



TRINITY EPISCOPAL SCHOOL

ATHLETIC HANDBOOK

2020-21

Dear Parents and Student-Athletes,

On behalf of the entire athletic department, I am very pleased that you have expressed an interest in participating in the interscholastic athletic program at Trinity Episcopal School. I am honored to be able to work with the student-athletes, coaches and community in making this experience both rewarding and positive.

This handbook serves as a roadmap to ensure a promising and successful venture between the student-athlete, the parents and the coaches. Here you will find our school's guidelines, policies and expectations for parents, coaches and student-athletes. Please begin with our athletics philosophy as it is the foundation in which we make all of our decisions.

Go Tornado!

TJ Hendricks

Director of Athletics and Physical Education

Philosophy:

We believe that athletics is an integral part of the full experience in educating the whole child at Trinity Episcopal School. The opportunity to participate in interscholastic athletics is offered to all Middle School students (grades 5-8) regardless of skill or experience. We believe in an inclusive program with a **no-cut policy** to promote participation among all middle school students.

Through participation in athletics, students are provided the opportunity to represent their school with pride and to develop a deepened sense of school spirit. Interscholastic athletics is a co-curricular program at Trinity.

Mission:

The Physical Education and Athletics Department works in concert with the academic departments to promote the physical, mental, spiritual and emotional growth of all students. It is our mission to develop the whole student, not just the athlete.

Vision:

We are committed to excellence and we strive to provide every student-athlete with a positive experience and environment in which to succeed.

Goal:

Our coaches are teachers first and strategists second; the practice area is their classroom. While it is inherent in competitive athletics to strive for victory, that is only one criterion in determining a team's success. Helping a team reach its maximum potential athletically and personally is the ultimate goal. Our coaches use their sport as a vehicle to teach life lessons by fostering the development of four important relationships.

Relationship to Team – Putting the team first, understanding the team is each individual person's responsibility and learning to work within a group and collaborate in achieving goals. Learning self-sacrifice in the name of the team.

Relationship to Teammates – Working with teammates to achieve a common goal. Developing the skills to communicate and collaborate effectively with others.

Relationship to Coach – Fulfilling a role as defined by the coach and trusting that the coach knows what is best for the team. Respecting and working with authority. Developing self-confidence to communicate with an authority. Being an advocate for themselves when communicating with the coach.

Relationship to Self – Opportunity for leadership. Learning to persevere through adversity: demanding practices, disappointing performances and controversial calls by

officials. Striving for continual improvement. Challenging oneself to set personal goals and strive to achieve them. Accepting responsibility for one's actions. Taking pride in one's work and striving for excellence in all efforts. Building character by developing the values of humility, sportsmanship, hard work, self-discipline, dedication and commitment to the team.

Definition of Excellence

We are not a win-at-all cost program. We strive to win games and teach life lessons along the way. The latter is more important. Winning on the scoreboard is not always in our control. Sometimes a team can play their best and get beat on the scoreboard. Sometimes a team can play at their worst and win on the scoreboard. Winning on the scoreboard is not the end all be all. Injuries can also play a major role in whether or not a team is successful on the scoreboard. If we base our criteria for success on "winning them all," we will be needlessly disappointed most of the time. Our criterion for success on the field or court is the achievement of excellence. Unlike victory over an opponent, we have control of our standards of excellence. What is excellence? Excellence is the ongoing process of becoming better than we once were, particularly in the areas listed below.

- Superior Work Ethic
- Personal Humility
- Team Oriented
- Determination
- Mental Toughness
- Actions Deserving of Victory
- Loving One Another
- Belief, Faith and Trust
- Sacrifice
- Commitment

All of these areas must be present to achieve excellence. The success of our teams will be a reflection on the degree to which the individuals on our teams develop these areas as fundamental components of who we are as individuals and team.

ROLES

The Director of Athletics, parents, coaches and student-athletes all play an important role in the development of the athletic program and most importantly the student-athletes. These roles are defined below.

