

2018-2019  
**LAKOTA EAST HIGH SCHOOL**  
**GIRLS SOCCER PROGRAM**

**HOME PRACTICE FACILITY** – Lakota East High School turf stadium, grass field & Voice of America Park.

**TEAMS** – Varsity and Junior Varsity

**TRAINING SESSIONS AND SCRIMMAGES** – Pre-season training sessions will be held for all interested soccer candidates. While these training sessions are not mandatory, they are encouraged and recommended!

- Conditioning: July 3 & 5 from 7-8:30 p.m., July 16, 16, 18 and 19 from 5:30-6:30 p.m.; July 30 from 6-8:30 p.m. and July 31 from 7-9 p.m.
- On-Ball Sessions: July 23, 24, 26 – 7-8:30 p.m.
- Open Fields: July 8, 22 and 29 from 6-8 p.m.
- Scrimmages:
  - August 7<sup>th</sup>: 5:30/7 p.m. vs. Loveland – HOME
  - August 11<sup>th</sup>: 5:30/7:15 p.m. vs. Dublin Coffman - AWAY

**CAMP DATES** – The Lakota East Girls Soccer program will host a youth camp on July 17, 18 and 19 at the Lakota East High School Turf Field. The camp will run from 6:30-8 p.m.

**TRYOUT INFORMATION** – Tryouts will be held August 1, 2 and 3, 2018 from 7-9 p.m. on the Lakota East High School Turf Field. Teams will be selected on August 4<sup>th</sup>, 2018.

**PRACTICE TIMES** – Practice times may vary throughout the season. A detailed calendar will be distributed to the team members upon completion of tryouts.

- Sundays: 5:30-7 p.m. at LEHS
- Weekdays: 5:30-7 p.m. at LEHS or VOA

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on August 1<sup>st</sup>. 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 Monday, August 6<sup>th</sup> 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 Night will be held on Saturday, September 29<sup>th</sup>.
- Booster Bash – TBA

**FOR ADDITIONAL INFORMATION** you may contact head coach, Tom McEwan at [tmcewan259@gmail.com](mailto:tmcewan259@gmail.com).