

# Trojan Times

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## Track Season Awaits the Warmth of Spring

With the snow still on the ground, it makes it difficult to coordinate a track practice in the next three weeks. None the less, the 7th and 8th grade East Middle School Track and Field program will begin practice on Monday, March 23, 2009, at 3:00 p.m. Students can begin signing up for the 2009 East Middle School Trojan track team in their wing offices

Practices will run Monday through Friday from 3:00-4:30 p.m. Students must have a physical on file in the athletic office prior to beginning participation in track practice activities. Physical cards are available in the 7th grade wing office. See Mrs. Hendry for any further information about physical eligibility.

Parents and guardians will have an opportunity to meet the coaches at our annual Spring Sports meeting on Wednesday, April 8, 2009, at 5:00 p.m. This is a great opportunity to find out information about the upcoming track season, along with the expectations and changes to our East Middle School Athletic Department.

Coach Courtade and Coach Diment are looking forward to another season of Trojan Track and Field. Both coaches are anticipating a great turnout from both classes. Both programs are looking to repeat the past successes

that they have experienced over recent years. Both coaches will agree that the success of the East Middle School track programs is a direct extension of the support that is provided by the parents of the student-athletes. Operating a track meet effectively takes the efforts of many volunteers. The East Athletic Department is looking for any volunteers that are able to assist in the implementation and facilitation of track meets. No experience necessary. All supporters of Trojan athletics are welcome. We look forward to seeing you in the Spring!



## Brett Ledbetter Basketball Clinic Being Held at East

Student-athletes in grade 6-12 that want to improve their basketball skills will have an opportunity to showcase their talents by attending the Brett Ledbetter Basketball Clinic on Tuesday, March 24, 2009. The clinic runs from 6:00 to 9:00 p.m. The clinic will be divided into two sessions. The girl's session will run from 6:00-7:30 and the boy's session from 7:30-9:00 p.m. Coach Ledbetter is a renowned teacher of basketball skills and fundamentals. Stu-

dents will walk away from this event with a wide array of drills to work on to better improve as a basketball player. Be sure to bring your athletic attire and basketball shoes. This event is at no cost to participate for the evening. Coach Ledbetter will also have available his basketball drills and fundamentals DVD for purchase after the clinic. The East and Central athletic programs will be receiving a portion of the profits from the DVD sales. Come join in the fun!

## 6th Grade Intramural Activities Schedule

Traverse City East Middle School

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*Go Trojans!*

Everyday do  
something that  
will inch you  
closer to a better  
tomorrow.  
**Doug  
Firebaugh**

Session 1	Session 2	Session 3	Session 4	Session 5
<i>Sept 8-Oct. 18</i>	<i>Oct. 20-Dec. 6</i>	<i>Jan. 5-Feb 14</i>	<i>Feb. 16-Mar. 27</i>	<i>Apr. 6-May 16</i>
<u><b>Cross Country</b></u> Practice: M-F: 3-430	<u><b>Dance</b></u> Practice: M-W: 315-430	<u><b>Snowshoeing</b></u> Practice: M&W: 3-415	<u><b>Floor Hockey</b></u> Practice: Tues&Thurs: 3-430 Sat: 11-1 (Only Thurs.&Sat. first 3 weeks)	<u><b>Softball</b></u> Practice: M&W: 3-430
<u><b>Basketball(G)</b></u> Practice: Mon & Thur: 3-415 Sat: 10-12?	<u><b>Basketball(B)</b></u> Practice: Mon&Wed: 3-415 Sat: 9-11	<u><b>Volleyball</b></u> Practice: Mon&Wed:3-415 Sat: 11-1	<u><b>Indoor Soccer</b></u> Practice: Mon&Wed: 3-430 Sat: 9-11 (Only Wed.&Sat. first 3 weeks)	<u><b>Flag Football</b></u> Practice: T&Th: 3-430
<u><b>Badminton</b></u> Practice: M-Th: 3-415	<u><b>Fitness/ Conditioning</b></u> Practice: M,T, Th: 3-415	<u><b>Fitness/ Conditioning (Yoga)</b></u> Practice: T&Th: 3-415	<u><b>Fitness/ Conditioning (XC Skiing)</b></u> Practice: M-Th: 3-415	<u><b>Track</b></u> Practice: Boy's: M, W, F-3-430 Girl's: T, TH, F-3-430
<u><b>Tennis(B)</b></u> Practice: M-Th: 3-415				<u><b>Tennis(G)</b></u> Practice: M-Th: 3-415

The 2008-2009 school year has been quite the adventure at East Middle School. I am proud to say that our athletic programs have been successful in this school year. The students, coaches, and parents have all put forth great efforts to make sure that the East Middle School programs are second to none.

Student-athletes at East Middle School that are planning on continuing to participate in athletic activities will need to be sure they have completed their athletic physical for the 2009-2010 school year. Traverse City Area Public Schools will be hosting its annual physical check-up day on Saturday, May 9, 2009, at Traverse City West High School from 8:00-12:00 p.m. Students will receive a thorough physical examination by volunteer medical staff members within the community. The cost for a physical is \$20.00. Physical cards will be provided on site for all student-athletes that attend.

With the 2008-2009 school year approaching the last few months, it is important to note that the East Middle School Honors Nights will be held in June. Students are not only recognized for their academic



achievements, but also their athletic achievements. East students can receive the East Middle School Student-Athlete Award by maintaining a 3.5 g.p.a. and playing at least three interscholastic sports while attending East. The Dan Olson-Mark Nowak award is designated to the top male and female student-athlete that demonstrates exemplary attributes on the athletic fields, in the classroom, and throughout the community. Nominations for the Dan Olson-Mark Nowak Award are currently being accepted. Come join us in honoring the achievements of our students.