

2018 - 2019



LEN

LAKE WASHINGTON HIGH SCHOOL

Girls' Basketball



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COACHES & STAFF

Principal 3
 Athletic Director 3
 Coaches 6 - 7
 Staff 8

VARSITY PLAYER BIOS

#2 - Sophia Liesse 10
 #3 - Ellie Pederson 10
 #5 - Brooke Filan..... 10
 #12 - Elise Hani 10
 #15 - Ari Issa 10
 #20 - Zaria Opara (*also back cover*) ... 11
 #21 - Jen Estes 11
 #22 - Elise Hani 11
 #23 - Emma Boctor..... 11
 #24 - Rosa Smith 11
 #44 - Hannah Sitterud..... 11

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LAKE WASHINGTON HIGH SCHOOL, located in Kirkland, Washington, provides secondary education for students in 9 - 12 grades.

LWHS competes in the King County Athletic 2A/3A conference.





WELCOME!

Families and Students of Lake Washington High School,

Welcome to the 2018-19 Lady Kangaroos Basketball Season! We are proud of the student athletes selected to the team and excited to see where their hard work and determination take them this year.

The success of the LW basketball program continues to bring new families and players together. Now in his second year, Coach Jeff Wilson and his staff are building a team that represents the highest ideals of Lake Washington High School. As parents of the student athletes, we enthusiastically support Coach Wilson and his Staff and the coaching philosophies they bring to the program.

A special recognition and thanks to all of the advertisers in this program/guide and to Nick Touras, Erin Pederson, Joann Smith, Maureen Boctor, Kent Compton and the rest of the parents for their hard work selling ads and coordinating this year's logistics.

We invite you to join us in our efforts to continually improve and support Lake Washington and the basketball program. If you have a skill you'd like to contribute to the program, please let us know. Lake Washington is a great school with strong student-athletes and families, and we look forward to a great season!

- Lake Washington Girls' Basketball Booster Club

FROM THE HEAD OFFICE

Welcome to Lake Washington High School and our girls' basketball game. To encourage our girls and to appreciate their efforts, we would like everyone to show respect for all teams. Cheering positively for both sides and modeling good sportsmanship are traits we work hard to instill in our students. Being positive role models for our students and children is important in this time where negative cheering is the norm. Please help us teach our students good sportsmanship by modeling the behavior. Thank you for your support!

Christina Thomas, Principal



Greetings LW Fans!

Welcome to the 2018-2019 season of Kangs Basketball. The girls have been working hard in preparation for this season and are excited to play their sport in front of you – their loyal fans. Thank you for your support of these outstanding young ladies' commitment to excellence. Thanks too for helping create a culture of sportsmanship, through your consistent demonstration of appreciation of the efforts of the coaches, officials and players involved in tonight's contest. Be Loud, Be Proud, Be Positive, and GO KANGS!

Rick O'Leary, Athletic Director

Lake Washington High School Songs

LWHS Fight Song

*Fight, Fight for Lake Washington
Purple and the White
Victory for Washington
Hear our cheer and Fight! Fight! Fight! Fight!
Roll up the scores for Washington
Keep her banner high
Glory the name
And Fight for the fame of Washington*

- Major Don Adler, 1944

Alma Mater

*Alma Mater, hail to thee
You are that part of me
That, facing foes, gives me strength to go on.
You stand beside us all;
Strong, we will never fall.
Lead on, we'll follow
Lake Washington - Hail to thee.*



