

# **EAST ATHLETICS**

**2021**

## **SUMMER AND FALL ATHLETIC INFORMATION**

**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](http://WWW.SOUTHLYONEASTHIGH SCHOOL.BIGTEAMS.COM)**

# EAST ATHLETICS

## Athletic Contact Information:

**Greg Michaels – Athletic Director**  
**248-573-8701**

[michaelsg@slcs.us](mailto:michaelsg@slcs.us)

**Rita Welton – Athletic Secretary**  
**248-573-8720**

[weltonr@slcs.us](mailto:weltonr@slcs.us)

**Ken Smoot – Athletic Trainer**  
[Kenneth.smoot@atipt.com](mailto:Kenneth.smoot@atipt.com)

## Athletic Website:

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



**@BeEast\_Cougars**

# BE EAST

# LAKES VALLEY CONFERENCE



TOGETHER WE ARE ONE...

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

Conference Website:

[www.lakesvalleyconference.org](http://www.lakesvalleyconference.org)



@LakesVC

# FALL IMPORTANT INFORMATION

**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<sup>th</sup>** of the previous school year to be considered up-to-date. **Starting August 9th, 2021, all student-athletes must have a physical dated after April 15<sup>th</sup>, 2021.**

## **PAY TO PARTICIPATE FEE: \$180**

This fee is paid per student, per sport, with a family cap of \$850.00. All Pay to Participate Fees will be paid through the Online Sports Registration (OSR) process. Go to the athletic website and locate the link (Online Sports Registration) The Fall 2021 (OSR) will open August 9<sup>th</sup> .

# FALL 2021 - MHSAA START-UP DATES

<u>Sport</u>	<u>1<sup>st</sup> Practice</u>	<u>1<sup>st</sup> Contest</u>
B/Gs Cross Country	August 9	August 18
Football	August 9	August 26
Girls Golf	August 9	August 16
Boys Soccer	August 9	August 18
Girls Swim and Dive	August 9	August 18
Boys Tennis	August 9	August 16
Volleyball	August 9	August 18

# FALL SEASON INFORMATION

## COUGARETTES VARSITY POM (TRADITIONAL)

- Varsity Coach:** Meredith McNamara
- Coach Email:** [eastcougarettes@gmail.com](mailto:eastcougarettes@gmail.com)
- Team Tryouts:** Team selected 1<sup>st</sup> week of June
- Start up Date:** Monday, June 7
- Summer Camp:** June 29, 30 & July 1
- Twitter:** @slepom
- Facebook:** [www.facebook.com/eastcougarettepompon/](http://www.facebook.com/eastcougarettepompon/)
- Mid American Pompon:** [Mid American Pompon Website](http://Mid American Pompon Website)

# FALL SEASON INFORMATION

## BOYS CROSS COUNTRY

<b>Varsity Coach:</b>	Randy Smith
<b>Coach Email:</b>	<a href="mailto:coachrandy11@gmail.com">coachrandy11@gmail.com</a>
<b>Summer Conditioning:</b>	June 14 & 15 – New Runner/Parent meeting @ SL East Track, Conditioning begins June 21 @ 6:30 pm
<b>Start-up Date:</b>	August 9
<b>Time:</b>	6:30 pm
<b>Location:</b>	Island Lake State Park

Please contact Coach Randy for more information

# FALL SEASON INFORMATION

## GIRLS CROSS COUNTRY

<b>Varsity Coach:</b>	Dave Testa
<b>Coach Email:</b>	<a href="mailto:datesta@gmail.com">datesta@gmail.com</a>
<b>Summer Conditioning:</b>	June 23; M-F, 8:00 am – 10:00 am (Optional)
<b>Start-up Date:</b>	Monday, August 9
<b>Time:</b>	8:00 am
<b>Location:</b>	East (Near the entrance of the stadium)
<b>Website:</b>	<a href="http://www.slerunning.com">www.slerunning.com</a>
<b>Twitter:</b>	@coachtesta

Please contact Coach Testa for more information



# FALL SEASON INFORMATION

## EQUESTRIAN

**Varsity Coach:**

Amy Rasegan

**Coach Email:**

[rgc0405@sbcglobal.net](mailto:rgc0405@sbcglobal.net)

