

## Attention 2019- 2020 Athletes & Parents

The Michigan High School Athletic Association requires that all student athletes pass a physical examination prior to trying out, practicing or conditioning for any middle school or high school sport. A physical examination performed on or after April 15, 2019 fulfills the requirement for the 2019 – 2020 school year. No physical = No tryout or practice.

### Football Practice:

Monday, August 26	7th Grade - 9:00 -11:00 AM	/	8th Grade – 4:00-6:00 PM
Tuesday, August 27	7th Grade - 9:00 -11:00 AM	/	8th Grade – 4:00-6:00 PM
Wednesday, August 28	BOTH 7th & 8th Grade - 3:00 - 5:00		
Tuesday, September 3	1 <sup>st</sup> Day of School – No Practice		
Wednesday, September 4 & Beyond	BOTH 7th & 8th Grade = 3:00-5:00 (immediately after school)		

### Volleyball Tryouts:

Tuesday, September 3 (1st Day of School-11:15 Dismissal)	8th Grade:	11:15 -1:00
Wednesday, September 4	8th Grade:	3:00 - 5:00
Thursday, September 5	7th Grade:	3:00 - 5:00
Friday, September 6	8th Grade:	3:00 - 5:00
Monday, September 9	7th Grade:	3:00 - 5:00

### Parent Meetings: (Mandatory For Parent & Student Athlete)

Football (7 <sup>th</sup> & 8 <sup>th</sup> Grade)	Monday, September 9	5:30 – 6:15	Auditeria
Volleyball (7 <sup>th</sup> & 8 <sup>th</sup> Grade)	Tuesday, September 10	5:30 – 6:15	KIVA

Topics at these Parent Meetings will include: Pay to Participate, eligibility requirements, individual sport rules, distribution of schedules / away site locations, transportation to and from away events, the opportunity to meet our coaches and much more.

Attached you will find:

- 1) Flyer-advertising dates & location of Sport Physical Offerings
- 2) MHSAA Physical Card– be sure BOTH sides of the Physical Card are completely filled out - (Can be turned in to the Principal's Office - Attention Mr. Goslin or brought to the first tryout/conditioning date). No current physical = No tryout or practice.

Tryouts for Boys Basketball:	November 1 & 6 November 4 & 7	- Tentative (7 <sup>th</sup> Grade) - Tentative (8 <sup>th</sup> Grade)
Tryouts for Girls Basketball:	To Be Announced	Mid-December / Early January
Boys and Girls Track Practice:	To Be Announced	Late March (BOTH Boys & Girls)

If you have questions regarding Athletics at Middle School East, please contact the Athletic Coordinator, Mr. Goslin, at 493-5200 ext. 2716 or email at: [goslire@lc-ps.org](mailto:goslire@lc-ps.org).

**NO CURRENT (APRIL 15, 2019 or AFTER) PHYSICAL ON FILE = NO TRYOUT OR PRACTICE**