EAST ATHLETICS 2021-2022 SPRING SEASON ATHLETIC INFORMATION

ATHLETIC DIRECTOR: GREG MICHAELS ATHLETIC SECRETARY: RITA WELTON ATHLETIC TRAINER: KEN SMOOT

P: 248-573-8720

F: 248-486-4256

WWW.SOUTHLYONEASTHIGHSCHOOL.BIGTEAMS.COM

EAST ATHLETICS

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/



Office Hours:

Monday - Friday 8:00 am - 4:30 pm



LAKES VALLEY CONFERENCE



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

Conference Website:

www.lakesvalleyconference.org



SPRING 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 15th 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 15th, 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 <u>East Athletics</u> website and locate the link (Online Sports Registration). The Spring 2022 (OSR) will open March 14th.

SPRING 2022 - MHSAA START-UP DATES

Sport	1 st Practice	1 st Contest
Baseball	March 14 th	March 23 rd
Golf	March 14 th	March 21st
Boys Lacrosse	March 14 th	March 23 rd
Girls Lacrosse	March 14 th	March 23 rd
Girls Soccer	March 14 th	March 23 rd
Softball	March 14 th	March 23 rd
Girls Tennis	March 14 th	March 21st
Track & Field	March 14 th	March 23 rd

SPRING SEASON INFORMATION BASEBALL

Varsity Coach: Kevin Simono

Coach Email: simonok@slcs.us

Tryout Information: March 14, 15, 16

5:30-9:00 pm

Main Gym



BOYS GOLF

Varsity Coach: Jerry Seal

Coach Email: jerrycanhelp@aol.com

Player Meeting: March 9: 2:30-3:30 pm

Mandatory East Athletic Classroom

Tryout Information: March 14, 15 & 16: 2:45 pm

Tanglewood Golf Club

\$30 Try Out Fee

Team Meeting: Week of March 28th





SPRING SEASON INFORMATION BOYS LACROSSE

Varsity Coach: Justin Boughton

Coach Email: southlyonlax@gmail.com

Tryout Information: March 14, 15 & 16: 5:00-7:00 pm

Legacy Center in Brighton

\$20 Try Out Fee

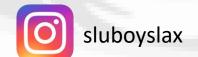
Practice: March 17 & 18: 6:00-8:00 pm

March 20: 5:00-7:00 pm

East Stadium

Website: www.slulax.org









SPRING SEASON INFORMATION GIRLS LACROSSE

Varsity Coach: Rachel Curmi

Coach Email: slunitedlax@gmail.com

Tryout Information: March 14 & 15

5:00-7:00 pm

South Lyon High School

GIRLS SOCCER

Varsity Coach: Pete Stoyanovich

Coach Email: pstoyanovich10@gmail.com

Tryout Information: March 14 & 15

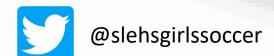
3:00 - 5:00 pm

Total Sports Wixom

9 v. 9 Dome

1st Practice: March 16

East Stadium



SOFTBALL

Varsity Coach: Paul Nieto

Coach Email: ptmnieto@comcast.net

Tryout Information: March 14: 3:00-5:30 pm – EAST Gym

March 15: 3:00-5:00 pm – Total Sports Wixom

March 16: 3:00-5:00 pm – Total Sports Wixom

GIRLS TENNIS

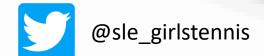
Varsity Coach: Jeff Rhodes

Coach Email: Rhodes_Jeff@yahoo.com

Tryout Information: March 14: 2:30-4:30 pm

East Tennis Courts (weather permitting)

East Multi-Purpose Room & Dance Room (if inside)



TRACK & FIELD

Varsity Coach: Sonita Harris

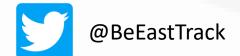
Coach Email: SonitaHarris@mac.com

Practice Start Date: March 14

3:00-4:30 pm

½ East Gym & Indoor Track

Monday – Friday



BOND CONSTRUCTION TIMELINE

- ☐ Auxiliary Gym Ongoing through August 2022
- ☐ Practice Field Turf April 2022 July 2022
- ☐ Baseball/Softball Fields Turf TBD
- ☐ Tennis Courts Resurfacing July 5 22, 2022

(FALL - WINTER - SPRING) COACH CONTACT INFORMATION

Cougarettes (Traditional) - Meredith McNamara eastcougarettes@gmail.com

Boys Cross Country – Randy Smith coachrandy11@gmail.com

Girls Cross Country - Dave Testa datesta@gmail.com

Equestrian – Amy Rasegan rgc0405@sbcglobal.net

Football – Jacob Topp toppj@slcs.us

Girls Golf – Justin Chamberlin chamberlinj@slcs.us

Pom (Contemporary) - Rachel Solomon sleastvarsitypomcoaches@gmail.com

Sideline Cheer - Julia Tilt julznpt@aol.com

Boys Soccer - Pete Stoyanovich pstoyanovich10@gmail.com

Girls Swim & Dive – John Burch burchj@slcs.us

Boys Tennis – Craig Clark craig@clarkistan.com

Volleyball – TBD

Boys Basketball - Ron Levin eastcoachlevin@gmail.com

Girls Basketball - Rob Leadley r ldly@hotmail.com

B/Gs Bowling - Gerald Raymor geraldraymorii@gmail.com

Competitive Cheer - Julia Tilt julznpt@aol.com

Cougarettes (Traditional) - Meredith McNamara eastcougarettes@gmail.com

Hockey - Bill McCreary bmccreary@unionhomemortgage.com

Pom (Contemporary) - Rachel Solomon sleastvarsitypomcoaches@gmail.com

B/Gs Skiing – Mike Wesner sluskiteam@gmail.com

Boys Swim and Dive - John Burch burchi@slcs.us

Wrestling - Matt Cepak sleastwrestlingcoach@gmail.com

Baseball – Kevin Simono simonok@slcs.us

Boys Golf – Jerry Seal jerrycanhelp@aol.com

Boys Lacrosse - Justin Boughton southlyonlax@gmail.com

Girls Lacrosse - Rachel Curmi slunitedlax@gmail.com

Girls Soccer - Pete Stoyanovich pstoyanovich10@gmail.com

Softball - Paul Nieto ptmnieto@Comcast.net

Girls Tennis - Jeff Rhodes Rhodes jeff@yahoo.com

B/Gs Track & Field - Sonita Harris sonitaharris@mac.com

EAST ATHLETICS

BE EAST (ATHLETICS)

Integrity - Leadership - Perseverance - Sportsmanship - Unity