

2020-2021

**LAKOTA EAST HIGH SCHOOL
GYMNASTICS PROGRAM**

HOME PRACTICE FACILITY- TBD

TEAMS- Varsity– Letters are determined by time standards.

TRYOUT INFORMATION- Tryouts will be held the first week of practice, beginning November 2, 2020.

PRACTICE TIMES- Practice times may vary throughout the season. A detailed calendar will be distributed to the team members upon completion of tryouts. We typically practice at a gymnastics facility for 3 hours, 3 days a week. We also do an hour of conditioning once a week at Lakota East.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS- All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation. **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 the fall 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.

SENIOR NIGHTS AND SPECIAL EVENTS

- Senior Night - February 27, 2021
- Booster Bash – TBA

ADDITIONAL INFORMATION- If you have any additional questions, please feel free to contact head coach Mardi Dagley at lakotagymnastics@gmail.com or 513-328-8501.