

2019-2020
LAKOTA EAST HIGH SCHOOL
SWIMMING PROGRAM

HOME PRACTICE FACILITY – Lakota Family YMCA, Yankee Road

TEAMS – Varsity and Junior Varsity – Letters are determined by time standards.

TRYOUT INFORMATION – Tryouts will be held the first two weeks of practice, beginning November 1st, 2019.

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

- Monday, Wednesday & Friday: 3:00-5:45 p.m.
- Tuesday and Thursday: 3:00-5:00 p.m.
- Tuesday and Thursday mornings: 5:15-6:45 a.m.

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

FOR ADDITIONAL INFORMATION you may contact head coach, Dennis Beck at dennis.beck@lakotaonline.com