

2023-2024
LAKOTA EAST HIGH SCHOOL
FOOTBALL PROGRAM

HOME PRACTICE FACILITY – Lakota East High School Turf Stadium

TEAMS – Three Teams: Varsity - Junior Varsity – Freshmen

CAMP DATES – **Youth:** June 6-8, **Jr High:** June 13-15, **9th Grade:** June 19-22

OFF-SEASON WORKOUTS – Strength & Conditioning: December – July, Monday – Thursday.

- Football Camp – for all incoming 9-12 grade players
 - July 21 & 24-27 - Acclimatization days
 - July 31 – August 11 Training Camp

TRYOUT INFORMATION – No Cuts

PROGRAM TRAINING TIMES – Summer is typically 7-Noon. When school starts, we will weight train 7:15-7:45am then do meetings and practice after school from 3-6:30 typically. We maintain a live calendar that keeps families up to date.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on July 24th. **NO PHYSICAL = NO PARTICIPATION!**

PARENT/ STUDENT-ATHLETE MEETING – **It is my hope to do a Player/Parent Meeting July 23rd @7pm.** Meet the Team Night is August 3rd 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

- Tomahawk Night– August 25th vs. Hamilton
- Future Hawk Night – September 9th vs. Fairfield
- Homecoming – September 22nd vs. Colerain
- Senior Night – October 13th vs. Oak Hills

FOR ADDITIONAL INFORMATION you may contact head coach, Jon Kitna @ jon.kitna@lakotaonline.com