

2020-2021  
**LAKOTA EAST HIGH SCHOOL**  
**SWIMMING PROGRAM**

**HOME PRACTICE FACILITY** – Lakota Family YMCA, Yankee Road

**TEAMS** – Varsity and Junior Varsity – Letters are determined by time standards.

**TRYOUT INFORMATION** – Tryouts will be held the first two weeks of practice, beginning October 26, 2020.

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

- Monday, Wednesday & Friday: 3:00-5:45 p.m.
- Tuesday and Thursday: 3:00-5:00 p.m.
- Tuesday and Thursday mornings: 5:15-6:45 a.m.

**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 is TBA.

**SENIOR NIGHTS AND SPECIAL EVENTS**

- Senior Night -TBA
- Booster Bash – TBA

**FOR ADDITIONAL INFORMATION** you may contact head coach, Dennis Beck at [dennis.beck@lakotaonline.com](mailto:dennis.beck@lakotaonline.com)