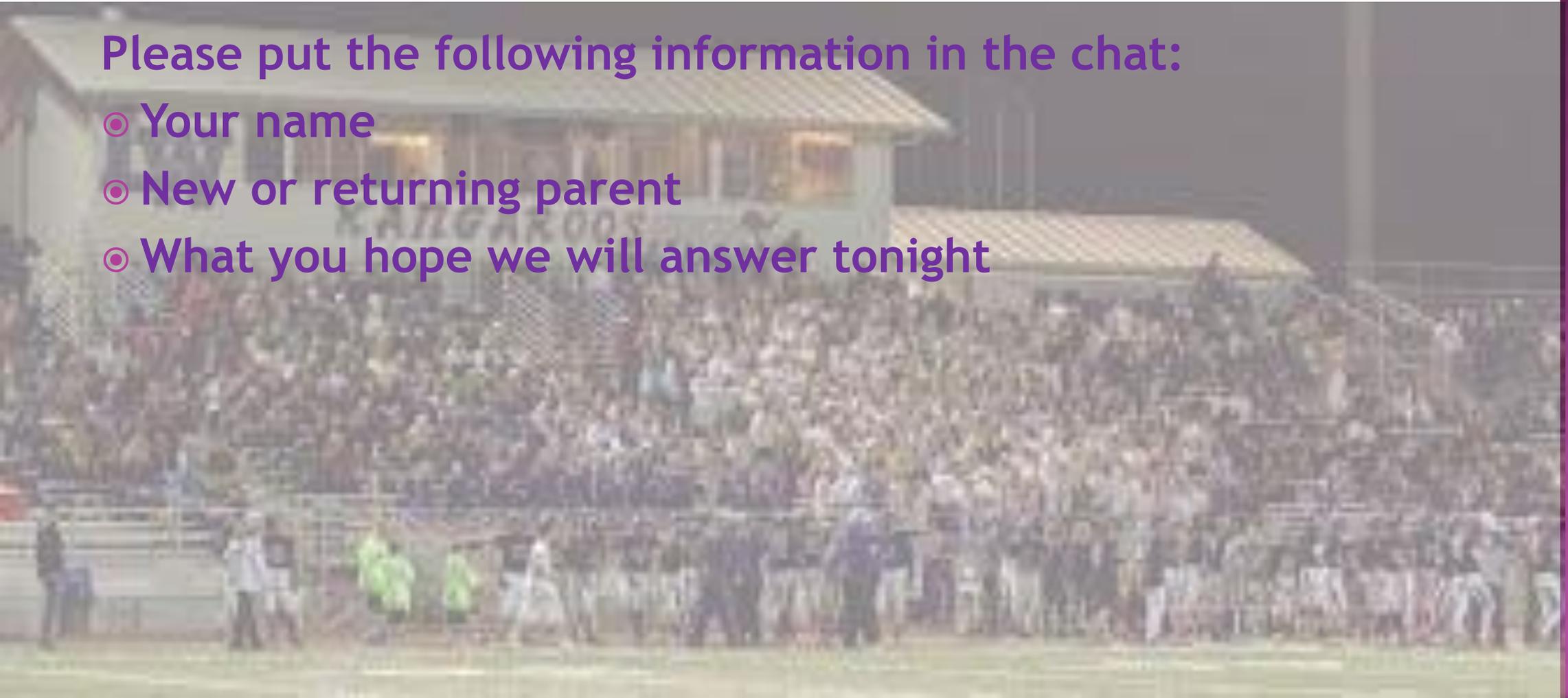


WELCOME TO TONIGHT'S PRESENTATION

We are glad you have joined us.

Please put the following information in the chat:

