

WINTER SEASON INFORMATION

EAST ATHLETICS 2021-2022

ATHLETIC DIRECTOR: GREG MICHAELS

ATHLETIC SECRETARY: RITA WELTON

ATHLETIC TRAINER: KEN SMOOT

P: 248-573-8720

F: 248-486-4256

WWW.SOUTHLYONEASTHIGH SCHOOL.BIGTEAMS.COM

WINTER SEASON INFORMATION

ATHLETIC CONTACT INFORMATION

Greg Michaels – Athletic Director
248-573-8701
michaelsg@slcs.us

Rita Welton – Athletic Secretary
248-573-8720
weltonr@slcs.us

Ken Smoot – Athletic Trainer
Kenneth.smoot@atipt.com

ATHLETIC WEBSITE

<https://southlyoneasthighschool.bigteams.com/>



@BeEast_Cougars

BE EAST

WINTER SEASON INFORMATION

MHSAA START UP DATES

<u>Sport</u>	<u>1st Practice</u>	<u>1st Contest</u>
Boys Basketball	November 15	December 6
Girls Basketball	November 8	November 29
B/Gs Bowling	November 15	November 27
Competitive Cheer	November 8	November 22
Ice Hockey	November 1	November 15
B/Gs Skiing	November 15	December 11
Boys Swim & Dive	November 22	December 4
Wrestling	November 15	December 8

LAKES VALLEY CONFERENCE



TOGETHER WE ARE ONE...

East is a proud member of the
Lakes Valley Conference
Established - 2017

Conference Website:

www.lakesvalleyconference.org



@LakesVC

WINTER SEASON INFORMATION



BOYS BASKETBALL

- Head Coach:** Ron Levin
- Email:** eastcoachlevin@gmail.com
- Start Date:** November 15, 2021
- Info Meeting:** October 26 @ 3:00 pm
EAST Gym
- Tryouts:** **November 15th & 16th**
Varsity: 3:00 to 5:30pm
JV: 5:00 to 7:00pm
Freshmen: 5:00 to 7:00pm
- Website:** [East Boys Varsity Basketball](#)

[East Boys Basketball Google Calendar](#)

WINTER SEASON INFORMATION

GIRLS BASKETBALL

Head Coach: Rob Leadley
Email: r_ldly@hotmail.com
Start Date: November 8, 2021
EAST Gym
Tryouts: **November 8th, 9th & 10th**
6:00 – 8:30 pm - updated
All Levels

Contact Coach Leadley regarding Fall pre-season activities. See website for additional information.

Website: [East Girls Varsity Basketball](#)



LVC CHAMPIONS

WINTER SEASON INFORMATION



GIRLS - LVC CHAMPIONS

BOYS & GIRLS BOWLING

- Varsity Coach:** Gerald Raymor
- Coach Email:** geraldraymorii@gmail.com
- Start Date:** November 15, 2021
- Tryouts:** **11/15 & 11/17** – 5:00-7:00 pm
@ Novi Bowl
11/16 – 4:00-6:00 pm &
11/18 – 3:30-5:30 pm
@ PINZ Bowling Center
- Practices:** PINZ Bowling Center
Tuesdays: 4:00 – 6:00 pm
Thursdays: 3:30 – 5:30 pm

WINTER SEASON INFORMATION



COMPETITIVE CHEER

Varsity Coach: Julia Tilt

Coach Email: julznpt@aol.com

Parent Meeting: November 9th @ 5:30 pm

Commons - updated

Tryouts: November 9th & 10th

3:00 – 5:30 pm

Commons

Website: [Team Website](#)

Facebook: South Lyon East Cheerleading

WINTER SEASON INFORMATION



COUGARETTES

- Varsity Coach:** Meredith McNamara
- Coach Email:** eastcougarettes@gmail.com
- Tryouts:** **October 25th and 26th**
2:45 – 4:30 pm
Multipurpose Room
- Twitter:** @slepom
- Facebook:** East Cougarettes Pompon
- Mid American Pompon:** [Mid American Pompon Website](#)

WINTER SEASON INFORMATION



ICE HOCKEY

- Varsity Coach:** Bill McCreary
- Coach Email:** bmccreary@unionhomemortgage.com
- Start Date:** November 1, 2021
- Tryouts:**
- November 1:** 4:00 – 5:30 pm
 - November 2:** 4:15 – 5:45 pm
- Kensington Valley Ice House**
- Practice:**
- November 3: 4:00 – 5:30 pm
 - November 4: 4:00 – 5:30 pm
 - November 5: 4:30 – 6:00 pm

WINTER SEASON INFORMATION



BOYS & GIRLS SKIING

Info Meeting: October 13
7:00 pm
Senior Center @ SLHS

Start Date: **November 15, 2021**

Practice: Monday – Thursday
6:00 – 8:00 pm
Mt. Brighton Ski Resort

For more information, send email to -
SLUnitedSki@gmail.com

WINTER SEASON INFORMATION



LVC CHAMPIONS

B. SWIM AND DIVE

Coach: John Burch
Email: burchj@slcs.us
Info. Meeting: November 10
3:30 PM
East Pool Balcony
Start Date: **November 29**
3:00 PM
East Pool

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

Please wear a mask

No cuts, all are welcome.

WINTER SEASON INFORMATION



WRESTLING

Coach:

Matt Cepak

Email:

sleatwrestlingcoach@gmail.com

Start Date:

November 15, 2021

Practice:

November 15: 3:00 – 4:30 pm

East Wrestling Room

MHSAA DISTRICT CHAMPIONS

No cuts, all are welcome.

WINTER SEASON INFORMATION

SPORTS PHYSICAL

DON'T FORGET YOUR PHYSICAL! A current year sports physical is **REQUIRED** for all sports participation - **NO EXCEPTIONS!** A physical must be dated **AFTER** April 15, 2021 to be considered up-to-date.

BE EAST (ATHLETICS)

Integrity – Leadership – Perseverance – Sportsmanship – Unity