2018 - 2019 KANGS VARSITY ROSTER



#2 • Sophia LIESSE
5' 10" • Guard • 2021



#3 • Ellie PEDERSON
5' 9" • Guard • 2021



#5 • Brooke FILAN
5' 10" • Forward • 2021



#12 • Elise HANI
6' 3" • Forward • 2022



#15 • Ari ISSA
5' 7" • Forward • 2021



#20 • Zaria OPARA
5' 8" • Forward • 2019



#21 • Jen ESTES
5' 7" • Guard • 2020



#23 • Emma BOCTOR
5' 8" • Guard • 2022



#24 • Rosa SMITH
5' 6" • Guard • 2022



#44 • Hannah SITTERUD
5' 6" • Forward • 2020

Athletic Director
Rick O'Leary

Sports Medicine
Team Physician
Dr. Adrielle Fry, MD

Volunteer
Joe Cooper



Jeff WILSON
Head Coach



Lizzie GIOVACHINNI
Assistant Coach



Mike GUINASSO
Junior Varsity Head Coach



Delaney FARMER
Athletic Trainer





LAKE WASHINGTON HIGH SCHOOL GIRLS VARSITY BASKETBALL 2018 - 2019 SEASON SCHEDULE

 Tuesday, NOV 27 7:15 PM at NORTH CREEK	 Friday, Nov 30 7:15 PM at INGLEMOOR	 Wednesday, DEC 5 7:15 PM INTERLAKE	 Friday, DEC 7 6:30 PM * SAMMAMISH	 Saturday, DEC 8 4:00 PM at HOLY NAMES ACADEMY
 Wednesday, DEC 12 7:15 PM ISSAQUAH	 Friday, DEC 14 6:30 PM * at BELLEVUE	 Wednesday, DEC 19 7:15 PM * at LIBERTY	 Friday, DEC 21 6:30 PM * MERCER ISLAND	 Wednesday, DEC 26 7:15 PM at MEADOWDALE
 Thursday, DEC 27 7:15 PM MONTLAKE TERRACE	 Wednesday, JAN 2 5:00 PM at ARCHBISHOP MURPHY	 Saturday, JAN 5 4:30 PM STANWOOD	 Wednesday, JAN 9 7:15 PM JUANITA	 Friday, JAN 11 6:30 PM * at INTERLAKE
 Wednesday, JAN 16 7:15 PM * at SAMMAMISH	 Wednesday, JAN 23 7:15 PM * BELLEVUE	 Friday, JAN 25 6:30 PM * LIBERTY	 Wednesday, JAN 30 7:15 PM * at MERCER ISLAND	 Friday, FEB 1 6:30 PM * at JUANITA

* is Quad Night with Boys' teams

Home Games in purple

Games listed were correct at the time of printing. Schedule may be subject to change. To be up to date check the schedule online at: www.kingcoathletics.com/index.php

3A KingCo



Post Season (If Qualified)

FEB 9 - FEB 16

**2019 SEA KING
3A GIRLS BASKETBALL TOURNAMENT**
at
SAMMAMISH H.S.





PERSONAL

HOMETOWN: Edmonds, WA

HIGH SCHOOL: Edmonds Woodway
(2009)

COLLEGE: Shoreline CC (2015)

Welcome to my 2nd year as the head coach of the Lake Washington girls' basketball program. Over the last 2 years we have grown from 15 girls trying out to 22 girls trying out and playing for us this season. Everyone who played last season is back playing again for us which is a huge step in the right direction. We are continually trying to create an atmosphere where the girls are excited about coming to basketball but also excited about hanging out with their teammates.

Also, I wanted the younger kids of the community to be recognized and it shows with our youth camp numbers going from 32 to 64 this past June which is so awesome to see. Along with that number, we had 75 girls trying out for grades 4th-6th for our select program. We want girls coming to LW that excited about our program and where we are going with it. At every home game, you'll see 2 younger Kangs sitting on the bench so they get to see what it's like to be a part of the high school program.

Finally, our team was recognized as the Team with the Best Sportsmanship last season! This was such a big emphasis that I have tried to implement when I was hired. No one girl is more important than the team. We support each other in wins and in losses, when a player comes out of a game she stays engaged in supporting her teammates. We will continue to grow together, as a program.

Head Coach Jeff Wilson

HEAD COACH JEFF WILSON

Prior to becoming the head coach of the Lady Kangs in 2017 Jeff Wilson had significant experience as both a player and a coach. From his start in coaching and his second year with the Kangs, he has literally coached thousands of games.

Jeff graduated from Edmonds Woodway in 2009 and had earned a NCAA Division 1 men's basketball scholarship when he was involved in an automobile crash which unfortunately ended his college career before it ever had a chance to begin. Being forced to rethink what his contribution to basketball would be, that fall he started coaching the 5th grade boys' feeder for Edmond Woodway High School. He coached those boys every year in both feeder and AAU programs, and this year they are now starting their senior year.

For four years, Coach Wilson had dual coaching responsibilities as the coach of the Kings boy's and the Blanchet girl's feeder programs. The last several years, players from those teams have gone on to compete in and win state championships.

In spring 2010, Coach Wilson began coaching boy's AAU basketball year-round and then later assisting with the girls' teams. His job responsibilities included planning and running camps, and training individuals and groups. In the spring of 2013, he became the Varsity coach for the girls AAU team. Over the next 3 years, the girls in that program finished in the top 3 in 15 straight nationally-ranked college viewing tournaments. Eight of the 10 girls from that team received full-ride college basketball scholarships. He has also coached and trained seven other girls that are currently playing college basketball.

Most recently, Coach Wilson led the freshmen boys at EWHS before switching to coach their Junior Varsity girls for two years. His success at EWHS is what led him to LWHS where he expects to establish his energy, passion and positive attitude as the culture for the Lady Kangs for many years to come.

ASSISTANT COACH LIZZIE GIOVACCHINI

Coach Lizzie is a Lake Washington High School alum and graduated in the year of 2014. She was a 3-year varsity basketball player and helped lead her team to state as a senior captain. During her time at LW, Lizzie was also a 2-year varsity volleyball player.