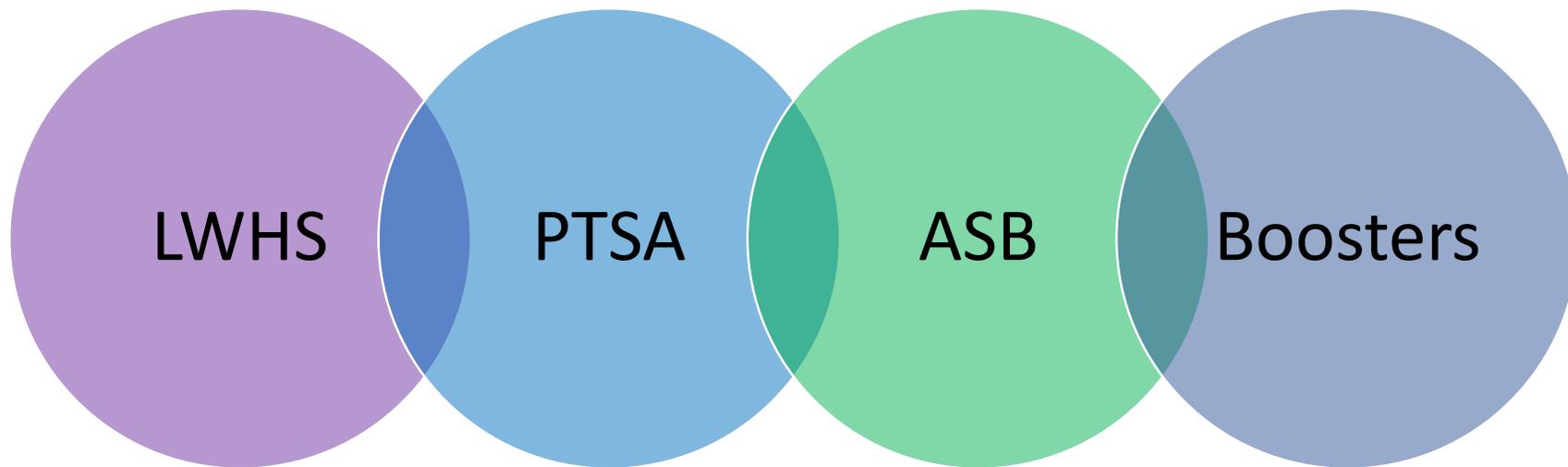
- ⦿ **Your name**
- ⦿ **New or returning parent**
- ⦿ **What you hope we will answer tonight**



TONIGHT'S AGENDA

- ◉ **The Organizations Supporting LWS Student Life**
(Denise Campbell- PTSA President)
- ◉ **Boosters** - Janis Rabuchin (LWS Booster President)
- ◉ **Athletic Update** - Rick O'Leary (Athletic Director)
- ◉ **Guest Speakers**
 - Ashton Staudacher - Girls Soccer
 - Andy Arena - Football
 - Roger Hansen - Track
 - Jennifer Malick - Theatre
- ◉ **Sports Medicine** - Delaney Farmer (Athletic Trainer)
- ◉ **Questions and Answers**

Who's Who at LWHS?



Who are they? Why do they all want money?

LAKE WASHINGTON HIGH SCHOOL (LWHS)

Part of LWSD which is governed by an elected school board and run by administrators in the district office. Some local control by administration team. Parent volunteers must pass a background check by the LWSD.

School volunteer activities:

- AVID Tutors
- Some classroom help
- Help with picture day
- Laptop roll out (often organized by PTSA)

Money collected for:

PE Uniforms, Class specific fees, Library fines, Parking Permits, Yearbooks, AP/SAT Test Fees, Field trip fees, Sports Fees, School Lunches (Sodexo)

ASSOCIATED STUDENT BODY (ASB)

Student group that represents the entire student body. Public funds generated by students may be used only for optional/non-credit cultural, athletic, social or recreational purposes. Governed by elected/appointed ASB student officers in close coordination with the Leadership teacher/ASB advisor.

Activities/Programs/Expenditures:

- Dances, Kangalooza, poetry slam
- 30+ ASB approved student clubs
- Yearbook
- Honor Society
- Afterschool sports
- Drama, DECA, school newspaper

How Funds are Raised:

ASB Card & Membership fees for various clubs, Yearbook sales, Athletic fees, Student Store sales, Admission tix, Other (finals week care packages, holiday grams..)

PARENT TEACHER STUDENT ASSOCIATION (PTSA)

A non-profit national organization that enables parents to advocate for, volunteer in and connect more closely with their local school, district & state educational system. A non-profit run by parent volunteers. Governed by a board elected by members of the local PTSA organization.

