

# SOUTH LYON HIGH SCHOOL ATHLETICS



2 0 2 3

## SUMMER/FALL NEWSLETTER

ATHLETIC DIRECTOR: MIKE TEAGAN

ATHLETIC SECRETARY: DANIELLE RHODES

ATHLETIC TRAINER: KAITLIN WINES

P: 248-573-8170

F: 248-446-8219

[WWW.SLHSLIONS.COM](http://WWW.SLHSLIONS.COM)



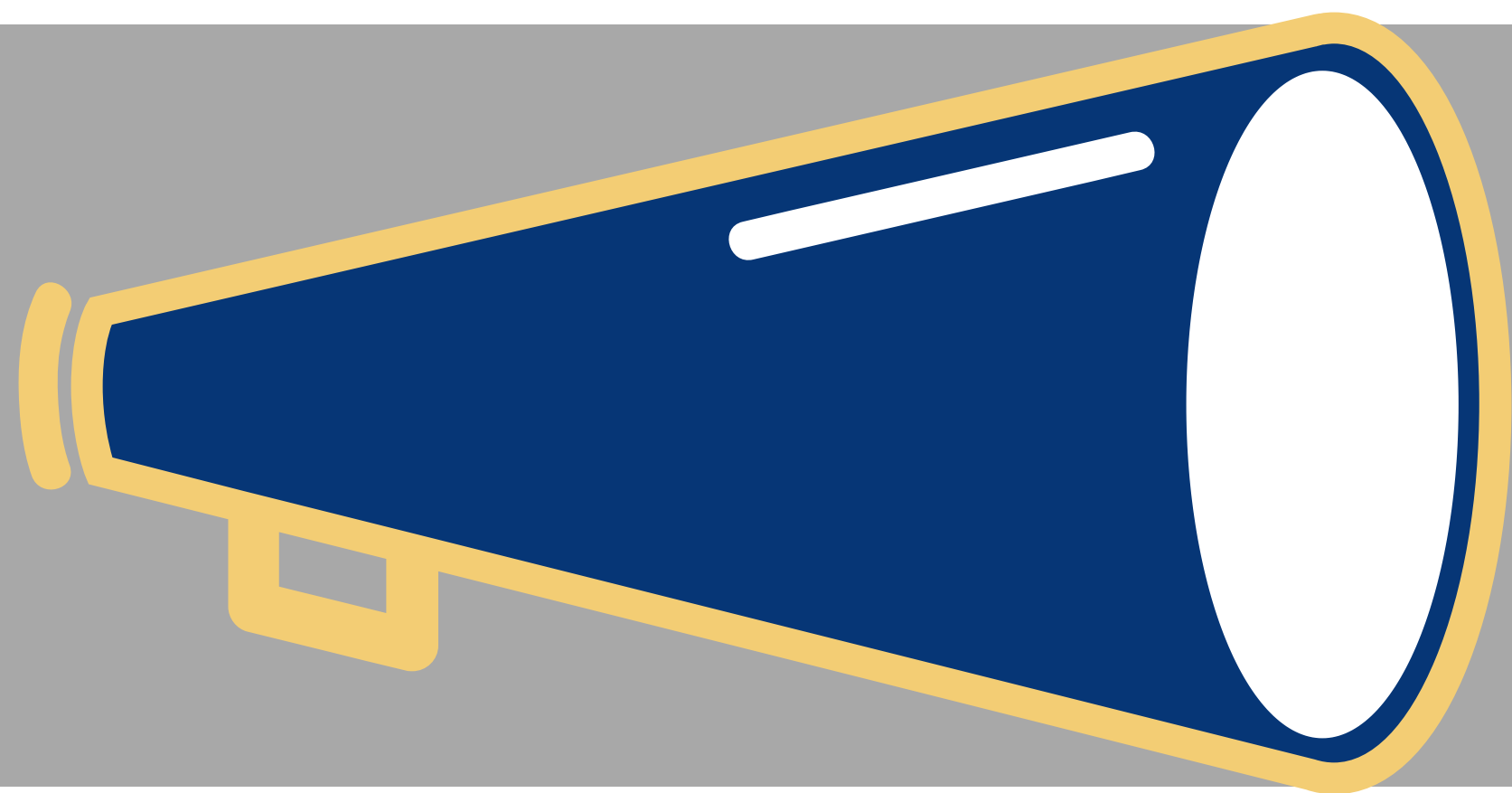
# 2023 Fall Season

## COACH CONTACTS



BOYS CROSS COUNTRY	SCOTT SMITH	SMITHS@SLCS.US
GIRLS CROSS COUNTRY	DAVE DESILVIO	DDESILVIO22@GMAIL.COM
FOOTBALL	JEFF HENSON	JEFFHENSON45@GMAIL.COM
GIRLS GOLF	DAN SKATZKA	DANANDJACKIE76@ATT.NET
BOYS SOCCER	BRIAN ELLIOTT	ELLIOTTB2@SLCS.US
GIRLS SWIM & DIVE	ROBERT CROSBY	WBCOACHBOB@HOTMAIL.COM
BOYS TENNIS	SCOTT SHERBURNE	SOUTHLYONTENNIS1@GMAIL.COM
VOLLEYBALL	DEENA MAHER	COACH.DEENAMAHER@GMAIL.COM
SIDELINE CHEER	MEGAN JOHNSON	SOUTHLYONCHEERLEADING@GMAIL.COM
POM-PON	EMILY THOMAS	SLVPOMPON@GMAIL.COM
EQUESTRIAN	RACHEL TYKOSKI	RNTYKOSKI@GMAIL.COM





# 2023 Fall Season

## ATHLETIC INFORMATION

### DON'T FORGET YOUR PHYSICAL!



A current year sports [physical](#) is required for all sports participation - NO EXCEPTIONS!

A physical must be taken AFTER APRIL 15, 2023 for the 2023-24 school year to be considered valid.

