

EAGLES SPORTS REPORT



2024-25

by the numbers



70%

**OF ALL STUDENTS
PLAYED EPS SPORTS
THIS YEAR**



222

upper schoolers



154

middle schoolers



25

upper school teams



27

middle school teams

SAVE THE DATE

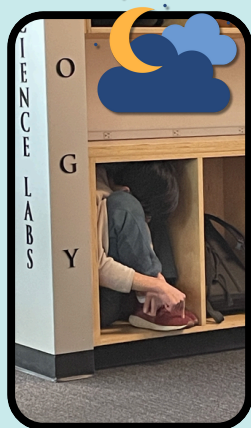
2024-25 US Sports Celebration

Wednesday, June 4 at 6pm *invitation will be emailed in early May*

TRAINER'S TOOLBOX



Correlation between sleep and injury risk



Sleep is a buzzword when it comes to discussions about teenagers, health, and wellbeing. It's common knowledge that teenagers need 8-10 hours of sleep to promote optimal health and development. A potentially new angle I encourage you to consider is sleep and injury risk. When it comes to reducing injury risk in adolescent athletes, most people think of stretching routines, strength training, or proper equipment. But one of the most effective—and often neglected—tools is something far simpler and more accessible: sleep.

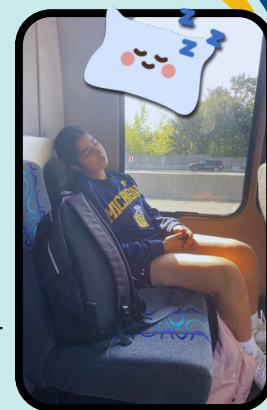
The American Academy of Sleep Medicine reports teenagers consistently average less than 7 hours of sleep per school night. A 2014 study published in the *Journal of Pediatric Orthopedics* found that young athletes who slept fewer than 8 hours per night were 1.7 times, which equates to 70% (!), more likely to sustain an injury compared to those who got more rest. Another large-scale study involving over 100 athletes aged 12-18, published in *Clinical Journal of Sport Medicine*, concluded that insufficient sleep was the strongest predictor of injury, even more than hours of practice or sport type. It also found the converse effect of sleep to be true: consistent sleep of 8+ hours and adherence to basic nutritional guidelines reduced injury risk by over 60%.



How does lack of sleep contribute to a higher risk for injury? Chronic sleep deprivation impairs reaction time, judgement and decision making, skill learning and acquisition, reduces attention and focus, and decreased emotional regulation—all crucial components for safe performance in sports. This can be particularly dangerous in high-speed or high-contact sports like basketball or soccer where split-second decisions and motor coordination are essential. Throwing yourself into reckless tackles or battling for loose balls on the court might not always be the smartest or safest decision.

So, what are some things we can do now? Coaches, parents, and athletic trainers can help by encouraging consistent sleep routines, setting limits on screen time before bed, and building recovery time into training schedules. Emphasizing sleep and recovery as core components of an athlete's routine can make a substantial difference in injury prevention and performance.

Injury prevention doesn't always require complex interventions or expensive equipment. Sometimes, the most powerful change starts with something as simple as lights out and eight solid hours of rest.



WIAA AMENDMENTS VOTES ARE IN!

Below are 6 of the 16 amendments that were recently voted on that impact EPS. The Pros/Cons are summarized from the perspective of the schools proposing the amendment (not EPS or other member schools). Please reach out if there are any you would like to discuss in greater detail.

Transfer Rule

Proposal: Allow a one-time school transfer during high school.

Pros: Easier for students with valid reasons to transfer.

Cons: Might be misused for athletic advantages, affecting team fairness.

EPS Position: Did not support as originally written.

Final Vote: Passed 29-6 (caveat is transfer students must sit out 40% of allowable varsity contests).

Girls' Flag Football

Proposal: Add girls' flag football as an official sport.

Pros: Expands opportunities for girls.

Cons: Needs more resources and might sacrifice other sports for small schools.

