

2019-2020
LAKOTA EAST HIGH SCHOOL
BOYS SOCCER PROGRAM

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

TEAMS – Varsity and Junior Varsity

TRAINING SESSIONS AND SCRIMMAGES – Pre-season training sessions will be held for all interested soccer candidates. While these training sessions are not mandatory, they are encouraged and recommended!

- Conditioning: Mondays 7:15-8:30 a.m., Wednesdays 7 – 8:15 a.m. (weight room/turf)
- On-Ball Sessions: July 9,11,16,17,30 6-9pm 5:30-7:00 p.m. July 18 (9-12pm)
- Open Fields: June Monday and Wednesdays 7-8:30pm.
- Scrimmages:
 - July 27th 5:30/7 p.m vs Elder – AWAY
 - July 31st 5:30/7 p.m vs Carroll – AWAY
 - August 3RD 4:30 p.m vs Alumni - HOME
 - August 6th 5:00/7 p.m. vs. Lasalle – HOME
 - August 10th 10:00/12:00 p.m vs. Lebanon - AWAY

TRYOUT INFORMATION – Tryouts will be held August 1 and 2, 2019 from 7-9 p.m. on the Lakota East High School Turf Field. Teams will be selected on August 2nd, 2019.

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

- Weekdays: 3:30-5 p.m. at LEHS or VOA

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on August 1st. 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 Monday, August 5th 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 -TBA.
- Booster Bash – TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Jeremy Hilien at Jeremy.hilien@lakotaonline.com