Welcome to Trinity Valley School PE/Athletics!

Grades K-6: Physical Education

Grades 7-12: Competitive Athletics and PE

Director of Athletics: Interim TBD

Middle School Athletic Director: Johnny Miller

Physical Education Department Chair: Valerie Underwood

Director of Sports Information and Logistics: Jennifer Smith, [smithjs@trinityvalleyschool.org](mailto:smithjs@trinityvalleyschool.org)

TVS Athletic Office: 817-321-0160

TVS Athletic Portal (Team Pages, Schedules, Coaches, and other information here): <http://www.trinityvalleyschool.org/athletics>

Welcome! Please read this information in its entirety for successful navigation of our PE and Athletics program.

Each year, the official start date of the Upper School athletic season (practices and/or two-a-days) is the first Monday in August. This year it falls on August 2, 2021. Trojan Power is offered during the summer via our Xplore program and runs this year from June 2-July 22. All athletes are highly encouraged to participate and attend when in town and available. Trojan Power is offered for both males and females and is a great opportunity for comradery, strength/conditioning and preparation for the upcoming athletic seasons.

If your child plans to participate in a fall sport and you have not received specific information or a welcome from the head coach by no later than July 21, please contact the athletic office so we can ensure you will receive all pertinent information needed to begin the season.

If your child plans to participate in Trojan Fitness and Wellness (Upper School PE) in the fall, please see below, as a timely sign-up is required.

IMPORTANT DATES AND INFORMATION:

TROJAN FITNESS AND WELLNESS (physical education course)

Sign-up required. Read below.

Dates for Trojan Fitness and Wellness will coincide with the SPC calendar dates of Fall, Winter, and Spring. Each of the three seasons is a separate class and credit, meaning there is an opportunity to earn up to three activity credits for this particular offering each year. Prior to each season, the Athletic Department will communicate with students the specific days the course will begin and end. For the Fall and Winter of 2021-2022 school year, Trojan Fitness and Wellness will be an online (virtual) option only. In the Spring, this course will either continue online or change to in-person, depending on our local county health guidelines. Details will be shared with students as we get closer to the start of the spring season.

Workouts will be provided to enrolled students via an app called Train Heroic.

The core requirements of Trojan Fitness and Wellness are:

* Students must be signed up/enrolled in the course **before the first day of class** in order for all technology pieces to be set up and distributed
* Students are required to complete at least three (3) workouts in Train Heroic per week
* Students are required to submit one (1) video recording of their workout per week in Canvas
* Students must complete all requirements of the class each and every week in order to receive credit. **If a student accrues more than 3 unexcused absences in one season, he/she will be dropped from the course without credit.**

Parents and students can expect that the class will focus on Strength Training, Cardio Fitness, and Flexibility to enhance individual lifetime fitness development.

To enroll in Trojan Fitness and Wellness, you MUST complete a PE/Athletic Sign Up Form (distributed by the athletic department) and/or email Mrs. Smith at least 3 days prior to the start of each season.

UPPER SCHOOL ATHLETICS

* Upon successful fulfillment of the expectations throughout a sport season, one activity credit will be earned.
* Upper school practice times vary slightly by sport but are generally 4:00-6:00 or 6:30pm. However, cross country typically practices in the mornings before school instead.
* Dates vary slightly year to year but the **general timeline for each athletic season is**:

**Fall:** First Monday in August until first week of November

Football (boys)

Cheerleading (girls)

Girls Volleyball

Boys Volleyball

Cross Country (co-ed)

Field Hockey (girls)

**Winter:** Second week of November until second week of February

Girls Basketball

Boys Basketball

Girls Soccer

Boys Soccer

Swimming (co-ed, held off-campus)

Wrestling (boys, held off-campus, tentative based on number of participants)

**Spring:** Third week of February until first week of May

Baseball (boys)

Softball (girls)

Tennis (co-ed, team size is limited by court space so a tryout will likely be involved)

