



WINTER SPORTS START-UP INFORMATION

Boys Basketball

Coach: Ron Levin

Email: eastcoachlevin@gmail.com

Start Date: November 16

Location: East Gym

Tryouts: November 16 and 17

Time: Varsity: 4:00 – 6:30 PM

JV: 3:00 – 5:00 PM

FR: 6:00 – 8:00 PM

See website for additional information.

Website:

<https://www.southlyoneastboysbasketball.com>





WINTER SPORTS START-UP INFORMATION

Girls Basketball

Coach: Rob Leadley

Email: r_idly@hotmail.com

Start Date: November 9

Location: East Gym

Tryouts: November 9, 10 & 11

Time: 6:30 - 8:30 PM

Website:

<https://southlyoneasthighschool.bigteams.com>



WINTER SPORTS START-UP INFORMATION

B/Gs Bowling

Coach: Gerald Raymor

Email: geraldraymorii@gmail.com

Start Date: November 16

Location: Pinz Bowling Center

Tryouts: November 17

Time: 4:00 – 6:00 PM

Additional Dates:

November 19, 20, & 24 @ 4:00 – 6:00 PM

Please contact the coach for more information about practice and conditioning.





WINTER SPORTS START-UP INFORMATION

Competitive Cheer

Coach: Julia Tilt

Email: julznpt@aol.com

Parent Meeting: November 4 7:00 - 8:00 PM
@ Tilt Tumble & Cheer

Clinics: November 11 @ 3:00 – 5:00 PM in the
Commons

Tryouts: November 12th

Location: East Multi-Purpose Room

Time: 3:00-6:00 PM

Website:

<https://southlyoneasthighschool.bigteams.com>





WINTER SPORTS START-UP INFORMATION

Hockey

Coach: Bill McCreary

Email: bmccreary@unionhomemortgage.com

Location: KVIH

Tryouts: November 2 & 3 @ 4:00 – 5:20 PM

November 4 @ 5:30 – 6:50 PM

Practice: November 5 @ 4:00 – 5:20 PM

November 6 @ 4:15 – 5:35 PM

Website: <https://www.southlyonhockey.com>





WINTER SPORTS START-UP INFORMATION

BGs Skiing

Coach: Mike Finch

Email: skiingfinch@gmail.com

Start Date: November 16

Informational Meeting: October 31 @ 9:00 AM

Location: Boyne Country Sports, Novi

Please contact the coach for more information about practice and conditioning.





WINTER SPORTS START-UP INFORMATION

Varsity Pom

Coach: Renee Falahee and Rachel Solomon

Email: sleatvarsitypomcoaches@gmail.com

The Varsity Pom team has already been selected. Please contact the coach for additional information or questions.

Facebook:

<https://www.facebook.com/Southlyoneastvarsitypomteam/>



 **WINTER SPORTS
START-UP INFORMATION**

Wrestling

Coach: Matt Cepak

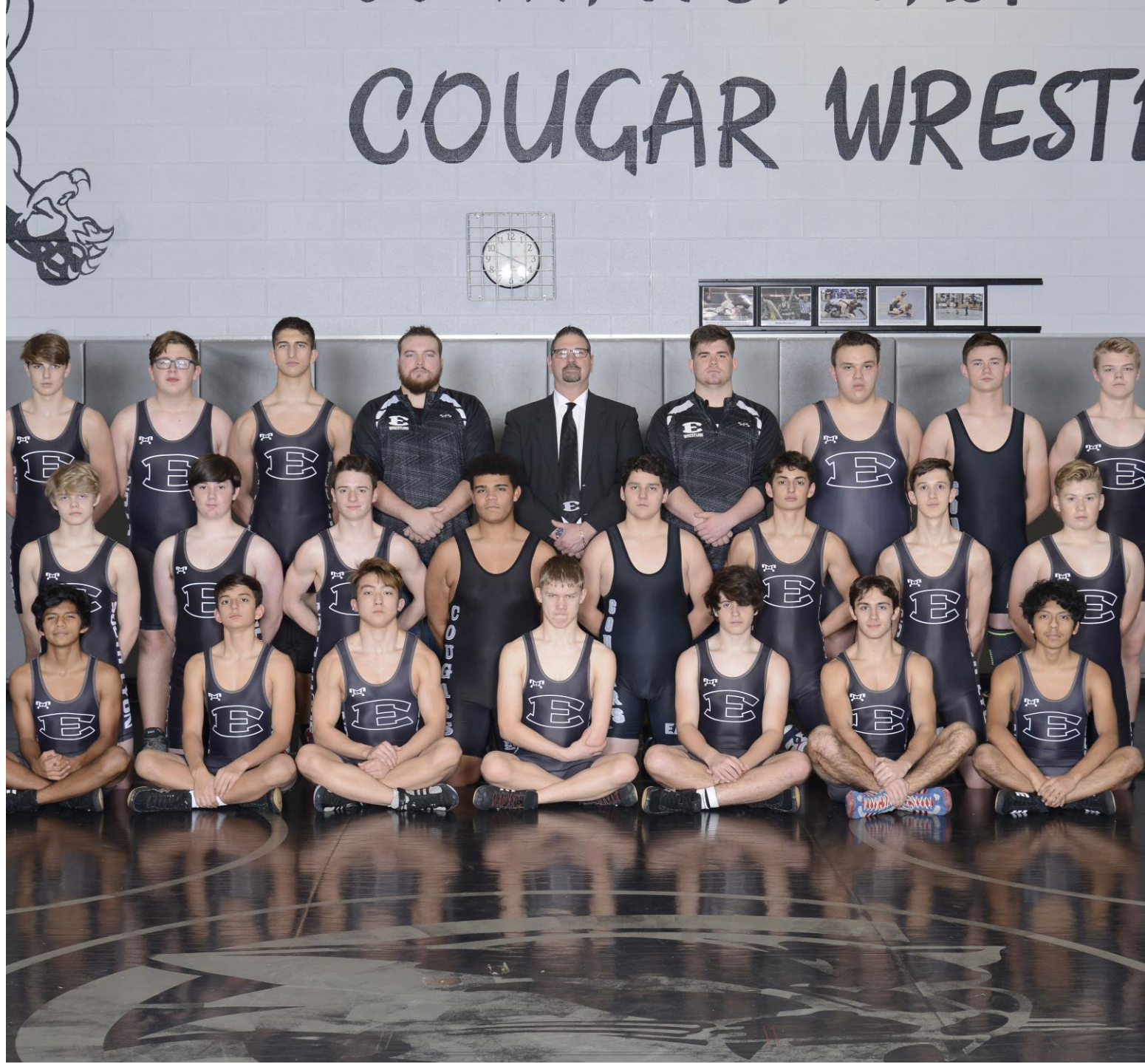
Email: sleastwrestlingcoach@gmail.com

Start Date: November 16

Time: 2:30 – 5:00

Location: East Wrestling Room

No cuts, all are welcome.





