

2019-2020
LAKOTA EAST HIGH SCHOOL
GIRLS BASKETBALL PROGRAM

HOME PRACTICE FACILITY – Lakota East High School

TEAMS – Three Teams: Varsity - Junior Varsity 1 – Junior Varsity 2

CAMP DATES – We will host a youth camp in the summer, TBA. The program typically attends a summer team camp or shootout in June.

OFF-SEASON WORKOUTS – Weights and Open Gyms will be held most of the year except for the months of April and August. Summer camps, leagues, scrimmages and team camps fill up the month of June.

TRYOUT INFORMATION – Tryouts will be held October 25th and 26th, 2019. Time TBA.

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

- Expectation should be 6 days a week ** No practices on Sundays unless there is a Monday game.
- League games are typically Wednesdays 4:30/5:45/7:15 p.m. and Saturdays 11am/ 12:15/1:45 p.m.
- Expect practices and games through both the fall and winter breaks and holidays.

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 Wednesday, November 6th 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

Multi-Sport participation is welcomed and flexibility in attendance to play other sports or participate in other clubs is supported!

FOR ADDITIONAL INFORMATION you may contact head coach, Dan Wallace at daniel.wallace@lakotaonline.com.