

2020-2021
LAKOTA EAST HIGH SCHOOL
FOOTBALL PROGRAM

2012, 2014 & 2018 State Sweet Sixteen

HOME PRACTICE FACILITY – Lakota East High School Turf Stadium

TEAMS – Three Teams: Varsity - Junior Varsity – Freshmen

CAMP DATES – TBA

OFF-SEASON WORKOUTS – Weight lifting December – July. Attendance is highly encouraged.

- Football Camp – for all incoming 9-12 grade players
 - TBA

TRYOUT INFORMATION – Tryouts will be held August 1st from 8:00-10:00 a.m. and August 3rd and 4th from 7:00 a.m. – 2:00 p.m.

PRACTICE TIMES – Practice times may vary throughout the season. A detailed calendar will be distributed to the team members upon completion of tryouts. Typically all practices are after school until 5:30 p.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 – TBA

SENIOR NIGHTS AND SPECIAL EVENTS

- Homecoming v. Mason September 18,2020

FOR ADDITIONAL INFORMATION you may contact head coach, Rick Haynes at Richard.haynes@lakotaonline.com