As you seek to find the school that best suits your educational needs, perhaps the best way to begin to get to know Trinity School is to examine the promises and commitments expressed in our mission statement, “Our Idea of Excellence,” for there you find the best, most succinct expression of the distinctive vision that governs our operations and our aspirations.

Like other great schools, Trinity promises to offer a balanced educational program for body and mind, heart and soul; incorporating the arts, athletics, and community service: “We are called to challenge the minds, fire the imaginations, and train the bodies of the young people who have been entrusted to us; to enlarge their spiritual lives; and to increase their capacity for mutual and self-respect.” Like other schools devoted to the liberal arts, we seek to give our students “the tools of rigorous and passionate intellectual inquiry and self-expression.” And, like many other schools in New York City and beyond, we care passionately about the ethical as well as intellectual development of our students, seeking to develop enlightened and engaged citizens: “We must lead them to distinguish between right and wrong and then do what is right so they can be persuasive and courageous citizens.”

What, then, is distinctive about our mission? Perhaps most notably, our mission uniquely elaborates how extensively a Trinity education is connected to the exceptional city in which we live: “We will engage the larger communities of city, nation, and world of which we are a part. We will serve our neighbors. We will live fully in our city—exploring its byways and playing over its terrain. We will learn its history and traditions, and what it can teach us of the arts and sciences. We will embody and celebrate its diversity.” From Lower School field trips at Dead Horse Bay to Upper School Community Time speakers, and community service efforts in every division, the School seeks not only to make the best use of the extraordinary educational resources surrounding the School, but also to give back to the city that gives so much to us.

“I KNOW OF NO OTHER SCHOOL THAT EXPRESITELY ARTICULATES ITS MISSION AS AN ACT OF LOVE AND CONCEIVES OF EXCELLENCE PRIMARILY AS A COLLECTIVE ACHIEVEMENT BUILT UPON CARING RELATIONSHIPS.”
From our enriching relationship with the city springs the School’s distinctively strong commitment to diversity: “We will embody and celebrate its diversity.” Deeply committed to creating a diverse, inclusive community of learners and teachers, Trinity enjoys a student body that reflects the ethnic, racial, socioeconomic, gender, familial, and religious diversity of the city it calls home. Seeking to move beyond a “Heroes and Holidays” approach to diversity, Trinity’s commitment to build a truly inclusive community is woven into the fabric of our mission and reaches into every corner of school life. We view diversity not as a special-interest agenda driven by political correctness, but as an integral part of the way in which we enlarge every student’s “capacity for mutual and self-respect”: “In our commitment to diversity, we must show our students how to be colleagues and friends so they can act out of respect and love.” I know of no other school that explicitly articulates its mission as an act of love and conceives of excellence primarily as a collective achievement built upon caring relationships.

While Trinity, like many schools, envisions its mission as “preparatory,” we aspire to be much more than just a college preparatory school: “We intend to prepare students to learn confidently for the rest of their lives and to give generously and joyfully to others.” Talk of college is deliberately excluded from our understanding of excellence, for we believe that a narrow focus on college, with its attendant preoccupation with perfectionistic résumé building, will diminish rather than nourish our students’ growth. We seek to direct our students’ attention to a broader, richer understanding of human excellence, expressed in the classical tradition (and in our school motto) as “virtute.”

As signaled by the mission’s repeated use of the language of vocation and calling to describe our work here, the pursuit of excellence at Trinity is perhaps better conceived as a spiritual process, in which students develop over time an increasingly capacious understanding of their unique role as giving, thinking citizens in a larger world in need of their talents and care: “We must ask our students what they believe in so they can know themselves in the world.” In part, we accomplish this through community service and chapel programs that call students not only to grow into their best selves, but also to reach out to address needs and realities greater than themselves. By encouraging students to make connections between learning in our classrooms and life beyond Trinity, by integrating learning and giving, we seek to offer students a sense of perspective, to enable them, while here, to begin the life-long process of discerning their responsibilities to others. The School believes that such perspective is essential to students’ own sense of balance, health, and fulfillment; fostering such perspective is one of the essential ways in which we strive to “keep our students safe and well.”

While our mission statement and this viewbook are wonderful texts to study as you begin your education about Trinity, the best way to get a sense of the place is to meet our students and teachers. Unsurprisingly, our mission statement begins by directing your attention to them and to the remarkable relationships they build inside as well as beyond our classrooms: “The conversation between student and teacher is the heart of our school; all that we do must be born of and nourish that relationship.” We welcome you to the centuries-old and ever-new humane conversation that is Trinity School.

“PERHAPS MOST NOTABLY, OUR MISSION UNIQUELY ELABORATES HOW EXTENSIVELY A TRINITY EDUCATION IS CONNECTED TO THE EXCEPTIONAL CITY IN WHICH WE LIVE.”
our idea of EXCELLENCE

OUR VOCATION.
The conversation between student and teacher is the heart of our school; all that we do must be born of and nourish that relationship. We are called to challenge the minds, fire the imaginations, and train the bodies of the young people who have been entrusted to us; to enlarge their spiritual lives; and to increase their capacity for mutual and self-respect. We intend to prepare them to learn confidently for the rest of their lives and to give generously and joyfully to others. We can accomplish these things only if we keep our students safe and well while they are in our charge.

