

2023-2024  
**LAKOTA EAST HIGH SCHOOL**  
**GIRLS VOLLEYBALL PROGRAM**

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

**TEAMS** – Three Teams: Varsity - Junior Varsity A- Junior Varsity B

**OFF-SEASON WORKOUTS** – Weight lifting is on M,W from 6-7pm and Open Gyms will be held M,W from 4-6pm

**TRYOUT INFORMATION** – JVA/B/Varsity Tryouts will be held July 31st to Aug 2nd from 4-6pm. All tryouts will be at the main gym and results will be emailed before midnight on Aug. 2<sup>nd</sup>.

**TEAM COOKOUT** – Aug 5<sup>th</sup> from 6-8 pm on the East Lawn.

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

- Weight Lifting: 5:30-7pm everyday
- JVA/B: 3:30-5:30 p.m. Main/Aux Gym
- Varsity: 4:30-6:30 p.m. Main/Aux Gym

**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 August 3<sup>rd</sup> at 6:00pm in the Lakota East main gym. It is MANDATORY that at least one parent and the student-athlete be in attendance.

**SENIOR NIGHTS AND SPECIAL EVENTS**

- |                              |            |                |
|------------------------------|------------|----------------|
| ● Teacher Appreciation Night | 9/2/2023   | Vs. Loveland   |
| ● Future Hawk Game           | 9/14/2023  | Vs. Sycamore   |
| ● Senior Night               | 10/12/2023 | Vs. Middletown |
| ● Hawks for the Cure Night   | 9/28/2023  | Vs. Princeton  |

**FOR ADDITIONAL INFORMATION** you may contact head coach, Jen Dreher- [djdreher@ymail.com](mailto:djdreher@ymail.com) or 513-763-0692 or look on our website at <https://sites.google.com/view/lehawksvb/home>