

# TRINITY ACADEMY

## ATHLETIC HANDBOOK



# TRINITY WARRIORS

### **Mission Statement**

Providing academic excellence and developing leaders, who love God, love others and serve the world.

### **Vision Culture**

“Create a culture through which more people connect to God and others, grow together in life and faith and service the world here and beyond.”

### **Values**

Lives Transformed	Discipleship Relational	Connections
Inspirational Worship	Life Long Learning	Global Compassion
Foundational Faith	Strength of Character	

Trinity Academy provides students the opportunity to participate in athletics that teaches specific athletic skills, team work, competition, sportsmanship and how to Honor and Love God both on and off the court.

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### Objectives

- To provide an enjoyable and fun experience
- To teach and review sports specific skills at all levels
- To promote and exemplify good sportsmanship and Christian values
- To teach and integrate teamwork

### Program Summary

Trinity Academy Athletic Program is a volunteer and parent run organization overseen by Trinity's Athletic Director, who is advised and supported by the Principal. All coaches are volunteers, and are supported by the Athletic Director, School Admin, and the Principal.

Trinity Academy athletes compete in the CAA (Catholic Athletic Association) League and various Lutheran Schools in the Twin Cities. The CAA is organized out of St. Agnes School in St. Paul, MN. Participating teams of the CAA are made up of private Christian Schools in St. Paul and the surrounding area. Information about the CAA can be found on their website: <https://stpaulcaa.org>.

Trinity Academy Athletes may participate with the public schools in sports not offered at Trinity Academy. All Athletes must complete a non-public school application for participation form and have the principal's signature.

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### Programs offered

#### Fall Season (Late August – Late October)

- Girls Volleyball for grades 5th-8th
- Co-Ed Cross Country for grades 4th-8th
- Football at Hudson Middle School

#### Winter Season (November-Early March)

- Boys Basketball for grades 5th-8th
- Girls Basketball for grades 5th-8th

#### Spring Season (Mid-March-Late May)

- Girls Volleyball for grades 5th -8th
- Boys Volleyball for grades 6th -8th
- Track at Hudson Middle School

There is a minimum number of players needed for each sport, and a coach's willingness to commit their time to practices and games. If numbers are not met, that sport may not be offered for that grade level.

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### Registration/Participation Requirements

#### Registration Information

Registration forms are available one month before the start of the season except fall Volleyball and Cross Country, which will go out in the spring/summer of the preceding season. These forms are available in team snap, and an invite will be sent out thru emails provided to the school thru FACTS. All athletes are required to have forms filled out and signed, fees paid, and turned in before the start of practices.

- Christian Athletic Agreement
- Transportation Waiver
- Liability Waiver
- Emergency Information
- Green Card (Physical Exam) – Good for 2 years

#### Attendance

During the school day athletes must be present ½ of the day (3 ½ hours) to play or practice, exceptions only granted by the Principal.

#### Competitiveness

There is sometimes a need to move athletes up to a higher level, combine grade levels, or divide large teams into two separate teams. These decisions will be made by the Athletic Director in consultation with the Coach and the approval of the Principal. Factors such as physical size, skill level, and team composition will be considered. If you have concerns, discuss these with the Athletic Director **before** the first practice. Ultimately, decisions will be made that are for the good of the entire team.

If there is a need to divide a team into two separate teams because of a large number of players, fifth and sixth grade will be divided into two teams of equal skills, and seventh and eighth grade will be divided into an A & B team based on level and development of skills.

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If there are not enough athletes in a grade, they may be combined with another grade into one team. If this happens according to league rules the team must play in the league at the grade level of the oldest athletes including tournament play.

### Playing Time and Competitiveness

Teams get more competitive with each grade level. Playing time may be affected by a player's attitude, effort, and attendance.

- 4th grade is considered a developmental year and game time leans towards 5th/6th grade.
- 5th /6th grade play time should be as equal as the game allows.
- 7th/8th grade play time may become more unequal based on skill level.

Coaches are encouraged to play all players as much as possible so that each athlete is given the opportunity to play during the season.

### Uniforms & Equipment

All uniforms are the property of Trinity Academy. Please take care of these uniforms because we use them year to year. If a uniform is damaged or lost, athletes are responsible for paying to have it replaced. Uniforms are ONLY to be worn during games. During games uniform tops should be tucked in with numbers still visible. ***They should not be wearing their uniforms for practices or for everyday clothing – exception athletes may wear their uniform tops on game day with approval of the Principal.***

Uniforms are to be turned in at the last game of the season. Students need to come prepared with an extra set of clothes. Uniforms will be turned in to the coach or another assigned adult, who will then turn in the entire team's washed uniforms to the office.

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*Volleyball:* Athletes will be provided with a jersey. Each athlete is required to have his/her own shorts, knee pads, and tennis shoes.

*Cross Country:* Athletes will need to purchase a cross country top from us, and provide his/her own pair of shorts and running shoes.

*Basketball:* Athletes will be provided with a jersey top and shorts. Each athlete is required to have his/her own pair of tennis shoes.

### **Pictures**

Pictures for each team is the responsibility of the coach or a parent from the team.

