

2019-2020  
**LAKOTA EAST HIGH SCHOOL**  
**GIRLS BASKETBALL PROGRAM**

**HOME PRACTICE FACILITY** – Lakota East High School

**TEAMS** – Three Teams: Varsity - Junior Varsity 1 – Junior Varsity 2

**CAMP DATES** – We will host a youth camp in the summer, TBA. The program typically attends a summer team camp or shootout in June.

**OFF-SEASON WORKOUTS** – Weights and Open Gyms will be held most of the year except for the months of April and August. Summer camps, leagues, scrimmages and team camps fill up the month of June.

**TRYOUT INFORMATION** – Tryouts will be held October 23<sup>rd</sup> and 24<sup>th</sup>, 2020. Time TBA.

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

- Expectation should be 6 days a week \*\* No practices on Sundays unless there is a Monday game.
- League games are typically Wednesdays 4:30/5:45/7:15 p.m. and Saturdays 11am/ 12:15/1:45 p.m.
- Expect practices and games through both the fall and winter breaks and holidays.

**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 1<sup>st</sup>. NO PHYSICAL = NO PARTICIPATION! All other forms are made available through the Final Forms system.

**PARENT/ STUDENT-ATHLETE MEETING** – Meet the Team Night will be held in early November each year in the Lakota East High School gymnasium. Doors will open at 5:30 p.m. to pay participation fees and purchase sports passes while the program typically starts at 6y:30p. It is MANDATORY that at least one parent and the student-athlete be in attendance.

**SENIOR NIGHTS AND SPECIAL EVENTS**

- Senior Night - TBA
- Booster Bash – TBA

**Multi-Sport participation is welcomed and flexibility in attendance to play other sports or participate in other clubs is supported!**

**FOR ADDITIONAL INFORMATION** you may contact head coach, Dan Wallace at [daniel.wallace@lakotaonline.com](mailto:daniel.wallace@lakotaonline.com).