2020 – SUMMER & FALL
ATHLETIC INFORMATION

ATHLETIC DIRECTOR: GREG MICHAELS

ATHLETIC SECRETARY: RITA WELTON
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
East is a proud member of the Lakes Valley Conference
Established - 2017

Conference Website:
www.lakesvalleyconference.org

@LakesVC
East Athletics has returned and is able to engage in a restricted capacity per the MHSAA guidelines. As further government action impacts summer and future athletic activity, the MHSAA will continue to provide updates to school districts across the state.

For the latest updates regarding the MHSAA return to Activity Guidelines, click here [MHSAA Return to Sports](#).
SIDELINE CHEER

Varsity Coach: Julia Tilt
Coach Email: southlyoneastcheer@gmail.com or julznpt@aol.com

Tryouts:
High School Clinic: July 13th, 14th and 15th from 8-10:30AM East
High School Tryouts: July 16th 8A-12P, 15 minute time spots, you will be assigned to a specific time to tryout. You need to be there 15 minutes before your tryout time and can leave when you are finished.

Mandatory Parent and Athlete:
Wednesday July 8th 6:30 pm, grassy area behind the trainer room. Please bring your own chair! (Location subject to change.)

Website: Team Website
Twitter: @sle_cheer
VARSITY POM (Contemporary)

Varsity Coach: Renee Falahee and Rachel Solomon

Coach Email: sleastvarsitypomcoaches@gmail.com

Tryouts: Click here for tryout information: Tryout Information

Facebook: https://www.facebook.com/Southlyoneastvarsitypomteam/

Universal Dance Association: UDA Website
COUGARETTES Varsity Pom (Traditional)

Varsity Coach: Meredith McNamara
Coach Email: eastcougarettes@gmail.com
Tryouts: Anyone interested in being a part of tryouts will receive an email with a tryout routine on Monday, July 27th followed by a 1 day clinic on July 29th and concluding with a in-person tryout on July 30th. Please contact the coach to make sure to provide your contact information.

Twitter: @slepom
Facebook: www.facebook.com/eastcougarettepompon/
Mid American Pompon: Mid American Pompon Website
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<tbody>
<tr>
<td><strong>Varsity Coach:</strong></td>
<td>Randy Smith</td>
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<tr>
<td><strong>Coach Email:</strong></td>
<td><a href="mailto:coachrandy11@gmail.com">coachrandy11@gmail.com</a></td>
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<tr>
<td><strong>Summer Conditioning:</strong></td>
<td>Summer Conditioning has started – Please contact the coach for details</td>
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<tr>
<td><strong>Start-up Date:</strong></td>
<td>August 12</td>
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GIRLS CROSS COUNTRY

Varsity Coach: Dave Testa
Coach Email: datesta@gmail.com
Summer Conditioning: Summer Conditioning has started – please contact the coach for details
Start-up Date: August 12
Location: East (Near the entrance of the stadium)
Website: www.slerunning.com
Twitter: @coachtesta
EQUESTRIAN

Varsity Coach:  (TBD – Hiring a new coach - in process)
FOOTBALL

Varsity Coach: Joe Pesci
Coach Email: pescij@slcs.us
Summer Conditioning: Summer Conditioning has started – please contact the coach for details
Start-up Date: August 10
Website: http://www.southlyoneastfootball.com
Twitter: @slefootball

Please contact Coach Pesci or visit the football website for summer workout and camp information
GIRLS GOLF

Varsity Coach: Justin Chamberlin
Coach Email: chamberlinj@slcs.us
Tryouts: Monday, August 12
Location: Tanglewood Golf Club
Twitter: @mrchamberlin

Please contact Coach Chamberlin for summer workout schedule
BOYS SOCCER

Varsity Coach: Pete Stoyanovich
Coach Email: pstoyanovich10@gmail.com
Summer Conditioning: Summer Conditioning has started – please contact the coach for details
Tryouts: August 12
Twitter: @sleastsoccer
BOYS TENNIS

Varsity Coach: Matt Admiraal
Coach Email: admiraalm@slcs.us
Summer Conditioning: Summer Conditioning has started – please contact the coach for details
Start-up Date: August 12
Location: East Tennis Courts

Please contact Coach Admiraal for summer workout schedule
GIRLS SWIM AND DIVE

Varsity Coach: John Burch
Coach Email: burchj@slcs.us
Start-up Date: August 12
Location: East Pool
Website: Team Website

