

2019-2020  
**LAKOTA EAST HIGH SCHOOL**  
BASEBALL PROGRAM

***2011 State Champions***

**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.
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 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 4<sup>th</sup> 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](mailto:ray.hamilton@lakotaonline.com)