

Athletics



Last Updated: January 11, 2022
By Mr. Hoving, Athletic Director

As we work through this time of online learning, I encourage you to continue to find ways to take breaks throughout the day to avoid being bogged down in front of your screen. The -25 degree weather is not too appealing but just getting up, doing some stretching, and walking around where you are will help.

Thanks for the assist to Mr. Dykxhoorn here is a 30 minute mobility workout for anyone to try that requires no weights and can be done anywhere! - <https://www.youtube.com/watch?v=RMJP42NU2u8>

December 8, 2021

Boys Basketball and Girls Volleyball have begun skill sessions which have had great turn out across the board. This will continue into the new year, and we are looking at opportunities to set up games for the different groups.

TDChristian Esports finished off their first season after each of the three teams were knocked out in different parts of the playoffs. They are looking forward to opportunities in Semester 2. We have recently joined the Ontario eSports Federation as we look to be a part of this growing initiative. Thanks to Mr. Templeton for his continued work on this.

November 24, 2021

The Senior Boys Volleyball team finished their season at the Christian Schools (OCSSAA) Regional tournament at Quinte Christian High School on November 12th. We were thankful to get the team in some game action and compete against other Christian schools. Thank you to Mr. Dykxhoorn, Ms. Petrusma, and Ms. Weening for coaching and all the time they gave to both programs.

We will be beginning Boys Basketball and Girls Volleyball next week with finalized dates being put in the daily announcements so keep an eye out for that. We will follow a similar structure of the fall sports with skill sessions that all are welcome to and in the event that we can play some games we will have structured teams put together.

TDChristian has entered the Esports world under the direction of Mr. Templeton. They completed their first regular season with four teams competing. Three of those teams (League of Legends, Rocket league, and Super Smash Brothers) have made the playoffs which begin Monday, November 29th. We are excited about their progress against some very competitive teams! We are thankful for this new opportunity for students and the possibilities as it continues to develop.

TDChristian's Intramural Hockey league continues along, and we are thankful to have three teams playing Fridays after school.

In a typical school year, we offer the following sports:

Basketball, Volleyball, Cross Country, Soccer, Ultimate, Track and Field, and Badminton.

We also have a school wide Intramural Hockey League that students and staff play in which runs Fridays after school from October – February culminating in a final one-day tournament. All skill levels are welcome!

There is a full-sized weight room above our gym that is used daily by students and staff.

Student Eligibility

- Students, typically, participate in one sport per season. However, if coaches, parents/guardians, and teachers agree, students may be on more than one team per season.
- Student may only participate in one age division per sport per year.

For team sports:

Junior (grades 9 & 10)

Senior (grade 11 & 12)

Varsity (all grades)

For individual sports:

Novice (born 2006 or later, start high school this year)

Junior (born 2007 or later)

Senior (born 2002 or later, start high school after Aug. 2017)

Please send an e-mail to hoving@tdchristian.ca if you have any questions about the Athletic program.