

# EAGLES SPORTS REPORT



## FROM THE ATHLETICS OFFICE

**FROM HISTORY TO HERE...** This Women's History Month, we celebrate the athletes who opened doors, the stars who changed the game, and the EPS athletes carrying that legacy forward today.

*Pioneers. Game Changers. Eastside Prep Today.*

### BASKETBALL

#### PIONEER

**SENDA BERENSON (1890'S)**



Adapted basketball for women and published the first women's basketball rules in 1899, and helped open doors in schools and colleges.

#### GAME CHANGER

**CAITLIN CLARK**



Electrified women's basketball with her deep shooting and dynamic play, helping bring record crowds and national attention to the sport.

#### EPS TODAY

**GRACE MILLER**



Built on quick thinking, fearless play, and the confidence to rise in big moments.

### CROSS COUNTRY

#### PIONEER

**KATHRINE SWITZER (1967)**



Became the first woman to officially run the Boston Marathon, helping force a national conversation about women in distance running.

#### GAME CHANGER

**SHALANE FLANAGAN**



Ended a 40-year drought for American women by winning the 2017 New York City Marathon, a landmark moment for U.S. distance running.

#### EPS TODAY

**ALYSON LANG**



Defines grit, patience, and the determination to keep moving through every mile.

### GOLF

#### PIONEER

**BABE DIDRIKSON ZAHARIAS (1940'S)**



Helped found the LPGA and brought huge public attention to women's golf at a time when it got little respect. Her success and fame opened doors for future generations of female golfers.

#### GAME CHANGER

**ANNIKA SORENSTAM**



Set a new standard for excellence in women's golf with dominant wins, elite fitness, and a precision-focused approach. She broke barriers by competing against men on the PGA Tour.

#### EPS TODAY

**BRENNAN BARR**



Fueled by discipline, composure, and love of the game.

## ROWING

### PIONEER

**ANITA DEFRANTZ (1976)**



Made history at the first Olympic Games to include women's rowing, then became one of the sport's most influential advocates for opportunity and equity.

### GAME CHANGER

**CARYN DAVIES**



Won Olympic gold and silver medals as part of one of the most successful eras in U.S. women's rowing, helping raise the sport's profile on the world stage.

### EPS TODAY

**HANNAH, ELLA, MAIYA**



Powered by rhythm, endurance, and the shared effort that turns individual work into team success.

## SOCCER

### PIONEER

**NETTIE HONEYBALL (1894)**



Founded the British Ladies' Football Club in 1894, creating one of the first organized teams in women's soccer and helping bring the game into public view.

### GAME CHANGER

**MEGAN RAPINOE**



Won two FIFA Women's World Cups and an Olympic gold medal while becoming one of the most recognizable leaders in women's soccer.

### EPS TODAY

**SAMANTHA RYAN**



Shaped by creativity, connection, and the ability to change a game with one run, pass, or touch.

## TENNIS

### PIONEER

**ALTHEA GIBSON (1956)**



Broke tennis's color barrier and became the first Black champion at the French Championships, Wimbledon, and the U.S. Championships.

### GAME CHANGER

**SERENA WILLIAMS**



Won 23 Grand Slam singles titles and reset the standard for power, dominance, and longevity in the women's game.

### EPS TODAY

**LULU HAPPE**



Measured point by point through focus, composure, and the confidence to compete under pressure.

## TRACK

### PIONEER

**WILMA RUDOLPH (1960)**



Won gold in the 100m, 200m, and 4x100m relay at the 1960 Rome Olympics, becoming the first American woman to win three golds at one Games.

### GAME CHANGER

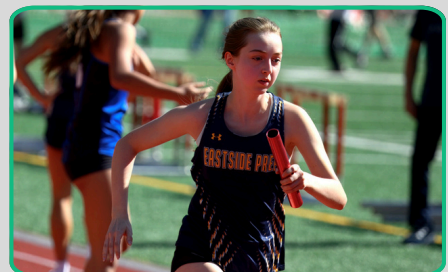
**ALLYSON FELIX**



Became the most decorated track and field athlete in World Championships history with 20 World Championship medals, also winning 11 Olympic medals, including 7 golds.

