

2019-2020
LAKOTA EAST HIGH SCHOOL
BOYS LACROSSE

HOME PRACTICE FACILITY – Lakota East High School turf stadium & Voice of America Park.

TEAMS – Varsity and Junior Varsity

OFF-SEASON – Off-season training sessions will be held for all interested lacrosse players. Off-season training sessions are not mandatory, they are encouraged and recommended.

- Captains Practices: Sundays 12:00pm-1:30pm June to July and September to November (Off August)
- Indoor Velocity Lacrosse: Games are played at GameTime Training Facility in Fairfield.
 - Session 1: October – November
 - Game times/days vary during the week based on schedule
 - Session 2: January – February
 - Game times/days vary during the week based on schedule
- Team conditioning, speed, and weight training
 - TBD

SEASON INFORMATION – Season starts February 24, 2020

PRACTICE TIMES – Practice will be weekly throughout the season

- Weekdays: 5:30-7:30 or 7:00-9:00 p.m. on the Lakota East High School Turf Field.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation. **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system.

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team Night will be held on Wednesday, March 4th 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 Friday May 15, 2020
- Booster Bash – TBA
- Various fundraising opportunities throughout the year

FOR ADDITIONAL INFORMATION you may contact head coach, Steven Burkhardt at burkhardt610@gmail.com