

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

**HOME PRACTICE FACILITY** – Lakota East High School & Lakota East Freshman School

**TEAMS** – Three Teams: Varsity - Junior Varsity 1 – Junior Varsity 2

**CAMP DATES** – We will host a youth camp in June each year for grades 3-8. We also have Jr High and High School Summer Leagues for grades 7-12.

**OFF-SEASON WORKOUTS** – Open Gyms, Conditioning and Weights will be held most of the year except for the months of April and August. Summer camps, leagues, scrimmages, and team camps fill up the month of June. Open Gyms are open for students in grades 7-12. General off-season schedule is M, T, Th afternoons.

**TRYOUT INFORMATION** – Tryouts will be held **October 20 and 21<sup>st</sup>, 2023**. Times TBA.

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

- Expectation should be 6 days a week \*\* No practices on Sundays unless there is a Monday game.
- League games are typically Wednesdays 4:30/6/7:30 p.m. and Saturdays 11am/ 12:15/1:45 p.m.
- Expect practices and games through both the fall and winter breaks and holidays. \*Players are expected to attend all practices and contests within holiday breaks.

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation in off season activities. **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Final Forms system and must also be completed to begin participating.

**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.

**SENIOR NIGHTS AND SPECIAL EVENTS**

- Alumni Game – Nov 22<sup>nd</sup> 6-7p
- Booster Bash – TBA
- Senior Night - TBA

**Multi-Sport participation is welcomed and flexibility in attendance to play other sports or participate in other clubs is supported!**

**FOR ADDITIONAL INFORMATION** you may contact head coach, Dan Wallace at [daniel.wallace@lakotaonline.com](mailto:daniel.wallace@lakotaonline.com).