

2019-2020
LAKOTA EAST HIGH SCHOOL
MENS BASKETBALL PROGRAM

2019 GMC Champions
2019 District Champions
2019 Sweet Sixteen

HOME PRACTICE FACILITY – Lakota East High School and Freshmen Campus

TEAMS – Varsity, Junior Varsity, Freshmen

TRAINING SESSIONS – Pre-season training sessions will be held for all interested basketball candidates. While these training sessions are not mandatory, they are encouraged and recommended! Training takes place during the spring, summer, and fall.

*Look at the attached calendar for more information

CAMP DATES – Camp dates for interested players take place during the month of June.

TRYOUT INFORMATION – Tryouts will be held November 1st, 2nd, and 4th. Teams will be finalized on November 4th.

PRACTICE TIMES – Practice times may vary throughout the season. A detailed calendar will be distributed to the team members upon completion of tryouts.

- Weekdays: Practice will be from 3:00-5:30 or 5:30-8:00 at Lakota East High School and Freshmen Campus.
- Weekends: Practice will be from 8:00-10:30 a.m. on Saturdays. Typically, Sundays are an off day, however that is subject to change depending on the game schedule.

GAMES – Games are typically on Tuesday and Friday nights. There may be a couple of Saturday games or tournament games held during the holidays.

EXPECTATIONS: Individuals that make the team are expected to miss zero practices except for extenuating circumstances. We expect our players to be around during Thanksgiving and Christmas break. We will have practice and games during these breaks.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – Players must have all information completed on FINAL FORMS (online) and physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on September 4th or 1st day of try outs (November 2nd). NO PHYSICAL/NO FINAL FORMS = NO PARTICIPATION!

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team Night will be held on November 7th 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.

FOR ADDITIONAL INFORMATION you may contact head coach, Clinton Adkins via email at clinton.adkins@lakotaonline.com