



Welcome to the Trinity Athletic Map. We hope you will enjoy partnering with Athletics to ensure a deep and rich experience across your high school years.

Trinity Lions Varsity Athletic Plan							
Name:	Advisory:						
	Sport considering						
	9th Grade	How many years have you played?	Did you play in MS? If so, how long? Any club teams?	Comments	Connecting with coaches. (please note below any outside coaches/trainers)	Recommendations? Strength and Conditioning? Other sports? Camps? Workouts?	Notes for Athletic Trainer - health and wellness check, modifications, support needed.
Fall					<input type="checkbox"/>		
Winter					<input type="checkbox"/>		
Spring					<input type="checkbox"/>		
Intra-Murals							
	10th Grade						
Fall					<input type="checkbox"/>		
Winter					<input type="checkbox"/>		
Spring					<input type="checkbox"/>		
	11th Grade		Recommendations: Leadership opportunities: S.A.L.T/Captain/Capstone/Blue/Gold nights/sports information	College aspirations: 1. Meet with college counsellor 2. Meet with coach and A.D. 3. List and action plan developed			
Fall					<input type="checkbox"/>		
Winter					<input type="checkbox"/>		

Spring					<input type="checkbox"/>		
	12th Grade						
Fall					<input type="checkbox"/>		
Winter					<input type="checkbox"/>		
Spring					<input type="checkbox"/>		
Have you played on other teams/AAU/club? If yes,							
Do you want to play in College? If yes, which sport:							
Date completed:							
9th grade							
10th grade							
11th grade							
12th grade							
Links: Healthy Sports Index							
<a href="#">Here</a>							
Training programs							
Other recommendations							