



Updates, Highlights, and News from the Junior Raiders Program

# RAIDER RUNDOWN

DECEMBER 2025

## SAVE THE DATE: JUNIOR RAIDERS NIGHT FRIDAY, JANUARY 16TH

Join us at Tosa East to cheer on the Boys Varsity Basketball team and celebrate our Junior Raiders season. We'll kick things off with a pizza party and team introductions before the game. Our 8th graders will get their first taste of high school basketball with a special halftime scrimmage. We hope to see as many Junior Raiders families as possible!

## SUPPORT TOSA EAST RAIDERS

Help cheer on Tosa East Raiders. Follow the schedule for Tosa East athletics [here](#). Go Raiders!

*Starting Friday, December 19<sup>th</sup>, Junior Raiders can get into Tosa East boys and girls basketball Friday night home games for free if they wear their Junior Raiders jersey or warm up shirt!*

## OPEN GYM DATES

Looking for extra court time during the winter? Join us for Open Gym on Saturdays at Tosa East, supervised by Jr. Raiders coaches. Reach out to your coach for additional details.

- 12/13/2025 12-2pm
- 12/27/2025 1-3pm
- 01/10/2026 1-3pm
- 01/17/2026 1-3pm

## TIPS & INSIGHTS

Keep your skills sharp this winter. Try these on a concrete surface - basements work great!

Ball Handling 5-10 minutes of stationary dribbling - switching hands, low dribbles, and crossovers - helps build control and confidence.

## LONGFELLOW WEIGHTLIFTING CLUB

Open to all Longfellow 8th graders, the after-school Weightlifting Club meets four days a week (M, T, Th, & F) and focuses on speed, strength, agility, and injury prevention. Interested students can [email Beau Schur](#).



Welcome to our December edition! There are so many great things happening across our Junior Raiders program, and we're excited to share the latest with you. This holiday season, we want to extend a heartfelt thank-you to everyone who makes our program possible - from the dedicated coaches on the court to the parents and volunteers supporting behind the scenes. And of course, we're especially grateful for our players and their families. Thank you for being such an important part of our community.

## FOLLOW US ON SOCIAL MEDIA

We're excited to be reviving our Junior Raiders social media accounts - and we'd love your help! Please follow us on [Facebook](#) and [Instagram](#), and tag us in your team updates or game-day photos so we can spotlight our athletes.

We're also collecting photos from games, tournaments, and practices (candid welcome!). Send any to [tosaeastjrraiders@gmail.com](mailto:tosaeastjrraiders@gmail.com), and feel free to tag us when you post as well. A website refresh is also underway - stay tuned for updates!

## PRACTICES & GYM SCHEDULE

Regular participation in practice helps build strong skills, team chemistry, and the positive culture we're working to grow within the Junior Raiders program. While we understand that illnesses and conflicts happen, we appreciate families making practice a priority whenever possible. Please keep your attendance current in TeamSnap and talk to your coach about any recurring conflicts or with questions.

Coaches - please remember to notify us as soon as possible if you need to cancel a practice so we can free up the gym. A quick text to 414-388-9293 is appreciated.

## JUNIOR RAIDERS FOOTBALL

We're finalizing plans for the 2026-2027 season and will open registration in late winter/early spring. Open to east Tosa boys in 5th-8th grade. Follow us for updates - more details coming soon!