

# EAGLES SPORTS REPORT



## FROM THE ATHLETICS OFFICE



Our Girls Soccer team made EPS history by advancing to the State Playoffs! They handily beat Elma 5-1 in the first round. Goals scored by Sam Ryan (2), Leah Im (2), and Aria Scheer secured their advancement to the quarterfinals. Next they held Bellevue Christian to a close game but ultimately lost 1-2 (goal by Sam). They were tied 1-1 well into the second half when the Vikings scored a well placed shot in the upper corner of the net. This was one of the Eagles' most physical matches and it was clear they all played with their hearts on their sleeves. The future is bright for this young team!



Will Reeves ended his high school cross country career on a high, earning 5th place in the State! Will is graduating and leaving his mark as League Champ, District Champ, and State Competitor. He will take his talents to Amherst next year!



The Varsity Boys Ultimate team was tied on universe point during their State Quarterfinal game against Garfield when the field lights went out at Magnuson Park. The lights were unable to be restored so the game was rescheduled a few days later where the Eagles were bested by the Bulldogs (eventual State Champions). An unfortunate end to a really great season! Lots of young talent on this team. The Eagles will be strong state contenders next year!



Varsity Volleyball had an impressive season, earning a high seed in the ESC Tournament after finishing 5th in conference. They played a great match, upsetting the #4 seed Overlake in the 2nd round of playoffs. However, the Eagles came one match short of making it to the state championships after falling to Bear Creek and Cedar Park Christian (who both placed at State). The team's hard work and growth this season will set the stage for an even brighter future for this very young team!

FINAL FALL WRAP UP





## TRAINER'S TOOLBOX

Cramps are sudden, involuntary muscle contractions that can cause significant discomfort and temporarily hinder physical activity. Common among athletes, they often occur in the legs, feet, or hands during or after intense exercise. These cramps, also known as exercise-associated muscle cramps (EAMC), can vary from mild twitching to severe pain that interrupts performance.

### Causes of Cramps

Sports-related cramps are typically linked to several factors:

1. **Muscle Fatigue:** Overworking a muscle group during intense or prolonged exercise increases the likelihood of cramping, especially if the muscles are not conditioned for the activity.
2. **Dehydration:** Sweating during exercise causes the body to lose fluids and electrolytes like sodium, potassium, and magnesium, which play a crucial role in muscle function. An imbalance in these electrolytes can disrupt normal muscle contractions.
3. **Mineral Deficiency:** Low levels of potassium, calcium, or magnesium can make muscles more prone to cramping.
4. **Poor Warm-Up or Conditioning:** Skipping warm-up routines or engaging in exercise without adequate preparation can lead to sudden muscle stress, increasing the risk of cramps.
5. **Environmental Factors:** Exercising in hot or humid conditions can accelerate fluid and electrolyte loss, making cramps more likely.

### Prevention of Sports-Related Cramps

Preventing cramps involves a combination of proper preparation, hydration, and post-exercise care:

- **Stay Hydrated:** Drink water and electrolyte-replenishing fluids before, during, and after exercise. Monitor sweat levels and replace fluids accordingly, especially in hot conditions.
- **Warm-Up and Stretch:** Perform dynamic warm-ups before exercise to prepare muscles for activity and reduce the risk of strain. Incorporate post-workout stretching to maintain flexibility and relieve muscle tension.
- **Condition Muscles:** Gradually increase exercise intensity and duration to build endurance and strength in specific muscle groups, reducing the risk of fatigue.
- **Maintain Balanced Nutrition:** A diet rich in electrolytes, particularly potassium (found in bananas and potatoes) and magnesium (in nuts and leafy greens), can support muscle health.
- **Adjust to the Environment:** Take breaks in the shade or cool areas during hot-weather activities and dress appropriately to manage body temperature.

While cramps are usually temporary and resolve with rest, hydration, and stretching, recurrent or severe cramps may indicate an underlying issue that warrants medical attention. Understanding the causes and practicing preventive measures can help athletes stay at their best while minimizing the risk of discomfort.



