

Gregg Grinsteinner

Athletic Director

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Dear Titan Parents,

 Back to school commercials are already starting. That means the fall sports season is not too far away. With that being said, I would like to give you some important reminders before our seasons start in August.

1. Our fall sports parent meeting will be Monday, August 7 in the auditorium at 6:30 PM. We ask that you and your student-athlete(s) be there to listen to important information from Fr. Hochhalter, each sport’s coaches, and from myself.
2. Your student-athlete must have a new physical BEFORE they will be able to practice. Free physicals will not be happening this year. CHI is offering a well-child physical (see Trinity website for more info.)
3. Also on the Trinity website are all the forms your student-athlete needs to have filled out and signed before they may practice. These forms are the following:
4. Physical Form
5. Concussion and Impact Testing – Impact testing will happen on August 8 (2:15 – 4:30) and August 10 (3:15 – 5:00). CHI St. Alexius’ Sports Medicine will be in charge of this. You need to be tested every 2 years.
6. Insurance form for each family
7. Trinity and NDHSAA Student-Athlete Code of Conduct and Rules form.

These forms may be turned into the office at any time. **Athletes will NOT be able to practice or participate until all of these forms are signed and turned in.**

1. Starting dates for fall sports are as follows:

Football – Wednesday, August 9

Volleyball – Monday, August 14

Cross Country – Monday, August 14 (Co-op with Dickinson High)

Girls Golf – Monday, August 7 (Co-op with Dickinson High)

 Girls Swimming & Diving – Monday, August 14 (Co-op with Dickinson High)

Please feel free to contact Trinity or myself if you have any questions. Enjoy the rest of the summer!

Gregg Grinsteinner, AD

Trinity High School