### EPS TODAY

**SOPHIE OLSON**



Showcases speed, strength, and discipline across every event and every finish line.

**ULTIMATE**

**PIONEER**

**SUZANNE FIELDS (1980)**



Helped build women's ultimate from the ground up by organizing the first UPA Women's Division and the earliest national championships for the sport.

**GAME CHANGER**

**DOMINIQUE FONTENETTE**



Built a Hall of Fame career across 26 years with college, national, and world championships in women's ultimate.

**EPS TODAY**

**SYDNEY BELFIORE**



Powered by movement, trust, and a style of play that blends teamwork, creativity, and joy.

**VOLLEYBALL**

**PIONEER**

**1900**



One of the earliest known action images of volleyball (a sport created in 1895) provides direct evidence that women were part of the game's early history.

**GAME CHANGER**

**MISTY MAY/KERRI WALSH**



Won three straight Olympic gold medals together and became the most dominant pair in beach volleyball history.

**EPS TODAY**

**NEHMAT BHUTANI**



Driven by communication, resilience, and the ability to respond together to every point.



**WE WANT TO HEAR FROM YOU!**

**NEW FEATURE ALERT**  
**COMMUNITY SPORTS POLL**

Each month, we will be featuring a short poll focused on timely, interesting, and thought-provoking topics in sports. Whether it's a recent headline, an ongoing debate, or a bigger question about values and ethics in athletics, the goal is to spark conversation and showcase the range of perspectives within our community.

*Be sure to vote and see how your thoughts compare with others!*

**THIS MONTH'S QUESTION:**

**Are NIL deals killing March madness 'Cinderella stories' by concentrating talent at top programs?**

**CLICK HERE**





# Trainer's Toolbox What's that colorful tape?



## What is it?

Kinesio tape is a stretchy, waterproof tape to help with muscle and joint issues. It became especially popular after the 2008 Olympics, when many athletes wore it during competition. The tape is designed to support muscles and joints without limiting movement, and it's believed to help reduce pain, swelling, and recovery time by gently lifting the skin, improving blood flow, and stimulating nerves in the skin. Some athletes also feel it improves confidence and body awareness. However, scientists still don't fully understand how it works, and research results are mixed.



## What's it used for?

- People use kinesio tape to help with:
- Muscle support during activity
  - Pain reduction
  - Injury recovery (like strains, sprains, or overuse injuries)
  - Improved circulation and swelling reduction
  - Posture or movement awareness

## Does it actually work?



Kinesio taping may help some athletes in certain situations, but overall scientific support is mixed, and it should not be relied on as a standalone or universally effective intervention in sports medicine.

## How does it work?

- The tape stretches similarly to human skin.
- When applied correctly, it may:
  - Slightly lift the skin and separates tissues
  - Stimulate nerves in the skin
  - Support muscles without restricting movement
  - Improve confidence

Unlike rigid athletic tape, it does not immobilize the area.

## WINTER INJURIES BY THE NUMBERS

### Most commonly-injured body parts

48  
Ankles

15  
Knees

14  
Hands

13  
Heads

163

total patient interactions

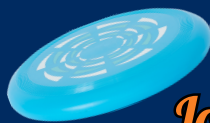
# Spring Tailgate

Friday, April 24 - ULTIMATE & SOCCER GAMES 3:45

FAN BUS LEAVES CAMPUS [at] 3:15

SENIOR NIGHT WILL FOLLOW GAMES

Join us for Fun, Food & Prizes!