She went on to continue her education at the University of Portland pursuing a degree in healthcare and is now entering the Diagnostic Sonography program at Bellevue College.

This will be her first year as a coach and is so excited to see what the year has in store for the Lady Kangs with such a talented group of girls to work with.



PERSONAL

HIGH SCHOOL: Lake Washington (2014)
COLLEGE: University of Portland

JV HEAD COACH MIKE GUINASSO

Michael Guinasso, a graduate of O'Dea High School (Seattle, WA), has 8 years of basketball coaching experience in the Northwest.

Michael's love for coaching the game of basketball inspired him to start Rain City Basketball, a local AAU organization based in Ballard, WA. Michael has coached at the AAU level with the Edmonds Sports Academy and Rain City Basketball. On the High School level he has been the head JV coach and an assistant on Varsity at Ballard High School.

Michael will bring a positive attitude, motivational skills and a solid work ethic to the Lake Washington program. His knowledge of basketball coupled with a desire to teach and motivate make him a valuable member to the Kangs' coaching staff.



PERSONAL

HOMETOWN: Ballard, WA
HIGH SCHOOL: O'Dea High School (2009)

ATHLETIC TRAINER DELANEY FARMER

Delaney currently works as the head Athletic Trainer for Lake Washington High School providing injury care and management to all the after school intercollegiate sport programs. Delaney Farmer is a Board Certified, Licensed Athletic Trainer and Licensed Massage Therapist.

Since 2008, Delaney has worked with the WNBA Seattle Storm as their Massage Therapist, and has been an assistant athletic trainer for the Seattle Sounders FC club, currently as an independent massage therapist and assists with Athletic Training when called upon. He also owns his own massage therapy practice in Redmond, PRM Sports Therapy (www.PRMSPORTSTHERAPY.COM).

Having provided services to the weekend warrior, high school, college, professional and Olympic level athletes, Delaney finds the combination of his massage & athletic training skills provides an optimal balance to help fulfill the treatment and rehabilitative needs for all his clients, no matter what level they perform at.



LAKE WASHINGTON HIGH SCHOOL 2018- 2019 GIRLS' BASKETBALL TEAM



The team salutes our families, friends, classmates and supporters who help motivate and make us more successful. - **THANK YOU!!**

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SAVE THE DATE





2 SOPHIA LIESSE

HEIGHT: 5' 10"
CLASS: 2021
POSITION: Guard

PARENTS: Damon & Sarah Liesse
SIBLINGS: Dalton

COLLEGE CHOICE: UCLA
FAVORITE CANDY: Twix
FAVORITE TV SHOW: National Geographic



3 ELLIE PEDERSON

HEIGHT: 5' 9"
CLASS: 2021
POSITION: Forward

PARENTS: Seth & Erin Pederson
SIBLINGS: Abbie

FAVORITE FOOD: Pears
HAPPY PLACE: The gym
COLLEGE CHOICE: Arizona State University



5 BROOKE FILAN

HEIGHT: 5' 10"
CLASS: 2021
POSITION: Forward/Post

PARENTS: Jason & Kristine Filan
SIBLINGS: AJ

FAVORITE TV SHOW: Netflix
HAPPY PLACE: Bed
FAVORITE MEAL: Top Ramen



12 ELISE HANI

HEIGHT: 6' 3"
CLASS: 2022
POSITION: Center

PARENTS: Hobi & Kelly Hani
SIBLING: Sydney

FAVORITE TV SHOW: Friends
COLLEGE CHOICE: UW
FAVORITE VACATION SPOT: Florida



15 ARI ISSA

HEIGHT: 5' 7"
CLASS: 2021
POSITION: Forward

PARENTS: Jabari Issa, Zeb & Meghan Blalock
SIBLINGS: Briggs and Quinn

FAVORITE TV SHOW: The Office
COLLEGE CHOICE: UCLA
HAPPY PLACE: Hawaii

VARSITY BIOS



PARENTS: Symone & Nicholas Opara
SIBLINGS: Ndidi, Nicholas, Henri & Ema

COLLEGE CHOICE: UCLA
FAVORITE SEASON: Summer
FAVORITE MEAL: Shrimp and fries

**ZARIA
OPARA** **20**

HEIGHT: 5' 8"
CLASS: 2019
POSITION: Center



PARENTS: Dave & Kristin Estes
SIBLINGS: Chase Favorite

BEVERAGE: Coffee
COLLEGE CHOICE: Princeton
FAVORITE SCHOOL SUBJECT: Spanish

**JEN
ESTES** **21**

HEIGHT: 5' 7"
CLASS: 2020
POSITION: Forward



PARENTS: Maureen & Victor Boctor
SIBLINGS: Karen

FAVORITE TV SHOW: Blackish
MY HAPPY PLACE: Sydney, Australia
VACATION SPOT: Dominican Republic