Activities/Programs/Expenditures:

Grants that benefit curriculum/academic/social-emotional activities
Communications
Parent education
Reflections Art/Game Design Comp
Staff appreciation
Emergency Prep
College Workshops/Practice tests
Senior and New family events
Sustainability/School Service Events

How Funds are Raised:

Pass the Pouch, Membership Fees, Match Funds/Vol Hrs, AMZ Smile, Fred Meyer Rewards, Bing

LAKE WA HIGH SCHOOL BOOSTER CLUB

A non-profit organization of elected volunteer officers that support and elevate member athletic and arts booster clubs at LW. Sponsored by the Athletic Director and run by parent volunteers, the umbrella club has a board that processes matching funding, ensures guidelines are followed, and creates a forum for clubs to collaborate. Individual booster clubs do their own fundraising and spending.

Activities/Programs/Expenditures:

Out of season training
Extra uniforms/team merch
Equipment
Choreographer
Tournament fees
Travel/Transportation
Banquets/awards
Coach/professional fees

How Funds are Raised:

Matching Funds/Vol Hrs, tournaments, auction, Pass the Hat, Longest Drive contest, Vball Serve-a-Thon, Program advertising, Shopping/Dining events, AMZ Smile



What is Booster Club?

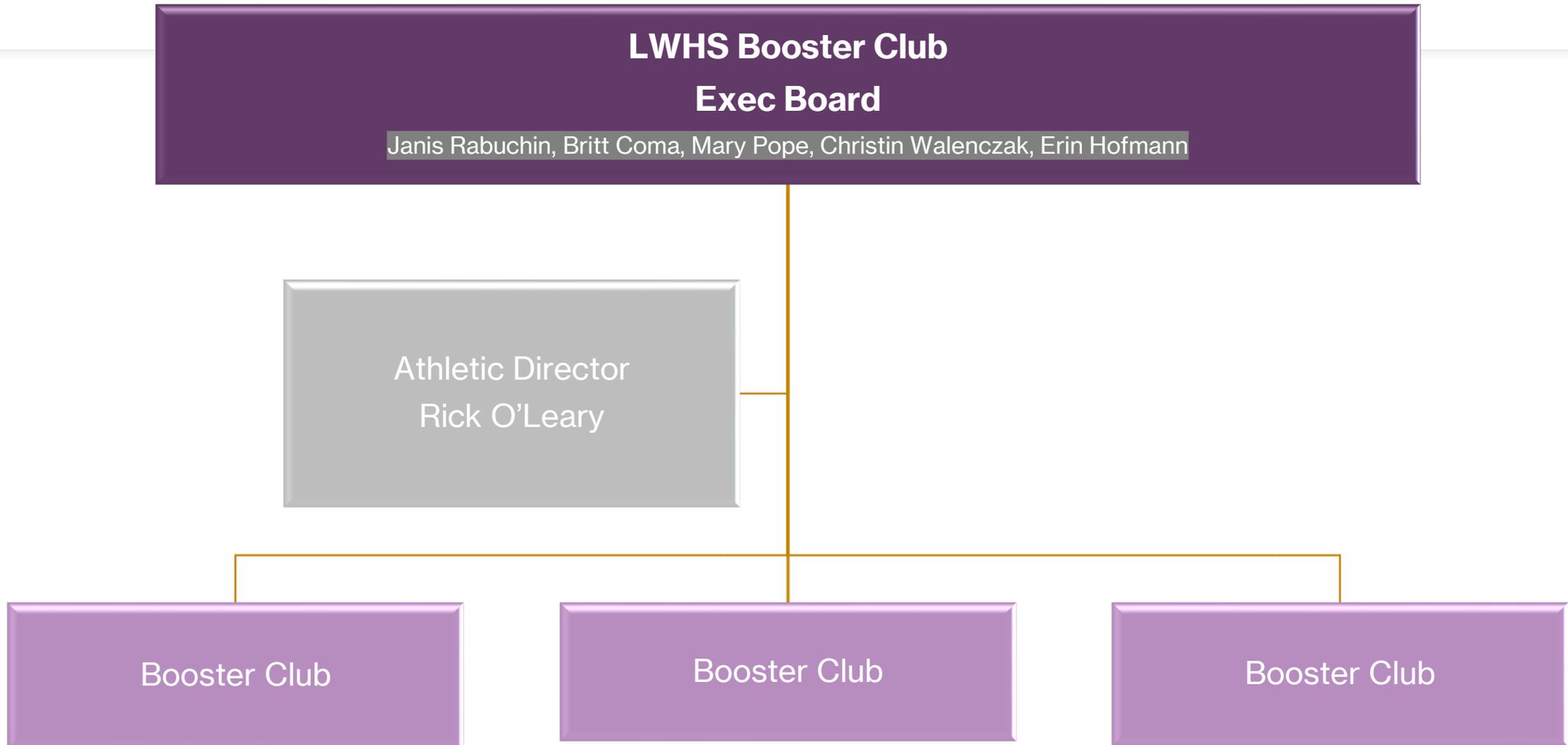




Our mission is to pursue the support and development of student athletic teams and other interscholastic activities.

- 501 (c)(3) organization
- Support 19 teams/clubs
 - Monthly meetings
 - Each club has board with at least 2 officers
 - Follow our bylaws, mission and non-profit guidelines
 - Member of the WA State Booster Club Association (WSBCA)

Booster Club Organization



LWHS BOOSTER CLUB MEMBER CLUBS 2020-21

 Badminton

 Band

 Baseball/Softball (Diamond Club)

 Boys Basketball

 Boys Golf

 Boys Soccer

 Choir

 Cross Country/Track

 Dance

 Theater

 Football (Gridiron Club)

 Girls Basketball

 Girls Golf

 Girls Soccer

 Gymnastics

 Orchestra

 Swim/Dive

 Volleyball

 Wrestling

Fundraising



- **How**

- Matching Funds- Microsoft, Boeing, Nordstrom, your company?
