



# Lodi High Girls Basketball



## I. Physicals and Team Info

- a. Get your physical paperwork from the Lodi High Athletic office or print it from the online website below and get your physicals as soon as possible to be able to participate in summer conditioning with Lodi High Basketball in the summer. For more information, use the following link. <https://lodihigh.lodiusd.net/athletics/student-athlete-and-parent> Then, click on “2023-24 physicals start here” to get going with clearance. The sooner it gets done, the better. If it is not cleared then you CANNOT participate.
- b. Contact athletic office to make appointment for physical at Lodi High. Cost is \$20 and all athletes will need a new physical dated May 1<sup>st</sup> and after to participate in summer conditioning and the 23-24 school year. Please consider getting your child's physical completed here at Lodi High. We partner with Lodi Adventist Health on 5/22 and 5/23 from 4:00 to 7:30. No physical no summer workouts.
- c. All basketball info will be on Team Snap. I will send you invite through text.
- d. Please also join the LHS Basketball google classroom to get updates, forms and information for the upcoming season. The code is: 5qfvsva  
Or, the link to join our google classroom is:  
<https://classroom.google.com/c/NDA4NTAzNDI4MzVa?cjc=5qfvsva>

## II. Conditioning and Tryouts

- a. Make sure you stay in shape over the summer, conditioning before the season starts is not to get in shape, it is to maintain and build on your current fitness level.
- b. Summer basketball and conditioning is going to start on June 12. There will be open gyms from 1-3 pm on Monday and Wednesdays in Meehleis or south gym. Physical must be complete and must have pink card to attend. You may attend multiple sports workouts during summer.
- c. Fall conditioning and weights will begin in August/September. Tryouts are Monday, October 30. If participating in another sport you are given your 3 days of tryout once that season ends.
- d. Listen to the bulletin for tryout times for different levels.
- e. If you make one of the teams, non league games can be M-F evenings, league games will be Tuesdays and Thursdays, there will be 2 tournament weekends (no Sundays) and we will be practicing and competing over the December two week break. Please discuss this with your family prior to tryouts.

Any other questions do not hesitate to contact:

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