

2019-2020  
**LAKOTA EAST HIGH SCHOOL**  
**GIRLS VOLLEYBALL PROGRAM**

**HOME PRACTICE FACILITY** – Lakota East High School

**TEAMS** – Three Teams: Varsity - Junior Varsity – Freshmen

**OFF-SEASON WORKOUTS** – Weights and Open Gyms will be held during the off-season, Time TBA.

**IMPORTANT SUMMER DATES** - July 13, Little Miami Scrimmage; July 20, McNick Scrimmage; July 29-31, Lakota West Summer League

**TRYOUT INFORMATION** – Tryouts will be held August 1<sup>st</sup> and 2<sup>nd</sup> from 9-11:30 a.m. in the Main Gym.

**TEAM COOKOUT** - August 3<sup>rd</sup> from 12-2pm at Lakota East.

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

- Varsity: 3-5 p.m.
- JV: 3-5 p.m.
- Freshmen: TBD.

**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 1<sup>st</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 Monday, August 5<sup>th</sup> 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
- Hawks for the Cure Night – TBA
- Booster Bash – TBA

**FOR ADDITIONAL INFORMATION** you may contact head coach, Janna Stephens at [Stephens.653@osu.edu](mailto:Stephens.653@osu.edu)