

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

**HOME PRACTICE FACILITY** – Lakota East High School

**TEAMS** – Three Teams: Varsity - Junior Varsity – Freshmen

**CAMP DATES** – We will host a youth camp in the summer, TBA.

**OFF-SEASON WORKOUTS** – Weights and Open Gyms will be held during the off-season, Time TBA.

**TRYOUT INFORMATION** – Tryouts will be held August 1, 2 and 3 from 9-11:30 a.m. in the Main Gym.

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

- Varsity: 3-5 p.m.
- JV: 5:30-7:30 p.m.
- Freshmen: 4-6 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 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 – September 25<sup>th</sup> vs. Colerain
- Hawks for the Cure Night – October 2<sup>nd</sup> vs. Fairfield
- Booster Bash – TBA

**FOR ADDITIONAL INFORMATION** you may contact head coach, Janna Stephens at [Stephens.653@osu.edu](mailto:Stephens.653@osu.edu)