Director of Athletics:

The Director of Athletics is responsible for administering the Athletic Program at Trinity. The duties include but are not limited to: hiring and training quality, ethical coaches, coordinating the athletic budget, scheduling games and coordinating practice schedules with the head coach of each sport, conflict resolution, and overseeing all aspects of the Department of Athletics. I will advise the Administration, staff, teams, coaches, and parents of any changes and communicate the needs of the Athletic Department to the administration, and all other appropriate members of the Trinity community.

The Athletic Director is expected to provide appropriate instruction and support to all part-time and full-time coaches. I must also be a positive representative of Trinity and the Athletic Department.

Coaches:

The coach is responsible for creating a fun, safe, and challenging environment in which their student-athletes will receive a high level of instruction and competition. The coach is also responsible for confirming game and carpool schedules with team parents, turning in a roster prior to the season, distributing and collecting uniforms and equipment, completing game, injury and/or incident reports, and communicating with parents. The coach must also ensure that student-athletes are exhibiting good behavior on and off the court. The coach is expected to be a positive representative of the Trinity Athletic Department and follow the school's mission and policies. This includes ensuring that the coach conducts themselves in a manner that will bring honor and respect to our teams and school. A coach is expected to make decisions based on the collective interest of the team, while also developing each student-athlete to their fullest potential. The coach must be clear in expectations and available to student-athletes for positive

mentorship on and off the field/court. A coach is expected to maintain high personal standards, motivate the players and promote sportsmanship at all times. **Any coach who is ejected from a game will automatically be suspended for the next athletic contest and will have to meet with the Director of Athletics for a briefing on the incident that led to the ejection.**

Student-Athlete

The student-athlete is expected to be a positive addition to the Trinity Athletic Department. If a student-athlete must discuss an issue with the coach, he/she must communicate in a respectful manner to try and find a solution. If a situation cannot be reached, the Athletic Director may assist. Student-Athletes will be representing Trinity on and off the playing court/field and are expected to conduct themselves in a manner that will reflect positively upon our program and school. Student-Athletes are expected to be respectful and exhibit good behavior in class, in practice, in games and in the community.

If a student-athlete fails to conduct himself/herself in a manner that will bring honor and respect to our teams and school, he/she may be subject to penalties which may include game suspensions or dismissal from the team. **Any player who is ejected from a game will automatically be suspended for the next athletic contest and will need to meet with the Director of Athletics to discuss the circumstances of the ejection.**

Parents:

Parents play a vital role in the Trinity Athletics Program. Parents model attitudes and behavior for their children. We invite all parents to attend home and away games, support the team, and encourage their children to practice and play hard. We are so appreciative of the assistance parents provide for their children in their athletic endeavors, whether driving them to an athletic event, volunteering to serve athletics as a team parent, and/or sacrificing family time to accommodate athletic schedules. We also appreciate the support parents provide our coaches in their efforts to create a valuable athletic experience for all participants. It is important for parents to be mindful of and respect what the coaches are trying to do by avoiding interference or public criticism, especially in front of their children, other teammates, or community members. In regards to games, parents are expected to conduct themselves in a manner that will bring honor and respect to our teams and school. At no time should a parent display inappropriate behavior toward an official, coach, administrator or student-athlete. **If a**

parent or spectator of Trinity is ejected from a game, they will not be able to attend the next game at home or away.

Required Forms for Participation:

Prior to the start of each season, all parents and student-athletes must complete the following

- Athletic Identification/Medical Release Form
- Physical Examination Form (must be completed by Physician) and turned in to our Athletic Trainer

Financial Obligation:

Although the school pays for most of the cost associated with the athletic program, some sports, by nature, require specialized equipment or uniforms for which the cost is shared between the school and the parents of the student-athletes. Below are the costs associated with each sport:

SPORT	Fee each
Basketball	\$150
Baseball	\$150
Cross Country	\$150
Flag Football	\$150
Lacrosse	\$150
Soccer	\$150
Tackle / TackleBar Football	\$450
Tennis	\$150
Track	\$150
Volleyball	\$150

Swimming	\$250
Spring Golf	\$150

Middle School Athletic Opportunities:

SPORT	AVAILABLE TO	SEASON
Volleyball	Girls 5-6; 7-8	Fall
Flag Football	Boys and Girls 5-6	Fall
Tackle / Tackle Bar Football	Boys 7-8	Fall
Cross Country	Boys and Girls 5-8	Fall
Basketball	Girls 5-6; 7-8	Winter
Basketball	Boys 5-6; 7-8	Winter
Swimming	Boys and Girls 5-8	Winter
Soccer	Boys and Girls 5-8	Winter
Golf *	Boys and Girls 5-8	Spring
Lacrosse	Girls 5-6; 7-8	Spring
Lacrosse	Boys 5-6; 7-8	Spring
Track and Field	Boys and Girls 5-8 (co-ed)	Spring
Tennis*	Boys and Girls 5-8 (co-ed)	Spring
Baseball	Boys 6/7/8	Spring

**A student-athlete can combine an individual sport with participation in a team sport.*

Conference Affiliations AIPL (Austin Interscholastic Parochial League)

Trinity participates in the AIPL. (Austin Interscholastic Parochial League). The purpose of the Athletic Conference is to provide a positive environment where athletic competition is kept in its proper perspective, emphasizing sportsmanship, honor, character, and competitive spirit.

League Member Schools:

Austin Jewish Academy

Austin Waldorf School

Paragon Prep Middle School

St. Andrew's Episcopal School

St. Francis School

St. Stephen's Episcopal School

Trinity Episcopal School

Time Commitment for Each Team:

Each team level and grade level has a different time commitment. All MS teams will practice four days per week and attend office hours with their teachers at least once per week. Team will not practice on game days. They will instead have a study hall or team review time with their coach. 5th/6th practices are during 6th period (2:00-2:50 p.m.) and 7/8 practices are from 2:55-4:30 p.m. unless otherwise noted by your coach.

There will generally be 1-2 games per week during the weekdays. There are 1-2 weekend tournaments throughout the season for **basketball**, **flag football** and **volleyball**. Most of these teams play an 8-10 game season plus the tournaments.

Tackle Football and **TackleBar Football** play 8-10 games per season.

Cross Country and **Track** participate in 3-5 meets per season. This can be on the weekday or weekend.

Girls and **Boys Lacrosse** play a mixture of weekend and weekday games. Generally having an 8-10 game schedule.

Tennis practices one day out of the weekend with 4-5 matches per season.

Golf practices one day out of the weekend with one league match at the end of the season.

Swimming practices on M-W-F from 6:00 a.m. - 7:15 a.m. Location TBA

In order for teams to remain cohesive, effective and competitive, student-athletes may be expected to play and/or practice during non-religious holidays (i.e., Winter Break, Spring Break, Summer Break, Labor Day, etc.) time periods. This also includes practices

on “half days” and “no school days.” These dates and times will be announced by the coach as early as possible in an effort to allow families to plan accordingly.

When 7/8 grade practices end at 4:30 p.m. students will collect their belongings and head to carpool at that time. If a student is not picked up by 4:45 p.m. they will be sent the After the Bell. ATB is available until 6:00 p.m.

TRINITY ATHLETICS EXCUSED VS. UNEXCUSED ABSENCES FROM PRACTICES AND GAMES:

We want to establish a culture of commitment to Trinity athletics. **Any absence may affect a student-athlete’s playing time.** Factors in this decision include duration of absence, reason for absence and communication of absence. It must be understood that time missed by a student-athlete may affect performance and team chemistry. It is vitally expected that the student-athlete and family communicate with the coach regarding missed games or practices with as much notice as possible. If a student-athlete / family does not communicate an absence at least 24 hours in advance with their coach, the student-athletes’ playing time will likely be adjusted.

Our excused vs. unexcused absences guidelines are in place for the athletic department to track athletic participation requirements of the student-athlete. **If a student-athlete has a total of 4 unexcused practice or game absences, they will not receive participation credit in the sport.** In this case, the student-athlete will not be eligible to receive the Trinity Tri-Athlete Award or IronMan / IronWoman Award.

