

2023-2024  
**LAKOTA EAST HIGH SCHOOL**  
**BASEBALL PROGRAM**

***2011 State Champions***

**PRACTICE FACILITY-** Lakota East High School and Freshmen Baseball Fields.

**TEAMS-**Varsity, Junior Varsity and Freshman Team.

**OFF SEASON CONDITIONING-** Conditioning will begin at the end of October through February for all interested in playing in the spring. Off season workouts will be every M-W-F from 3-5pm for Upper Classmen and T-Th 3-5pm for Freshman (This may change as needed to accommodate all players). Exceptions will be made if there is a conflict with a Holiday and workouts will be altered during Christmas Break. While these workouts are not mandatory, they are highly recommended.

**ALL PLAYERS WILL NEED THE FOLLOWING ON WORKOUT DAYS:**

1. Athletic clothing and weather appropriate as weather gets colder.
2. A lock to secure items will at workout.
3. Baseball Glove.

**CAMP DATES-** TBD

**TRYOUT DATES-** Tryouts will be held Feb 19-24. Additional days may be required if weather impacts our ability to get outside.

**PRACTICE TIMES-** Practice times may vary throughout the spring. A detailed calendar will be distributed to all players at the completion of tryouts.

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS-** All physicals must be turned into coach, Athletic Trainer, or Athletic office prior to the start of off-season workouts in October.

**PARENT/ STUDENT-ATHLETE MEETING** – late February TBD

**PARENT/STUDENT ATHLETE MEETING-** Meet the Team night is February 28<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, Ray Hamilton via email at [ray.hamilton@lakotaonline.com](mailto:ray.hamilton@lakotaonline.com)