

2018-2019
LAKOTA EAST HIGH SCHOOL
GIRLS LACROSSE PROGRAM

HOME PRACTICE FACILITY – Lakota East High School turf / stadium and surrounding grass fields.

TEAMS – Varsity and Junior Varsity

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

- Off-Season Strength Training / Conditioning: Mondays and Thursdays, August thru December. Monday's time will be 6:00 – 7:00 PM & Thursdays will be 4:00 – 5:00 PM. All lifting will be in main weight room at HS main campus.
- Pre-Season Speed and Agility Sessions: January thru February. Times TBA
- Open gyms: September thru December, Days / times TBA
- Practice starts on Monday, February 18th.
- Scrimmages:
 - March 14th: 6:00 / 7:00 p.m. vs. Beavercreek – HOME
 - March 23rd: 6:00 / 7:00 p.m. vs. TBD
- First game on Tuesday, March 26th – 6:00 / 7:00 PM vs Kettering Fairmont - HOME

TRYOUT INFORMATION – Tryouts will be held Monday thru Friday, 2/18 – 2/22, during practice. Teams will be announced on Monday, February 25th.

PRACTICE TIMES – Practice times may vary a bit throughout the season, especially on nights of boy's lacrosse home games. A detailed calendar will be distributed to the team members before regular practices begin. Normal practice times will be 7:30 – 9:30 PM, Monday thru Friday, at the Lakota East Stadium.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation in any of our activities. NO PHYSICAL = NO PARTICIPATION! All other forms are made available through the Final Forms system.

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team Night date will be announced later in the year for spring sports. It is MANDATORY that at least one parent and the student-athlete be in attendance.

SENIOR NIGHTS AND SPECIAL EVENTS

- Alumni Night - TBA
- Senior Night - TBA
- Homecoming – TBA

SUMMER PRACTICE / CAMP DATES – The Lakota East Girls Lacrosse program will hold their 10 days of summer training in June and July of 2019. Dates and times TBA.

CAMP DATES – The Lakota East Girls Lacrosse program will host a youth camp during the summer of 2019. Dates and times TBA.

FOR ADDITIONAL INFORMATION you may contact head coach, Ken Kinch at eastgirlslax@gmail.com .