If a student-athlete is absent from school or arrives after 11 a.m., he/she may not be able to practice or play in a game that day unless the absence or tardy has been excused.

The following constitutes what is considered an excused or unexcused absence from a Trinity athletic practice or game.

The following will be considered excused absences:

1. Family Emergencies:
 - A. Close relative in a hospital
 - B. Car accidents
 - C. Home emergency (i.e. Flooding, Fire etc.)

2. Funerals
3. Official high school visits
4. Doctor's appointment with a note
5. Sick or injured (Injured players are still required to attend practices unless it is prohibited by the doctor.)
6. Academic study hall or school related requirements
7. Public appearances
8. Religious commitments

The following will be considered unexcused absences:

1. Family Trips (Including but not limited to:
 - A. Relative's birthdays
 - B. Family reunions
 - C. Vacations
2. Sporting events not affiliated with Trinity
3. Participating in practice or game for non-Trinity club / select teams
4. Parent business trips

The same excused or unexcused guidelines apply for student-athletes who have to leave practice before the halfway point.

Parent /Coach Communication:

The coaches for each sport during the three sports seasons (Fall, Winter, Spring) will hold a pre-season parent meeting. Parents are encouraged to be in attendance. The meeting will allow parents to meet the coach for their student-athletes sport, ask questions, and receive all information pertinent to the season.

Communication Tools:

Parents are strongly encouraged to visit our athletics homepage and their athletic team page that can be found on Trinity's website: www.austrintrinity.org. Here parents / student-athletes will find most of the pertinent information regarding their season and athletic news. Coaches will also communicate regularly with parents and student-athletes in person, via email or by phone. Parents and student-athletes can also

expect to receive evaluation forms regarding your experience as well as other pertinent athletic information from the athletic director.

Addressing Concerns or Issues:

Step 1: One of the greatest opportunities for student-athletes is learning skills for effective conflict resolution. When there is a concern, student-athletes are encouraged to speak with their coach directly. It can be very satisfying for all parties involved when a student-athlete and coach are able to find mutually agreeable solutions for an issue that they are attempting to resolve.

Step 2: If the coach and student-athlete are unable to resolve the issue together, then parents may contact the coach. If a parent has a concern to discuss with the coach, the parent should contact the coach at an appropriate time for both parties. It is highly recommended for a parent to wait at least 24 hours before approaching a coach with a concern. Under no circumstances should a parent approach a coach or another parent in a harsh manner or immediately before, during, or immediately after a practice or a game. Taking this time to reflect on the situation, as well as honest and respectful communication should allow for more effective dialogue ensuring a more successful experience for everyone. **It is not appropriate for a parent to request feedback from the coach about team strategy (including playing time), play calling, or other student-athletes.** It is appropriate for a parent to contact the coach with concerns about their son/daughter's behavior or skill development.

Step 3: If the discussion with the coach does not resolve the issue, parents and coaches may contact the Director of Athletics to discuss the situation.

Step 4: If the Director of Athletics is unable to provide a satisfactory resolution, the parent may contact the appropriate administrator.

NOTE: The Director of Athletics will likely not speak with any parent about a situation unless the first two steps have been taken.

Team Selections/Playing Time:

We are proud to say that over 90% of the middle school student population participates in at least one athletic season in the school year. We have a "no-cut" policy that balances

both participation and excellence. If a student turns out for a sport that requires team placement, then we will place them on the appropriate level team. Flag Football, Volleyball and Girls and Boys Basketball have team placement week.

The Trinity Athletics Department, along with our coaching staff, carefully evaluates student-athletes who turn out at the start of each sports season to create the best overall experience for our athletes. Student-athletes will be evaluated based on skill, attitude and effort, athleticism and commitment. Student-athletes will be tested on a variety of skills applicable to their sport. They will include sport specific skills like shooting layups in basketball as well as fitness / agility skills. Student-athletes will also be evaluated on other intangibles such as sport I.Q., and game-play. Taking all of these things in consideration, your child will be placed on the developmentally appropriate team.

