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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. After a physical is completed it must be uploaded online on the Activity Registration page on the Trinity website. The following policies will need to be read and complete the check boxes that are shown, your registration form will not be saved if this is not completed. Please read, check the appropriate boxes and sign at the bottom of each form and select submit.
 - **NDHSAA Concussion Management Procedure**
 - **Trinity and NDHSAA Student-Athlete Code of Conduct and Rules**
 - **Medical Insurance Coverage for Extra-Curricular Activities**
 - **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.

You can find the online activity registration link and instructions at the Trinity Catholic Schools website (<https://trinitycatholicschools.com/registration-and-information>). (Athletes will **NOT** be able to practice or participate until all of this info is completed online. If you have any questions on this, please contact Pam Wegleitner in the Trinity Catholic Schools Business Office (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