



CO-CURRICULAR GUIDE



Introduction



In his landmark study *The Good School*, Dr. Allan King of Queen's University identified a strong extra-curricular program as playing a key role in developing students' sense of belonging and satisfaction. His findings showed that a broad, well-delivered co-curricular program greatly enhances the atmosphere of a school and students' sense of well-being. As well, co-instructional activities help students to identify with their school, and participation encourages them to socialize and become friends with fellow students; all these factors contribute to good "school spirit."

Blessed Trinity's extensive co-curricular program offers activities of interest to all students in the school. Students are encouraged to participate fully in the athletic, artistic, social and cultural life in the school. Involvement in the school's co-curricular program will enable students to make new friends and develop talents and interests outside the regular school curriculum. Coaching, leadership and supervision of our co-instructional program is provided voluntarily by members of our teaching staff as well as by interested members of our community.

The costs involved are obtained from the school budget, fundraisers and by the students themselves. All clubs and teams welcome Grade 9 students as well as students new to the school. Orientation sessions, LCD monitors in the hallways, school website, school app and the morning announcements keep students posted on club and team meetings/activities.

Involvement in school activities is recorded for inclusion in the student portfolio, résumé and for consideration in the granting of awards and scholarships.

**IT'S ALL HERE FOR YOU AT BLESSED TRINITY!
GET INVOLVED!**

Athletic Alumni est. 2017

2019 Recipient:

BLESSED
TRINITY

HOCKEY

EST. 1994

DAN KOUDYS
Graduated 2008



NCAA DIVISION 1
University of Bentley - Team Captain Sr Year
1 Year Pro Hockey Player in Netherlands and
3 Year Pro Hockey Player in France

2019 Recipient:

BLESSED
TRINITY

HOCKEY

EST. 1994

JOE KOUDYS
Graduated 2006



NCAA DIVISION 1
University of Alabama - Huntsville
2 Year Pro Hockey Player in Germany

Athlete of the Year Criteria:

Jr. Male Grades 9-10, Jr. Female Grades 9-10

Overall Male Athlete Grades 9-12, Overall Female Athlete Grades 9-12

- Must successfully complete at least 2 sports/seasons
- Has demonstrated high achievement or great success in their activity
- Students must be in good academic standing
- Dedicated to the team and Blessed Trinity's mission statement
- Nominations/selections for Athlete of the Month
- Shows respect for coaches, officials and teammates and demonstrates good sportsmanship at all times
- Displays enthusiasm and a positive attitude
- To be eligible, students must remain registered and attend school for the entire academic year
- Committee consists of the Physical Education Dept. and Administration



Athlete of the Month Criteria:

Awarded to one Male and Female:

(Sept, Oct, Nov, Dec-Jan, Feb, March-April, May, June)

- Personal athletic achievement and success based on performance during the month
- Student must be in good academic standing
- Dedicated to the team and Blessed Trinity's mission statement
- Shows respect for coaches, officials and teammates and demonstrates good sportsmanship at all times
- Displays enthusiasm and a positive attitude
- A regular winner of Athlete of the Month award can be considered for Athlete of the Year
- A person can win this award more than once in the year
- If there are no nominees, no award will be given out
- Committee consists of the Physical Education Dept. and Administration



Last Year's Champions



2021-2022 Achievements:

- NCAA Champions - Sr. Girls Basketball, Jr Tennis, XC, Jr Boys Volleyball
- NCAA + SOSSA Overall Team Champions - Golf
- 25 Teams – 558 Athletes
- 1 Athletic Club (Ski/Snowboard) - 80 Members
- 2 NCAA Championships
- 2 Teams attended OFSAA
- 10 Clubs – 172 Members
- 6 Student Leadership Programs – 118 Students

Philosophy

Blessed Trinity Catholic Secondary School supports a philosophy of competition that is guided by the highest standards of good sportsmanship and fair play in a Catholic atmosphere. To this end, all parties (Catholic teacher-coaches, supervisors, athletes, parents and spectators) recognize that students' participation in sports and extracurricular activities are an "EXTENSION OF THE CLASSROOM." Student-athletes have a responsibility to act in a manner that exemplifies the values of fair play and most importantly "HAVE FUN." Coaches mentor athletes by helping them... to become adults and engaged members of society. Blessed Trinity's athletics program will include as many players as possible and will distribute playing time as widely as possible.

Get Involved!

