

2018-2019
LAKOTA EAST HIGH SCHOOL
GIRLS SOFTBALL PROGRAM

HOME PRACTICE FACILITY – Lakota East High School Softball fields.

TEAMS – Varsity, Junior Varsity and Freshmen

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

- Lifting begins in early January and will continue through the season
- Tryouts will be held in Mid-February. Dates and times TBA
- Scrimmages:
 - March 20: 4:30 pm vs Edgewood - HOME

TRYOUT INFORMATION – Tryouts will be held Mid-February on the Lakota East High School Turf Field and in East upper & aux gymnasiums. Teams will be selected by March 1

PRACTICE TIMES – Practice times may vary throughout the season. A detailed calendar will be distributed to the team members upon completion of tryouts. If we are indoor we rotate gym times with Baseball.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on January 3. **NO PHYSICAL = NO PARTICIPATION!**

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team Night will be held on Thursday, March 7 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 TBA
- Booster Bash – TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Steve Castner at steve.castner@lakotaonline.com