

2019-2020
LAKOTA EAST HIGH SCHOOL
GIRLS 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 lacrosse candidates. While these training sessions are not mandatory, they are encouraged and recommended!

- Off-season strength training/ Conditioning: August-Dec, times TBA. All lifting will be in the main weight room at the HS main campus.
- Pre-season speed and agility sessions: January – February, times TBA.
- Open Gyms: September – December, times TBA
- Practice starts on Monday, February 24th.

TRYOUT INFORMATION – Tryouts will be held Monday thru Friday, February 24-28 on the Lakota East High School Turf field. Teams will be selected on Monday, March 2nd, 2020.

PRACTICE TIMES – Practice times may vary throughout the season, especially on nights of boy's lacrosse home games. . A detailed calendar will be distributed to the team before regular practices begin. Normal practice times will be 5:30-7:30pm, Monday thru Friday, at the Lakota East Stadium.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation in any of our activities. 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, 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

SUMMER PRACTICE/ CAMP DATES – The Lakota East Girls Lacrosse program will hold their 10 days of summer training in June and July of 2020. Dates and times TBA.

FOR ADDITIONAL INFORMATION you may contact assistant coach, Rick Carpenter at carpenrd@gmail.com.