**EMMA
BOCTOR** **23**

HEIGHT: 5' 8"
CLASS: 2022
POSITION: Guard



PARENTS: Joann & Taylor Smith
SIBLINGS: Cooper & Kobe

FAVORITE STORE: Nike
FAVORITE MEAL: Pasta
VACATION SPOT: Hawaii

**ROSA
SMITH** **24**

HEIGHT: 5' 6"
CLASS: 2022
POSITION: Guard



PARENTS: Jesse Sitterud & Shanthi Bretz
SIBLINGS: Amelie

FAVORITE TV SHOW: Gossip Girl
FAVORITE STORE: Pacsun
COLLEGE CHOICE: Arizona State

**HANNAH
SITTERUD** **44**

HEIGHT: 5' 6"
CLASS: 2020
POSITION: Forward





BACK ROW (L - R) : Coach Mike Guinasso, Lily Ulrich, Kirsten Anderson, Elora Reilly, Chloe Murakami, Makalya Vail, Coach Lizzie Giovacchini
FRONT ROW (L - R): Sydney Lucero, Andia Kaufman, Raia Gulam, Vinny Diaz, Serenity Huffman
 (Not pictured: Ankita Kumar, Hawetan Adugna and Ximena Juarez)

# No.	PLAYER	HEIGHT	YEAR	POSITION
	Ximena Juarez	5' 5"	9	Guard
2	Vinny Diaz	5' 4"	9	Guard
3	Andia Kaufman	5' 4"	9	Guard
4	Ankita Kumar	5' 5"	9	Guard
10	Raia Gulam	5' 2"	10	Guard
11	Sydney Lucero	5' 5"	11	Guard
15	Lily Ulrich	5' 8"	10	Forward
20	Hawe Adugna	5' 5"	10	Guard
22	Serenity Huffman	5' 4"	9	Forward
23	Makayla Vail	5' 8"	9	Guard
24	Chloe Murakami	5' 9"	9	Forward
32	Kristen Anderson	5' 10"	10	Forward
44	Elora Reilly	6' 2"	10	Forward

Superintendent
Dr. Jane Stavem

District AD
John Appelgate

Principal
Christina Thomas

Asst Principals
Dana Greenberg
Justyna King
Tim Schultz

Athletic Director
Rick O'Leary

JV HEAD COACH
Mike Guinasso

Supporting Sports Medicine
 Team Physician
Dr. Adrielle Fry, MD

JUNIOR VARSITY BIOS



XIMENA JUAREZ

HEIGHT: 5' 5"
CLASS: 2022
POSITION: Guard

PARENTS: Jose & Cristy Juarez
SIBLINGS: Axel
FAVORITE TV SHOW: Criminal Minds
COLLEGE CHOICE: WSU
VACATION SPOT: Las Vegas



2

VINNY DIAZ

HEIGHT: 5' 4"
CLASS: 2021
POSITION: Guard

PARENTS: Jason & Luz Diaz
SIBLINGS: David and Andrea
FAVORITE TV SHOW: Gilmore Girls
COLLEGE CHOICE: Carnegie Mellon
HAPPY PLACE: Colombia



3

ANDIA KAUFMAN

HEIGHT: 5' 4"
CLASS: 2022
POSITION: Guard

PARENTS: Peter & Pouneh Kaufman
SIBLINGS: Sabrina
FAVORITE STORE: Trader Joe's
COLLEGE CHOICE: Stanford
HAPPY PLACE: The Beach



4

ANKITA KUMAR

HEIGHT: 5' 5"
CLASS: 2022
POSITION: Wing

PARENTS: Ajay Kumar & Neelam Singh
SIBLINGS: Adot
FAVORITE TV SHOW: Criminal Minds
COLLEGE CHOICE: TBD
HAPPY PLACE: my bed



10

RAIA GULAM

HEIGHT: 5' 2"
CLASS: 2021
POSITION: Guard

PARENTS: Azeem and Bilquis
SIBLINGS: Reese
FAVORITE MEAL: Chipotle
FAVORITE TV SHOW: Friends
VACATION SPOT: Mexico



11

SIDNEY LUCERO

HEIGHT: 5' 5"
CLASS: 2020
POSITION: Guard

PARENTS: Mike and Karen Lucero
SIBLINGS: Josh and Jordan
FAVORITE STORE: Costco
COLLEGE CHOICE: Vanderbilt
FAVORITE TV SHOW: Prison Break