# COACH SPOTLIGHT

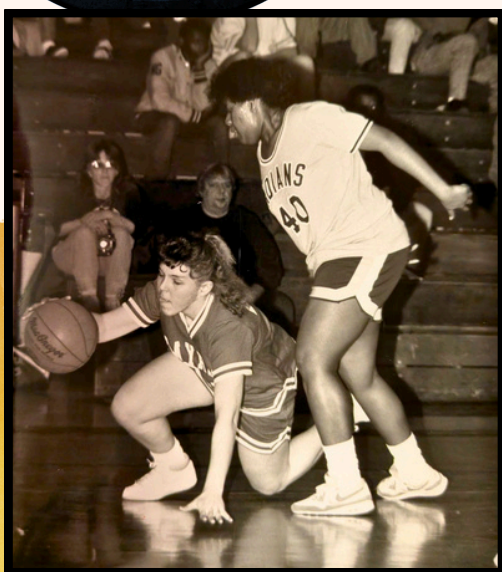
Caitlin Roach has been rowing for four years and brings a true love of the sport to EPS rowing. Because rowing meant so much to her during high school, she loves getting to help create that same experience for her athletes now. She especially enjoys coaching rowers who show up ready to work hard and support their teammates!



Caitlin is studying Aeronautics and Astronautics at UW, and outside of school and coaching, she loves reading, watching sports, weight lifting, hiking, and being outdoors. One fun connection: she rowed in high school out of a boathouse just across the waterway from LUC, where Eastside Prep rows today. This is Caitlin's first year coaching at EPS. She has been an amazing addition to our program!

# FLASHBACK

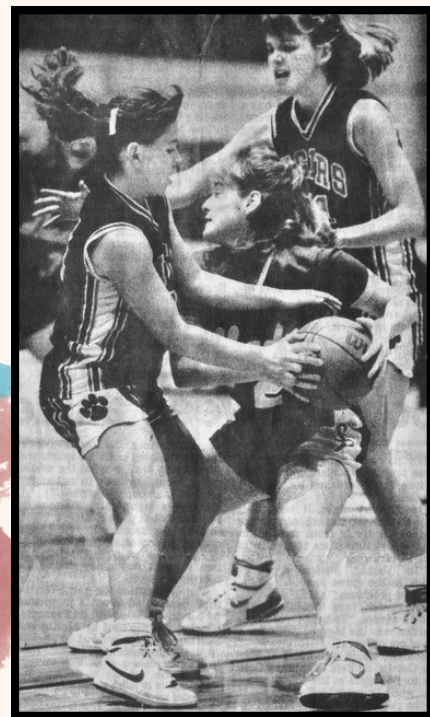
## TO OUR ELDER EAGLES' HIGH SCHOOL YEARS



**Ms. Russell in action  
on the basketball court**



**Did you know...  
that Ms. Sanchez  
ran for UPrep?!**



**Ms. Eng's team placed  
2nd in 4A Washington  
state championship!**



**Soccer was among  
Ms. Kuffner's sports**



**Deep roots, quick feet -  
Ms. Davis on the pitch**



# FLASHBACK



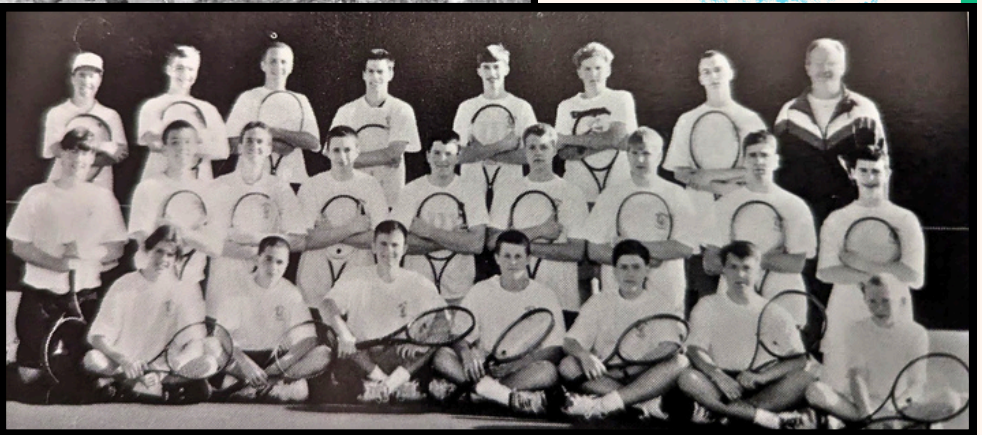
Can you find.... (answers at bottom)



Find  
Mr. Nolan



Which  
tennis  
player is  
Mr. Sieg?



