

2023-2024  
**LAKOTA EAST HIGH SCHOOL**  
**MENS BASKETBALL PROGRAM**

*2020 GMC Champions*  
*2020 District Champions*  
*2020 Elite Eight*

**HOME PRACTICE FACILITY** – Lakota East High School and Freshmen Campus

**TEAMS** – Varsity, Junior Varsity, Freshmen

**TRAINING SESSIONS** – Pre-season training sessions will be held for all interested basketball candidates. While these training sessions are not mandatory, they are encouraged and recommended! Training takes place during the spring, summer, and fall.

**CAMP DATES** – Camp dates for interested players take place during the month of June.

**TRYOUT INFORMATION** – Tryouts will be held November 3<sup>rd</sup>, 4<sup>th</sup>, and 6<sup>th</sup>. Teams will be finalized on November 6<sup>th</sup>.

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

- Weekdays: Practice will be from 3:00-5:30 or 5:30-8:00 at Lakota East High School and Freshmen Campus.
- Weekends: Practice will be from 8:00-10:30 a.m. on Saturdays. Typically, Sundays are an off day, however that is subject to change depending on the game schedule.

**GAMES** – Games are typically on Tuesday and Friday nights. There may be a couple of Saturday games or tournament games held during the holidays.

**EXPECTATIONS:** Individuals that make the team are expected to miss zero practices except for extenuating circumstances. We expect our players to be around during Thanksgiving and Christmas break. We will have practice and games during these breaks.

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – Players must have all information completed on FINAL FORMS (online) and physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on September 1<sup>st</sup> or 1<sup>st</sup> day of try outs (November 3<sup>rd</sup>). **NO PHYSICAL/NO FINAL FORMS = NO PARTICIPATION!**

**PARENT/ STUDENT-ATHLETE MEETING** – Meet the Team Night is November 8<sup>th</sup>.

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.

**FOR ADDITIONAL INFORMATION** you may contact head coach, Clinton Adkins via email at [clinton.adkins@lakotaonline.com](mailto:clinton.adkins@lakotaonline.com)