EPS Position: Did not support

Final Vote: Passed 22-13.

Transgender Athlete Participation

Proposal: Limit girls' sports to those assigned female at birth.

Pros: Aims for fairness in competition.

Cons: Excludes transgender girls, which may feel unfair or discriminatory.

EPS Position: Did not support

Final Vote: Failed 31-22 (60% required to pass).

Separate Division for Transgender Athletes

Proposal: Create separate divisions for transgender athletes.

Pros: Provides a space for transgender athletes to compete.

Cons: May lead to isolation and logistical challenges.

EPS Position: Did not support

Final Vote: Failed 13-40 (60% required to pass).

Increase Soccer Matches

Proposal: Raise match limit from 16 to 18 per season.

Pros: More competition and skill-building.

Cons: Adds time, physical demands, and costs.

EPS Position: Did not support

Final Vote: Failed 13-22

Soccer Mercy Rule

Proposal: End games if one team leads by 8 goals after 50 minutes.

Pros: Prevents humiliation and reduces injuries.

Cons: Limits playing time and experience for players.

EPS Position: Supported with contingencies

Final Vote: Passed 46-7

spring tailgate recap

A huge thank you to all who attended - From 5th grade to seniors, and faculty babies to alums - we had the biggest crowd ever! Thank you for bringing the sunshine and making this a fun celebration for all EPS spring sports!



COACH



KATIE



Katie has been doing a fantastic job with our middle school soccer and track teams here at EPS. She genuinely loves helping athletes set goals, build confidence, and celebrate their successes. Before EPS, Katie coached soccer (including skills clinics) for three years, working with kids from ages 2 to 14. Her own athletic journey began with soccer and track in middle and high school, competing in the 200m, 400m, and 800m events. Katie often talks about how soccer taught her the value of teamwork, while track showed her the importance of grit, personal determination, and mindset. She still enjoys running and playing soccer, and lately has been exploring new sports like golf and tennis, proving it's never too late to try something new. Her favorite sports lesson to share is, "The little things make all the difference when chasing a big goal, and it's up to you to choose wisely which little things you focus on." Thanks, Katie, for your commitment and for making athletics at EPS such a positive experience!

**COACH
SPOTLIGHT**

AWESOME ALUM



Max Sheffield '14

Meet Max from the Class of 2014—one of the trailblazers who launched our very first high school Ultimate Frisbee team! After graduating from EPS, Max landed at Whitman College, graduating in 2018 with a major in Biology and a minor in Computer Science, while also competing for the Whitman Sweets Ultimate team. Today, he's blending science and technology as a software product manager, specializing in laboratory informatics, and also running operations for the Seven Hills Ultimate Club. Max recently coached our Varsity Girls Ultimate team, catapulting us from a struggling program to State Quarterfinalists! Off the field, he nurtures a passion for dart frogs—carefully reminding us they're NOT poisonous in captivity (because, as every athlete knows, you truly are what you eat!). We're excited to celebrate Max's journey from pioneering Eagle athlete to accomplished professional—and dedicated frog enthusiast!

Eagles in the Playoffs!



**GIRLS ULTIMATE- CONFERENCE CHAMPIONS!
UNDEFEATED IN LEAGUE
STATE QUARTERFINALS MAY 13**



**GIRLS TENNIS ESC TOURNAMENT
MAY 10 & MAY 12 @ AMY YEE**



**BOYS SOCCER @ OVERLAKE MAY 6 5PM
ESC TOURNAMENT BRACKET**



**BOYS GOLF ESC TOURNAMENT
MAY 14 @ SNOQUALMIE RIDGE**



**TRACK ESC CHAMPIONSHIPS MAY 15 & 17
DISTRICT CHAMPIONSHIPS MAY 22 & 24**



**TENNIS STATE CHAMPIONSHIPS
SOREN/KAI DOUBLES
MAY 23-24 YAKIMA TENNIS CLUB**



**ROWING
NORTHWEST YOUTH CHAMPIONSHIPS
MAY 16-18**