

Trojan Athletics News

VOLUME 2, ISSUE 1

JULY/AUGUST

Fall Sports are Ready to Get Into Full Swing in 2009

The 2009-2010 athletic season is right around the corner. It is hard to believe how close we are to the start of the school year. We are actually even closer to the start of our football, cross country, and volleyball seasons. The football and volleyball programs will begin their first day of practice on Monday, August 31st from 3:00-5:00 p.m. Cross Country will begin on September 9th.

Prior to the start of the 2009 East Middle School football season, some special events will be taking place in order to better prepare our Trojan athletes. The 7th/8th grade football coaches will be hosting a Trojan Football Orientation Camp for incoming players on August 18-20th from 5:30-7:30 p.m. There is a \$10 registration fee. Please make all checks out to TCAPS. Scholarships are available through the athletic department by contacting Jay Lerner at 933-6923.

On Friday, August, 21, 2009, starting at 6:00 at Central High School the Trojan Football program will host a Community Football Picnic. All supporters of Trojan Football are welcome to attend. This is a great opportunity to come together as a community to meet the staff and players.

We only ask you to please bring a dish to pass.

The East Middle School football coaches will wrap up the summer activities prior to the start of the season with a non-mandatory conditioning week on August 24-27th from 5:30-7:00 p.m. Students will pick up their equipment on Saturday, August 29, 2009. All 8th grade students can begin picking up equipment from 11:00-1:00 p.m. All 7th grade students can receive equipment from 1:00-3:00 p.m. at East Middle School.

The fall parent athletics meeting will be held on Thursday, September 10, 2009, at 5:00 p.m. in the cafeteria. Come learn about East athletic programs and meet coaches, players, and families. It is a great opportunity to come together as a Trojan family.

As a reminder, all students participating in 7th/8th grade interscholastic athletics must have a physical on file with the athletic office prior to participating in any practice or game. We are all looking forward to great seasons by all of our programs.



Students Help to Fundraiser for East Athletic Programs

Each year, East Middle School students work hard to improve the opportunities that are given to them on our athletics fields and courts. 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 and physical education department. 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!

Traverse City East Middle School

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Go Trojans!

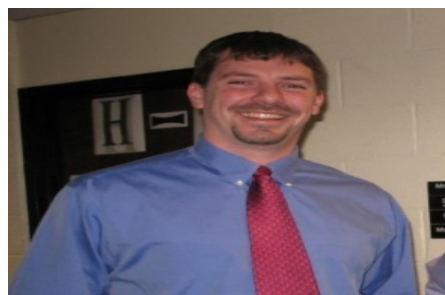
Character is a diamond that scratches every other stone.
Cyrus A. Bartol

6th Grade Athletic Programming

| Session 1 | Session 2 | Session 3 | Session 4 | Session 5 |
|--|--|--|--|--|
| <u>Sept. 21-Oct.31</u> | <u>Nov.9-Dec. 19</u> | <u>Jan. 4-Feb 13</u> | <u>Feb. 15-Mar. 27</u> | <u>Apr. 12-May 22</u> |
| 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: 2:45-4:00 Sat: 9:00-11:00 | 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 M-Th: 2:45-4:00 | 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 M-Th: 2:45-4:00 |

Welcome to the 2009-2010 school year. I am sure that we are all anticipating another great educational and athletic experience here at East Middle School. With one year under my belt, I have had a chance to really address the needs of the East Athletic programs. I am looking forward to seeing the successes that many of these changes will provide our students and programs. Student and parent surveys provided us with plenty of valued input.

With the second year of the 6th grade athletic program taking place at East Middle School, some changes will be taking place in order to better equip our student-athletes with the necessary tools to be successful on and off the fields and courts. I am predicting that these changes will be well received. Students that plan to participate in the 6th grade athletic programs will need to complete a "Permit to Participate" form. Sixth grade students are not required to have an athletic physical by a physician. More information about the 6th grade



athletic programs will be available at the East Middle School Orientation at East Middle School on August 31, 2009, from 12:00-3:00 p.m. and 5:00-8:00 p.m. and on September 1, 2009, from 8:00-1:00 p.m..

Organizing and facilitating an athletic season takes a great deal of preparation and helping hands. There are always many responsibilities/jobs that require the efforts of volunteers in order to operate a successful season. If anyone is available and interested in volunteering at any of our athletic activities please contact the athletic department at 231-933-6923. We appreciate all your support and look forward to seeing you at the games. Go Trojans!