Blessed Trinity's extensive co-curricular program offers activities of interest to all students in the school. Students are encouraged to participate fully in the athletic, artistic, social and cultural life in the school. Involvement in the school's co-curricular program will enable students to make new friends and develop talents and interests outside of the regular school curriculum. Coaching, leadership and supervision of our co-instructional program is provided voluntarily by members of our teaching staff as well as by interested members of our community.

Administrative Policies

Students must demonstrate academic competence, a positive attitude, good sportsmanship and respect for all coaches and staff advisors when representing Blessed Trinity in any co-curricular activity. It is a privilege to be a part of the THUNDER experience and only those students who are ambassadors of the school will be encouraged to participate in school-sanctioned teams/ clubs. Administrators/Coaches reserve the right to limit the participation and involvement of any student representing Blessed Trinity.

Parental Permission

Any student wishing to participate in interschool sports must submit a signed parental form (Acknowledgement of Risks/Permission to Participate and Medical Information Form) prior to his/her first practice for each sport he/she wishes to play.

Medical

Any student athlete who is injured during practice or competition and receives medical treatment may only resume play after permission to Resume... Athletic Participation Form has been completed by a medical doctor and the student athlete's parent/guardian and submitted to his/her coach. Specific return to Learn/Play forms must be completed for all head injuries and concussions.

Transportation

In most cases, the school does provide transportation, i.e., buses, to and from a school event.

Late Buses

There will be two Late Activity Buses, one for Grimsby/Beamsville and one for Smithville/escarpment, which follow a skeleton bus route in these areas. The buses run

each school day and leave Blessed Trinity at 4:30 p.m. Students must be associated with a co-curricular activity to be eligible to ride these late buses. Students are encouraged to participate in a full-range of inter-school athletic programs provided here at Blessed Trinity. Depending on the sport, students will be entered in the Midget, Junior and Senior Divisions that compete with other Secondary Schools in NCAA. Visit ww.ncaa.ca for more league/sport information.

Eligibility

All students participating in athletics or any other co-curricular activities must meet the following criteria for academic standing, attendance and behaviour.

- A student must have an acceptable attendance record and be punctual for all classes. If a student is truant from school on the day of the event, he/she will not be allowed to participate.
- A student must maintain an "acceptable" behaviour record on and off the field or while participating in an activity. A student may be asked to withdraw from a team or club if the above requirements are not met.
- A student must be a full-time student in order to participate in any co-curricular program. Full-time status is defined as a minimum load of 3 courses per semester, unless a student has accumulated 28 credits. At this time the student may be enrolled in 2 courses per semester in his/her final year. If a student is no longer enrolled as a full-time student before the completion of a sport season, the student will become ineligible.

Transfer Policy

All students transferring into the school must apply for eligibility prior to participation in any sport. The OFSAA transfer form must be signed, completed and returned to the Physical Education Office.

School Classification

Blessed Trinity Catholic Secondary School competes in Zone 2 competition and also at the SOSSA and OFSAA levels. It is classified as a AAA school, which provides the highest level of competition for schools in the province with a population of more than 1046 full time students.

Uniform Deposits

All new uniforms purchased by the school for co-instructional use will require a refundable deposit by all students. Fees vary based on sport or activity.

Athletics Season Overview



www.ncaa.ca

Fall Season - September to November

Cross Country	Fall
Boys Football	Fall
Golf	Fall
Jr. Girls Basketball	Fall
Sr. Girls Basketball	Fall
Tennis	Fall
Sr. Boys Volleyball	Fall
Jr. Boys Volleyball	Fall

Winter Season - November to March

Sr. Boy's Hockey	Winter
Girl's Hockey	Winter
Curling	Winter
Swimming	Winter
Jr. Boy's Basketball	Winter
Sr. Boy's Basketball	Winter
Jr. Girl's Volleyball	Winter
Sr. Girl's Volleyball	Winter
Wrestling	Winter

Spring Season - April-June

Badminton	Spring
Track & Field	Spring
Baseball	Spring
Boy's Soccer	Spring
Girl's Soccer	Spring
Softball	Spring
Girl's Rugby	Spring
Rowing	Spring

Badminton

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Badminton-Coed-Midget- JR	Spring	24	2	No League	NCAA + SOSSA	2	BT Athletics T-Shirt
Badminton-Coed-Senior	Spring	12	2	No League	NCAA + SOSSA	2	BT Athletics T-Shirt

- Tryouts begin in March
- Grade 9 Midget Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue – Blessed Trinity Gym for practices, Racquets are provided, Co-Ed Team
- All players will participate in the Zone Finals, qualifiers will then compete at the SOSSA and OFSAA levels

