

Holy Trinity Athletics



Holy Trinity Athletic Program Philosophy

The purpose of the athletic program at Holy Trinity is to complement the home, church and school in the development of the “Whole person”. Activities of the program are for the benefit of the children, suited to their age and physical growth. At Holy Trinity the Athletic program will provide a variety of student athletic opportunities intended for the positive development of all participants.

The primary function of the Holy Trinity athletic program is not the development of exceptional athletes or championship teams. Rather, it must be the development of student athletes who genuinely display the Christian qualities of good sportsmanship and fair play in every aspect of life.

Remember that the focus of Holy Trinity Athletics is educational, - to teach the fundamentals of the sport, to teach teamwork, and the ability to win and lose in the spirit of good sportsmanship.

Like in the academic arena, the Holy Trinity Athletic Program follows a “building block” approach in each athletic activity.

Grades 5-6 Focus teaching fundamentals and allowing maximum participation of all participants.

Grades 7-8 Increased fundamental skill development while introducing the athletes into a competitive team environment, utilizing minimum playing time requirements Throughout the four (4) years of participation, certain goals are worked toward at all times. These include;

- Meet the Holy Trinity mandated playing time requirements at all times.
- Reward additional playing time above and beyond the Holy Trinity minimum based on displayed positive behaviors. I.E. Work habits, positive attitude, effort, improved skill level, scholastic performance, Christian behavior.
- Teach the fundamental skills of each activity, and assure that a positive athletic experience is provided for all participants.
- Increase the FITNESS level of each athlete by incorporating physical exercise and conditioning to each practice.
- Incorporate PRAYER into each game and practice session.

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Holy Trinity Athletic Program Objectives

The objectives that we strive to accomplish within the Holy Trinity Athletic Program are;

1. **Christian beliefs** — Support the development of Christian beliefs as taught in our school. To teach important life lessons such as: responsibility, encouragement, commitment, dedication, honest and fair play, and humility.
2. **Teamwork** — To learn the importance of teamwork, requiring self-discipline, respect for authority, and the spirit of hard work and sacrifice. To give priority to the accomplishment of team vs. personal objectives.
3. **Enjoyment** — To encourage personal satisfaction from enjoyable recreational activity.
4. **Sportsmanship** — To accept success and defeat, while striving toward best efforts regardless of the outcome.
5. **Physical/Athletic Improvement** — To build individual self-confidence by encouraging the desire to improve and excel as an athlete through the process of goal setting and monitoring of personal achievement.
6. **Physical Health** — to recognize the need for physical fitness in the wholesome growth of the child. To encourage physical fitness through exercise and good health habits.
7. **Social Development/Citizenship** — To promote encouragement of your family and friends. It is the responsibility of every athlete to show appreciation for those who invest in your participation through their support.
8. **Responsibility to Your School** — Facilitate the understanding that our athletes are representing of our school at all times. As a coach, your conduct and attitudes are viewed as that of Holy Trinity itself. This position should be perceived as a privilege and regarded with honor
9. **Player Participation** — To improve all individuals' skill levels so as to be able to achieve equal playing time for all participants at all grade levels.