

2018-2019  
**LAKOTA EAST HIGH SCHOOL**  
**WRESTLING PROGRAM**

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

**TEAMS** – Varsity, Junior Varsity and Freshman

**TRAINING SESSIONS AND SCRIMMAGES** – Pre-season training sessions will be held for anyone that is interested in wrestling.

**LIFTING/ OPEN MATS** – Mondays and Wednesdays we will lift weights from 5:00-6:00 p.m. We will follow weights with open mats from 6:00-6:30 p.m. Meet in the weight room at 4:55 p.m.

**CAMP DATES** – Nothing is planned or scheduled at this time.

**PRACTICE TIMES** – The exact practice times have not been determined yet. A calendar will be handed out during the parent meeting in the fall.

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on November 9<sup>th</sup> (1<sup>st</sup> day of practice). **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system.

**PARENT MEETING** – November 1<sup>st</sup> at 5:30pm (Location TBD)

**PARENT/ STUDENT-ATHLETE MEETING** – Meet the Team Night will be held on Wednesday November 7<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 Thursday January 31<sup>st</sup>

**FOR ADDITIONAL INFORMATION** please contact Coach Craft at [craftchad86@gmail.com](mailto:craftchad86@gmail.com)