



Gregg Grinsteinner  
Athletic Director  
810 Empire Road – P.O. Box 1177  
Dickinson, ND 58602  
P: (701) 483-6081 F: (701) 483-1450  
Gregg.Grinsteinner@k12.nd.us

July 19, 2021

Dear Titan Parents,

It is hot. It is almost the end of July. That means the fall sports season is not too far away. With that being said, I would like to give you some important reminders before our seasons start.

1. Our fall sports parent meeting will be Tuesday, August 3 in the auditorium at 6:00 PM. We ask that you and your student-athlete(s) be there to listen to important information from Fr. Hochhalter, each sport's coaches, and from myself. **Please be on time!**
2. Your student-athlete, grades 7 – 12, must have a new physical **BEFORE** they will be able to practice. This is especially important to check for any underlying conditions. We also recommend any student/athlete grades 5 – 6 to have a physical as well even though they are not required.
3. Also on the Trinity website are all the forms your student-athlete needs to have filled out and signed before they may practice. These forms are the following:
  - Physical form
  - Concussion and Impact Testing – Impact testing if baseline testing was not done last year (more details to come.) **Dates: Wed., Aug. 4 10:00 – Noon, Thur., Aug. 12 10:00 – Noon.**
  - Insurance form for each family
  - Trinity and NDHSAA Student-Athlete Code of Conduct and Rules form

*These forms need to be completed and uploaded to rSchool Today via the Trinity Catholic Schools website ([www.trinitycatholicschools.com/titan-athletics](http://www.trinitycatholicschools.com/titan-athletics)). **Athletes will NOT be able to practice or participate until all of these forms are signed and turned in. If you have any questions on this, please contact Pam Wegleitner in the Trinity Catholic Schools Business Office ([pam.wegleitner@k12.nd.us](mailto:pam.wegleitner@k12.nd.us) OR (701) 483-6092).***

4. Starting dates for fall sports are as follows:
  - Football – Monday, August 9
  - Volleyball – Monday, August 16
  - Cross Country – Monday, August 9 (Co-op with Dickinson High)
  - Girls Golf – Monday, August 9 (Co-op with Dickinson High)
  - Girls Swimming & Diving – Monday, August 16 (Co-op with Dickinson High)
  - Boys Soccer – Monday, August 2 (Co-op with Dickinson High)

Please feel free to contact Trinity or myself if you have any questions. Enjoy the rest of the summer!

Gregg Grinsteinner, AD  
Trinity High School