The 1A division teams are our highest level of competition. Based on the number of teams in each division within the league, we may have to form two evenly matched teams since they would play each other during league play. For example, in basketball we have five 5/6 boys teams. We might have one - 1A team, two - 2A teams, and two-3A teams. The teams playing in the same division would be evenly matched.

If a student-athlete misses the duration of the tryout period or is not present for enough time to receive a proper evaluation they will not be placed on a team until they can be properly evaluated.

Disappointments are inevitable when teams are selected, and it is very important that student-athletes / families go through the proper channels of communication to discuss their thoughts.

It must also be stressed that participation in Trinity's athletic program is a privilege, not a right. Playing time in competition is earned at practice. Playing time decisions also include attitude, effort, attendance, behavior (on and off the court / field) and being in good academic standing. Playing time is not an entitlement. Regardless of the level of play, everyone on the team will play in the game but playing time will not be equal. It is

important to understand each member of the team has a different role to play. Playing time will vary from game to game and it will be meaningful over the course of the season.

Team Travel and Bus Transportation

All student-athletes will either travel in a parent carpool or school designated bus transportation when applicable. Priority for use of the bus is assigned to a team based on the following criteria: game time (earliest game receives priority), game location (game furthest away receives priority). A bus or parent carpools will not be provided unless there is an early dismissal. Please carefully read through the Trinity Bus Rules.

Practice Gear and Game Uniforms:

All game safety equipment must be worn during practices and games. This is a shared responsibility of the coach and student-athlete. Failure to bring one's equipment or uniform may result in the student-athlete not participating in the practice or game. **Student-athletes will not be given an extra uniform on game day if they forget to bring their own.** In the event that another jersey is issued to a student-athlete then that student will be responsible for returning both jerseys. The coach of each team will give further instructions regarding required practice gear. It is our highest recommendation that all parents and student-athletes strongly consider wearing mouth guards during contact sports contests and practices.

Athletic Practice Attire:

Since we are a uniform school, all middle school students are expected to dress in required Trinity athletic attire during the athletic period.

- Any Trinity t-shirt
- Navy blue athletic shorts with Trinity logo / lettering
- Appropriate athletic shoes

A student-athlete who does not adhere to the athletic dress code shall be subject to the following at minimum:

1. First Offense - Coach has conversation with the student-athlete regarding offense. A warning is given.
2. Second Offense - In addition to actions taken in the first offense, an email goes home to parents and Athletic Director, extra conditioning or practice as determined by the coach.
3. Third Offense - In addition to actions taken in the first two offenses, the student-athlete may not get to participate in certain parts of practice.
4. Fourth Offense - Student-athlete may have playing time in game withheld. If a player typically starts a game, they may lose their starting position.

Game Day School Attire

On game days, student-athletes are permitted to replace their school uniform shirt with their game jersey and wear it to school. This is a good way for student-athletes to remember their jersey on game-days. Please keep in mind, student-athletes are required to wear the entire team uniform and may not get to compete without a full uniform. The Athletic Department will not lend uniforms to student-athletes who forget any part of a uniform.

Uniforms/Warm-Ups Care:

Trinity uniforms or warm-ups are to be worn only during interscholastic competition, and on approved home game days with approval by school administration. Launder uniforms in warm water, not hot, and never use bleach. Ironing may cause damage, as will very hot dryers. Student-athletes are responsible for all items issued to him/her. Any uniforms not turned in or turned in damaged will incur a bill to the student-athlete account. **The cost to replace a uniform is \$75 and \$150 for a Tackle / Tackle Bar Football uniform. If a uniform is turned in past the due date, there will be a \$20 late fee billed to the student-athlete account.** In the event the school year ends and an 8th grade student-athlete has not returned all items issued to him/her, grades may be held until the items are returned or paid.

