

2018-2019
LAKOTA EAST HIGH SCHOOL
BASEBALL

PRACTICE FACILITY- Lakota East High School Baseball Field.

TEAMS-Varsity, Junior Varsity and Freshman Team.

OFF SEASON CONDITIONING- Conditioning will begin October 29th through February for all interested in playing in the Spring. Off season workouts will be every M-W-F from 3-5pm. Exceptions will be made if there is a conflict with a Holiday and workouts will be altered during Christmas Break. While these workouts are not mandatory they are highly recommended.

ALL PLAYERS WILL NEED THE FOLLOWING ON WORKOUT DAYS:

1. Athletic clothing and weather appropriate as weather gets colder.
2. A lock to secure items will at workout.
3. Baseball Glove.

CAMP DATES- Lakota East Baseball will again be hosting a winter camp with US BASEBALL ACADEMY. All players will be required to work one of the camp dates.

TRYOUT DATES- Tryouts will be held Feb 18-23. Additional days maybe required if weather impacts our ability to get outside.

PRACTICE TIMES- Practice times may vary throughout the spring. A detailed calendar will be distributed to all players at the completion of tryouts.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS- All physicals must be turned into coach, Athletic Trainer, or Athletic office prior to the start of off season workouts October 29th.

PARENT/STUDENT ATHLETE MEETING- Meet the team night will be held on Thursday, March 7th at 6:30 in the Lakota East High School gymnasium. Doors will open at 5:30 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.

FOR ADDITIONAL INFORMATION- Please contact Head Coach Ray Hamilton at ray.hamilton@lakotaonline.com