



TRINITY ATHLETICS

Physical Education & Athletics at TCS 2022/23

Phys Ed Program

Last year we started a new Phys Ed program in junior high. As educators we learned a lot throughout the year and, in the end, ultimately saw many successes and advantages come out of it. We observed an increase in student confidence, engagement, and skill development in all of our PE classes last year, so we are excited to continue to execute this program this coming school

year. For those who are new to our jr high or need a review of our program, what we do is we strip students of their grade label and place them in a PE class that is best suited for them. The goal of our Phys Ed program is to equip students with the skills and confidence to live an active lifestyle now and for years to come. We believe that by placing students in these differentiated groups/classes, we are serving them better and meeting them where they are at. That means that in each PE class there will be a combination of grade 7s, 8s, and/or 9s.

Regardless of grouping, all expectations will be consistent.

All students will be able to:

- demonstrate correct fundamental sport-specific movements
- execute an accurate understanding of safety and game rules
- perform basic sport-specific skills and game strategies
- model exemplary sports like behaviour, and accept winning and losing respectfully
- be on time and prepared for physical activity; ie: gym shoes, gym strip, sweat pants, hoodie (if going outside)
- self start; warm-up for class, quickly transition between activities and willingly help set up and clean up
- Display their best effort, determination, and grit
- strive to consistently improve techniques and fitness level
- conduct themselves with integrity; ie: honesty, kindness, leadership, and a positive attitude

IN THIS ISSUE:

Phys Ed Program (pg.1)

Gym Strip Protocol & Expectations (pg.2)

Ordering Gym Strip (pg.3)

Lockers & Change Room Use (pg.3)

Eagles Athletics (pg.4-5)

Phys Ed Program (cont'd)

Here is a breakdown of the 3 groupings:

Phys Ed - Recreational

- More direct teacher instruction on basic skills
- More step by step introduction to movements
- Modifications will be implemented to ensure success (change of boundaries and/or equipment if needed)
- **Emphasis - Play**

This class is great for students who have not yet had the opportunity to participate in various sports, to build confidence in sport specific skills, or prefer a less competitive environment

Phys Ed - Recreational Plus

- Instruction is based on refining basic skills and introducing more advanced movements and strategy
- Teachers will chunk instruction and expect students to execute multi-step movements
- With practice students will be capable of typical gameplay
- **Emphasis - Growth and refinement**

This class is great for students who have experience in sports and are continuing to develop their skills, knowledge, and techniques. They will continue to work on their confidence and occasionally engage in competitive practice.

Phys Ed - Intermediate

- Already have the ability to execute skills efficiently and effectively
- Drills are more complex and move beyond fundamental movements
- The attitude of the class is set by the desire to ALWAYS be working towards mastery
- **Emphasis - Mastery**

This class is great for students who have already developed skills, knowledge, and techniques in various sports. They enjoy a more competitive environment in which higher expectations are placed upon them.

Gym Strip Protocol & Expectation

Why do we have school mandated gym strip?

For a number of reasons;

- (1) This way we can ensure all students have access to good and safe gym gear that does not restrict movement,
- (2) To reinforce the importance of changing for PE, to promote healthy hygiene,
- (3) to get into the mental head space to engage in physical activity,
- (4) This gym strip has been approved by our school admin and meets our school's dress code,
- (5) Having unified gym strip communicates to students the teamwork and collaboration that we expect under the Trinity banner because WE ARE ALL EAGLES!

Do students need to wear TCS gym strip every day?

Yes! Of course, we encourage students to wash their strip regularly, but this should be done on weekends so that they can ensure they have it for the following Monday. Many students will have their gym strip from last year, so they will be expected to wear those shirts and shorts from getgo as we launch into our PE program. However, we will give some grace until the new gym strip comes in from our online store.



Ordering Gym Strip

Like last year, we will once again be using our [Online School Store](#) for families and students to not only order TCS gear, but more specifically their TCS gym strip.

Students will need a blue Trinity Athletics t-shirt and a pair of black Trinity Athletics shorts.