### **Athlete Behavioral Expectations/Responsibilities**

***Academics come first at Trinity Academy*** – Academic achievement should be the prime concern of the student. All students participating in athletics must maintain a passing grade of C- in all the core subjects and maintain appropriate behavioral standards as set by Trinity Academy. If a student is not passing at the end of mid-trimester/end of trimester they will be restricted until the grade reaches a C-. The restriction is dependent upon the severity of the grade infractions or behavior issues. The restriction may be lifted by the Athletic Director and the Principal

### **Athletes Represent Trinity Academy On & Off the Athletic Field or Court.**

Athletes are expected to exhibit Above the Line behavior at all times. Students are expected to be respectful and responsible, and promote safety. If students fail to exhibit above the line behavior in the classroom, lunchroom, hallways, or playground during the school day, teachers may put the athlete on Behavioral Probation or Suspension. If the athlete fails to exhibit above the line behavior at practice or during a game or match, coaches may recommend that the athlete be put on Behavioral Probation or Suspension. The probation or suspension will be immediate. The length of the probation or suspension will depend upon the severity of the misbehavior and is left to the discretion of the Athletic Director and Principal.

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### **Students are to Leave School Property at Dismissal Time Unless They Have a 3:35 Practice.**

There will be NO after school study halls or faculty supervision. Students are not to be playing or hanging out in the front of the school. Teams leaving for away games between 3:35-4:00 need to arrange for someone to supervise the athletes until they leave for their game.

**Communication with the team and Coaches will be thru TEAM SNAP.**

### **Be on Time**

Be at school/fields and ready 5 minutes before practice time. Be at school/fields and ready 30 minutes before game time unless the coach has asked for an earlier ready time. Be to school and ready in time to leave for away games.

### **Be Prepared**

Practices: MUST be in athletic clothes...shorts, a t-shirt, and good athletic shoes.

Games: Must be in proper athletic uniform with proper athletic shoes and equipment. Help set-up /take down the gym equipment for home games. Bring ALL your needed clothing/equipment with you to school in the morning for practice/games after school. Athletes should NOT need to call home for items.

### **Respect Coaches and Assistant Coaches.**

No talking back or debating coaches' decisions. Follow directions and team policies. Playing time will depend on attitude, attendance, and effort. School rules apply everywhere and at all times. Harassment and poor language in locker areas, on the sidelines, and the field/court is NOT allowed. All require good sportsmanship. Cheer on and encourage your teammates as well as compliment other teams. No putting down/yelling at other players (yours or opponents). No yelling at referees, debating calls, or "calling the game". YOU ARE PLAYING A TEAM SPORT, PLAY AND WORK AS A TEAM! Remember we honor God both on and off the court in all we say and do.

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### **Early Release For Away Games**

If a team needs to leave early from school to play an away game, the coach will inform the Athletic Director or Athletic Admin, and they will inform teachers and staff. A teacher WILL NOT DISMISS athletes based on what the athletes are saying, information needs to come from the coach or office staff.

### **Parents Expectations/Responsibilities**

All parents are expected to help in different capacities for our program to continue.

*Drivers:* In order to drive athletes to away games, you are required to fill out a Driver information sheet and turn it in to the office.

*Concessions Stand:* Parents are asked to sign up for a time to help in the concession stand.

*Set-Up/Clean-Up Home Games:* Set up/clean- up for home games days will be the responsibility of volunteers. Please help the coaches on both ends of the games and return the gym to school day readiness.

*Communicate With Your Athletes:* Check schedules to see if there have been changes and make sure your athletes are where they need to be before, during and after games.

*Picking Up Athletes:* Please promptly pick up your child by the end of practice so our coaches don't have to wait.

*All Students are to leave school property at dismissal time unless they have a 3:35 practice:* There will be NO after school study halls or faculty supervision. They are not to be playing or hanging out in front of the school; this is still school property.

*Good Sportsmanship Is Required By All:* Cheer on and encourage your team as well as cheering on opponents. No putting down/yelling at any players/parents/coaches. No yelling at referees, debating calls, or "calling the game". No coaching from the stands. Please give coaches the respect and support they deserve. They have given up countless hours volunteering their time to the players.

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*Game Supervision:* When at away and home games, PLEASE WATCH YOUR CHILDREN who are not on the team. Kids are NOT to be running around the school or playing anywhere on school grounds unsupervised.

### Team Coordinators

Each team needs a coordinator. The coordinator will be the one responsible for obtaining volunteers for the areas below.

- Scorebook/scoreboard for home or scorebook at away games.
- Concessions for home games – Children are **NOT** to manage the concessions
- Responsible for washing and collecting uniforms at the end of season.
- Assisting to secure volunteers for set and clean-up of home games.

Thank you for taking the time to review The Parent Athletic Handbook. Whether you are new to Trinity Athletics or have been involved before, we believe the information contained here will be valuable. The purpose of this document is to familiarize you with the policies, procedures, expectations, and guidelines to Trinity Athletics. It is our hope that every athlete participating will enjoy their experience. Since you are an integral part of the experience, we want you to enjoy it as well. In order for that to happen, we want you to have as much information as possible regarding the framework and some details of our programs.

Trinity is proud of the dedication and hard work that our volunteers, coaches, parents, and family members provide. We also know that as much as we plan and implement ideas, we need input and suggestions. Please feel free to contact the Athletic Director or Trinity Principal with your feedback regarding this handbook or any aspect of Trinity Athletics.

Thank you for trusting us with your Athlete!