Dropping/Dismissal from a Sport:

There will be times when some student-athletes make the decision to leave a sport before or during the season, although we highly discourage it. Should a student-athlete drop or be dismissed from a team, they must follow the steps listed below:

- The student-athlete must talk to the coach to see if a solution can be reached. A conference with the parents, student-athlete, coach, and Director of Athletics or any combination thereof, may be required and is highly recommended before a student-athlete leaves the sport.
- If a student-athlete leaves the sport, he/she must check out of the sport just as he/she would check out of any academic class. In addition, all equipment must be turned in clean and undamaged. The student-athlete must pay for any equipment not turned in.
- A student-athlete may not be permitted to participate in the next season's sport if they leave the team of a previous season for any reason other than a medical one.
- Student-athletes will not be allowed to leave one sport for another once teams have been selected. For example, a student-athlete will not be allowed to quit volleyball to join cross country after volleyball teams have been selected. That student-athlete will enroll in PE class.

Commitment is a valuable lesson to be learned. We want to make sure our student-athletes understand, by choosing to join a Trinity team, they are choosing to be committed to that team for the duration of the season.

Gym/Locker Rooms:

All Trinity (Student-athletes) will be using the locker rooms to change for PE/Practices. It is the responsibility of the students to keep the locker rooms clean. If it is determined the student(s) are responsible for damage or vandalism to the locker rooms, they may be required to pay for the repairs and student-athletes could possibly be dismissed from the team. The student-athletes and those participating in PE are encouraged to put all valuables and personal items in the school locker room for safe keeping. The Athletic Department, coaches, or Athletic Director are not responsible for lost or stolen items (uniforms, equipment, school issued materials, or personal items) in the locker room or surrounding athletic facilities.

Bullying and Hazing:

Trinity forbids any form of hazing. Hazing is defined as a forced, required, intentional or negligent action, situation or activity which recklessly places any person at risk of physical injury, mental distress or personal indignity, or which encourages violation of

any federal, state, local, or school law for the purpose of initiation into, or affiliation with, any organization affiliated with Trinity. This applies regardless of the willingness of the participant. Hazing, with or without the consent of a student, is prohibited and a violation of that prohibition renders both the person inflicting the hazing and the person submitting to the hazing subject to discipline.

Bullying is described as intentional or negligent action, situation or activity which recklessly places any person at risk of physical injury, mental distress or personal indignity. Bullying is used as a method of intimidation towards another for the purpose of showing physical or mental power over another. If it is determined that a student-athlete has been bullying another student, the student doing the bullying will be disciplined which could lead to dismissal from a team.

Trinity Athletic Department reserves the right to impose a disciplinary action or other condition which it considers in its discretion, appropriate to the circumstances of any violation. This may include suspension from the athletic team for the remainder of the season, as well as possible expulsion from the athletic program for the remainder of the school year.

Academic Eligibility:

Student-Athletes are expected to maintain passing grades in all classes. Trinity is a rigorous academic school and the expectation is that all student-athletes will remain in good academic standing. However, in the rare instance where a student-athlete is not doing well and it is deemed due to lack of effort, that student-athlete will not be allowed to play until the teacher / administrator has notified the athletic department that the student-athlete is in good standing.

Conduct Eligibility:

Student-athletes representing Trinity are expected to maintain satisfactory conduct in all aspects of school life. Any student- athlete who does not maintain satisfactory conduct in all aspects of school life will be subject to a behavioral probation that will follow the same guidelines as the academic probation.

Illness & Injury:

If you are a student-athlete and you are injured, remember the following:

- Tell the coach, athletic trainer and/or director of athletics that you are injured before leaving the court/floor/field or school.
- No matter how small the injury, inform the coach/athletic trainer and get treatment.
- No one shall miss practice without a doctor's permission. If you are injured and unable to participate, you are still required to be at practice and games. If a student-athlete incurs an injury lasting two weeks or more then they might be granted a leave of absence from certain practices to take care of school work. This will be approved by the Director of Athletics.
- A second notice from the doctor should be given to the coach and athletic trainer to end physical restrictions. No student-athlete will be allowed to practice or play without a note from the doctor and clearance from the athletic trainer.
- Anyone who becomes sick, nauseated, dizzy, and/or very hot should notify the coach, athletic trainer and/or director of athletics immediately.

