

2023-2024
LAKOTA EAST HIGH SCHOOL
GIRLS SOFTBALL PROGRAM

2019 GMC Champions
2019 District Champions
2019 Regional Champions
2019 State Runner-Ups

HOME PRACTICE FACILITY – Lakota East High School and Lakota East Freshmen School Softball fields.

TEAMS – Varsity and Junior Varsity

CAMP - Camp will be held July 12, 13 and 14 for all ages – times TBA

TRAINING SESSIONS AND SCRIMMAGES – Pre-season training sessions will be held for all interested softball players. While these training sessions are not mandatory, they are encouraged and recommended!

- Lifting begins May 31st, Tuesdays and Thursdays from 11:30am - 12:30pm. We will continue through the season, and will meet on Mondays, Wednesdays and Fridays from 6-7pm.
- 6-player workouts will begin in September – more information to come!
- Tryouts will be held the week of February 20th.
- Scrimmages:
 - TBA

TRYOUT INFORMATION – Tryouts will be held the week of February 19th on the Lakota East High School Turf Field and in East upper & aux gymnasiums. Teams will be selected after tryouts.

PRACTICE TIMES – Practice times may vary throughout the season. A detailed calendar will be distributed to the team members upon completion of tryouts. If we are indoor we rotate gym times with Baseball.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation in any off-season/in-season workout. **NO PHYSICAL = NO PARTICIPATION!**

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 TBA
- Booster Bash – TBA

FOR ADDITIONAL INFORMATION you may contact head coach, Kelley Haiber at coachkelley.lehs@yahoo.com