The school store will be open until September 18th. Also, there is a 30% off sale on all purchases for the duration the online store is open. In order to ensure your child meets our gym strip expectations throughout the school year, we suggest you purchase 2 sets of gym strip (in case one goes missing) or even 2 shirts and 1 pair of shorts. Samples will be available next week for students to try on to ensure proper sizing or look online for a sizing chart for all of our gear.

Make sure you check out the other products the school store website has to offer and wear your Trinity gear with pride!

Lockers & Change Rooms

Did you know that we have beautiful change rooms for all of our students that are only a few years old and provide your child with a safe and secure locker for them to protect their school and gym clothes? However, many students did not use the lockers that were assigned to them resulting in lost and/or stolen clothes, mainly gym strip. Not only does using a locker protect student belongings and privacy, but it also keeps our change rooms looking clean and reflects the pride we have for our school. Also, an open locker is more susceptible to getting slammed and broken. At the beginning of the year, every student will receive their own locker and unique combination to use. Like wearing our gym strip, the use of the locker will be mandatory. If a student experiences problems with their locker, please have them communicate this with us immediately for prompt fixing.

Along with the use of our lockers, our change rooms provide students with bathroom stalls and sinks for our PE students to use, as well as for students in other classes. It is the responsibility of every member of our Trinity community to take care of our change rooms and ALL of the furniture and amenities within them. It is also every Eagle's responsibility to ensure that those people in the change rooms feel safe during these vulnerable times. Cell phones are not permitted to be used in the change rooms and, in fact, should be kept in the students' main hall lockers. Respect for self and others is crucial while a student uses the change rooms and they should change efficiently to be in and out of the change room as quickly as possible.

Lastly (and I can't believe I have to mention this), students are not permitted to eat lunch in the changerooms to ensure the cleanliness of the changerooms and, more importantly, for the health and well being of the students.



Eagles Volleyball Season

We have been starving for more volleyball since our last volleyball season ended last year, so we are excited to be back! Once again, we have a passionate and excited group of coaches that cannot wait to get the season started and work with students. There will be two tryouts for each grade/gender. **Students MUST attend BOTH tryouts** to be considered for a team. If this is an issue, it is important the student athlete communicates with Mr. Dykshoorn, Ms. Collins, and/or Mrs. Verhoeff prior to the tryouts.

Every player participating in our volleyball teams will be required to pay fees that goes to paying for referees, paying for tournaments, and maintaining the equipment and personnel we need to run an effective program. Volleyball fees for the 2022 season are:

Gr. 7 teams - \$125

Gr. 7/8 teams - \$150

Gr. 8/9 teams - \$175

Sports have always been a popular and exciting aspect of junior high life here at Trinity. As we have grown in class sizes over the years, so have the number of students trying out for our sports teams. We love to see it! Unfortunately, however, that also means that not every student that tries out is guaranteed a spot on a team. For volleyball, our teams will carry around 10-12 athletes on each team, depending on grade and competitive level. There is also the possibility of athletes playing up a grade, if appropriate (but never down). That is why our 3 volleyball leagues are identified as gr. 7, gr. 7/8, and gr. 8/9 (or Senior, as we sometimes call them). After tryouts are complete, coaches and our Trinity Athletic Department prayerfully decide on the rosters for each team. Families will be notified via email whether their child made a team or not.

Eagles Cross Country

One of the more newer athletic disciplines we have started participating in here at Trinity is Cross Country Running. Over the years, we have had a small, but very successful Cross Country team that meets twice a week to practice and participate in weekly races organized by the CISAA (Calgary Independent Schools Athletic Association). All students who wish to be part of our cross country team are welcomed to attend races and practices. Races are held on Mondays and the practice schedule will be out soon. We can work with students who have scheduling conflicts with other after school activities.

2022 Eagles Volleyball Tryouts

**Tuesday, August 30th &
Wednesday, August 31st:**
All Gr. 9 @2:45pm-3:45pm
All Gr. 7 @4:00pm-5:00pm
All Gr. 8 @5:15pm-6:15pm

