

2020-2021
LAKOTA EAST HIGH SCHOOL
BOYS SOCCER PROGRAM

HOME PRACTICE FACILITY – Lakota East High School turf stadium, grass field & Voice of America Park.

TEAMS – Varsity and Junior Varsity

TRAINING SESSIONS AND SCRIMMAGES – Pre-season training sessions will be held for all interested soccer candidates. While these training sessions are not mandatory, they are encouraged and recommended!

- On-Ball Sessions: Mon-Thur in July 9-12 (upperclassmen 9-10:15, underclassmen 10:30-12:00)
- Weight room/conditioning: Mon, Wed, Thur in July 9:30-11am (underclassmen 9:30-10:15, upperclassmen (10:15-11:00))
- Scrimmages:
 - August 5th 5/7pm at Little Miami
 - August 8th 10/11:30am at Lebanon
 - August 13th 5/7pm vs. LaSalle – Home
 - August 18th 5/7pm at Dayton Carroll

TRYOUT INFORMATION – Tryouts will be held August 1 11-1pm and 2, 2020 from 5-7 pm on the Lakota East High School Turf Field. Teams will be selected on August 2nd, 2020.

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

- Weekdays: 3:30-5 p.m. at LEHS or VOA

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 is TBD

SENIOR NIGHTS AND SPECIAL EVENTS

- Senior Night -TBA.
- Booster Bash – TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Jeremy Hilien at Jeremy.hilien@lakotaonline.com