

6th Grade Intramural Programs are Well Received by East Students

Welcome to the first edition of the Trojan Times athletic department newsletter. The 2008-2009 school year has been a great transition for many of the students and families of East Middle School. The incoming sixth grade class has taken on a great transition into the Trojan family.

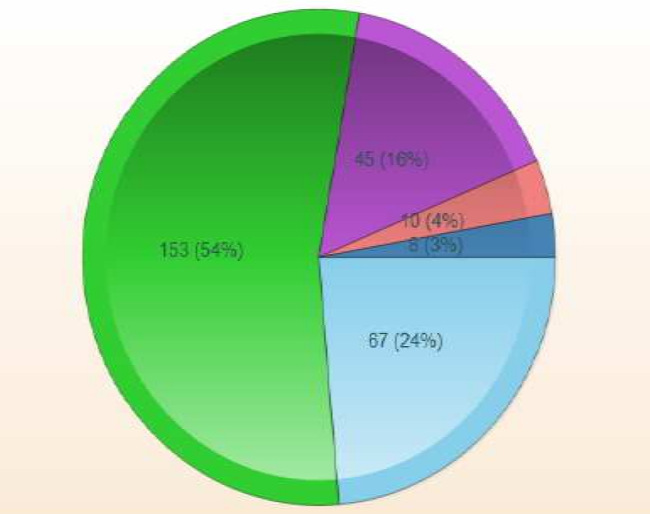
This years intramural program has been a great success for East Middle School. The intramural program has focused on helping students to develop physically, socially, and emotionally. With the wide array of opportunities, sixth grade students can learn about different activities that will help them to maintain a healthy lifestyle later in life.

In many of the activities offered, students will have opportunities later on in their educational career to participate in interscholastic athletic activities. The focus of these activities has been to develop fundamentals, provide positive peer relationships, and sportsmanship, while providing a competitive atmosphere. At first, there were reservations to this philosophy. However, now students and parents have seen the benefits of centralizing the focus of these activities on skill development and fundamentals.

Students and parents from East Middle School were given a survey about their intramural experience. The data collected from the surveys was quite pleasing.

The general consensus of parents and students agreed that the activities and practice environments are enjoyable and provide great opportunities for social interaction, healthy living practices, and skill development. We intend to survey all students and parents at the conclusion of the intramural season to gather more data about the 6th grade intramural experience.

There are fun activities offered at my middle school.



Trojan Spiritwear Available Online

Part of increasing school spirit is letting others know that you support your school. Students and parents will show their support by attending school-wide activities, attending PTO meetings, volunteering, etc. Another important way to increase school spirit is by kids getting excited to show their colors. Students at East Middle School have been showing their spirit with black and gold apparel all year long.

The Traverse City East Middle School athletic de-

partment now has spiritwear items available online. The listed items range from baseball caps to polo shirts. Go to www.companycasuals.com/tcems to view the Trojan spiritwear. If the designated items are not to your liking you can customize your item at no additional cost. East Middle School will receive a percentage of sales for items purchased by businesses/individuals. Spiritwear items will also be available at school events and activities, as well as in the school store. All funds go to the East athletic department. Please contact Jay Lerner at 933-7367 with any questions.

Traverse City East Middle School

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Go Trojans!

If you can't
accept losing,
you can't win.
Vince
Lombardi

6th Grade Intramural Activities Schedule

Session 4

Feb. 16-Mar. 27

Floor Hockey

Practice:

Tues&Thurs: 3-430

Sat: 11-1

(Only Thurs.&Sat. first

3 weeks)

Indoor Soccer

Practice:

Mon&Wed: 3-430

Sat: 9-11

(Only Wed.&Sat. first

3 weeks)

Fitness/ Conditioning (XC Skiing)

Practice:

M-Th: 3-415

The East Middle School Athletic Department is looking to continue to develop programs for our students. The transition of sixth grade students to the middle school has provided students with great athletic opportunities. The seventh and eighth grade students have enjoyed the interscholastic activities that are offered at East Middle School. There are also intramural opportunities in basketball and volleyball. The intramural programs for seventh and eighth grade students have been available during resource. The goal is for students to continue to interact in healthy physical activities and develop school connectedness. These programs have operated during resource period in order to increase participation from the students.

There have been many new changes to our interscholastic programs this year. I am trying to keep our Trojan family as up-to-date as possible. The 7th grade girl's basketball program has taken on a third team this season. The "Gold" team will be practicing during resource in order to maximize available time in the gymnasium. Please



keep an eye on the East Middle School athletic calendar at highschoolsports.net for any changes to the girl's basketball schedule.

I will be providing information about athletic activities for the 2009-2010 school year at the upcoming Parent Orientation on Thursday, February 12, 2009, from 6:30-8:00 p.m. I look forward to seeing you all in attendance.