

2020-2021
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.

TRYOUT INFORMATION – Tryouts will be held August 1st from 9-1030 and August 3-4th from 9-11:30 a.m. in the Main Gym.

TEAM COOKOUT - TBD

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: 4:30-6:30 p.m.
- Freshmen: 6-8 p.m. Monday - Thursday & 4-6 p.m. on Friday

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 is TBD.

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