### PAY TO PARTICIPATE FEE: \$TBD

This fee is paid per student, per sport, with a family cap of TBD. We will be accepting online registrations this year through RevTrak. Online registration will be available starting August 7, 2023.

\*Fees are subject to change.

### FALL SPORT START DATES

Please contact the coach for pre-season conditioning and tryout dates. The [MHSAA Calendar](#) can be used as a guideline for sport start and end dates. \*All dates are subject to change.

### ATHLETIC EVENTS PASSES

The passes are valid for any SLHS and SLEHS regular season home athletic contest for the 2023-24 season. Passes can be purchased online through RevTrak or in the Athletic Office starting in August. The Student Pass is \$45\* and is used with the student school ID. The Family Pass is \$180\* and admits 2 adults and up to 4 children from the same family. The Athletic Event Pass is non-transferable and not eligible for any MHSAA tournaments. \*Fees are subject to change.

[WWW.SLHSLIONS.COM](http://WWW.SLHSLIONS.COM)

- See up to date schedules for SLHS teams including busing info
- See rosters, coaching staff, and team information
- Sign up for email and text notifications for your favorite teams!

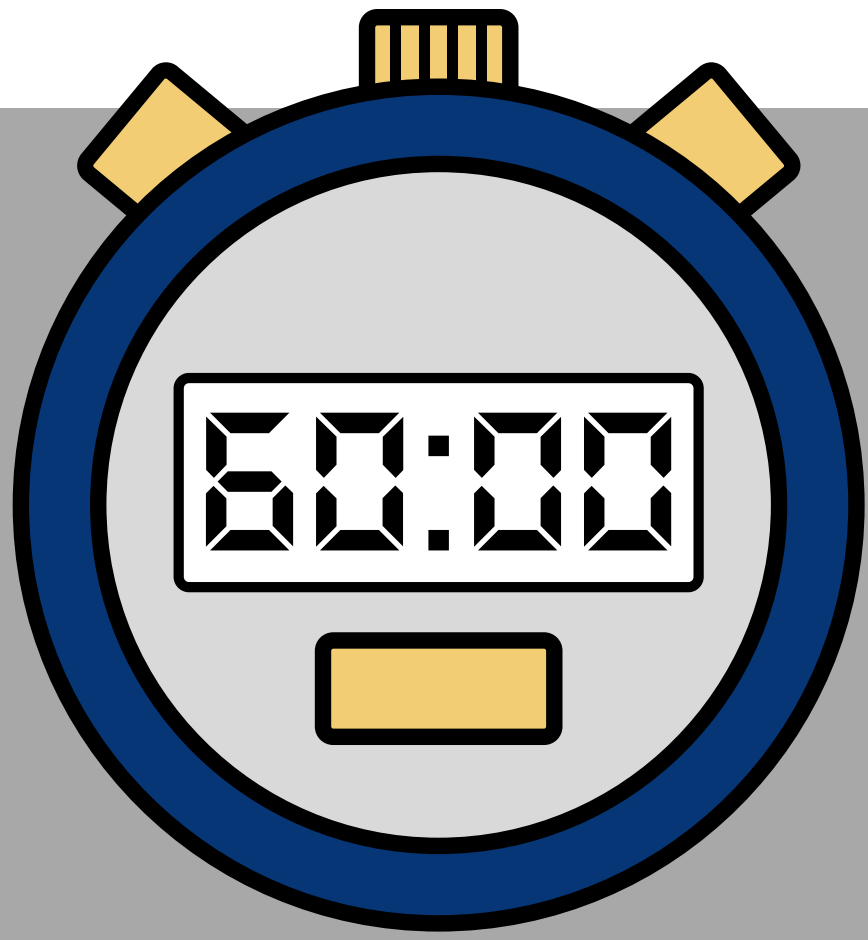
[WWW.LAKESVALLEYCONFERENCE.ORG](http://WWW.LAKESVALLEYCONFERENCE.ORG)