## COACH STEPHANIE

Meet our dynamic and multi-talented girls' basketball coach, Stephanie Smith! With many years of coaching experience, Stephanie's journey began with her kids' rec teams, where she discovered her knack for inspiring young athletes and making a difference. From coaching energetic 4th and 5th graders with Local Hoops to running the show as director of operations for an afterschool enrichment program, she's been a true champion for student-athletes.

Stephanie's love for basketball started at Gonzaga Prep, continued through pickup games at UW, and expanded into a passion for all things sporty—whether she's spiking volleyballs, dominating kickball, or cheering on her three middle school multi-sport stars. When she's not on the court, you'll find her whipping up delicious meals, shredding on mountain bike trails, carving snowy slopes, or chilling with her adorable pug and two Maine Coons.

This season, Stephanie is inspired by the varsity girls' incredible talent and teamwork and can't wait to see them shine!

### COACH SPOTLIGHT



Cyrus Clapp, a 2023 graduate, is currently a sophomore at the University of Washington, where he is pursuing a double major in finance and mathematics. While his academic journey is impressive, it's his connection to basketball that brings him back to EPS. In addition to his studies, Cyrus has returned to campus to coach our 7th and 8th grade boys basketball team. He's quickly become an invaluable mentor to the players, and he's having a blast watching them develop their skills and grow as a team. With a talented group of athletes, Cyrus is looking forward to the upcoming season and is excited to see how they perform on the court. His passion for the game and for coaching has made his return to EPS a rewarding experience for both him and the players.

