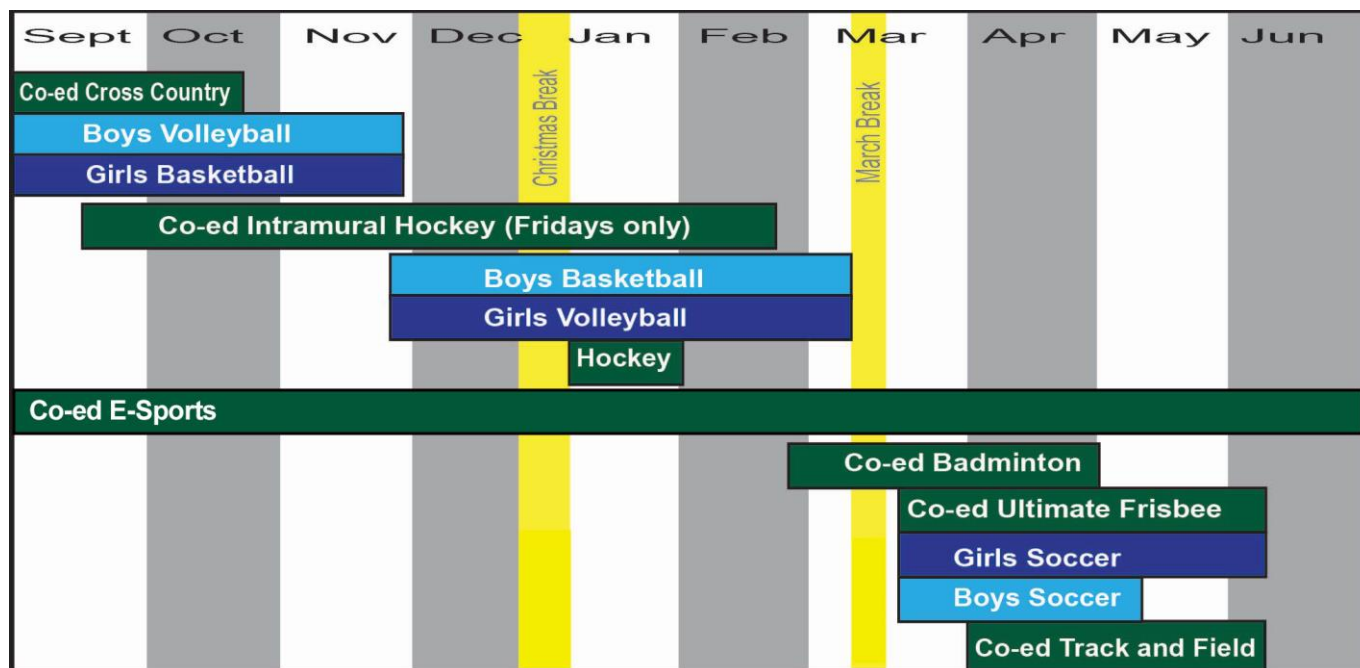


# FALCON Sports @ TDChristian, 2022-23

TDChristian High School competes in a variety of sports in York Region (YRAA – yraa.com), Ontario Championships (OFSAA, when we qualify, ofsa.on.ca) and the Ontario Christian High Schools (OCSSAA, ocssaa.com). All teams are coached or run by staff members while some teams also have a parent/guardian or community coach. TDChristian is also a member of OFSEA, the Ontario Federation of School Esports Associations (ofsea.org).



## 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 2008 or later, start high school this year)  
Junior (born 2007 or later)  
Senior (born 2003 or later, start high school after Aug. 2018)

**Esports:** TDChristian will, for the second year, enter Esports leagues **which are offered throughout the year**. More information will be shared by the coach and co-ordinator, Mr. John Templeton, near the start of the year.

## Intramural Hockey League (TDCHIHL)

TDChristian runs its own intramural hockey league, the TDCHIHL, on Fridays before school (and maybe after school depending on numbers). Information packages will be given out at the *Back in the Groove* night. If you have questions, contact Mr. Eric Vrieling at [hockey@tdchristian.ca](mailto:hockey@tdchristian.ca).

- This **co-ed, non-contact** league includes players of **ALL** skill and grade levels.
- Each team will have a staff member as a player and/or supervisor.
- The season ends with a single day playoff tournament.

## Open Gym Times and Fitness Room

- Students may play in the gym before school and at lunch. Open gym is available 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, are times that the gym may be open for student use. Check with Athletic Director, Mr. Hoving, if you are interested in using this time.
- Due to safety and insurance issues, students may only use the fitness room with approved supervision. Students on spare or staying after school who want to use the weight room should talk to Mr. Hoving. There will likely be weight room/fitness clubs that will take place at lunch. More information to come as that is rolled out.