



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

HOME PRACTICE FACILITY – Lakota East High School Wrestling Room

TEAMS – Boys Varsity / Junior Varsity / Freshman, Girls Varsity and Junior High

TRAINING SESSIONS AND SCRIMMAGES – Pre-season training sessions will be held for anyone that is interested in wrestling.

LIFTING/ OPEN MATS – Preseason training is held every Tuesday and Thursday, from 3:30 -5:00, starting Oct 3, 2023.

CAMP DATES – Fall camp TBD

PRACTICE TIMES – Practice will be held from 3:20-5:40, starting on November 6.

STUDENT PRE-PARTICIPATION PHYSICAL FORMS – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on November 6th (1st day of practice). **NO PHYSICAL = NO PARTICIPATION!** All other forms are made available through the Lakota's Final Forms system.

PARENT/ STUDENT-ATHLETE MEETING – Meet the Team Night is November 8th. 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.

PARENT MEETING – TBA after the Meet the Team Night

SENIOR NIGHTS AND SPECIAL EVENTS

- TBA

FOR ADDITIONAL INFORMATION please contact Coach Bryan Pennix at bryan.pennix@lakotaonline.com