**Start-up Date:**

August 1

**Time:**

TBD

**Location:**

Tykoski Training Center

Please contact the Coach for more information

# FALL SEASON INFORMATION

## FOOTBALL

<b>Varsity Coach:</b>	Jacob Topp
<b>Coach Email:</b>	<a href="mailto:toppj@slcs.us">toppj@slcs.us</a>
<b>Start-up Date:</b>	August 9
<b>Time:</b>	Varsity, 8:30 am – 11:00 am and 5:00 pm – 9:00 pm Junior Varsity, 6:00 pm – 9:00 pm
<b>Location:</b>	Athletic Field
<b>Website:</b>	<a href="https://www.southlyoneastfootball.com/">https://www.southlyoneastfootball.com/</a>
<b>Twitter:</b>	@slefootball

Please contact Coach Topp or visit the football website for summer workout and camp information

# FALL SEASON INFORMATION

## GIRLS GOLF

<b>Varsity Coach:</b>	Justin Chamberlin
<b>Coach Email:</b>	<a href="mailto:chamberlinj@slcs.us">chamberlinj@slcs.us</a>
<b>Start-up Date:</b>	Monday, August 9
<b>Time:</b>	6:30 am
<b>Location:</b>	Tanglewood Golf Club
<b>Twitter:</b>	@mrchamberlin

Please contact Coach Chamberlin for summer workout schedule

# FALL SEASON INFORMATION

## VARSITY POM (CONTEMPORARY)

**Varsity Coach:** Renee Falahee and Rachel Solomon

**Coach Email:** [sleastvarsitypomcoaches@gmail.com](mailto:sleastvarsitypomcoaches@gmail.com)

**Tryouts:** Register @ [www.southlyoneastvarsitypomteam.com](http://www.southlyoneastvarsitypomteam.com) by June 1

Tryout Video Due June 7

June 10: 5:30 pm – 8:30 pm, June 11: 6:00 pm - 9:00 pm

In the Dance Room

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

**Universal Dance Association:** [UDA Website](#)

# FALL SEASON INFORMATION

## SIDELINE CHEER

- Varsity Coach:** Julia Tilt
- Coach Email:** [julznpt@aol.com](mailto:julznpt@aol.com)
- Tryouts:** Teams selected 1<sup>st</sup> week of June
- Summer Practice:** Monday & Wednesday Tumbling @ Tilt Tumble & Cheer  
Tuesday & Thursday 8:00 am – 11:00 am @ East
- Start-up Date:** Monday, August 9
- Website:** [Team Website](#)
- Facebook:** South Lyon East Cheerleading

# FALL SEASON INFORMATION

## BOYS SOCCER

**Varsity Coach:**

Pete Stoyanovich

**Coach Email:**

[pstoyanovich10@gmail.com](mailto:pstoyanovich10@gmail.com)

**Tryouts:**

August 10 & 11: 10:00 am - 11:30 am

**Location:**

East Athletic Field

**Website:**

[Team Website](#)

**Twitter:**

@sleastsoccer

**Summer:**

Summer Practices, Monday & Wednesday - 10:00 am – 12:00 pm

Tuesday & Thursday – Conditioning 1:30 – 2:15 pm, Weights 2:15 – 3:00pm

# FALL SEASON INFORMATION

## GIRLS SWIM AND DIVE

<b>Varsity Coach:</b>	John Burch
<b>Coach Email:</b>	<a href="mailto:burchj@slcs.us">burchj@slcs.us</a>
<b>Start-up Date:</b>	August 16
<b>Time:</b>	8:00 am – 10:00 am
<b>Location:</b>	East Pool
<b>Website:</b>	<a href="#">Team Website</a>

Text @ba8e779 to 81010 to join the Remind group

Please contact Coach Burch for summer workout and start-up information

# FALL SEASON INFORMATION

## BOYS TENNIS

**Varsity Coach:** Craig Clark  
**Coach Email:** [craig@clarkistan.com](mailto:craig@clarkistan.com)  
**Start-up Date:** August 9  
**Time:** TBD  
**Location:** East Tennis Courts

Please contact Coach Clark for summer workout and start-up information



# FALL SEASON INFORMATION

## VOLLEYBALL

- Varsity Coach:** Kelsey Masserant
- Coach Email:** [masserantk@slcs.us](mailto:masserantk@slcs.us)
- Time:** Tryouts - 8/9, 8/10, & 8/11 (Time - TBD)
- Location:** East Gymnasium
- Website:** [Team Website](#)
- Twitter:** [@SLEastvball](#)
- Instagram:** [@slevolleyball](#)
- Camp:** July 19, 20 and 21 at East (5:30 pm-8:30 pm) Click below for more information. [Camp Information](#)