WINTER SPORTS STAR-UP INFORMATION

Varsity Cougarettes

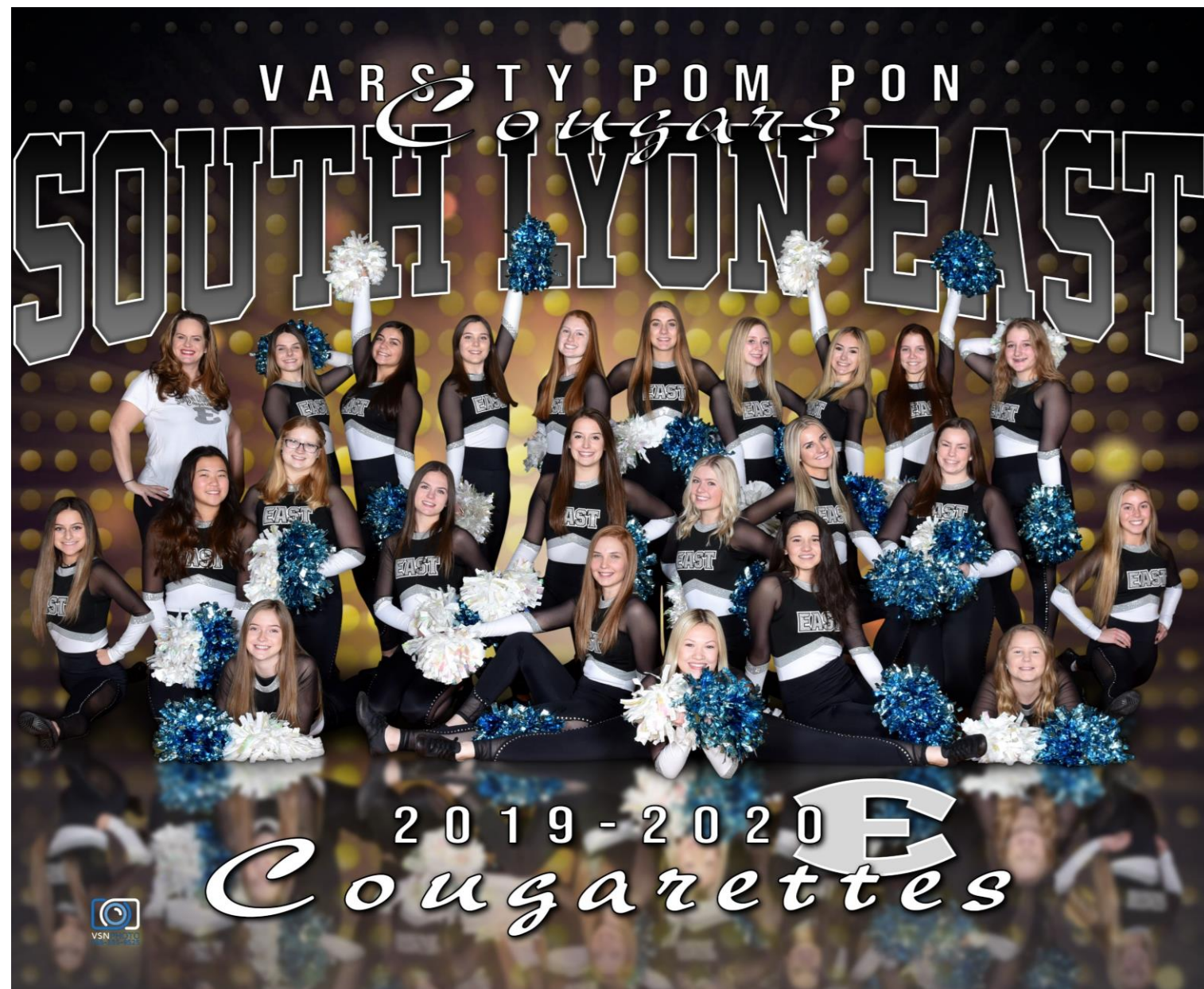
Coach: Meredith McNamara

Email: eastcougarettes@gmail.com

The Varsity Cougarettes team has already been selected. Please contact the coach for additional information or questions.

Website:

<https://southlyoneasthighschool.bigteams.com>





WINTER SPORTS START-UP INFORMATION

B. Swim and Dive

Coach: John Burch

Email: burchj@slcs.us

Online Informational Meeting: November 5
@ 7:30 PM

Please join Team's Remind Group for link.

Remind link: remind.com/join/slboyss or by
text @slboyss to 81010

Start Date: November 30

Location: East Pool

Time: 3:00 PM

Please wear a mask.

No cuts, all are welcome





WINTER SPORTS - START-UP INFORMATION

ATHLETIC DEPARTMENT

Athletic Director:

Greg Michaels

michaelsg@slcs.us

Athletic Bookkeeper:

Rita Welton

weltonr@slcs.us

Sports Physical

All athletes must have a physical on the first day of tryouts or practice. A physical dated earlier than April 15, 2020 must also have a Health Questionnaire.

If you have any questions regarding off-season conditioning or winter start-up dates, please contact the coach via email.

BE EAST!