- See scores and rosters for all conference members
- Stay up to date with the latest conference news
- Find links to other schools' athletic websites
- View event & away game locations



The athletic office will be closed for the summer June 23rd through August 6th.  
We will reopen for the 2023-24 school year August 7th.





# 2023 Fall Season

## SUMMER HAPPENINGS



### GIRLS CROSS COUNTRY

EMAIL: [DDESILVIO22@GMAIL.COM](mailto:DDESILVIO22@GMAIL.COM)

Starting June 19 at TBD: Tuesday 9:00am and Monday and Thursday 7:00pm

South Lyon Girls Cross Country Camp 2023

Camp: Long Lake Outdoor Center. Sunday, Aug. 6 – Friday, Aug. 11

10370 Gun Lake Road, Middleville, MI (269) 795-7886

### VOLLEYBALL

EMAIL: [COACH.DEENAMAHER@GMAIL.COM](mailto:COACH.DEENAMAHER@GMAIL.COM) OR [VOLLEYBALLSLHS@GMAIL.COM](mailto:VOLLEYBALLSLHS@GMAIL.COM)

August 7-9: Tryouts - attendance for all three dates is mandatory for team selection(Times TBD)

June 27 and July 11 & 18 open gym 10am-12pm

June 29 and July 20 open gym 4:30pm - 6:30pm

August 1 Conditioning 10am -12pm and August 3 Conditioning 4:30pm - 6:30pm

### EQUESTRIAN

EMAIL: [RNTYKOSKI@GMAIL.COM](mailto:RNTYKOSKI@GMAIL.COM) - CELL (248)912-8782

Try-outs July 26 6:00pm -8:00pm. Please contact Coach Tykoski for additional information regarding try-out location and practice times. Please use non slcs student email address when sending any communication via email

### GIRLS GOLF

EMAIL: [DANANDJACKIE76@ATT.NET](mailto:DANANDJACKIE76@ATT.NET) - CELL(248)921-7502

Team Practice start early June

Six Day Camp June 19, 20, 22, 23, 26 and 27 8:00am - 5:30pm

New golfers should contact Coach Dan Skatzka asap

### BOYS TENNIS

EMAIL: [SOUTHLYONTENNIS1@GMAIL.COM](mailto:SOUTHLYONTENNIS1@GMAIL.COM)

Tryouts/practice begins Monday, August 7

Practices will run Monday through Friday from 9:00am - 11:00am August 7-31

Be sure to get out and play as much as possible between now and then.





# 2023 Fall Season

## SUMMER HAPPENINGS



### SIDELINE CHEER

EMAIL: [SOUTHLIONCHEERLEADING@GMAIL.COM](mailto:SOUTHLIONCHEERLEADING@GMAIL.COM)  @SLHSCHEER  @SLHSCHEER

Tryouts: June 5-6 3:00pm Aux Gym

Summer Practice: Monday and Wednesday 9am-11am Tuesday 9am-10am workout/weightroom

Camps: August 12 Stunt Clinic @ SLHS

August 14 Youth Clinic 9:00am -12:00pm @ SLHS

August 17 Stunt Clinic @ Brighton Legacy Center

### POM PON

EMAIL: [SLVPOMPON@GMAIL.COM](mailto:SLVPOMPON@GMAIL.COM)