¿Dónde está  
Profesora Violette?

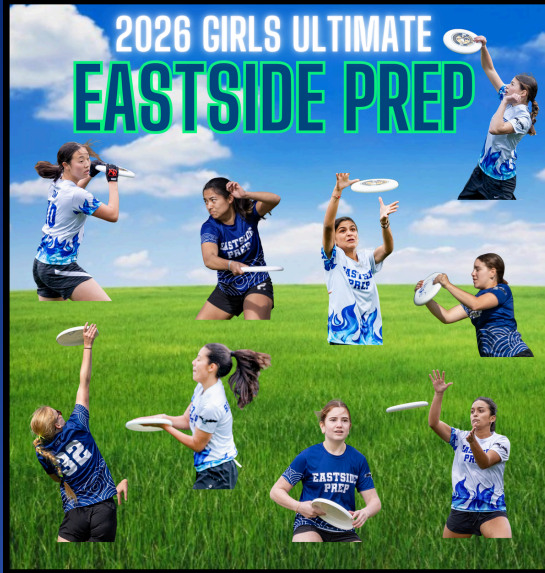


Where's  
Mr. Barrager?



Mr. Nolan is #24 ~ Mr. Sieg is in second row, third from right ~ Prof. Violette is #7 ~ Mr. Barrager is #13

# Upper School Spring Schedules



**2026 SCHEDULE**

Mar 16 @ Bush

Mar 19 vs. Northwest

Mar 23 @ Overlake

Mar 25 @ Franklin

Mar 28-29  
Seattle INVITE

Mar 31 vs. U-Prep

Apr 2 vs. Bush

Apr 24 vs. Overlake  
Tailgate / SENIOR NIGHT

Apr 28 @ Northwest

Apr 29 @ U-Prep

May 18<sup>th</sup>  
State Quarterfinals

**2026 SCHEDULE**

Mar 12 @ Interlake (JV)

Mar 19 @ CPC (JV/V)

Mar 24 vs. Bush (JV)

Mar 24 @ Bush

Mar 26 vs. U-Prep

Mar 26 @ U-Prep (JV)

Mar 28 @ Overlake

Mar 30 @ NW (JV)

Mar 31 vs. Bear Creek

Apr 2 vs. Bush (JV)

Apr 21 vs. King's

Apr 23 @ Northwest

Apr 23 vs. Overlake (JV)

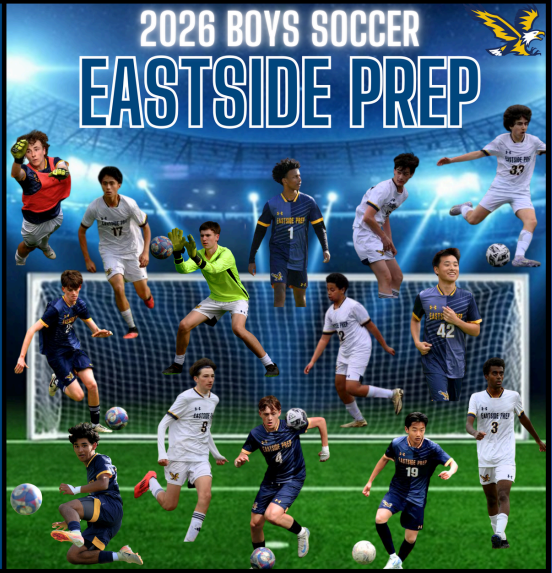
Apr 24 vs. Sultan  
Tailgate / SENIOR NIGHT

