

Win With Integrity



Lose With Dignity

Holy Trinity
Middle School
Athletics
Department
Hand Book



Holy Trinity Athletics Department

Welcome back to another year of Holy Trinity Episcopal School athletics. The coaching staff is excited about this coming year and is ready to get started. Enclosed are some forms that describe the athletic program that will be offered for 5th -8th grade students, as well as the student athlete grade policy, other information and forms.

Included in this package is an Athletic Release/Waiver of Liability Form along with the Athletics' Student/ Parent Agreement form and Emergency information form. These forms are required and are an important part of keeping all students safe, and to have access to parents contact information on away games. All forms must be filled out and returned to the front office by the first day of school, if your student is planning on playing on any HT sports team.

Please read over this entire package with your student, especially the Mission and School Motto, Sportsmanship Creed, Class work, Grade and Pick up Policy.

If you have any questions about the Athletic program you can always contact me at the school at blehnerd@htrinity.org

Thank you,

Becky Lehnerd

Becky Lehnerd
Athletic Director

Athletics Program

Physical education and athletics are an integral part of a Holy Trinity education, and from its earliest days, athletics had been embedded in the school's founding principles of helping students grow in mind, body, and spirit. Sports participation is an effective way to teach students about good character, discipline, teamwork, and the benefits of a healthy, fit body. All students take part in some form of physical education or athletic activity every school day; beginning in the 5th and 6th grades with an emphasis on skills development and cooperative games through PE activities, intramurals, and a competitive development program, and in the 7th and 8th grades with the added incorporating of a far-ranging and competitive program in interscholastic sports. It is a great way for students to have fun.

Program Personnel

Athletic Department:

The Holy Trinity Athletic department will consist of, but not limited to, the following staff:

Head of School	Head of Middle School
Athletic Director	Coaches

Coaches:

Holy Trinity upholds and adheres to the concept of teacher/coach. Holy Trinity coaches will do their best to nurture our students on the athletic fields to become the best player they can become. They will help Holy Trinity students to understand the important qualities of playing unselfishly, honorably, and respecting their coaches, teammates, and opponents. All coaches will adhere to the Holy Trinity Coaches Creed and sign a copy of the Creed each season to remind them of the guiding principles of the Holy Trinity Athletic Program.

Athletics Program Goals

The goals for the Holy Trinity Athletics Program are:

- To educate the whole person by complementing the academic experience with athletic programs and activities outside the classroom.
- To create an environment for personal growth through honesty, respect, and a concern for others.
- To provide opportunities for students to learn self-discipline, responsibility, decision-making, and attainment of goals.
- To communicate the value of community and familial relationships through teamwork and sportsmanship.
- To provide opportunities for students to participate and compete in a first class sporting environment.
- To advance the school image locally and regionally through interscholastic athletics.

Program Organization

Overview:

The Middle School competitive program is divided into two forms of participation: the 5/6th grade intramural, competitive & developmental teams and the 7/8th grade A & B teams. As a continuation from the Lower School program, the 5/6th grade intramural & developmental program is geared toward teaching students fundamental skill development in an environment that allows them to enjoy competitive sports. Skill development is of utmost importance, as well as the understanding of the execution of that skill in game situations. All students participating in the 5/6th intramural, developmental or competitive teams will receive playing time in every game.

The 7/8th grade program is geared toward interscholastic team sport athletics. The B level teams continue to promote skill development and further expose the student to interscholastic competition. All students participating in B level teams will receive playing time in each game. Playing time is based upon the student's academic success, participation in practices, overall attitude and effort, and ability to play within the coach's team philosophy. The A level teams are Holy Trinity's most competitive level and will be used to prepare the student for high school athletics. Playing time is based upon the student's academic success, participation in practices, overall attitude and effort, ability to play within the coach's team philosophy, and finally, athletic ability.

The Athletic Department encourages each student to be the best team member he/she can be while reaching his/her personal potential at the same time. Being a member of a Holy Trinity team is a privilege. Students will learn life lessons such as how to work within a group, how to be selfless, how to persevere when things don't go well, and how to be gracious winners and losers.

Coaches understand that students have other activities during the week; however coaches do expect all students to be at all practices and games. If there will be a conflict on a certain day, please bring this up to the coach prior to the start of the season. Together you can decide what will work out best for everyone. If you know your student will miss a game or practice due to a prior commitment or appointment, please inform the coach by email, three days before the game or practice. If your student does not show up for a game or practice and the coach was not informed, the coach has the right to have your student sit out the next game.