JV & Varsity Pom

June-Tues & Thurs 6-8:30pm

Camp: July 10-13

JV & Varsity Pom - August

Tuesday 6-8:30pm

Thursday 6-8:30pm

### FOOTBALL

[WWW.SLHSFOOTBALL.COM](http://WWW.SLHSFOOTBALL.COM)  @SOUTHLIONFOOTBALL

June 5-9: Technique Camp 5:30-8pm Stadium

June 19-July 20: Grades 9-12 speed/agility & passing league, M,T,W 5:30-8pm

Now - July 20: Grades 9-12 M,T,W, Th 6-8pm weightroom

July 11: Passing Jamboree, 3-8pm Stadium

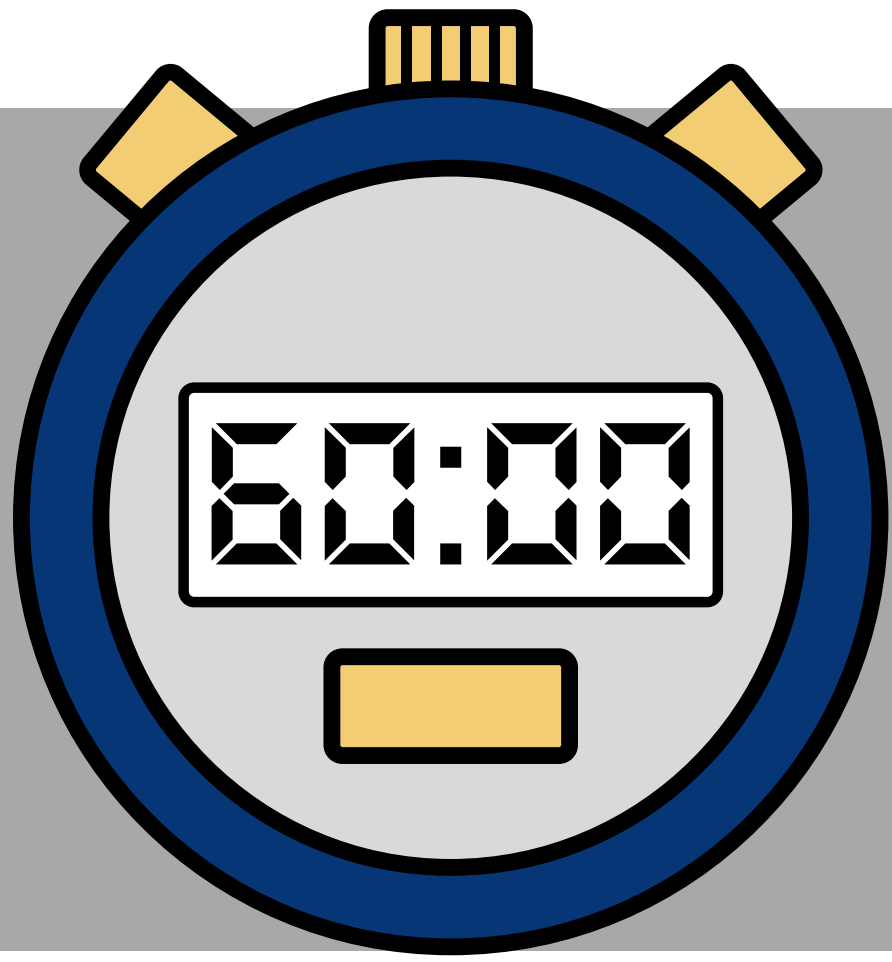
July 24-28: Team Camp, All Levels 5-8pm Stadium & Weightroom

August 7: Official start of football practice. Varsity will have traditional midnight practice

August 7-18: Practice from 3-9pm. see coach for level time

See team website for additional info - [www.slhsfootball.com](http://www.slhsfootball.com)

Don't see your team's dates here? Need more information? Contact the head coach of each sport directly. (see contact info on pg. 2)



# 2023 Fall Season

## OUT OF SEASON HAPPENINGS



### GIRLS BASKETBALL

Coach Schroudt  
schroudtc@slcs.us

Coach McNally  
mcnallyb@slcs.us

#### GIRLS BASKETBALL JUNE CALENDAR

Dates	Location	Time	Event
June 5-8	SL Main Gym	2:30-4pm	Practice
June 12-15	SL Main Gym	2:30-4pm	Practice
June 19	SL Main Gym	9-11am	Practice
June 20-21	SL Main Gym	8am - noon	Youth Clinic
June 22	SL Main Gym	9-11am	Practice
June 26-28	SL Main Gym	9-11am	Practice