Baseball

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Baseball-Boy's	Spring	16	2	5 Game League	1	2	School Provided
Girl's Softball	Spring	16	2	NCAA	1	1	School Provided

- Grades 9-12
- Tryouts and practices begin indoors in March
- Venues – Blessed Trinity gym and baseball field (weather pending)
- Students must provide their own cleats, gloves and wooden bat
- Girls softball competes in two tournaments each year, girls must provide their own glove

Basketball

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Basketball-Junior Girl's	Fall	12	4	7 Game League	2	3	School Provided
Basketball-Senior Girl's	Fall	12	4	7 Game League	2	3	School Provided
Basketball- Junior Boy's	Winter	12	4	7 Game League	2	3	School Provided
Basketball- Senior Boy's	Winter	12	4	7 Game League	2	3	School Provided

- Grades 9-12
- Basketball is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue – Blessed Trinity Gym, Daily after school practices,
- Late bus leaves after school each day at 4:30pm
- Tournament play usually run on weekends

Cross-Country

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Cross Country	Fall	30+	6	No League	NCAA + SOSSA	2	School Provided

- Grade 9 Midget Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue – Training includes running various courses in Grimsby
- The cross-country season will begin **Week 2** of school (September) with sign up and with an information session
- **Week 3 and Week 4 of September** will have 3 practices per week
- **Weeks 4-8:** Races & 2-3 practices per week followed by NCAA, Zone, SOSSA (qualification only) and then OFSAA.

Curling

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Curling-Boy's	Winter	6	2	No League	NCAA + SOSSA	1	None
Curling-Girl's	Winter	6	2	No League	NCAA + SOSSA	1	None

- Grades 9-12
- Venue – Grimsby Curling Club on Kerman Avenue

Football

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Football- Boy's	Fall	35	5	6 Game League	-	4	Self-Purchased

- Grades 9-12
- Football is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Venue – Blessed Trinity field
- Practices take place daily after school until 4:15pm until completion of season
- Late bus leaves after school each day at 4:30pm
- All football hard gear provided including mouth guard, game pants and girdles
- Jersey, t-shirt, game socks and cleats purchased by student/athlete to keep at the end of the season



Golf

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Golf-Boy's	Fall	5	1	No League	NCAA + SOSSA	1	BT Golf Shirts
Golf-Girl's	Fall	2-5	1	No League	NCAA + SOSSA	1	BT Golf Shirts

- Grades 9-12
- Tournament Venue – Niagara Region
- Tryouts take place during the month of Sept
- Players provide their own set of golf clubs and balls
- All candidates at Twenty Valley Golf Club play a qualifying tournament. From those results, both male and female teams are created, with 5 golfers per team. The team then competes in NCAA competition. Individuals and team winners then play in the SOSSA tournament finals.



Hockey

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Hockey-Senior Boy's	Winter	20	2	7 Game League	2	1	School Provided
Hockey-Girl's	Winter	18	2	7 Game League	2	1	School Provided

- Grades 9-12
- Venue – Peach King Centre, Grimsby
- Sr. Boy's and Girl's tryouts take place in November
- Weekly practices take place after school from 2:45-3:45pm at the PKC
- Players must purchase their own pair of socks



Rowing

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Rowing	Winter-Spring	30	2	No League	4 Regatta	2 Winter & 4 Spring	Self-Purchased

- Grades 9-12
- Venue – BT Facilities, St Catharines Rowing Club and Brock University Indoor Rowing Facility
- Early morning and after school practices (on the water and dry land training)
- Rowers enter water in early April until June for competition

Rugby

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Girl's Rugby	Spring	30	2	4 League Games	2	2	Self-Purchased
Boy's Rugby	Spring	30	2	No League Games	2	2	Self-Purchased

- Boys/Girls team grades 9-12
- Tryouts and practices begin indoors in March
- Venues – Blessed Trinity gym and field (weather pending)
- Students must provide their own cleats & purchase own game jersey

Soccer

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Soccer-Senior Boy's	Spring	20	2	6 Game League	1 Indoor	2	School Provided
Soccer-Girl's	Spring	20	2	6 Game League	1-Indoor	2	School Provided

- Soccer is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Girls team grades 9-12
- Tryouts and practices begin indoors in March
- Venues – Blessed Trinity gym and field (weather pending)

Tennis

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Tennis- Coed	Fall	8	2	No League	NCAA + SOSSA	2	BT Athletics T-Shirt

- Tennis is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue – Grimsby Tennis Club behind Shoppers Drug Mart
- After school practices on Tues/Thurs 2:45pm-3:45pm
- Tryouts take place in early September
- Individuals and team play in NCAA, Zone Finals, winners then play in the SOSSA tournament finals

