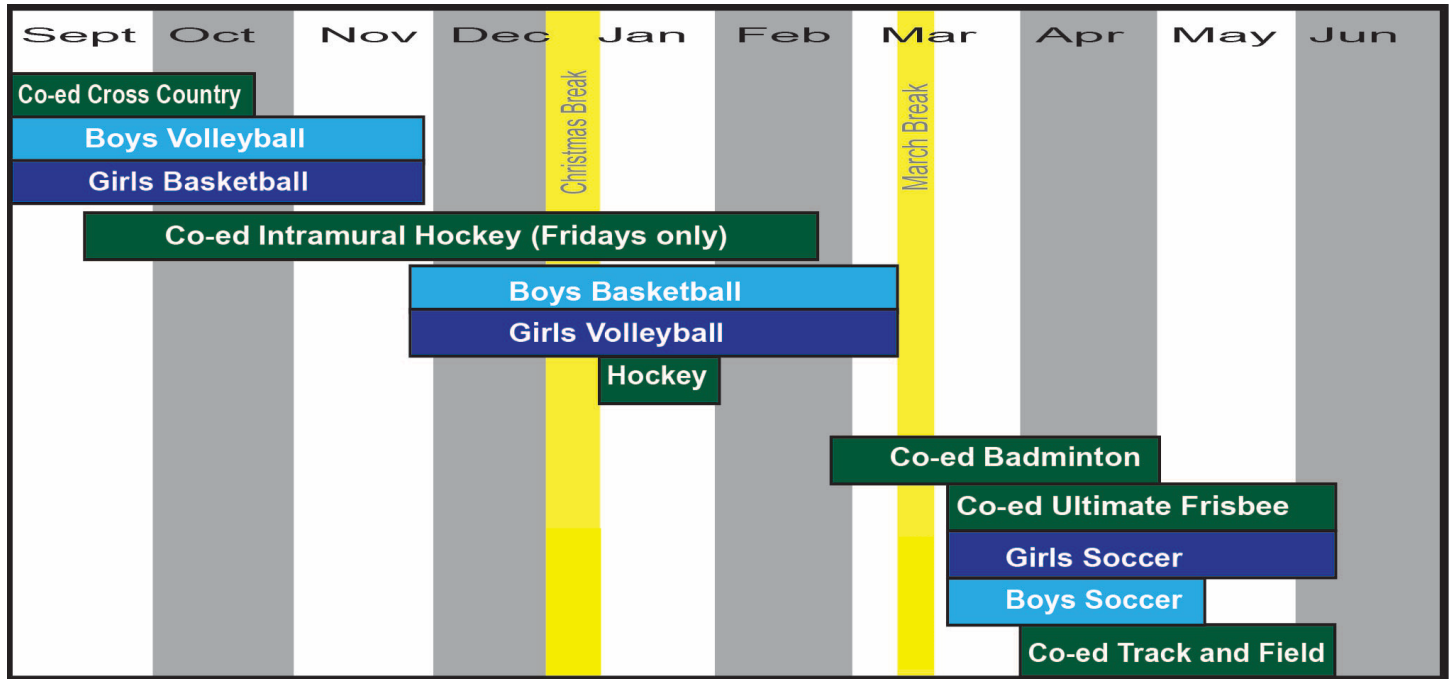


# FALCON Sports @ TDChristian 2023-24

## Team Calendar

TDChristian High School competes in a variety of sports in York Region (YRAA – yraa.com), Ontario Championships (OFSAA, when we qualify) and the Ontario Christian High Schools (OCSSAA). All teams are coached or run by staff members. Some teams also have a parent/guardian or community coach.



## 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 2009 or later, start high school this year)  
Junior (born 2008 or later)  
Senior (born 2004 or later, start high school after Aug. 2019)

## Intramural Hockey League (TDCHIHL)

TDChristian runs its own intramural hockey league, the TDCHIHL, on Fridays before school (and maybe after school depending on numbers). Sign up sheets will be given out at the *Back in the Groove* night and are available on the Splash! page. 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.
- Due to safety and insurance issues, students may only use the fitness room with approved supervision. All students looking to use the weight room must fill out the *Weight Room Expectations and Consent form found on the Splash! page under Student Information* which also needs to be signed by a parent/guardian/or homestay. Completed forms are to be submitted to the office before use of the weight room.