### WRESTLING

Coach Makowski  
zmakowski@yahoo.com

Monday and Friday 4:00pm -7:00pm through September 29 - Located in the Dance Studio

### BOYS BASKETBALL

Coach Schmitz  
southlyonbasketball@gmail.com

#### BOYS BASKETBALL JUNE CALENDAR

<b>5</b> 4:00 PM - 6:00 PM Practice All Levels South Lyon High School	<b>6</b>	<b>7</b>	<b>8</b> 4:00 PM - 6:00 PM Practice All Levels South Lyon High School	<b>9</b>
<b>12</b> TBD JV - Ypsi Summer League Ypsilanti Community High School	<b>13</b>	<b>14</b> TBD JV - Ypsi Summer League Ypsilanti Community High School	<b>15</b> TBD Varsity - Canton Shoot Out Canton High School	<b>16</b>
<b>19</b> TBD JV - Ypsi Summer League Ypsilanti Community High School	<b>20</b>	<b>21</b> TBD JV - Ypsi Summer League Ypsilanti Community High School	<b>22</b> 3:30 PM - 5:30 PM Freshman - Livonia Franklin Shoot Out Livonia Franklin High School	<b>23</b>
<b>26</b> 9:00 AM - 12:30 PM SLHS Youth Basketball Camp (3rd-8th Graders) South Lyon High School	<b>27</b> 9:00 AM - 12:30 PM SLHS Youth Basketball Camp (3rd-8th Graders) South Lyon High School  3:30 PM - 5:30 PM Freshman - Livonia Franklin Shoot Out Livonia Franklin High School  5:30 PM - 7:30 PM Varsity - Livonia Franklin Shoot Out Livonia Franklin High School	<b>28</b> 9:00 AM - 12:30 PM SLHS Youth Basketball Camp (3rd-8th Graders) South Lyon High School	<b>29</b> 9:00 AM - 12:30 PM SLHS Youth Basketball Camp (3rd-8th Graders) South Lyon High School	<b>30</b>

### UNIFIED HOCKEY

Coach Gagnon  
drgagnon1963@gmail.com

The South Lyon Unified Varsity Hockey team has a new head coach, Dennis Gagnon. Coach Gagnon comes to South Lyon Unified Varsity hockey with a wealth of knowledge and experience. He is passionate, committed and eager to bring awareness of the hockey program to the community and has already demonstrated this with his visits to the 2 high schools and both middle schools. He has some exciting plans to get a head start with the team this summer and looks forward to what he and the team can do together in this upcoming winter season.

When asked how he feels about this new role he said, "I'm elated for the opportunity and excited about the prospects of helping make SLU a destination hockey program and potential State powerhouse!"







# **SOUTH LYON HIGH SCHOOL BOYS CROSS COUNTRY**

**ORGANIZATIONAL MEETING**  
**WEDNESDAY MAY 31ST - AUBREES 7-8PM**

\*Summer Running Program starts June 19th

\*Weight Room Opportunities

\*The 200-300-400-500-1000 Mile Clubs

\*The 24 Hour/24 Mile Marathon

\*Cross Country Camp (August 6-12)

Cross Country is a fall sport with summer practices encouraged

\*Become one of our Ancient Warriors:

Aztecs      Norsemen      Greeks      Egyptians

\*Witch's Hat Run

\*Pumpkinfest Run

\*Summer 5K's

\*Team Competition & Team Bonding Opportunities

\*Our Team Calendar

\*[www.slxc.com](http://www.slxc.com)

**ATTEND THE MEETING ON MAY 31ST OR  
CONTACT COACH SMITH AT [SMITHS@SLCS.US](mailto:SMITHS@SLCS.US)**





# **SOUTH LYON HIGH SCHOOL BOYS SOCCER - FALL 2023**



## **Welcome Night - June 7th 3:00pm- 4:00pm**

This is a chance for 8th grade boys (Class of 2027) interested in playing soccer in high school (who are going to SLHS next year) to meet the coaches and some of the players. Bring your soccer stuff as we will play some small sided games as well as make sure we have correct contact information.