- Fundraisers
 - Work done by parents and benefits team/club (not indiv)
 - Examples: Gridiron Auction, Drive-A-Thon, host youth basketball tourney
 - [Amazon Smile](#): “Lake Washington High School Booster Club”

- **Why**

- To enhance team/club experiences
 - Out-of-season training, travel, tournament fees, equipment, banquets & awards

How Can I Help?

- Donate time and/or funds
- Help Spread the Word
- www.lwhsboosters.org
- Follow us:
 - Facebook [@LWHSBoosters](https://www.facebook.com/LWHSBoosters)
 - Insta [lwhsboosterclub](https://www.instagram.com/lwhsboosterclub)
 - Twitter [@ClubLWHS](https://twitter.com/ClubLWHS)

Questions? Janis Rabuchin, president@lwhsboosters.org

WHY SPORTS AND ACTIVITIES?

Studies show that students who participate in co-curricular activities, versus those who do not, are more likely to:

- ◉ Have higher grade point averages
- ◉ Have fewer absences from school
- ◉ Graduate on time
- ◉ Have fewer discipline problems
- ◉ Have a positive self-image
- ◉ Learn to handle adversity and overcome failures
- ◉ Learn the importance of discipline, hard work, dedication and commitment



LWHS ATHLETICS PHILOSOPHY



- ◉ Sports should be a fun and rewarding experience.
- ◉ Coaches are committed to providing a safe, nurturing, positive atmosphere for all athletes, regardless of ability level.
- ◉ Coaches promote and expect excellence in the classroom.
- ◉ LWHS student-athletes are role models in the school, in their sport, and in our communities.
- ◉ Winning is the result of commitment, effort, and teamwork.

SPORT OFFERINGS (IN A NORMAL YEAR)

FALL SPORTS

- Boys Golf
- Boys Tennis *
- Cross Country *
- Football *
- Girls Soccer
- Girls Swim/Dive *
- Slowpitch Softball *
- Girls Volleyball

Normally mid August – mid November

NOW 3/15 – 5/2

WINTER SPORTS

- Basketball
- Boys Swim *
- Gymnastics *
- Wrestling *

* non-cut sports

Usually mid November – mid February

NOW 2/1 – 3/21

SPRING SPORTS

- Badminton *
- Baseball
- Boys Soccer
- Fastpitch Softball
- Girls Golf
- Girls Tennis *
- Track & Field*

