

# Trojan Athletics News

VOLUME 2, ISSUE 2

SEPTEMBER/OCTOBER

## Sixth Grade Basketball League to Start at East Middle School

The 2009-2010 sixth grade class has several opportunities to participate in athletic activities this school year. The 6th grade athletic program offers everything from tennis to indoor soccer. These extra-curricular opportunities are meant to be life-long experiences for our kids.

In order to provide more opportunities for our students, Traverse City East Middle School will be running extension basketball programs. The basketball programs will follow the East Middle School 6th grade programs six-week season.

The registration for the 6th grade girl's extension program will be held on Saturday, October 24th and Saturday, October 31st from 3:00-5:00 p.m. The cost for the extension program will be \$30.00 per player. All proceeds go to benefit East Middle School athletics.

The extension program will begin with a coaches' clinic on Saturday, November 7th from 1:00-2:00 p.m. We are looking for volunteer coaches to help run the program. Please contact the East Middle School Athletic Department at 933-6923 if you are interested in coaching. More details will be available at the coaches' clinic.

The first practice for all girl's basketball extension program participants will begin on Saturday, November 14th from 1:00-3:00 p.m. Please come prepared in proper basketball attire.

Upon the completion of the first practice, students will be divided into teams. Volunteer coaches will schedule practice time with the East Middle School Athletic Director, Jay Larner, at [larnerja@tcaps.net](mailto:larnerja@tcaps.net). The gymnasiums will be available Monday through Thursday from 6:00-8:00 p.m. pending other activities. Games will be played on Saturdays from 1:00-4:00 p.m. beginning on November 21st and ending on December 12th. The season will end with and end of the year round-robin play tournament on Saturday, December 19, 2009. Each team entered will be guaranteed three games against different opponents. Schools from around the area are all welcome to participate.

For further information, please contact Jay Larner at 933-7367.



## Students Help Fundraise to Improve Athletic Facilities and Library

Fundraiser activities help to provided our students with better equipment and facilities here at East. This school year the East Middle Student body will be working together to fundraise for the athletic programs, physical education department, and the library. Students will be asked to participate in a magazine sales fundraiser. Students can win great prizes for their efforts. Students can even win prizes if a supporter simply

renews their current subscription. More information will come at the start of the school year.

The East Middle School Athletic Department appreciates all contributions that are available. Please feel free to make a donation to help benefit all of our East athletics programs. We will gladly respond with a thank you detailing your donation for possible tax purposes. Go East!

## 6th Grade Athletic Programming

Traverse City East Middle School

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Jay Larner, Athletic Director  
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*Go Trojans!*

You cannot dream yourself into a character: you must hammer and forge yourself into one.

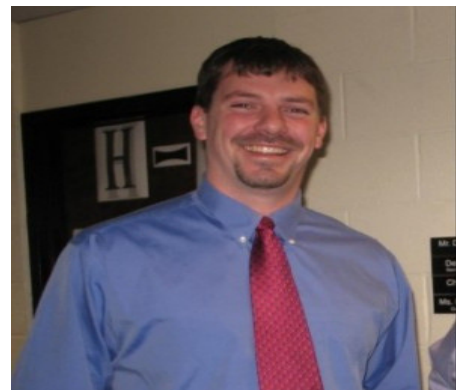
**Henry D. Thoreau**

Session 1	Session 2	Session 3	Session 4	Session 5
<i>Sept. 21-Oct.31</i>	<i>Nov.9-Dec. 19</i>	<i>Jan. 4-Feb 13</i>	<i>Feb. 15-Mar. 27</i>	<i>Apr. 12-May 22</i>
Cross Country M-F: 3:00-4:30 *Aligns with 7th/8th season	Dance TBD	Volleyball M, TH: 2:45-4:00 Sat: 9:00-11:00	Indoor Soccer TH: 2:45-4:30 Sat: 9:00-11:00	Track M,W,F: 3:00-4:30 *Aligns with 7th/8th season
Girl's Basketball M, TH: 3:00-5:15 Sat: 3:00-5:15	Boy's Basketball M, TH: 2:45-4:00 Sat: 9:00-11:00	Wrestling M-F: 3:00-5:00 *Aligns with 7th/8th season	Floor Hockey M: 2:45-4:30 Sat: 11:00-1:00	Flag Football T,TH: 3:00-4:30
Boy's Tennis T, Th: 2:45-4:15	Fitness/ Conditioning T, TH: 3:00-4:30 (6-8th Grades)	Fitness/ Conditioning T, TH: 3:00-4:30 (6-8th Grades)	Fitness/ Conditioning T, TH: 3:00-4:30 (6-8th Grades)	Girl's Tennis T, Th: 2:45-4:15

The Traverse City East Middle School Athletic Department is very excited about some of the new changes taking place to the facilities at East Middle School. We are hoping to make some aesthetic changes to our athletic facilities. Of course, these changes would not be possible if it were not for the efforts of our athletes, parents, and Trojan supporters.

The changes that everyone can look forward to in the near future will be taking place at the tennis facility and in the main gymnasium. The tennis facility will have 36 cedar trees planted on the north and south ends of the tennis courts. The trees will help bring beauty to the area as well as help to block some of the wind during events.

We will also be planting one tree close to the school in honor of a former East student, Mark Nowac. Mark exemplified the true meaning of a student-athlete. His leadership on and off the field helped to inspire all those that had the opportunity to know him. Today he is remembered each year by honoring



the male and female students with the Nowak-Olsen Spirit Award.

The main gymnasium is going to receive a major face lift. The gym will have a new surface and boundaries throughout the gym. The changes will make the Trojan black and gold stand proud.

The East Middle School Athletic Department has put a great deal of time and effort into making these changes possible. If you would like to make a donation to help with these projects, please contact Jay Larner at 933-7367. Go Trojans!