

2019-2020  
**LAKOTA EAST HIGH SCHOOL**  
**BOYS' VOLLEYBALL PROGRAM**

***2019, 2018, 2017, 2016, 2015 GMC Champions***  
***2019 Regional Champion***  
***2019 State Quarter-Finalist***

**HOME PRACTICE FACILITY** – Lakota East High School Main Gym, Freshmen Gym

**TEAMS** – Varsity and Junior Varsity

**TRAINING SESSIONS AND SCRIMMAGES** – Pre-season training sessions, weight lifting, and open gyms are held through the year for all interested candidates. While these training sessions are not mandatory, they are encouraged and recommended! No volleyball experience is required to attend.

- Training sessions/coaching days are held through the summer. Check [eastthunderhawks.com](http://eastthunderhawks.com) for the schedule for 2019.
- Open Gyms for the 2019-2020 season will begin in June. Open gyms are athlete lead with coaches in attendance.
- Scrimmages:
  - TBD

**CAMP DATES** – The boys' volleyball program does not have a formal camp. Check [eastthunderhawks.com](http://eastthunderhawks.com) for the open gym and coaches' training day schedule. E-mail Coach Billiter at [starkeybl@gmail.com](mailto:starkeybl@gmail.com) for recommendations for local camps.

**TRYOUT INFORMATION** – 2020 Tryouts will be held March 2<sup>nd</sup>, 2020 from 4:30-7:30 at the main campus gym. Athletes will be informed about team selection prior to leaving the gym.

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

- Monday-Thursday:
  - JV: 4:30-6:30
  - Varsity: 7-9
- Friday: ALL: 3:30-5:30

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on March 2<sup>nd</sup>. **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 4<sup>th</sup>, 2019 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, Brittney Billiter at [starkeybl@gmail.com](mailto:starkeybl@gmail.com)