15

LILY ULRICH

HEIGHT: 5' 8"
CLASS: 2021
POSITION: Guard

PARENTS: Brad and Colleen Ulrich
SIBLINGS: Kira
FAVORITE STORE: Target
HAPPY PLACE: Lake Chelan
FAVORITE MEAL: Qdoba



20

HAWETAN ADUGNA

HEIGHT: 5' 5"
CLASS: 2021
POSITION: Forward

PARENTS: Sebele Gurmessa & Dawit Deressa
SIBLINGS: Anatol and Robera
FAVORITE TV SHOW: The Office
COLLEGE CHOICE: UCLA
FAVORITE MEAL: Chicken and Waffles



22

SERENITY HUFFMAN

HEIGHT: 5' 4"
CLASS: 2022
POSITION: Post

PARENTS: Billy and Jenn Huffman
SIBLINGS: Sudan and Caleb
FAVORITE STORE: QFC
COLLEGE CHOICE: Churchome College
FAVORITE TV SHOW: Criminal Minds



23

MAKAYLA VAIL

HEIGHT: 5' 8"
CLASS: 2022
POSITION: Point Guard

PARENTS: Kevin and Sou Vail
SIBLINGS: Ethan
FAVORITE MEAL: Chicken
VACATION SPOT: Kamloops, Canada
FAVORITE TV SHOW: Hawaii 5-0



24

CHLOE MURAKAMI

HEIGHT: 5' 9"
CLASS: 2022
POSITION: Guard

PARENTS: Josh & Wendy Murakami
SIBLINGS: Ella and Beckham
FAVORITE STORE: Nordstrom Rack
FAVORITE MEAL: CCobb Salad
VACATION SPOT: Hawaii



32

KRISTEN ANDERSON

HEIGHT: 5' 10"
CLASS: 2021
POSITION: Post

PARENTS: Troy and Bonnie Anderson
SIBLINGS: Sarah, Cade, Maddie, Connor, and Cole
HAPPY PLACE: Disneyland
FAVORITE TV SHOW: The Office
FAVORITE MEAL: Chipotle



40

ELORA REILLY

HEIGHT: 6' 2"
CLASS: 2021
POSITION: Center

PARENTS: Gary and Peggy Sue Reilly
SIBLINGS: Gary, Zarius and Xavia
HAPPY PLACE: Library
COLLEGE CHOICE: Stanford
FAVORITE MEAL: Sashimi



JUNIOR VARSITY HEAD COACH MIKE GUINASSO



4th Grade KANGS SELECT

PURPLE TEAM

BOTTOM ROW (L - R):

Ileana Olteanu,
Grace Reynolds, Aanya
Parikh, Kate Dubrouillet

TOP ROW (L - R):

Hailey Toungate,
Sloan Davis, Quinn Depoy,
Greta Gilbert, Grace Calkin

COACHES ROW (L - R):

Coach Kush Parikh,
Coach Casey Calkin,
Coach Shawn Davis



WHITE TEAM

BOTTOM ROW (L - R):

Sienna Martin,
Coral Cameron, Stella Bly,
Evelyn Wilk

BACK ROW (L - R): Gabrielle
Moore, Kaylani-Kress-Bill,
Kalea Kress-Bill, Stella Kott,
Coach Duncan Wilk

Not pictured:
Coach Todd Martin,
Maisie Lemon, Dara Sirosis†



5th Grade KANGS SELECT



FEEDER TEAM

2 girls taking
a knee (L - R):
Kate DiAmbrosio
Emerson Walenczak

Standing up (L - R):
Sofie Drammeh
Erica Daher
Audrey Popp
Aura Baker
Liney Lapke
Ashley Uusitalo
Olivia Reynolds
Coach Jeff Wilson



WHITE TEAM

BOTTOM ROW (L - R):
Sammy Scott,
Malia Donohue,
Codie Clise

TOP ROW (L - R):
Coach Brett Bly,
Laliana Green,
Naomi Howard,
Blanca Garcia

Not pictured:
Stella Bly, Leia Dorland,
Wren Garbes

6th Grade KANGS SELECT



FRONT ROW - laying down (L - R): Megan Nilsen, Sofia Fox
MIDDLE ROW (L - R): Danna Carrelli, Ella Calkin, Paige Citron, Serena Sim
TOP ROW (L - R): Coach Jesse Sitterud, Anna Petregal-Lemay, Kyra Isaacson, Taicia Lopez, Aasha Parikh, Reese Roberts, Coach Scott Roberts



CATCH ALL THE ACTION!

