PRACTICE FACILITY- Lakota East High School Baseball Field.

TEAMS- Varsity, Junior Varsity and Freshman Team.

OFF SEASON CONDITIONING- Conditioning will begin at the end of October 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.

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 24-28. 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 in October.

PARENT/STUDENT ATHLETE MEETING- Meet the team night will be held on Wednesday, March 4th 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 you may contact head coach, Ray Hamilton via email at ray.hamilton@lakotaonline.com