Practice and Game Cancellation:

In the event that the coach must cancel a practice, it is the responsibility of the coach to notify the team and parents. Inclement weather does not determine whether practice will or will not be held—the Director of Athletics makes the determination. When available, indoor facilities may be used to hold practice in these circumstances. If a change is made in the practice schedule, parents and student-athletes will be notified as soon as possible. In most cases, it is the responsibility of the host school to make decisions regarding game cancellations. When hosting an event, Trinity will make every effort to make cancellation decisions by 2:00 p.m. on the day of the event. When a game is cancelled, the coach may choose to hold a practice in its place. If so, this information will be communicated to the parents and student-athletes as soon as possible.

Classwork and Games:

On occasion when a student-athlete must miss class to participate in scheduled athletic events, they are responsible for turning in class work that is due that day and they are responsible for making up any missed work in a timely fashion. If a student-athlete arrives home late from an athletic contest or misses class the day before a test due to an athletic contest, it is at the teacher's discretion to allow the student-athlete to test at an alternative time. If the student-athlete must leave class early on a testing day due to an athletic contest, it is the responsibility of the student-athlete to reschedule the test for a date that is agreed upon by the student-athlete and teacher.

Guidelines for Athletics/Fine Arts Participation:

The following 7th /8th grade sports participants cannot participate in the both athletics and theatre because they are on team sports that require all members of the team to be present for the duration of practice for various reasons including teamwork, strategy, safety and gameplay on the field and court: Tackle / TackleBar Football, Volleyball, Girls and Boys Basketball

Cross Country, Track, Baseball, Golf and Tennis 7/8 student athletes can participate in both theatre and athletics.

A student-athlete in the 5th / 6th grade will be allowed to participate in any sport and participate in the fall play and spring musical.

If there is a conflict between a musical / athletic event, guidelines are in place that will be communicated to the individual student-athlete and family.

End of Season Awards

To be eligible for receiving an award, student-athletes must conduct themselves in a manner that brings honor and respect to our teams and school. Student-athletes must be in good academic standing and maintain satisfactory conduct in all aspects of school life. All athletic awards will be voted on by the coaches and will include things such as practice habits, game performance and overall contribution to the team. All awards will be handed out at the end of year sports awards ceremony. The awards ceremony will be a formal recognition of the accomplishments of each team, individual athletes and overall success of our athletics program. Team awards will be Most Valuable Player, Most

Improved Player and Coaches Award. In addition, there will be an “Iron Man” and “Iron Woman Award” given to those athletes who have participated in 12 seasons of athletics here at Trinity. There will also be a “Trinity Tornado Award” which is given to the Male and Female Athletes of the Year.

Athletics Banquet

An athletics banquet will be held in May to recognize our athletes and coaches. The following awards will be presented:

Trinity Tri-Athlete: Awarded to all Trinity athletes who participate in team sports (not individual sports due to the substantial commitment required for team sports that is not required for individual sports) in all three seasons, fall, winter and spring.

Iron Man and Iron Woman Award

Presented each year to 8th grade boys and girls who have played three seasons of sports since the 5th grade.

Coaches’ Award: Awarded to the player on a team that exhibits the following qualities: a positive attitude, strong work ethic, teamwork, sportsmanship and a love for the game.

Most Improved Player: Awarded to the athlete who consistently showed growth throughout the season. This athlete improved in their skill, attitude and/or participation and contributed to the team’s success.

Most Valuable Player: Awarded to the player that showed a higher level of skill in their sport as well as showed leadership skills. They were a team player and led by example. They consistently worked hard in practice and games and placed the team’s success above individual success.

Spirit of Sport Award: The Spirit of Sport Award is an annual award to honor a student-athlete by reason of scholastic achievement, competitive spirit, sportsmanship, cooperation and unselfish devotion to the Trinity athletic program. One who has brought honor and distinction to themselves, their coaches and their school. This award may also

recognize an individual who has overcome adversity or gone above and beyond their peers.

Tornado Award: Presented to the best all-around grade 8 male and female athletes who exhibit the qualities of leadership, skill, work ethic, attitude and team spirit. They were one the best players on their team in their number one sport while contributing to the team's success in other sports.

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