Apr 27 @ Interlake (V)

Apr 27 vs. U-Prep (JV)

Apr 28 @ S. Whidbey

Apr 30 @ Kings (JV)



**2026 SCHEDULE**

March 7  
Vancouver Lake  
(Invite only)

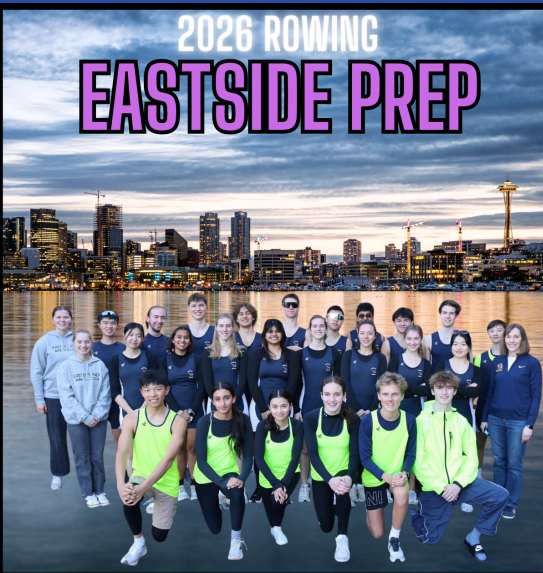
March 14  
Green Lake Spring  
(everyone)

April 4  
Husky Open  
(everyone)

April 18  
Lake Stevens  
(everyone)

April 24-26  
Brentwood  
(Invite only)

MAY 14-17  
NORTHWEST YOUTH  
CHAMPIONSHIPS



**2026 SCHEDULE**

Mar 14 Seattle  
Academy Relays

Mar 28 @ Kings

Apr 2 @ S. Whidbey

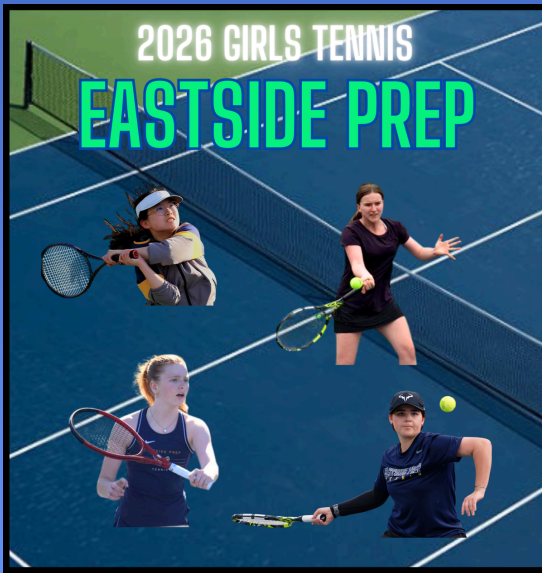
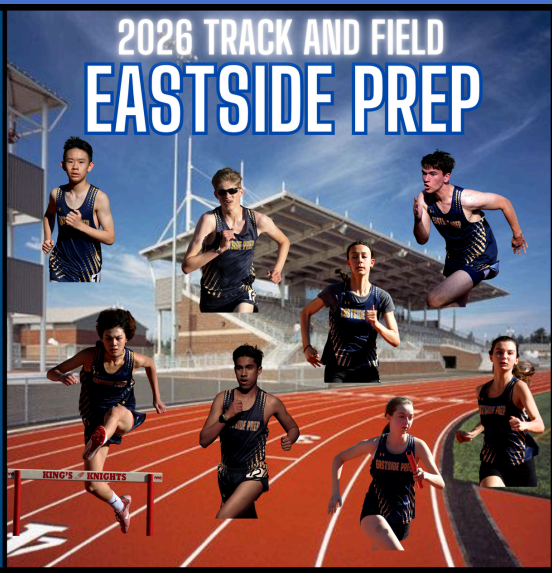
Apr 23 @ Kings