**Meet at SLHS Turf Field - To register fill out [this google form](#)**

**Varsity Coach:** Coach Elliott  
(elliottb2@slcs.us)

**Assistant Coach:** Coach Senter  
(tssenter@aol.com)

**JV Coach:** Coach Woodward  
(woodwardr@slcs.us)

### **FAQ's**

#### **● Do the boys soccer team practice over the summer?**

YES! Captain's practice will be on Monday/Wednesday from 9 am - 10:30 am. Starting June 19th. Additional Speed & Agility/Weight training is available on Tuesday/Thursday from 9 - 10:30 Training is not included - additional fee required. No training the week of July 4th. ALL summer training before tryouts are OPTIONAL

#### **● When is the first time coaches will be involved with training?**

Coaches will hold conditioning sessions July 31-August 3 and then be involved with training through the end of the season into October.

#### **● When are tryouts?**

August 7th -9th. Teams will be announced at the end of the week.

#### **● Will we have games before school starts in September?**

YES!! We will have several games in the month of August. The schedule is posted in teamsnap. If possible please plan summer vacations prior to August 7th.

● Any other questions can be sent to any of the coaches, captains or Jennie Urtel(jurtel@yahoo.com), president of the SLHS Boys Soccer Booster Club.

### **2023 Captains**

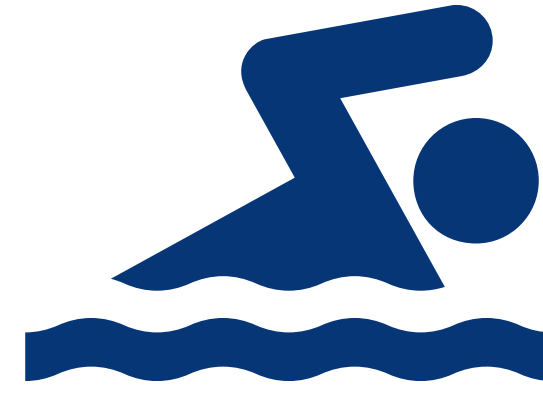
**Shilen Britton (class of 2024)     James Senter (class of 2024)**

Teamsnap is the primary way the team communicates.

Please contact Jennie Urtel(jurtel@yahoo.com) or Jeff Balagna (balagnje@northvilleschools.org) if you have not received an invite to the team within a week of filling out the registration.

**[South Lyon High School Boys Soccer Facebook Page](#)**





## SOUTH LYON GIRLS SWIMMING & DIVING – FACT SHEET

Girls Swimming and Diving is a sport that takes place during the fall season. The first day of practice is always set by the Michigan High School Athletic Association in mid-August. It is important to remember that practice and competition begin before the school year starts. To get off to a good start to the season, family vacations should not be scheduled after the starting date to avoid this conflict, if it's possible to do so.

**For the 2023 season, practice begins on August 7th.**

Our team competes in the Lakes Valley Conference. We won the conference dual meet and conference meet titles from 2017-2020 and 2022. Other teams in our conference include Huron Valley United, South Lyon East, Walled Lake United, Walled Lake Northern, and Waterford United.

### **ANYONE IS WELCOME TO TRY OUT FOR THE TEAM, REGARDLESS OF PREVIOUS EXPERIENCE!**

However, coming into the season prepared gives you a definite advantage. To get experience there are some options.

Joining a swim club is one option. Our local swim club, South Lyon Aquatics is always looking for new members.

There are also competitive clubs at the Sports Club of Novi (Sturgeons), Club Wolverine (Ann Arbor), and one in Whitmore Lake (Waves).

There are also programs offered through the South Lyon Recreation Authority (SLARA), which would help you prepare for a better experience. Stroke Clinics and Private Instruction (Coach Crosby), Summer Swim Camp (Coach Burch and Coach Crosby), and Springboard Diving instruction (Coach Ferguson) are conducted in the spring and summer. For more information and registration check out the program brochure. **It is posted on their website at [slrec.net](http://slrec.net).**

The divers are a separate group of athletes within the program. Diving is one of the 12 events in a swimming meet.

The diving team is coached by a diving coach and has their own practice schedule. Again, having some previous experience is not necessary to try out, but it does give you a definite advantage. Check out the diving program offered during the summer through the South Lyon Recreation Department.

