

2020-2021  
**LAKOTA EAST HIGH SCHOOL**  
**GIRLS LACROSSE 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 lacrosse candidates. While these training sessions are not mandatory, they are encouraged and recommended!

- Off-season strength training/ Conditioning: August-Dec, times TBA. All lifting will be in the main weight room at the HS man campus.
- Pre-season speed and agility sessions: January – February, times TBA.
- Open Gyms: September – December, times TBA
- Practice starts on Monday, February 22nd.

**TRYOUT INFORMATION** – Tryouts will be held Monday thru Friday, February 22-26 on the Lakota East High School Turf field. Teams will be selected on Monday, March 1st, 2021.

**PRACTICE TIMES** – Practice times may vary throughout the season, especially on nights of boy's lacrosse home games. A detailed calendar will be distributed to the team before regular practices begin. Normal practice times will be 5:30-7:30pm, Monday thru Friday, at the Lakota East Stadium.

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

- Senior Night - TBA
- Booster Bash – TBA

**SUMMER PRACTICE/ CAMP DATES** – The Lakota East Girls Lacrosse program will hold their 10 days of summer training in June and July of 2021. Dates and times TBA.

**FOR ADDITIONAL INFORMATION** you may contact Head Coach, Matt Dishun at [eastgirlslax@gmail.com](mailto:eastgirlslax@gmail.com).