Finally, as stated in the program goals, the primary purpose of the Holy Trinity Athletic program is to teach and reinforce in players values such as wholesome competition, great sportsmanship, and fair play. Therefore, treating officials as well as opposing coaches and players with respect is an important behavior required of all Holy Trinity Athletic Program constituents-players, coaches, and parents.



Mission and Motto

“Win with Integrity and Lose with Dignity”

The mission of the Athletics Program at Holy Trinity Episcopal Day School supports and expands the School’s mission as it develops the whole child and prepares young men and women to be good citizens. While creating a positive yet competitive experience our student- athletes will learn the importance of self-respect, discipline, teamwork and sportsmanship as well as develop time-management and organizational skills. Holy Trinity’s combination of rigorous academics and expanding athletics throughout Middle School will allow each student to develop to his or her full potential.

Sportsmanship Creeds

Holy Trinity Student-Athletes:

Respect parents, coaches, teammates, and opponents. Personify commitment and positive attitude. Represent Holy Trinity with honor and pride.

Parents of Holy Trinity Student-Athletes:

Provide positive reinforcement to young people. Encourage 100% individual effort and 100% team loyalty. Support the team in public, address concerns in private.

Holy Trinity Student Athlete Grade Policy

Students who have grades D+ or below on their progress report or end of quarter report cards will be ineligible to play or practice with their team for two weeks from the time progress reports/report cards are sent home. If the student's grade improves prior to the end of the two-week time period, he/she is still ineligible. Once the two weeks are over and if the grade has improved, he/she is eligible to play again. If the grade still has not improved, he/she remains ineligible for another two weeks.

Class Work Policy

On away games when students need to leave early, students need to meet with their teachers for the class they will be missing during morning round up, snack, recess or lunch to:

- Turn in homework
- Write down homework for the night
- Collect class work that they will be missing.
- If students will be missing a test or quiz, it is the student’s responsibility to make arrangements with the teacher to make it up.
- If students forget to meet with their teacher prior to leaving to the game, the teacher has the right to give them a 0 or a late grade for any missing homework, quizzes, test or assignment.

ATHLETIC STANDARDS OF COMPETITION

Holy Trinity values a competitive experience for our student-athletes and promotes the development of respect, sportsmanship, and camaraderie in all of its athletes and coaches.

Soccer- Fall- September-October

- Boy's A-team- 7th and 8th grade students
- Coed B-team- 6th, 7th and 8th grade students
- Girl's A Team- 6th, 7th and 8th grade students
- 5/6 coed team- 5th and 6th grade students

Students will be placed on teams according to ability and grade. Coed teams can be formed if not enough girls participate for a girl's team.

Basketball- Winter- October-March

- Boy's A-team- 7th and 8th grade students
- Girl's A-team- 7th and 8th grade students
- Boy's B-team- 7th and 8th grade students
- Girl's B-team- 7th and 8th grade students
- 5/6 Girl's C-team/ Div 1 and Div 2-5th and 6th grade students
- 5/6 Boy's C-team/ Div 1 and Div 2- 5th and 6th grade students

Students will be placed on teams according to ability and grade. Teams will not form if fewer than nine students sign up to participate.

Flag Football-Spring- March-May

Coed 7th and 8th grade teams.

A maximum of 16 players are allowed on a team. If no girls are interested in playing then an all male team will be formed. Flag Football will be played twice a week with one day as practice and the other day as practice or games against each other or other schools.

Intramural Sports-

Spring- March-May- Flag Football-

5/6 flag football will be coed and will take place once a week. The afternoon will consist of games, by teams made up of homerooms.



Home Games and Practices

Although athletics is an after school activity, students are expected to behave on the field, sidelines or bus, as they would in any other school activity.

Changing for Games or Practices on Campus:

Students are expected to change as quickly as possible into their game or practice clothes and gather all clothing from the bathroom and place into their sports bag. Please mark all personal articles or clothing with your student's name. Coaches are not responsible for school uniforms or athletic clothing left by the student. If your student brings a snack, they will have time to eat it before each practice or game.

During game days,

If students have the later game, they are expected to work on homework or to watch the first game. If they cannot do this in a positive way, they will be checked into Extended Day. Also, if they are caught wandering around the school at anytime and not with their team, they will be checked into Extended Day and will not be able to play in the game. Extended Day charges will apply.

