

Lodi High Basketball Information

Physicals: You must have a physical on file before participating in any Lodi High Sport. So, get your physical paperwork from the Lodi High Athletic office or print it from the online website below and get your physical done as soon as possible to be able to participate in any Summer practices/open gyms with Lodi High Basketball during the month of June. 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.

Physicals will be offered at Lodi High on May 22-23. Appointments can be made starting May 1st. Be sure to get it done during this opportunity so you aren't late to open gyms or conditioning.

Summer Practice: Workouts/Practices for Incoming Freshmen will take place from 7-9 pm on Tuesday and Thursday nights in the month of June. We normally give the players all of July off. Please make sure we have your information (parent email and cell phone # as well as player cell number) so that we can contact you if practice times change or there is any other important information to pass along.

*We also have a Lodi High Basketball Google classroom that we keep updated with important information during the summer and the classroom code to join is: **ulvgjhz**.*

You may also join by using the following link:

<https://classroom.google.com/c/NTMyNzk5NTE5NDU3>

Staying in Shape: We are also happy to announce that the weight room will be open during the summer giving you a free gym membership! There will be a personal trainer there to help you develop a fitness plan that correlates with your sport. It is very important to be in shape and physically fit to play basketball. More information will come at a later date.

Conditioning/Tryouts: High School Basketball Conditioning will take place October 16th-27th, with Tryouts taking place October 30th-November 1st.

If you have any questions please contact:

Coach Matt Meyer (Lodi High Varsity Basketball Coach)

(209)-747-0681

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