Swimming

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Swimming-Coed	Winter	35	2-3	No League	NCAA + SOSSA	1	Self-Purchased

- Grades 9-12
- Venue – St. Catharines Kiwanis Aquatics Centre
- Tryouts are held in October, practices are held weekly
- All swimmers will participate in the NCAA Finals in early December; qualifiers will then compete at the SOSSA and OFSAA levels



Track and Field

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Track & Field	Spring	40	3	No League	NCAA + SOSSA	2	School Provided

- Grade 9 Midget Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue – Training includes running various courses in Grimsby
- Running meets take place around the Greater Niagara, Hamilton and Halton regions
- All levels of runners welcome

Volleyball

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Jr. Boy's Volleyball	Fall	12	2	7 Game League	2	2	School Provided
'Sr. Boy's Volleyball	Fall	12	2	7 Game League	2	2	School Provided
Jr. Girl's Volleyball	Winter	12	2	7 Game Season	2	2	School Provided
Sr. Girl's Volleyball	Winter	12	2	7 Game Season	2	2	School Provided

- Grades 9-12
- Volleyball is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue – Blessed Trinity Gym
- After school practices
- Late bus leaves after school each day at 4:30pm

Wrestling

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Varsity Team	Winter	25+	5	No League	5+NCAA/SOS SA OFSAA	4	Self-Purchased

- Grades 9-12
- No experience necessary
- Female and Male Teams
- Some tournaments are for rookies only and some are open (senior) only
- Practice Venue – Blessed Trinity Gym/Stage
- After school practices, late bus leaves after school each day at 4:30pm



Clubs/Activities

Ski Club

In January and February students travel five times to Holiday Valley in New York State to enjoy skiing and snowboarding. Students can supply their own equipment or rent from the ski resort. Lessons are also available to purchase. A limited amount of spaces are available. Buses leave Blessed Trinity at 12:30 pm and return at 10:00 pm.



Dance Team

The dance team is a group of experienced dancers who learn dances throughout the year to be presented at school assemblies, pep rallies, masses and other school events. The team also competes in three competitions per year. Opportunities are available for student choreography and members usually take part in local workshops throughout the year. The styles of dance studied are ballet, lyrical, jazz, modern, tap and Spanish dancing. The team meets once a week for practice between the months of September and May.

Eco Club

Staff and students who work together to improve the environment. Students participate in school cleanups, recycling, planting trees and working on the Eco School Assembly.

Music Club

Blessed Trinity boasts an active and high achieving music department. The music program enriches school assemblies and liturgies, performs at various venues in the Niagara region and at school board events. The music department participates in

adjudicated music festivals, and provides students with access to professional clinicians. Participation in the Music program at Blessed Trinity also includes opportunities to join in performance tours that in the past have included places such as New Orleans, Louisiana, Prince Edward Island, Quebec City, Ottawa, the Czech Republic and Austria. The music program offers a number of ensembles for students to participate in.

Music: Jazz Ensemble

The jazz ensemble rehearses on Fridays after school in the music room. Students interested in jazz who play instruments in the ensemble may participate. In addition to school functions, the jazz ensemble is invited to perform at multiple community venues. A willingness to learn about jazz and improvisation is a must. Participation fees apply.

Music: Concert Band

The Concert Band is a medium-advanced ensemble of students with some musical experience. Wind and percussion instruments are featured in this ensemble. In addition to giving two concerts at the school each year, the concert band program plays a tour of local feeder schools and represents the school at music festivals. This ensemble also encourages and establishes chamber music experience, including the school brass quintet: The B.T. Brass. All instrumental music students are strongly encouraged to participate in this enriching experience. The concert band is open to all students at Blessed Trinity without audition. The band rehearses Tuesdays and Thursday from September through May in the music room from 2:25-4:15 pm. Students are expected to know how to play a concert band instrument to participate in this ensemble and to improve upon their skills. Participation fees apply.

Music: Choir

The Blessed Trinity Choir sings at school liturgies, board functions, music festivals, school concerts and at other events throughout the year. This choir features singing in four-part harmony with female and male students. Though the audition process is used for determining soloists and placement in the small ensembles – membership to the choir is open to all with a desire to improve their singing and dedication to the choir. The choir sings a wide variety of musical styles. The choir is open to all students at Blessed Trinity without auditions. The choir rehearses Mondays and Wednesdays from September to June in the music room from 2:25-4:15 pm. A commitment to a love of singing is the only requirement. Participation fees apply.