# **BOND CONSTRUCTION TIMELINE**

- Stadium Field Turf & Track Resurface** – starting week of June 14 – mid-August
- Auxiliary Gym** – starting early September
- Practice Field Turf** – TBD
- Baseball/Softball Fields Turf** – TBD
- Tennis Courts Resurfacing** – TBD

# SUMMER INFORMATION

## FOOTBALL

### Varsity:

Summer Workouts – M, W, F: 9:00 – 11:00 am

Skills, Drills, Install – T, Th: 9:00 – 11:00 am

7 on 7s – T, Th Evenings

### JV:

Summer Workouts – M, W, F: 9:00 – 11:00 am

Skills, Drills, Install – M, W: 6:30 – 8:30 pm

[2021 Kids Clinic](#)

**BE EAST  
FOOTBALL**

[East Football Website](#)

Coach: Jacob Topp - [toppj@slcs.us](mailto:toppj@slcs.us)

# SUMMER INFORMATION

## SWIM & DIVE

[Swim Camp](#) – Click link for more information

To join Boys Swim & Dive Remind group –

Text @slboyss to 81010

To join Girls Swim & Dive Remind group –

Text @ba8e779 to 81010

Coach: John Burch - [burchj@slcs.us](mailto:burchj@slcs.us)



# SUMMER INFORMATION

## VOLLEYBALL

[Be East Skills Camp](#)

[Strength and Conditioning](#)

[Team Website](#)

Coach: Kelsey Masserant - [masserantk@slcs.us](mailto:masserantk@slcs.us)



# SUMMER INFORMATION

## BOYS BASKETBALL

Please complete the interest form attached to get updates for the 21-22 Season.

\*For those new to East Boys Basketball

[21-22 East Boys Basketball Interest Survey](#)

Information on Summer Workouts - Contact Varsity Head Coach Ron Levin

[eastcoachlevin@gmail.com](mailto:eastcoachlevin@gmail.com)



WE>me #DOMINATE

# SUMMER INFORMATION

## GIRLS BASKETBALL

[Summer Basketball Camp](#)

[Team Website](#)



Coach: Rob Leadley - [r\\_leadley@Hotmail.com](mailto:r_leadley@Hotmail.com)

