

## **LAKOTA EAST HIGH SCHOOL TRACK AND FIELD PROGRAM**

2019 GMC Champions

2019 District Champions

2019 Regional Champions

2019 State Champions

**HOME PRACTICE FACILITY** – Lakota East High School stadium, track and turf field.

**TEAMS** – Varsity and Junior Varsity

**TRAINING SESSIONS AND PRACTICE TIMES** – Official start to the season will begin February 24<sup>th</sup> 2020.

Practices times will be Monday through Friday from 3:30-5:15 p.m.

### **STUDENT PRE-PARTICIPATION PHYSICAL FORMS**

All physicals must be turned in to the Coach, Athletic Trainer, or Athletic Department office prior to participation.

**NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system.

### **PARENT/ STUDENT-ATHLETE MEETING**

Meet the Team Night will be held on Wednesday, March 4th, 2020 at 6:30 p.m. in the Lakota East High School gymnasium. Doors will open at 5:30 p.m. in order to pay participation fees and purchase sports passes. It is MANDATORY that at least one parent and the student athlete be in attendance.

### **SENIOR NIGHTS AND SPECIAL EVENTS**

- Senior Day – April 25th, 2020
- Booster Bash - TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Rodney Heath at [easttrack22@gmail.com](mailto:easttrack22@gmail.com)