

2020-2021  
**LAKOTA EAST HIGH SCHOOL**  
**BOYS / GIRLS BOWLING PROGRAM**

**TEAMS** – Varsity Girls, Varsity Boys, Junior Varsity Girls, Junior Varsity Boys

**TRYOUT INFORMATION** – Tryouts are based strictly on numbers. See Team Makeup below.

**TEAM MAKEUP** - Varsity teams will consist of 6 bowlers. Why only 6? Starting lineups consist of 5 bowlers. Having 2 or 3 reserves creates too many potential riffs amongst bowlers and parents. Bowling is meant to be fun!

**Junior Varsity** - will consist of as many as 8 per team. All will have an opportunity to bowl at every match. JV matches will vary based on our numbers and our opponent's numbers.

**VARSITY COACHING PHILOSOPHY** – My goal is to win every match with our top 5 bowlers. Having said this, I will not put any undue pressure on the bowlers. I want the students to have fun! And while having fun, I want them to learn some life lessons. I focus on a few key elements: learn how to be a solid teammate, learn how to win and lose with integrity, the importance of achieving good grades (enables them to be able to participate), and to strive to be the best student-athletes they can be.

**OVERALL COACHING EXPECTATIONS:**

- **EDUCATION** - I expect every student athlete who makes our roster to make their **education** as their number one priority.
- **HAVING FUN** – after all, it is bowling. Bowling is meant to be fun.
- **SPORTSMANSHIP** – we want to be the classiest and “most fun” team to bowl against. I expect our bowlers to congratulate one another and our opposing teams.
- **BEING A SOLID TEAMMATE** – I expect our bowlers to learn and demonstrate how to be a solid teammate. Since it is a team sport, my expectations are that we pick-up one another when we are down. Whining is not tolerated along with drama. It's bowling!

**MATCHES** –Home matches are Wednesday's @ **Mason Bowl** 3:15 – 6:00. Typically matches last 2 hours. Away matches vary based on High School home Bowling Lanes. (Fairfield Lanes, Western Bowl, Colerain Bowl, Crossgate Lanes, Gilmore Lanes et.al.)

**MATCH MAKEUP** – A standard match consists of 2 regular games with 5 bowlers and 4 Baker Games with 5 bowlers rotating bowling 2 frames/game.

**TOURNAMENTS** – Scheduled only for Varsity teams and typically are on the weekends. Typically, I schedule 2 tournaments/team.

**BUSES** - are provided for away matches over 30 minutes away from Lakota East.

Buses pick up students in the East High School parking lot at 3:00 and return typically by 6:00/6:30.

**PRACTICE** – Practices are weekly. Thursday 3:15 – 5:00 (Mason Bowl). Since we share Mason Bowl with Mason and Kings, we are flexible in the event something arises. Practices are not mandatory. School and family is more important.

**UNIFORMS** – a bowling shirt is provided. Black slacks/skirt.

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – Players must have all information completed on FINAL FORMS (online) and physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on September 4<sup>th</sup> or 1<sup>st</sup> day of try outs (November 2<sup>nd</sup>). NO PHYSICAL/NO FINAL FORMS = NO PARTICIPATION!

**PARENT/ STUDENT-ATHLETE MEETING** – Meet the Team Night will be held on November 7<sup>th</sup> 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.

**FOR ADDITIONAL INFORMATION** you may contact head coach, Rick Meno via email at [rickmeno4608@gmail.com](mailto:rickmeno4608@gmail.com)