Track (co-ed)

Lacrosse (boys)

Golf (boys and girls, held off-campus)

* **In the Fall, upper school sports begin their season on the first Monday in August.** This year it is Monday, August 2, 2021. Football equipment handout will be **the week prior** at a time and date to be announced. All required athletic medical forms must be turned in before the first day of practice.
* ATHLETIC SCHEDULES:
  + The athletic competition schedules for Fall will be posted online in the coming weeks but will be a work in progress over the summer. **Throughout the year** you may **find the athletic schedules online** by visiting the athletics calendar on our TVS website: <https://www.trinityvalleyschool.org/athletics/athletics-calendar>, or TO FIND INDIVIDUAL TEAM SCHEDULES you may go to <https://www.trinityvalleyschool.org/athletics> then scroll down and select the sport and team you are looking for. The schedule will appear once you click the team.
  + SCHEDULE CHANGES do occur. The online schedules will be updated as quickly as possible and kept up to date. When a schedule change is urgent or last-minute (within the same week), parents will be notified by Jennifer Smith via email. Please always make sure your contact information in RenWeb/FACTS is current for these communications.
  + We HIGHLY recommend you check the online schedule often, at least once a week.
* TRAVELING
  + Transportation is provided by TVS to and from all games/contests.
  + Students must ride the bus to each game/contest. Exception: if the event is on a Saturday a parent can take the student to the event, with coach approval.
  + Parents can take their child home after an event as long as they have communicated with the coach.
  + Upper school teams do sometimes travel out of town where a hotel stay is required. In these cases, your child should take money on the trip for meals and incidentals. We almost always use a hotel where breakfast is provided.
  + Families are charged for any athletic hotel stays via student billing following the trip. FINANCIAL AID will be applied at the same rate in which you qualify for aid with tuition.
* TEAM FEES
  + Team fees are associated with several sports in upper school. Team fees are charged via student billing during the season. Team fees generally cover costs of things agreed upon by the head coach and the team parent. These items may include pre-game meals, some food when teams travel (organized by team parents), a spirit item (team banner in the gym, etc), and some team t-shirts, practice gear or other clothing the student will keep. FINANCIAL AID will be applied at the same rate in which you qualify for aid with tuition.
* EQUIPMENT
  + Game uniforms will be provided by TVS and will be handed out after teams are set and before the first game. These uniforms, along with any TVS issued gear or equipment, must be returned to the coach at the end of each season.
  + Some sports are more equipment intensive than others. The two fall sports requiring the most equipment are football and field hockey.
    - Football: TVS provides all the equipment necessary for participation in football except cleats, girdles, and ankle braces. Ankle braces are available from the TVS athletic trainers at their cost.
    - Field Hockey: Sticks can be purchased on your own or borrowed from the TVS field hockey closet (must be returned at the end of the season). Cleats, field hockey goggles and shin guards will be needed (soccer cleats are great). Mouth guards are available from the TVS athletic trainers (first one no charge) or purchased (mouth guards CANNOT be clear).
    - Coach Claire Pearce will send more information about where to find field hockey equipment. If you need to reach her sooner: [pearcec@trinityvalleyschool.org](mailto:pearcec@trinityvalleyschool.org)
* WHO’S WHO?
  + Meet our athletics staff here: <http://www.trinityvalleyschool.org/athletics>

Scroll to the bottom of the page for photos and contact information.

* + For sport-specific questions you may reach out to the head coach/program director. Find their email address at the link above!
* TVS SPORTS MEDICINE
  + An athletic trainer (AT) is an allied health care professional who collaborates with physicians and other healthcare professionals to optimize activity and participation for active individuals.
  + Trinity Valley School employs two full-time athletic trainers who provide immediate care for athletic injuries and illnesses.
  + They are the proper contact regarding required athletic medical forms.
  + Learn more about our TVS Sports Medicine and the athletic trainers here: <http://www.trinityvalleyschool.org/athletics/sports-medicine>