Welcome to Trinity Valley School PE/Athletics!

Grades K-6: Physical Education

Grades 7-12: Competitive Athletics and PE

Director of Athletics: Ralph Dintino

Middle School Athletic Director: Johnny Miller

Physical Education Department Chair: Valerie Underwood

Director of Sports Information and Logistics: Jennifer Smith, 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>

TVS MIDDLE SCHOOL PE/ATHLETICS IMPORTANT DATES AND INFORMATION:

* Participation in one sport or PE is required throughout the school year, which equates to 3 seasons. Middle school athletics is a class period that starts within the school day. The class period runs from 2:45pm-4:15pm each day. **Exception:** Football practices will go until 4:45pm; PE ends at 3:30pm.
* On the FIRST DAY OF SCHOOL students will meet with coaches and get their athletic lockers. They can expect to start practices on the second day of school. **Exception:** Due to the acclimation period required, football begins early. The first official day is Monday, August 15th. Football equipment handout will occur in the North Gym on Friday August 12. Visit <https://www.tvs.org/athletics/2021-fall-preseason> for all preseason football details. *Students may still come out for football through the first week of school; however, they will have to go through the mandatory acclimation period, which may affect their initial participation and playing time.* On the first day of school and beyond they will practice at normal time, 2:45-4:45pm.
* Dates vary slightly year to year but the **general timeline for each athletic season is**:

**Fall:** Start of school until first week of November

Football (boys)

 Girls Volleyball

 Boys Volleyball

 Cross Country (co-ed)

 Field Hockey (girls)

 PE

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

Girls Basketball

 Boys Basketball

 Girls Soccer

 Boys Soccer

 Swimming (TBD based on interest, co-ed, held off-campus)

 PE

**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 is involved)

 Track (co-ed)

 Lacrosse (boys)

 PE

* Teams will be set by the coaches and program directors after the first 5-8 days of each athletic season (fall, winter, spring). Games/competitions will begin shortly thereafter. Students will receive their team assignment directly from the coach during their athletic period.
* In middle school it is sometimes a possibility for a student to participate in two different sports during one season. This does not work with every sport since all practices run at the same time and most competitions overlap. However, if your child is interested in finding out if this is possible, please contact Middle School Athletic Director Johnny Miller at 817-321-0168.
* 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.
	+ Several sports will sometimes have games/meets/tournaments/competitions on Saturdays.
	+ 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 usually provided by TVS to and from all games/contests, but different arrangements may be ongoing depending on the latest labor shortages affecting outside transportation companies. This can mean the school asks parents to provide transportation for their child to middle school contests.
	+ Parents can take their child home after an event as long as they have communicated with the coach.
* 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.
	+ There are a few sports that involve personal equipment that will be provided by the school. Examples include baseball caps and soccer socks. A few sports may provide their players with a practice t-shirt. These types of items will not be collected at the end of the season and will be the student’s to keep. For this reason, the cost of such items will be billed to each participant’s TVS student billing account.
	+ 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. When choosing cleats for football, please keep them to the following colors: blues, blacks, white, silver, grays.
		- 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
* 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 will be in touch soon regarding required athletic medical forms.
	+ Learn more about our TVS Sports Medicine and the athletic trainers here: <http://www.trinityvalleyschool.org/athletics/sports-medicine>