



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.SOUTHLYONEASTHIGH SCHOOL.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/>



@BeEast_Cougars

Office Hours:

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

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



@LakesVC

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 [East Athletics](#) website and locate the link (Online Sports Registration). The Spring 2022 (OSR) will open March 14th.

SPRING 2022 - MHSAA START-UP DATES

Sport	1st Practice	1st Contest
Baseball	March 14 th	March 23 rd
Golf	March 14 th	March 21 st
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 21 st
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



@BeEast_Baseball

SPRING SEASON INFORMATION

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



@SLEBoysGolf



South Lyon East Boys Golf

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



@South LyonLax



sluboylax



South Lyon Unified Boys Lacrosse



SLUBL

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

SPRING SEASON INFORMATION

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



@slehsgirlssoccer

SPRING SEASON INFORMATION

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



@BeEast_Softball

SPRING SEASON INFORMATION

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)



@sle_girlstennis

SPRING SEASON INFORMATION

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



@BeEastTrack

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
burchj@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