Please contact Coach Burch for summer workout and start-up information
Varsity Coach: Stephanie Zemaitis
Coach Email: sezh22@yahoo.com
Summer Conditioning: Summer Conditioning has started – please contact the coach for details
Tryouts: August 12
Location: East Gymnasium
Website: Team Website
Twitter: @sleastvball
<table>
<thead>
<tr>
<th>Sport</th>
<th>1&lt;sup&gt;st&lt;/sup&gt; Practice</th>
<th>1&lt;sup&gt;st&lt;/sup&gt; Contest</th>
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</thead>
<tbody>
<tr>
<td>B/Gs Cross Country</td>
<td>August 12</td>
<td>August 21</td>
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<tr>
<td>Football</td>
<td>August 10</td>
<td>August 27</td>
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<tr>
<td>Girls Golf</td>
<td>August 12</td>
<td>August 19</td>
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<td>Boys Soccer</td>
<td>August 12</td>
<td>August 21</td>
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<tr>
<td>Girls Swim and Dive</td>
<td>August 12</td>
<td>August 21</td>
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<tr>
<td>Boys Tennis</td>
<td>August 12</td>
<td>August 19</td>
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<tr>
<td>Volleyball</td>
<td>August 12</td>
<td>August 21</td>
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Starting August 10th, 2020, all student-athletes must have a physical dated after April 15th, 2019 and must complete the 2020-2021 MHSAA Health Questionnaire. [MHSAA Health Questionnaire]

Students who don’t fall within the requirement listed above must have a physical dated after April 15th, 2020.
The MHSAA minimum eligibility requirement is waived for sports played in the fall of 2020-21. The previous academic credit record regulation will reactivate at the beginning of the second semester 2020-21 school year. The current academic credit record regulation (weekly or quarterly grade checks) has not changed and is set by each school.
The $180 Pay to Participate 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 2020 (OSR) will be available when the MHSAA allows for a complete reopening of sports programming. Visit the athletic website for more information.
SUMMER CAMP and OFF-SEASON INFORMATION

These are unprecedented times for everyone, creating challenges on a daily basis. With that said, the Athletic Department continues to be in a holding pattern, yet moving forward when the MHSAA and State government allows for a systematic approach for returning to sports activity.

With stringent social distancing guidelines administered by the MHSAA to member schools, the Athletic Department is encouraged by the recent changes allowing for students to return to activity. Summer camps and off-season schedules have been delayed but are in the process of a “reboot.” In order to have the latest and most up to date program information, please email the coach directly (See slide 22 for coach emails).

We remain optimistic for a full and complete start to the school and sports year this Fall.
### Coach Contact Information

**Fall - Winter - Spring**

**Competitive Cheer - Julia Tilt**

julznpt@aol.com

**Pom (Contemporary) - Rachel Solomon**

sleastvarsitypomcoaches@gmail.com

**Cougarettes (Traditional) - Meredith McNamara**

eastcougarettes@gmail.com

**Football – Joe Pesci**

pescij@slcs.us

**B. Soccer - Pete Stoyanovich**

pstoyanovich10@gmail.com

**Tennis – Matt Admiraal**

admiraalm@slcs.us

**B. Cross Country – Randy Smith**

coachrandy11@gmail.com

**G. Cross Country - Dave Testa**

datesta@gmail.com

**G. Golf – Justin Chamberlin**

chamberlinj@slcs.us

**Equestrian - TBD**

**B/Gs Bowling - Gerald Raymor**

geraldraymorrii@gmail.com

**B. Basketball - Ron Levin**

eastcoachlevin@gmail.com

**G. Basketball - Rob Leadley**

r_ldly@hotmail.com

**Pom (Contemporary) - Rachel Solomon**

sleastvarsitypomcoaches@gmail.com

**Cougarettes (Traditional) -Meredith McNamara**

eastcougarettes@gmail.com

**Hockey - Bill McCreary**

bmccreary@unionhomemortgage.com

**Wrestling - Matt Cepak**

sleastwrestlingcoach@gmail.com

**B. Swim and Dive - John Burch**

burchj@slcs.us

**Competitive Cheer - Julia Tilt**

julznpt@aol.com

**B/Gs Skiing – Mike Finch**

skiingfinch@gmail.com

**Boys Lacrosse - Justin Boughton**

southlyonlax@gmail.com

**Baseball – Rich Robinson**

southlyoneastbaseball@gmail.com

**Girls Lacrosse - Rachel Curmi**

slunitedlax@gmail.com

**G. Soccer - Pete Stoyanovich**

pstoyanovich10@gmail.com

**Softball - Paul Nieto**

ptmnieto@Comcast.net

**B/Gs Track & Field - Sonita Harris**

sonitaharris@mac.com

**B. Golf – Jerry Seal**

jerrycanhelp@aol.com

**Girls Tennis - Jeff Rhodes**

Rhodes_jeff@yahoo.com
Athletic Office Hours: Monday - Friday 8:00 am - 4:30 pm

THE ATHLETIC OFFICE WILL BE CLOSED FOR THE SUMMER JUNE 23RD THROUGH AUGUST 4TH.

THE DEPARTMENT WILL REOPEN FOR THE 2020-2021 SCHOOL YEAR ON WEDNESDAY, AUGUST 5TH.
BE EAST (ATHLETICS)

Integrity – Leadership – Perseverance – Sportsmanship – Unity