Cyrus Clapp  
Class of 2023

AWESOME ALUM

# CONGRATULATIONS EAGLES!



Claire '27 HM



Kimberly '25 2nd



ESC Sportsmanship Award



Will '25 1st

## Emerald Sound All-Conference

Boys Ultimate  
Cross Country  
Boys Tennis  
Volleyball



Gavin '27 2nd



Morgan '25 2nd



Tae '27 2nd



Soren '25/Kai '27 1st Team



Toby '25 2nd



Daniel '25 1st



SAM '25 1ST TEAM



ABBY '25 1ST TEAM



JULIA '28 2ND TEAM



LEAH '27 2ND TEAM

## EMERALD SOUND ALL-CONFERENCE SOCCER



AMANDA '28 2ND TEAM



ROYA '26 3RD TEAM



TEGAN '26 3RD TEAM



COACH OF THE YEAR  
AN NUON

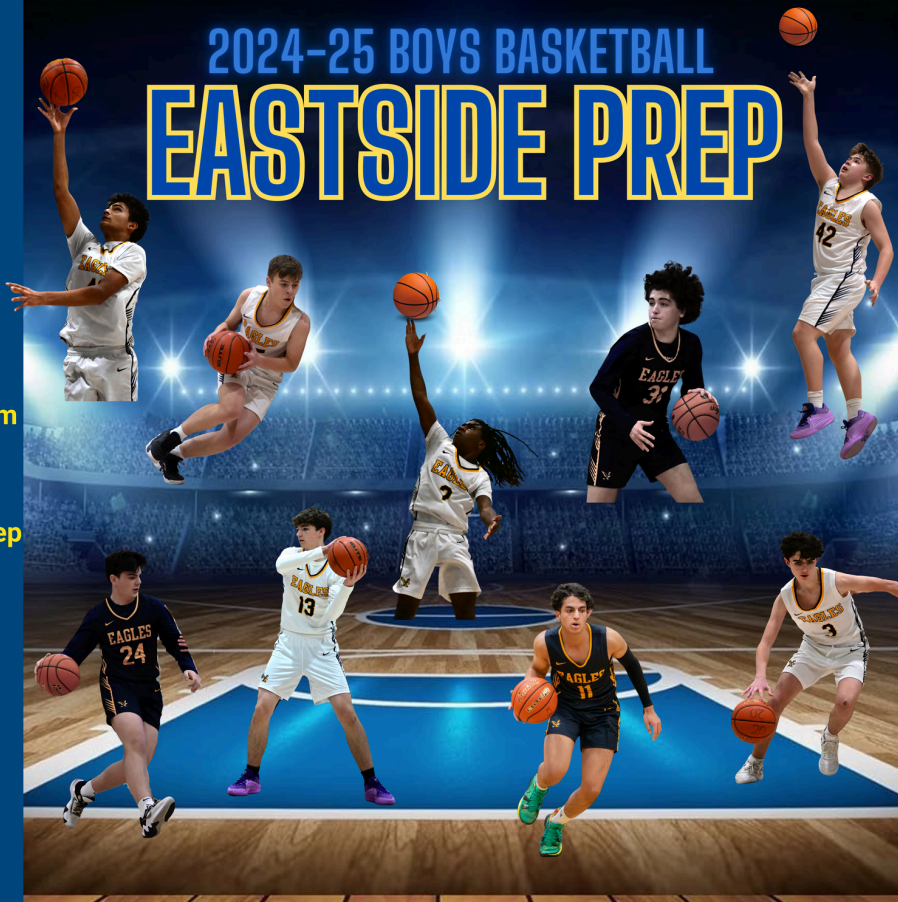


# US BASKETBALL SCHEDULES



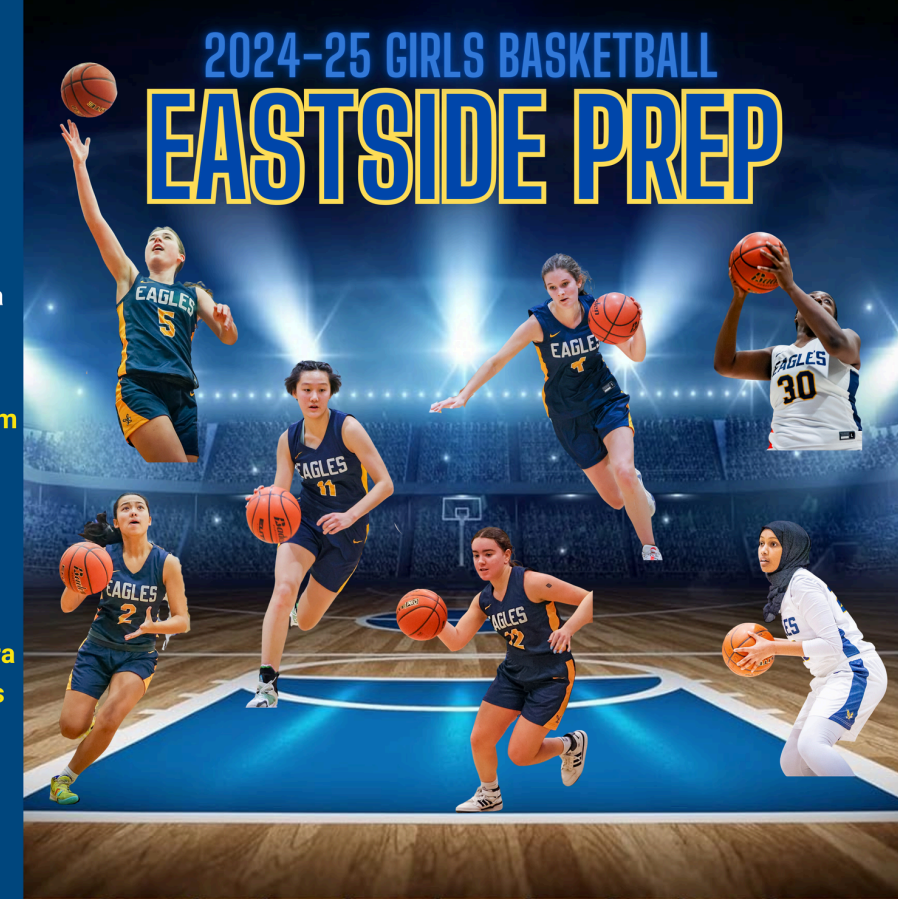
## 2024-25 SCHEDULE

**Dec 3 vs. Bush**  
 Dec 7 @ Charles Wright  
 Dec 10 @ Cedar Park  
 Dec 13 @ Granite Falls  
 Dec 14 @ Kings  
**Dec 17 vs. U-Prep**  
**Dec 20 vs. Bear Creek**  
**Jan 3 vs. Australian Team**  
**Jan 7 vs. Overlake**  
 Jan 10 @ Bush  
**Jan 15 JV vs. Willows Prep**  
 Jan 17 @ Northwest  
 Jan 18 vs. Cedar Park  
 Jan 22 vs. Kings  
**Jan 24 vs. SS/Heritage**  
 Jan 28 @ Bear Creek  
 Jan 31 @ S. Whidbey  
 Feb 4 @ Overlake  
**Feb 7 vs. Northwest**  
**SENIOR NIGHT!!!**