Apr 30 @ S. Whidbey

May 9 @ Granite Falls

May 14/16 @ Kings  
ESC Championships

May 21/23 @ G. Falls  
Bi-District  
Championships



**2026 SCHEDULE**

Mar 18 vs. S. Whidbey

Mar 20 @ Kings

Mar 25 @ Bush

Mar 27 vs. U-Prep

Mar 30 vs. Bear Creek

Apr 1 @ Overlake

Apr 21 vs. Kings

Apr 23 vs. Bush

Apr 23 @ Bush (JV)

Apr 27 @ S. Whidbey

Apr 28 @ U-Prep

May 1 vs. Overlake  
SENIOR NIGHT

May 1 @ Overlake (JV)

May 4 @ Bear Creek

ESC Tourney  
May 9th/11th/15th

# Middle School Spring Schedules

## TENNIS

Team	Day	Date	Time	Opponent	Location
MS 7/8	Thu	26-Mar	Home 4:00 PM	Bear Creek School	Odle Middle School
MS 5/6	Mon	30-Mar	Home 4:00 PM	Explorer West	Odle Middle School
MS 7/8	Thu	2-Apr	Home 4:00 PM	Basis Bellevue	Odle Middle School
MS 5/6	Wed	22-Apr	Away 4:00 PM	Brighton	Evergreen Courts
MS 5/6	Mon	27-Apr	Home 4:00 PM	Brighton	Odle Middle School
MS 7/8	Thu	30-Apr	Home 4:00 PM	Bear Creek School	Odle Middle School
MS 7/8	Mon	4-May	Away 4:15 PM	Basis Bellevue	Tillicum Middle School
MS 5/6	Tue	5-May	Home 4:00 PM	Explorer West	Odle Middle School
MS 7/8	Wed	6-May	Away 4:00 PM	Bear Creek School	Marymoor Park
MS 5/6	Thu	7-May	Away 3:45 PM	Seattle Country Day	David Rogers Park
MS 5/6	Mon	11-May	Away 4:00 PM	Brighton	Evergreen Courts

## GIRLS ULTIMATE

Team	Day	Date	Time	Opponent	Location
7/8 Girls	Thu	19-Mar	Home 4:00 PM	Seattle Country Day	Hidden Valley
5/6 Girls Gold	Fri	20-Mar	Home 4:00 PM	Seattle Academy	Marymoor Park 6
7/8 Girls	Mon	23-Mar	Home 4:00 PM	Overlake	Hidden Valley
7/8 Girls	Wed	25-Mar	Away 4:00 PM	Bush School	Magnuson Park
5/6 Girls Blue	Wed	25-Mar	Home 4:00 PM	Northwest	Marymoor Park 5
5/6 Girls Blue	Thu	26-Mar	Home 4:00 PM	Seattle Academy	Marymoor Park 4
7/8 Girls	Mon	30-Mar	Home 4:00 PM	Bush School	Newport Hills Park
5/6 Girls Gold	Tue	31-Mar	Away 3:30 PM	Overlake	Overlake School
5/6 Girls Gold	Thu	2-Apr	Away 4:00 PM	Northwest	Bobby Morris Playfield
7/8 Girls	Wed	22-Apr	Away 4:00 PM	Seattle Girls School	i-90 Lid / Jimi Hendrix Park
7/8 Girls	Wed	29-Apr	Away 4:00 PM	Overlake	Overlake School
5/6 Girls Blue	Thu	30-Apr	Home 4:00 PM	Overlake	Robinswood Park - East
5/6 Girls Gold	Mon	4-May	Away 4:00 PM	Lake Washington Girls	Genesee Park Playfields
5/6 Girls Blue	Tue	5-May	Away 3:30 PM	University Prep	Dahl Playfield
7/8 Girls	Wed	6-May	Home 4:00 PM	Lake Washington Girls	Hidden Valley Sports Park
5/6 Girls Blue	Thu	7-May	Home 4:00 PM	Seattle Academy	Robinswood Park - West
5/6 Girls Gold	Mon	11-May	Away 4:00 PM	Lake Washington Girls	Genesee Park Playfields
7/8 Girls	Tue	12-May	Away 4:00 PM	Seattle Girls School	i-90 Lid / Jimi Hendrix Park
5/6 Girls Gold	Thu	14-May	Home 4:00 PM	Overlake	Robinswood Park - West
5/6 Girls Blue	Fri	15-May	Away 4:00 PM	Northwest	Robinswood Park - West

