

2024-2025  
**LAKOTA EAST HIGH SCHOOL**  
**GIRLS VOLLEYBALL PROGRAM**

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

**TEAMS** – Three Teams: Varsity - Junior Varsity A- Junior Varsity B

**OFF-SEASON WORKOUTS** – June- Weightlifting is T, TR from 3:30-4:30pm with Open Gyms from follow from 4:30-6:30pm

July- Weightlifting is M, W from 3-4pm. Practices are 8-10<sup>th</sup>, 15-17<sup>th</sup>, and 29-31<sup>st</sup> from 4-6:30pm

East Summer league is on June 23<sup>rd</sup>-25<sup>th</sup> from 1-7pm, Cedar Point tournament is from June 25-27<sup>th</sup>, District 16 tournament is on June 28<sup>th</sup> from 10a-2pm

**TRYOUT INFORMATION** – JVA/B/Varsity Tryouts will be held Aug 1st to Aug 2nd from 4-7pm. All tryouts will be at the main gym and results will be emailed before midnight on Aug. 2<sup>nd</sup>.

**TEAM COOKOUT** – Aug 3rd from 12-2 pm on the East Lawn.

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

- Weight Lifting: 3:15-4pm everyday
- JVA/B: 5:30-7:30 p.m. Main/Aux Gym (JVB will be at the Freshman Gym)
- Varsity: 4-6 p.m. Main/Aux Gym

**STUDENT PRE-PARTICIPATION PHYSICAL FORMS** – All physicals must be turned in to the coach, Athletic Trainer, or Athletic Department office prior to participation on August 1<sup>st</sup>. NO PHYSICAL = NO PARTICIPATION! All other forms are made available through the Final Forms system.

**PARENT/ STUDENT-ATHLETE MEETING** – Meet the Team Night is August 9<sup>th</sup> at 6:30pm 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**

- Teacher Appreciation Night      8/29/2024 vs Fairfield
- Future Hawk Game                    9/10/2024 vs. Lakota West
- Senior Night                            10/8/2024 vs. Fenwick
- Hawks for the Cure Night          10/3/2024 vs. Colerain

**FOR ADDITIONAL INFORMATION** you may contact head coach, Jen Dreher- [djdreher@ymail.com](mailto:djdreher@ymail.com) or 513-763-0692 or look on our website at <https://sites.google.com/view/lehawksvb/home>