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.