

2023-2024
LAKOTA EAST HIGH SCHOOL
BOYS LACROSSE

HOME PRACTICE FACILITY – Lakota East High School turf stadium/multipurpose field

TEAMS – Varsity and Junior Varsity

OFF-SEASON – Off-season training sessions will be held for all interested lacrosse players. Off-season training sessions are not mandatory, they are encouraged and recommended.

- Open Field Practices: September to February 1-2 days per week
- The Barn Box League in Milford
 - October-February
 - Game times will vary each week based on schedule
- Resolute Box Lacrosse: Games are played at Cincy Sports Nation
 - November-February
 - Game times will vary each week based on schedule
- Weight Training and Conditioning: 1-3 days per week

SEASON INFORMATION – Season starts February 19th, 2024

PRACTICE TIMES – Practice will be weekly throughout the season

- Weekdays: 7:00-9:00 p.m. on the Lakota East High School Turf Field/multipurpose field
- Occasional Saturday and/or Sunday practice times will vary during the season as they are needed

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation. **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 - TBD
- Booster Bash – TBD
- Various fundraising opportunities throughout the year

FOR ADDITIONAL INFORMATION you may contact head coach, Steve Burkhardt at burkhardt610@gmail.com