINTER BREAK	MID WINTER BREAK	MID WINTER BREAK	MID WINTER BREAK	MID WINTER BREAK	

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