LWHS Girl's Basketball Social Media

www.ladykangs.org

- www.facebook.com/LadyKangBasketball/
- [twitter.com/ LakeWaGBB](https://twitter.com/LakeWaGBB)
- www.instagram.com/lwgb
- www.youtube.com/channel/UCYSQsLQx-R7DvYCUVL9GMMyA
- www.linkedin.com/company/lake-washington-school-district/

7th Grade KANGS SELECT



Back Row - Left to Right - Caroline Cooley, Zoe Tarrach, Kathryn Kuester, Madison Macias, Araceli Salenga
 Front Row - Left to Right - Ella Ansari, Christina Minor, Reese Nyquist, Neha Taneja, Kimberly Carrada
 NOT PICTURED: Eva Torresola



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8th Grade KANGS SELECT



FRONT ROW (L - R): Riley Burke, Kayla Creek, Savanna Chang, Ava Uusitalo

BACK ROW (L - R): Colette Addah Anyouzoo, Sadie Hale, Sydney Hani, MacKenzie Martin, Jolie Sim

Not pictured: Emily Coma

happy parent happy teen

IMAGINE: Less arguing and more fun at home; coming up with solutions to challenges that feel good to everyone; and calmly establishing boundaries and expectations.

YES - it is possible and I can help. I'm Sheila Storrer, a Licensed Independent Clinical Social Worker and a parent coach.

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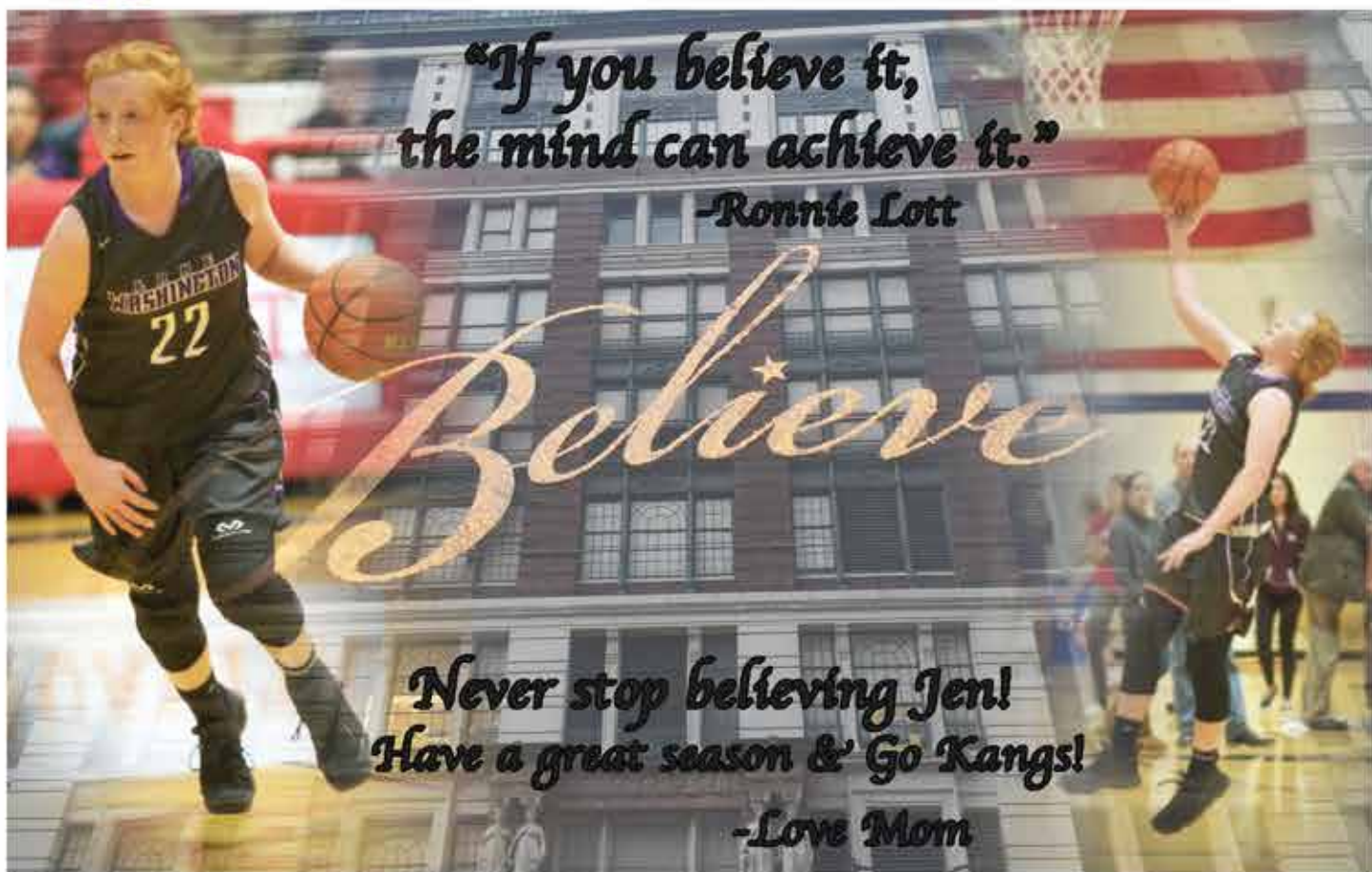