Normally end of February – end of May

NOW 4/28 – 6/13



SOUTH
CHAMPIONS

CHAMPIONS

BASKETBALL
CHAMPIONS

TRACK & FIELD
CHAMPIONS

GOLF
CHAMPIONS

VISITING STUDENT
SECTION

KANGS STUDENT
SECTION

8

LWHS

ALWAYS RISING







**LAKE
WASHINGTON**



**HOME OF THE
KANGS**

KANGS

FAIR PLAY

VISITOR

TIME OUTS LEFT

DOWN

TO GO ON

QTR

MAC FIELD
DONATED BY CLASS OF 1990



SOCCER

KANGS	72:09	WOLVES
4	2 HALF	2
		
10	SAVES	8
10	S.O.G.	11



TRACK

GIRLS 800M. RUN

LANE	NAME	PLACE	TIME
1	R. WEBB	8	2:35.00
2	D. MATHEWS	2	2:23.86
3	M. BECIC	6	2:30.35
4	H. WALKER	1	2:21.09
5	J. OLSON	7	2:32.40
6	J. MAYER	3	2:24.42
7	D. JONS	5	2:26.14
8	S. WESS	4	2:25.74

WELCOME



BOOSTERS

**THANK YOU
FOR YOUR SUPPORT**

LAKE WASHINGTON KANGS

KANGS



QTR 4

WOLVES

31

2 TOL 1

24



1ST & 10 ON 30



QUESTIONS?

- ▣ Rick O’Leary - Director of Athletics
- ▣ 425-936-1740
- ▣ E-mail: roleary@lwsd.org
- ▣ Website: www.lwhs/lwsd.org/athletics or www.lwhs/lwsd.org/activities

Let’s hear from some of our coaches:

Ashton Staudacher - Girls Soccer

Andy Arena - Football

Roger Hansen - Track & Field





Lake Washington Girl's Soccer

2019 State Champions

About Us

- 3 teams
 - Varsity, JV, C team
 - 55-65 girls
- 4 coaches and occasional volunteers
 - All female staff
- Great support from parent groups and community
- Great support from student fans, and the school





2018 champs

A Program Highlight – team retreat

- We take the WHOLE program
 - that's 55-65 teenage girls 🤪
- We have fun traditions like our annual **lip sync**
- We train 1 time – but mostly focus on team bonding and bringing the teams together

Andy Arena Head Football Coach



Roger Hansen – Head Track Coach





LWHS Theatre Club Presents

It's a Wonderful Life, the Radio show

It's a great night for friends and family who love the movie, as well as new fans. Make yourself a cup of cocoa and join us for some feel-good holiday fun!

Saturday, Dec 5th at 7pm (Red Cast)

Sunday, Dec 6th at 2pm (Green Cast)

Saturday, Dec 12th at 7pm (Green Cast)

Sunday, Dec 13th at 2pm (Red Cast)

- Free performances, but donations appreciated
- Performance hosted live on Microsoft Teams

Go to the [LWHS Theatre Company Facebook page](#)
or lwhstheatre.com

for the Teams links to view the performances.

DELANEY FARMER

LWHS ATHLETIC TRAINER

<https://www.lwathletictraining.com/>



Questions? Stay Connected..

LAKE WASHINGTON HIGH SCHOOL (LWHS)

Website: lwsd.lwhs.org

Facebook: @LWHSAlwaysRising

Instagram: [lwhs_alwaysrising](https://www.instagram.com/lwhs_alwaysrising)

Main office phone: (425) 936-1700

Athletic Director: Rick O'Leary, roleary@lwhs.org

ASSOCIATED STUDENT BODY (ASB)

Website/ASB Clubs: lwhs.lwsd.org/activities/clubs.org

Instagram: [lwhs.asb](https://www.instagram.com/lwhs.asb)

[lwhs.2021](https://www.instagram.com/lwhs.2021), [lwhs.2022](https://www.instagram.com/lwhs.2022), etc

Leadership Advisor: Zach Grundl, zgrundl@lwsd.org

PARENT TEACHER STUDENT ASSOCIATION (PTSA)

Website: lwhsptsa.org

Facebook: @lwhsptsa

Instagram: [lwhsptsa](https://www.instagram.com/lwhsptsa)

President: Denise Campbell, president@lwhsptsa.org

Questions: info@lwhsptsa.org

LAKE WA HIGH SCHOOL BOOSTER CLUB

Website: lwhsboosters.org

Facebook: @LWHSBoosters

Instagram: [lwhsboosterclub](https://www.instagram.com/lwhsboosterclub)

President: Janis Rabuchin, president@lwhsboosters.org