

2019-2020
LAKOTA EAST HIGH SCHOOL
WRESTLING PROGRAM

HOME PRACTICE FACILITY – Lakota East High School Wrestling Room

TEAMS – Varsity, Junior Varsity, Freshman and Junior High

TRAINING SESSIONS AND SCRIMMAGES – Pre-season training sessions will be held for anyone that is interested in wrestling.

LIFTING/ OPEN MATS – Starting on Wednesday August 7th we will lift weights and/or wrestle from 6:00pm-8:00pm. Mondays and Wednesdays. Meet in High School Wrestling Room

CAMP DATES – Nothing is planned or scheduled at this time.

PRACTICE TIMES – The exact practice times have not been determined yet. A calendar will be handed out during the parent meeting in the fall.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on November 15th (1st day of practice). **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system.

PARENT MEETING – October 30th at 5:30pm (Location TBD)

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 will be held on Wednesday February 5th

FOR ADDITIONAL INFORMATION please contact Coach Craft at craftchad86@gmail.com