Sheila Storrer Coaching | 425-941-9194 | sheilastorrer@outlook.com

**Success comes from
 knowing that you
 did your best to
 become the best
 that you are
 capable of becoming.**

— John Wooden





B
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1st grade



5th grade



8th grade







At LW, all students

are safe
are significant
will struggle,
will strive



**LAKE WASHINGTON
LADY KANGAROOS**





If at first you don't succeed,
Shoot again!

We love you,
- Mom, Dad,
and Abs

Rise to the Top!

#3 Ellie Pederson



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JV #4
Ankita
Kumar

We are proud of you Ankital

Continue playing, never let it rest.
Until your good is better and
your better is best.



#15
Ari
ISSA

We love watching
you compete and
will be cheering
you on from the
sidelines! Go
Kangs and #15!
Love, Mom, Zeb,
Briggs, and Q-Tip.

WOULD I
RATHER BE
FEARED OR
LOVED? EASY-
BOTH. I WANT
PEOPLE TO BE
AFRAID OF
HOW MUCH
THEY LOVE ME.
-MICHAEL
SCOTT



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Grinders

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Emma Boctor



You've worked so hard to get here and we're so proud of you! We love watching you play. Go Kangs!

Dad, Mom and Karen

Have a great season

Elise!

GO KANGS!!



We love to see you play
Thanks for all your hard work!

Love Dad, Mom and Syd

LWHS CHEER



2018-19 LW Cheer Squad

Back Row (L-R):

Nikki Edwards,
Jamie LaBreck,
Kaelyn Billington,
Kimberly Brito

Front Row (L-R):

Sasha Hanna (Captain),
Katelynn Braga,
Maddi Ednie (Captain)

LWHS DANCE



(in no particular order)

Kaia Seno, Sarah Vincent, Reese Henderson, Anna Rongerude, Anna Lewis, Arianne Green, Layali Almoaibed, Elle Seeler, Sonam Ngoche, Sophia Vodov Taara Elahi, Kayrene Walker, Rina Suzuki, Arisa Brown, Madde Lawrence, Malia Berbaro, Sophia Prokop, Emma Galloway, Reese Lattin, Paiton Jensen, Maddie Burns, Sophie Crane, Annabelle Martin, Bea Coutinho



Dr. Jeremy Heisler
Kirkland Life Chiropractic
 13116 NE 70th Place
 Kirkland, WA 98033
www.kirklandlife.com
 425-576-5433



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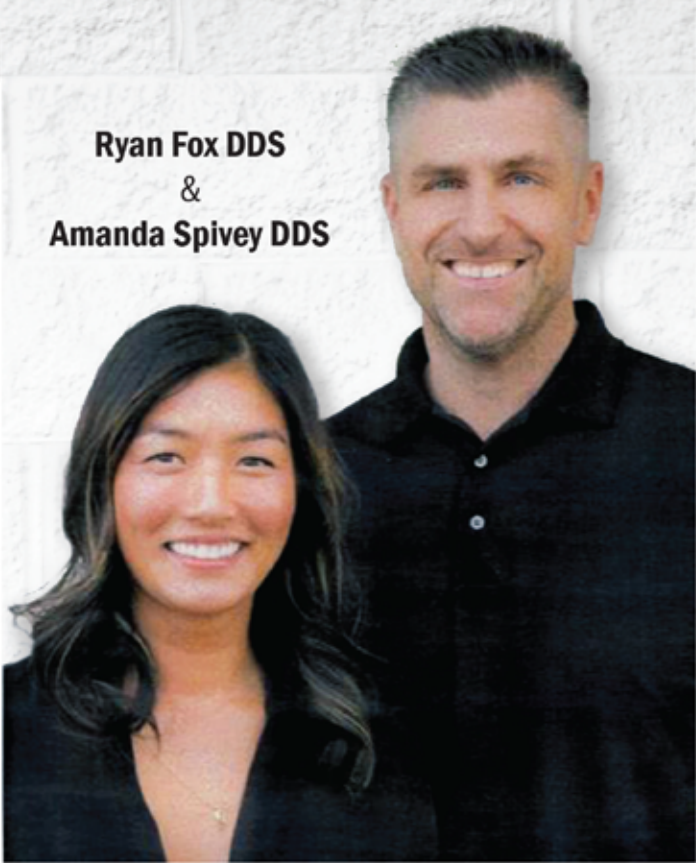
12527 NE 144th St,
 Kirkland, WA 98034
425-821-9169
www.ryanfoxdds.com

For most people, a dental appointment sparks feelings of dread and fear. Our friendly team at Fox Dental will help change your attitude towards those visits and demonstrate the value of quality dental care.