## 2024-25 SCHEDULE

**Dec 3 vs. Bush**  
 Dec 7 @ Charles Wright  
 Dec 10 @ Cedar Park  
 Dec 13 @ Granite Falls  
 Dec 14 @ Summit Sierra  
**Dec 17 vs. U-Prep**  
**Dec 20 vs. Bear Creek**  
**Jan 3 vs. Australian Team**  
**Jan 7 vs. Overlake**  
 Jan 10 @ Bush  
**Jan 11 vs. S. Whidbey**  
 Jan 15 @ U-Prep  
 Jan 17 @ Northwest  
**Jan 24 vs. Summit Sierra**  
**Jan 25 vs. Granite Falls**  
 Jan 28 @ Bear Creek  
 Jan 31 @ S. Whidbey  
 Feb 4 @ Overlake  
**Feb 7 vs. Northwest**  
**SENIOR NIGHT!!!**



# MS BASKETBALL SCHEDULES

## BASKETBALL

### 7-8 GIRLS



12 DEC @ OVERLAKE 3:30P

13 JAN VS. SEATTLE ACADEMY 4:15P

15 JAN @ BEAR CREEK 3:30P

30 JAN VS. BUSH 3:15P

03 FEB @ HERITAGE CHRISTIAN 3:30P

06 FEB @ U-PREP 3:30P

07 FEB VS. CEDAR PARK 3:15P

## BASKETBALL

### 7-8 BOYS



12 DEC VS. HERITAGE CHRISTIAN 3:15P

17 DEC VS. BEAR CREEK 3:15P

18 DEC @ U-PREP 3:30P

07 JAN @ SEATTLE ACADEMY 4:45P

09 JAN @ OVERLAKE 3:30P

13 JAN @ BUSH 4:00P

17 JAN VS. VENTURA 3:30P

28 JAN @ NORTHWEST 3:30P

## BASKETBALL

### 5-6 GIRLS



**BLUE** 12 DEC @ OVERLAKE 4:45P

**GOLD** 16 DEC VS. OVERLAKE 3:15P

08 JAN @ SEATTLE ACADEMY 3:30P **WHITE**

13 JAN VS. BUSH 3:15P **WHITE**

15 JAN @ BEAR CREEK 4:40P **GOLD**

**BLUE** 16 JAN @ CEDAR PARK 3:30P

**BLUE** 29 JAN VS. U-PREP 3:15P

29 JAN VS. U-PREP 4:15P **GOLD**

**BLUE** 04 FEB VS. U-PREP 3:15P

04 FEB VS. U-PREP 4:15P **WHITE**

**GOLD** 06 FEB @ BUSH 4:00P

12 FEB @ BEAR CREEK 4:40P **WHITE**

## BASKETBALL

### 5-6 BOYS



10 DEC @ HERITAGE CHRISTIAN 3:30P **GOLD**

**BLUE** 12 DEC @ BEAR CREEK 3:30P

19 DEC VS. U-PREP 3:15P **GOLD**

**BLUE** 19 DEC VS. U-PREP 4:15P

7 JAN @ SEATTLE ACADEMY 3:30P **GOLD**

**BLUE** 9 JAN @ OVERLAKE 4:45P

10 JAN VS. BUSH 3:15P **GOLD**

**BLUE** 14 JAN VS. SEATTLE COUNTRY 3:15P

**BLUE** 16 JAN @ BUSH 4:00P

21 JAN VS. SEATTLE COUNTRY 3:15P **GOLD**

23 JAN VS. OVERLAKE 3:15P **GOLD**

**BLUE** 23 JAN VS. NORTHWEST 4:15P