

# 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 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			

## 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.

# 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 1:30-2:30 practice 2:30-3:30 Clean Up District Competitors Only (Duerre) Clean Up ****Every gymnast must attend**** BANQUET 6:00pm LOCATION TBD????	8 3:00-5:00pm District Competitors Only  Practice at KM Carpool Available	9 3:00-5:00pm District Competitors Only  Practice at KM Carpool Available	10 DISTRICT MEET TBD AMHS
11	12 3:00-5:00pm State Competitors Practice at KM Carpool Available	13 3:00-5:00pm State Competitors Practice at KM Carpool Available	14 2:00-3:30 State Competitors Only No Duerre Practice at KM	15 3:00-5:00pm 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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