Music: STORM Drum Line

The drum line is open to all students at Blessed Trinity. There is an audition and placement process over the course of the opening month of the season. The drum line rehearses on Wednesdays after school in the Theatre as well as outside (weather permitting). The drum line requires physical stamina due to the nature of the activity. Participation fees apply.

Music Council

With the busy music department schedule, a group of students are provided with leadership training and experience as they assist in organizing and publicizing music events and fundraisers. Their main projects include organizing, designing the annual concerts and performances outside of the school. These students also help organize social events for the department as well as assisting Ms. Maccaroni with keeping the Blessed Trinity music program running smoothly. A Music Parents' Association assists them. A nomination and application process selects students who are interested in Music Council.

Mathletes

Students in all grades at Blessed Trinity have the opportunity to participate in Mathletes, which helps to prepare them for upcoming math competitions and contests. Mathletes is a board-wide math competition that occurs in the fall. This team competition involves math students from all grades. In February, math students in grades nine to eleven can participate in the Multiple Choice contests from the University of Waterloo. In April, math students from all grades can write Full Solution contests also from the University of Waterloo.

Robotics

Through the Blessed Trinity Robotics Club, student teams collaborate and solve problems in a fun-filled game competition format. Blessed Trinity teams design, build, test, and re-design and re-test their robots to address the needs of the challenge and then go head-to-head against schools.

Rolling Thunder Productions

Rolling Thunder Productions is a multi-media club open to all students - no experience necessary. Students who have an interest in photography, graphic design and video production are encouraged to join. There are a number of school based projects that members assist in creating including production of the school's yearbook (photography and graphic design). Students also produce videos for the school's Grade 8 Open House and the Annual All School Music Video.

Safe Schools Impact Team

Blessed Trinity's Safe School Impact Team, in accordance with Ministry legislation, works to ensure that our students have a safe school environment in which to learn. Throughout the year the team promotes respectful behavior through various activities and keynote speakers.

School Reach

School Reach is a Canada Wide competition based on the Reach for the Top television show. Students meet once or twice a week to practice answering questions based on high school curricula, current events and trivia. Grade 9 and 10 are intermediate competitors while grades 11 and 12 are seniors. Inter School competitions are held with

the best senior team in the zone going to provincial finals. Students find this activity a great deal of fun – and it's educational! All students are welcome to attend.

Sky Pilots

Sky Pilots are a group of students led by the Chaplaincy Leader who are interested in developing Christian leadership skills. They enhance the spiritual life of the school by participating in Masses and prayer services, Pilgrimage, social justice projects and awareness campaigns. Members of the Sky Pilots have opportunities to attend workshops such as "When Faith Meets Pedagogy" and "Development and Peace." The students use the knowledge gained from the workshops to raise awareness in the Blessed Trinity community about pressing social justice issues. Sky Pilots meet once a month on Tuesday afternoons in the chapel.

Student Council

The student council consists of a team of students working together with teacher staff advisors to help improve all aspects of student life at Blessed Trinity. Student council organizes school dances, fundraisers, air bands and many other activities throughout the school year. There are leadership conferences and development opportunities and it is a great way to meet new people and have fun.

Tech Crew

The tech crew is made up of dedicated students who set up complex video and audio equipment, often within a very restricted deadline, for assemblies and other activities such as the music department's Christmas and Spring concerts.

Thunderstruck Link Crew

Thunderstruck Link Crew is a high school transition program that welcomes Grade 9 students and makes them feel comfortable throughout the first year of their high school experience. The Link Crew philosophy and activities will further enhance our Thunderstruck initiative. Built on the belief that students can help students succeed, Link Crew is a proven high school transition program that trains mentors from Grade 11 and 12 to be Link Crew leaders. As positive role models, Link Crew Leaders are mentors and student leaders who guide the first year students to discover what it takes to be successful during the transition to high school and help facilitate their success. The leaders will first meet the Grade 9 students at our Orientation Day in late August.

Thunder Rankin Rally (Every other Year)

Blessed Trinity and its family of schools are committed to the battle against cancer. Lead by an Executive Committee of students and a group of teacher advisors, the Thunder Rankin Rally is held every other year at Blessed Trinity. The overnight cancer fundraiser is held the Friday before the Annual Rankin Cancer Run at the end of May. This student run event brings students, staff, community members, family and friends together to celebrate, honour and remember those touched by cancer. Together we can make cancer history.



*The Blessed Trinity family is moving forward
together to serve the Spiritual, Educational and
Physical needs of the Grimsby, West Lincoln,
Beamsville and surrounding areas.*