Soccer:

All home soccer games are played on the Daisy Lane soccer field.

Practices are held on the Daisy Lane soccer field, our auxiliary field, or the lower field by the playground.

Basketball Season:

All home basketball games are played at the City of Bowie Gymnasium, 4100 Northview Drive, Bowie, MD 20716. Students will change at the gym.

Students will be bused to the City Gym for all home games. Parents are encouraged to pick up their students at the gym; otherwise they can meet the bus at the school after the game.

Practices will be held either at the City Gym or in the multipurpose room, Daisy Lane. If practices are at the City Gym, the players will be bused to the gym and back to the school after practice. Parents may pick up students up at the gym or at the school. Students will change at the gym.

Behavior at the City of Bowie Gym

Students are expected to behave at the gym as they are expected to behave at school. If students have the later game, they are expected to work on homework or to watch the first game. If they cannot do this in a positive way, or if they are caught wandering around the gym at anytime and not with their team, they will be suspended f the next game. When games are over students are expected to gather their things and wait by the front doors for a coach to walk them to the bus. Students are not allowed to play in the open courts unless a parent is present.

Students practicing in the multipurpose room will be released to either parents or to extended day when practice is over.

Flag Football:

All home Flag Football games will be played on our auxiliary field or on the soccer field for the 7/8th grade teams. 5/6th grade intramural games will be played either on the auxiliary field or the lower field by the playground.

Practice will be held either on the auxiliary field or the lower field for all teams.

Away Games:

For all away games, students will be transported by bus to the school or fields where the game is being played. Appropriate behavior is expected. When games are over students are expected to gather their things and wait by the front doors for a coach to walk them to the bus. Parents will need to notify the coach if they will be picking up their student after the game. Parents who do not pick up their student at the game must be waiting at Holy Trinity for the bus to return. All directions to away games can be found on the school's website.

Student Athlete Pick up

Parents will be given times for pick up their student-athlete for every practice, home and away games. If the time is before 6pm and the parents are not available, the student will be checked into extended day and extended day fees will incur. Parents must either come to the fields, or come in the school building or city gym to pick up their student. Students are not allowed to walk out to any parking lot. If the pick up time is after 6pm and the coaches have to stay more than five minutes after the given pick up time, a late pick up fee of \$2 a minute will be incurred and this fee must be paid to the waiting coach at the time of pick up, or brought to the school first thing the next school morning.

Team uniforms

Uniforms will be distributed to all players once teams are formed. Students are expected to treat their uniform responsibly and to return it washed and in the same condition as they received it. Any lost or damaged uniforms will incur a replacement fee. Uniforms are to be returned no later than two weeks after the season is over.

Soccer teams are required to all have matching socks. Team socks will be available for purchase for \$7 a pair.

Basketball teams are encouraged to all have matching warm up shirts and shoes. Items will be available for purchase in October.

Flag Football players are required to all have mouth guards. Mouth guards will be available for purchase for \$2 each.

Sports schedules and away game directions

Schedules and Directions can all be found on the school's website at www.htrinity.org. Schedules will be updated regularly with changes, cancellations or rainouts. Please look on the school's website before calling the front office for any changes or weather concerns. We will try to post all cancellations on the schools website no later 1:30pm.

Please go over the following with your student;
Mission and School Motto, Sportsmanship Creed, Grade Policy, Class work Policy, and Pick up Policy which are enclosed in the Athletic Department Handbook. If you have any questions or concerns, please email me at blehnerd@htrinity.org



Holy Trinity Athletics Student/Parent Agreement

Date_____

I, _____ along with my parent(s) _____ have read the Athletic Handbook, including the Mission and School Motto, Sportsmanship Creed, Grade and Class work Policy and Pick up Policy and fully understand all that is stated. I will do my best to keep my school grades consistent and to notify my coach accordingly if I will miss a practice or game. We understand that I am responsible for the uniform issued to me and if I lose or damage the uniform, we will be required to pay the replacement fee.

I, _____, further understand that playing on a Holy Trinity Athletic team is a privilege and if I do not behave according to Holy Trinity's policies I will not be allowed to play on any Holy Trinity Athletic Teams.

I also understand that the signed Student/Parent Agreement, Emergency Contact form and the Athletic Release waiver form must be turned into the front office no later than the first day of school, as they are required to participate in athletics.

Student name_____ Grade_____

Student signature_____

Parent signature_____