Please remember, if you are unable to be involved with any of the options mentioned above, we'd still love to have you get involved if you're interested. Contact information is listed below:

Head Coach – Mr. Bob Crosby – 734-262-1755 – [wbcoachbob@hotmail.com](mailto:wbcoachbob@hotmail.com)

Assistant Swim Coach – Job opening has been posted

Diving Coach – Allie Murphy – [alesmurp@umich.edu](mailto:alesmurp@umich.edu)

For summer diving class information contact Mr. Kevin Ferguson – [Kferguson@weocflex.org](mailto:Kferguson@weocflex.org)

South Lyon Girls Swim Booster Club President: Ms. Carrie Hanshaw – [hanshawc@yahoo.com](mailto:hanshawc@yahoo.com)

Swim team website:

<https://go.teamsnap.com>

**Please join our REMIND group – SLHS Girls Swim**

**On your cell phone, text 81010 and send the message @448kgf**



## SLHS FOOTBALL TECHNIQUE CAMP

GRADES 9-12 ~ [REGISTER HERE](#)  
(THIS CAMP IS HIGHLY RECOMMENDED)

SOUTH LYON HIGH SCHOOL  
MONDAY, JUNE 5TH - FRIDAY, JUNE 9TH  
5:00 P.M. - 8:00 P.M.

COST \$20.00; PAYABLE VIA PAYPAL, VENMO OR CHECK

## 2023 SLHS TEAM CAMP

TEAM CAMP GRADES 9-12 ~ [REGISTER HERE](#)  
(THIS CAMP IS HIGHLY RECOMMENDED)

SOUTH LYON HIGH SCHOOL  
MONDAY, JULY 24TH- FRIDAY, JULY 28TH  
5 DAYS 5:00 P.M. - 8:00 P.M.

COACHING BY THE SLHS FOOTBALL COACHES & SPECIAL GUEST COACHES

COST \$50.00 (PAYABLE VIA PAYPAL, VENMO OR CHECK)

## LIONS YOUTH FOOTBALL CAMP 2023

GRADES 3-8 [REGISTER HERE](#)

SOUTH LYON HIGH SCHOOL  
MONDAY, JUNE 26TH- WEDNESDAY, JUNE 28TH  
10:00 A.M. - 12:00 P.M.

COST: \$50 (PAYABLE VIA PAYPAL, VENMO OR CHECK)

## PAYMENTS

CHECKS- PAYABLE TO AND MAIL TO SOUTH LYON FOOTBALL BOOSTERS

PO BOX 206 SOUTH LYON, MI 48178

VENMO: @SLHSFOOTBALLBOOSTERS

PAYPAL : [SOUTH LYON HIGH SCHOOL FOOTBALL BOOSTERS](#)





# **2023 South Lyon High School Volleyball Camp**

**When:** July 24 - July 26

5:00pm - 7:00pm 4th - 6th Graders

6:30pm - 8:30pm 7th - 9th Graders

**Where:** South Lyon High School Main Gym

**Cost:** \$100 includes camp t-shirt - see payment information below

This camp is a great opportunity to learn the game, improve your skills, gain some court experience, and have FUN with the South Lyon High School volleyball players and coaches! Come experience the game for the first time or brush up on your skills.

All skill levels welcome. We hope you will join us!

## **Payment Options**

**Venmo:** @rebecca-stoll-1

**Check:** Payable to South Lyon Volleyball Boosters

Mail check to: 57275 Waterway Ct, New Hudson, MI 48165

**Include:** SLHS Volleyball Camp, Participant's Name and Grade

**Questions Email:** slhsvolleyballboosters@gmail.com



**venmo**



**[REGISTER HERE](#)**





# **SOUTH LYON GIRLS' BASKETBALL CLINIC**

**GRADES 3-8 IN THE  
23-24 SCHOOL YEAR**

**\$50**

**9-11 AM  
SLHS  
MAIN  
GYM**

**JUNE  
20-21  
2023**







# 2023 Fall Season

SLHS ATHLETICS:  
GET IN TOUCH!



**ATHLETIC DIRECTOR: MIKE TEAGAN**

Email: [teaganm@slcs.us](mailto:teaganm@slcs.us) | Phone: 249-573-8170

**ATHLETIC SECRETARY: DANIELLE RHODES**

Email: [rhodesd@slcs.us](mailto:rhodesd@slcs.us) | Phone: 249-573-8170

**ATHLETIC TRAINER: KAITLIN WINES**

Email: [winesk@slcs.us](mailto:winesk@slcs.us) | Phone: 249-573-8170

**ATHLETIC OFFICE HOURS: MONDAY - FRIDAY 8:30AM-4:30PM**

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Connect with us on Twitter! | @SLHSLions #GoLions

[www.slhslions.com](http://www.slhslions.com)