Drs. Fox and Spivey understand that it is easy to prioritize many other things in our lives over our dental health. We could like to ensure that an appointment at our office will be both mindful and educational, equipping you with the information to make the best treatment choices for your individualized care.

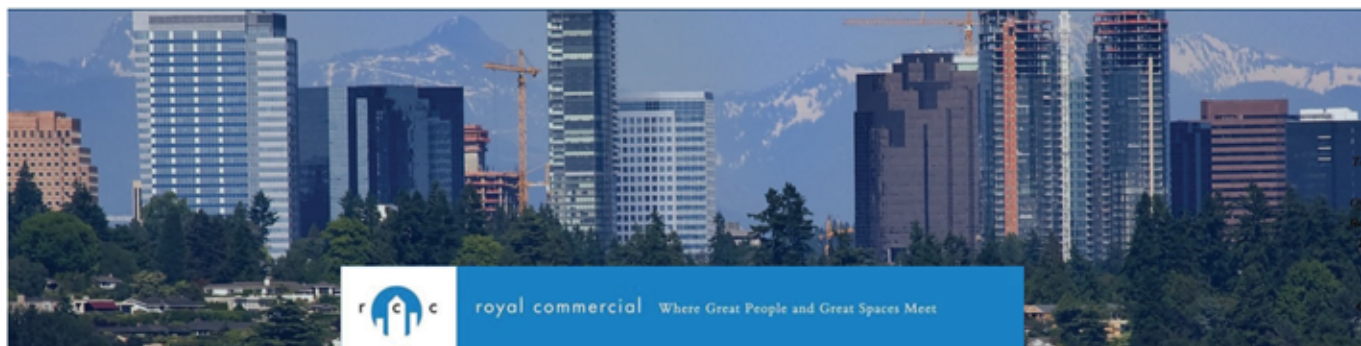
In order to provide you with the best dental care, Drs. Fox and Spivey are constantly looking for ways to stay up-to-date with the most current and effective practices and technologies. Our team is well-trained and experienced in the latest dental techniques, including same-day crowns, implants, advanced dental imaging and sedation options.

We pride ourselves in being an office that both children and adults look forward to visiting. We look forward to welcoming you to our practice!



Ryan Fox DDS
 &
Amanda Spivey DDS





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LAKE WASHINGTON HIGH SCHOOL History



Lake Washington High School began as Kirkland High School (also called Union “A” High School) in 1922—a gathering of students from as far away as Monroe and Duvall.

Twenty seven years later, the school moved up the hill from Market Street to its present address. After two major remodels on that building, a brand new home for the Kangs opened September 2011—same school, different building.

But school pride is not bound by the structure that houses us; our

Kang spirit is as steadfast and vibrant today as it has ever been.

In 1930, the student body selected purple and white—symbolizing wisdom and purity—as their school colors. Today, our colors shine just as brightly, and our school motto—Strong, we will never fall— reflects the same optimism and dreams that the Kangs of 1923 hoped for. The rare character born at LWHS in 1930—a clever kangaroo called Lizzie—still delights us as our school mascot.



EMERGENCIES

Lake Washington High School is committed to creating a safe, comfortable and enjoyable game day experience for all fans. To request guest assistance, report a concern, or if you feel threatened in any way, please notify the nearest member of the LWHS Event Services staff, or a uniformed police officer.

Safety Tip Line **(866) 548-3847**

Lake Washington High School

12033 NE 80th St
Kirkland, WA 98033

Athletic Office: 425-936-1740
www.LHWS.LWSD.org

LWHS Girl’s Basketball Social Media

www.ladykangs.org

www.facebook.com/LadyKangBasketball/

[twitter.com/ LakeWaGBB](https://twitter.com/LakeWaGBB)

www.instagram.com/lwgbb

www.youtube.com/channel/UCYSQsLQx-R7DvYCUVL9GMyA

www.linkedin.com/company/lake-washington-school-district/

LAKE WASHINGTON HIGH SCHOOL



6th player

assist pick-and-roll baseline cut all-star

Three in the Key
full court press

POISE
FAST BREAK
POSITIVITY



jump shot rebound

Rebound

Swish

BUZZER BEATER

free throw DETERMINATION



three pointer dribble



SUCCESS

team work LEARNING box out turn-over student-athlete

hustle LEADERSHIP Zone excellence put back

Girls' Basketball

SHINE

POWER

ZARIA OPARA

2018

SENIOR

2019

LAKE WASHINGTON VARSITY BASKETBALL