

Falcons Sports Overview

Eligibility:

For team sports:

J2 = Junior Tier 2 (grade 9)
J1 = Junior Tier 1 (grade 10)
J = Junior (grades 9 & 10)
S = Senior (grade 11 & 12)
V = Varsity (all grades)

For individual sports:

M = Midget (born 2003)
J = Junior (born 2002)
S = Senior (born 2001 or earlier)

Teams

Here is an overview of the 18 teams that represent TDChristian High School in York Region (YRAA – see yraa.com), Ontario Championships (OFSAA, when we qualify) and the Ontario Christian High Schools (OCSSAA). All teams are coached by staff members, or have a staff member assigned to them if a volunteer is the coach.

Fall Season <i>(Sept. to mid-Nov.)</i>	Winter Season <i>(mid-Nov. to early March)</i>	Early Spring <i>(March to early May)</i>	Spring <i>(April to early June)</i>
Boys Volleyball (J2/S1/S2) Girls Basketball (V) Cross Country (M/J/S) Boys Soccer – YRAA (V)	Boys Basketball (J/S) Girls Volleyball (J1/J2/S)	Track and Field (M/J/S) Badminton (J/S)	Boys Soccer – OCSSAA (V) Girls Soccer (V) Ultimate Frisbee (J/S)

Usually, students participate in no more than one sport per season. However, if coaches, parents/guardians and teachers agree, students may be on more than one team per season.

The tryout and practice schedule for the first weeks of school appear on the following page.

Intramural Hockey League (TDCHIHL)

TDChristian runs its own FIVE or SIX team intramural hockey league, the TDCHIHL, on Fridays before and after school from September to mid-February. The season ends on a Friday when we run a playoff tournament. This **CO-ED** league includes players of **ALL** skill and grade levels. It is non-contact and each team has a staff member as a player and/or supervisor. Students interested in playing should pay attention to announcements during the first two weeks of school and/or information provided in the information package received in homeroom at Back in the Groove Again or the first day of school. IF you are a goalie (Goalies play for free in our league!), please contact Mr. E. Vrieling at evrieling@tdchristian.ca or Mr. Terpstra at terpstra@tdchristian.ca.

Open Gym Times and Weight Room

Students may play in the gym before school and at lunch. We provide equipment and supervision from 8:30 a.m. to the beginning of school and throughout the entire lunch time.

Fridays after school, when the gym is free from practice and games, is usually a time when Mr. Hoving supervises (and plays) pickup basketball until about 4:30 p.m. Check with him about details or show up if you are interested!

Students may use the weight room provided they have teacher or staff supervision. Check with PE teachers, coaches or Mr. Hoving.