

2019-2020
LAKOTA EAST HIGH SCHOOL
TRACK AND FIELD PROGRAM

2019 GMC Champions
2019 District Champions
2019 Regional Champions
2019 State Champions

HOME PRACTICE FACILITY – Lakota East High School stadium, track and turf field.

TEAMS – Varsity and Junior Varsity

TRAINING SESSIONS AND PRACTICE TIMES – Official start to the season will begin March 9th, 2019. Practices times will be Monday through Friday from 3:30-5:15 p.m.

- Non-voluntary winter conditioning will be held in January at Lakota East Main Campus.
- Schedule, 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 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, 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 Day – April 18th, 2020
- Booster Bash – TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Rodney Heath at easttrack22@gmail.com