# BOYS ULTIMATE

Team	Day	Date	Time	Opponent	Location
5/6 Boys Blue	Fri	20-Mar	Home 4:00 PM	Seattle Academy	Marymoor Park 6
7/8 Boys D2	Fri	20-Mar	Away 4:00 PM	Northwest	Newport Hills Park
5/6 Boys Blue	Fri	15-May	Away 4:00 PM	Northwest	Robinswood West
7/8 Boys D1	Mon	11-May	Away 3:30 PM	University Prep	Dahl Playfield
7/8 Boys D2	Mon	11-May	Away 3:30 PM	University Prep	Dahl Playfield
7/8 Boys D1	Mon	23-Mar	Home 4:00 PM	Overlake	Newport Hills Park
7/8 Boys D2	Mon	23-Mar	Home 4:00 PM	Overlake	Newport Hills Park
7/8 Boys D2	Mon	30-Mar	Home 4:00 PM	Bush School	Newport Hills Park
7/8 Boys D1	Mon	27-Apr	Home 4:00 PM	Northwest	Newport Hills Park
7/8 Boys D2	Mon	27-Apr	Home 4:00 PM	Northwest	Newport Hills Park
7/8 Boys D1	Thu	23-Apr	Away 3:30 PM	Bush School	Van Asselt CC
7/8 Boys D2	Thu	23-Apr	Away 3:30 PM	Bush School	Van Asselt CC
5/6 Boys Blue	Thu	26-Mar	Home 4:00 PM	Overlake	Marymoor Park 3
5/6 Boys Gold	Thu	30-Apr	Home 4:00 PM	Northwest	Robinswood East
7/8 Boys D1	Thu	30-Apr	Home 4:00 PM	University Prep	Robinswood West
7/8 Boys D2	Thu	30-Apr	Home 4:00 PM	University Prep	Robinswood West
5/6 Boys Blue	Thu	7-May	Away 4:00 PM	Willows Prep	Willows Prep
5/6 Boys Gold	Thu	14-May	Home 4:00 PM	Seattle Academy	Robinswood West
5/6 Boys Gold	Tue	31-Mar	Away 3:30 PM	Overlake	Overlake School
5/6 Boys Blue	Tue	28-Apr	Home 4:00 PM	University Prep	Hidden Valley
5/6 Boys Gold	Tue	5-May	Away 4:00 PM	Willows Prep	Willows Prep
5/6 Boys Gold	Wed	6-May	Away 3:30 PM	University Prep	Dahl Playfield
7/8 Boys D1	Wed	6-May	Away 3:30 PM	Overlake	Overlake School
7/8 Boys D2	Wed	6-May	Away 3:30 PM	Overlake	Overlake School
7/8 Boys D1	Wed	18-Mar	Home 4:00 PM	Seattle Academy	Hidden Valley
5/6 Boys Gold	Wed	25-Mar	Home 4:00 PM	Northwest	Marymoor Park 3
7/8 Boys D1	Wed	25-Mar	Home 4:00 PM	Northwest	Marymoor Park 3
5/6 Boys Blue	Wed	1-Apr	Home 4:00 PM	Northwest	Newport Hills Park

# TRACK

Team	Day	Date	Time	Opponent	Location
MS-Track	Fri	27-Mar	3:00 PM	League Meet	Southwest Athletic Complex
MS-Track	Fri	24-Apr	3:00 PM	League Meet	West Seattle Stadium
MS-Track	Fri	8-May	3:00 PM	League Meet	West Seattle Stadium