# **(FALL - WINTER - SPRING) COACH CONTACT INFORMATION**

**Cougarettes (Traditional) - Meredith McNamara**  
[eastcougarettes@gmail.com](mailto:eastcougarettes@gmail.com)

**Boys Cross Country – Randy Smith**  
[coachrandy11@gmail.com](mailto:coachrandy11@gmail.com)

**Girls Cross Country - Dave Testa**  
[datesta@gmail.com](mailto:datesta@gmail.com)

**Equestrian – Amy Rasegan**  
[rgc0405@sbcglobal.net](mailto:rgc0405@sbcglobal.net)

**Football – Jacob Topp**  
[toppj@slcs.us](mailto:toppj@slcs.us)

**Girls Golf – Justin Chamberlin**  
[chamberlinj@slcs.us](mailto:chamberlinj@slcs.us)

**Pom (Contemporary) - Rachel Solomon**  
[sleatvarsitypomcoaches@gmail.com](mailto:sleatvarsitypomcoaches@gmail.com)

**Sideline Cheer - Julia Tilt**  
[julznpt@aol.com](mailto:julznpt@aol.com)

**Boys Soccer - Pete Stoyanovich**  
[pstoyanovich10@gmail.com](mailto:pstoyanovich10@gmail.com)

**Girls Swim & Dive – John Burch**  
[burchj@slcs.us](mailto:burchj@slcs.us)

**Boys Tennis – Craig Clark**  
[craig@clarkistan.com](mailto:craig@clarkistan.com)

**Volleyball – Kelsey Masserant**  
[masserantk@slcs.us](mailto:masserantk@slcs.us)

**Boys Basketball - Ron Levin**  
[eastcoachlevin@gmail.com](mailto:eastcoachlevin@gmail.com)

**Girls Basketball - Rob Leadley**  
[r\\_ldly@hotmail.com](mailto:r_ldly@hotmail.com)

**B/Gs Bowling - Gerald Raymor**  
[geraldraymorii@gmail.com](mailto:geraldraymorii@gmail.com)

**Competitive Cheer - Julia Tilt**  
[julznpt@aol.com](mailto:julznpt@aol.com)

**Cougarettes (Traditional) -Meredith McNamara**  
[eastcougarettes@gmail.com](mailto:eastcougarettes@gmail.com)

**Hockey - Bill McCreary**  
[bmccreary@unionhomemortgage.com](mailto:bmccreary@unionhomemortgage.com)

**Pom (Contemporary) - Rachel Solomon**  
[sleatvarsitypomcoaches@gmail.com](mailto:sleatvarsitypomcoaches@gmail.com)

**B/Gs Skiing – Mike Finch**  
[skiingfinch@gmail.com](mailto:skiingfinch@gmail.com)

**Boys Swim and Dive - John Burch**  
[burchj@slcs.us](mailto:burchj@slcs.us)

**Wrestling - Matt Cepak**  
[sleatwrestlingcoach@gmail.com](mailto:sleatwrestlingcoach@gmail.com)

**Baseball – Rich Robinson**  
[southlyoneastbaseball@gmail.com](mailto:southlyoneastbaseball@gmail.com)

**Boys Golf – Jerry Seal**  
[jerrycanhelp@aol.com](mailto:jerrycanhelp@aol.com)

**Boys Lacrosse - Justin Boughton**  
[southlyonlax@gmail.com](mailto:southlyonlax@gmail.com)

**Girls Lacrosse - Rachel Curmi**  
[slunitedlax@gmail.com](mailto:slunitedlax@gmail.com)

**Girls Soccer - Pete Stoyanovich**  
[pstoyanovich10@gmail.com](mailto:pstoyanovich10@gmail.com)

**Softball - Paul Nieto**  
[ptmnieto@Comcast.net](mailto:ptmnieto@Comcast.net)

**Girls Tennis - Jeff Rhodes**  
[Rhodes\\_jeff@yahoo.com](mailto:Rhodes_jeff@yahoo.com)

**B/Gs Track & Field - Sonita Harris**  
[sonitaharris@mac.com](mailto:sonitaharris@mac.com)



# **ATHLETIC DEPARTMENT OFFICE HOURS**

**Athletic Department Office Hours:  
Monday - Friday 8:00 am - 4:30 pm**

**THE ATHLETIC OFFICE WILL BE CLOSED FOR THE SUMMER JUNE 25TH  
THROUGH AUGUST 6TH.**

**THE DEPARTMENT WILL REOPEN FOR THE 2021-2022 SCHOOL YEAR  
ON MONDAY, AUGUST 9TH.**

# RODGARS 2020



VOLLEYBALL – Back-to-Back Lakes Valley Conference Champions  
Back-to-Back Lakes Valley Conference Tournament Champions  
MHSAA District Champions



## VARSITY VOLLEYBALL



# COUGARS 2020



Tennis - MHSAA District Champions



# COUGARS 2020



Football - MHSAA Playoff Victory



# FOOTBALLS 2020



Cross Country – Qualified for the state meet as a team



CROSS COUNTRY



SOUTH LYON EAST HIGH SCHOOL

# COUGARS 2020-21



Basketball – Lakes Valley Conference Champions

# FOOTBALLS 2020-21



Basketball – Lakes Valley Conference Champions



VARSITY BASKETBALL



SOUTH LYON EAST HIGH SCHOOL  
COURTEARS 2020-21



Bowling – Lakes Valley Conference Champions



SOUTH LYON EAST HIGH SCHOOL

# COUGARS 2020-21



Wrestling – MHSAA District Champions

# UNIFIED 2020-21



Swim and Dive - Back-to-Back to Back-to-Back Lakes Valley Conference Champions  
Back-to-Back to Back-to-Back LVC Tournament Champions



SWIMMING & DIVING



# WINTER 2021



Lacrosse – Back-to-Back to Back Lakes Valley Conference Champions



VARSITY LACROSSE



SOUTH LYON EAST HIGH SCHOOL

# GOULGARS 2021



Soccer - MHSAA District Champions

# COUGARS 2021



Tennis – Qualified for the state meet as a team



# SOUTH LYON EAST HIGH SCHOOL COUGARS 2021



Softball – Lakes Valley Conference Champions  
MHSAA State Record for Homeruns (70)

# **EAST ATHLETICS**



## **BE EAST (ATHLETICS)**

**Integrity – Leadership – Perseverance – Sportsmanship – Unity**