

2023-2024
LAKOTA EAST HIGH SCHOOL
GIRLS LACROSSE PROGRAM

HOME PRACTICE FACILITY – Lakota East High School turf stadium.

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/ Stick stills:
- Sept-Dec, Tuesday, and Thursdays TBA. All lifting will be in the main weight room at the HS main campus. Stick stills –TBA on the grass field or turf when available.
- Pre-season speed and agility sessions/ strength training: January – February, times TBA.
- Practice starts on Monday, February 19th, 2024.

Tryout information: Tryouts will be held Monday thru Friday, February 19th-23rd 2024 on the Lakota East High School Turf field. Teams will be selected by March 1st, 2024.

Practice times: Practice times may vary throughout the season, especially on nights of boys' lacrosse home games. A calendar will be distributed to the team before regular practices begin. Normal practice times will be 5:30-7:30 pm, 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 before participating in any of our activities. **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system.

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team night is February 28th. Doors will open at 5:30 p.m. to pay participation fees and purchase sports passes. The presentation will begin at 6:00 p.m. in the Main Gym. It is **MANDATORY** that at least one parent and the student-athlete be in attendance.

SENIOR NIGHTS AND SPECIAL EVENTS

- Senior Night - TBA
- Booster Bash – TBA

Summer practice/camp dates: The Lakota East Girls Lacrosse program will hold ten days of summer training in June and July 2023. Dates and times TBA.

FOR ADDITIONAL INFORMATION, you may contact Head Coach Kenzie Connolly at mnconnolly6@gmail.com or eastgirlslax@gmail.com.