OUR OBLIGATION.
We must ask our young people what they believe in so they can know themselves in the world. We must give them the tools of rigorous and passionate intellectual inquiry and self-expression so they can grow. In our commitment to diversity, we must show our students how to be colleagues and friends so they can act out of respect and love. We must lead them to distinguish right from wrong and then do what is right so they can be persuasive and courageous citizens.

OUR PROMISE.
As a school community with these purposes and responsibilities, we will engage the larger communities of city, nation, and world of which we are a part. We will serve our neighbors. We will live fully in our city—exploring its byways and playing over its terrain. We will learn its history and traditions, and what it can teach us of the arts and sciences. We will embody and celebrate its diversity.

OUR MEANS.
Labore et virtute. The terms of our motto, hard work and moral excellence, are meant to strengthen us as we pursue the promise and joy of Trinity School. We ask Trinity families, alumni, and friends to join us in taking on this high calling.
Trinity School was founded in 1709. We continue to write our history with every new day.
Middle School is the time for students to dive ever deeper and cross discipline boundaries, as they continue to hone discrete skills and abilities. It is a delicate time—still close to early childhood and yet not far from high school and college. During these ages, habits of mind and body can become lifelong tools. A close and nurturing relationship with a homeroom advisor, chapel program, and “chalk talks” help Middle School students explore their own identities, enhance relationships with peers, and come together as a group—building a stronger sense of who they are and where they fit in, in the world.

An important center of this evolution is access to many supportive adults. Daily meetings with faculty advisors during homeroom provide emotional, social, and academic support throughout the school year. Further insight and care is available from our school psychologist, who ensures that students have the support they need to cope with the many normative cognitive, physical, and emotional changes of adolescence.

This is an age rife with discovery. Middle School students test themselves and their communities. Supremely capable of wonder, they begin to take on greater intellectual challenges with enthusiasm and confidence; this is the result of their lively discussions with passionate teachers who are experts in their respective fields. By the eighth grade, students are immersing themselves in Shakespeare, competing in sports, scanning Latin, performing on stage, and solving quadratic equations. The spark of curiosity is alive and well in the Middle School.
“IT’S A VERY TYPICAL TRINITY STUDENT WHO WANTS TO BE INVOLVED IN MANY DIFFERENT THINGS. OUR STUDENTS ARE VERY CURIOUS ABOUT EVERYTHING IN LIFE.”
GRADES FIVE AND SIX
Computer
English
French/Spanish
Learning Center
Geography
History
Latin (beginning in Grade Six)
Library Studies
Mathematics
Performing Arts
Physical Education and Fitness
Religion, Philosophy, and Ethics
Science
Study Skills
Visual Arts

GRADES SEVEN AND EIGHT
Similar course of study, with the option of participating in athletics as part of the fitness requirement, and an increase in the number of electives offered in the arts.

ADDITIONAL ELEMENTS IN THE MIDDLE SCHOOL DAY
Advising Periods/Homeroom
Chalk Talk
Chapel
Clubs/Electives
Community Service
Community Time
Field Trips
Life Skills
“We want students to be mindful enough to create strategies for all that life can throw their way.”

“This place really values humility. And that breeds a certain strength in everyone.”
Students in the Upper School celebrate the responsibility of keen inquiry. The atmosphere is wonderfully academic, vibrant with insight. We do not ask students to simply take a formula or a procedure and regurgitate it in different contexts. We encourage them to wrestle with underlying concepts and see how complex ideas function. This curiosity spans classrooms, stages, laboratories, and playing fields.

Performing arts during the day, rich and varied extracurricular offerings, and community programs also contribute to Trinity’s unique tapestry. Opportunities abound to explore, strengthen, and cultivate numerous interests and peer relationships. We encourage students to take risks and to learn from their mistakes. You’ll see our motto—*Labore et virtute*—woven throughout the days and months, as hard work and moral distinction come alive through critical thinking and compassion for one another.

Then it all comes together four days each week during community time. This morning gathering houses performances, insights, and ideas, presented as often by students as by guests and faculty. It is our time to grasp and discuss topics we face within our school walls, our city, our nation, and the world. It is time to fuse individual and communal strength with humility.

**COURSES REQUIRED FOR GRADUATION**

- 4 years of English
- 3 years of history
- 3 years of mathematics
- 2 years of a lab science
- 3 years of a classic or modern language
- 1 semester of religion, philosophy, or ethics
- 2 semesters of visual or performing arts

Peer Leadership and Grade 9 Groups, Health 10, Health 11 (First semester), Health 12 (Second semester)

- 4 years of physical education and fitness or interscholastic team participation

*Trinity students routinely exceed the minimum course requirements for graduation.*
“THIS IS A VERY ENGAGED AND DEVOTED COMMUNITY. STUDENTS AND FAMILIES ARE MADE TO FEEL WELCOME AND IMPORTANT. THE BONDS HERE RUN DEEP.”
**CLASSICS**
Greek I
Greek II
Greek III
Latin Caesar and Vergil
Latin Epic
Latin Essentials
Latin Prose
Roman Philosophy

**COMPUTER**
Advanced Computer Science
Computer Science I and II
Independent Advanced
Computer Science
Technology: Problem Solving
Technology: Creativity
Additional Electives

**ENGLISH**
English 9
Students read *As You Like It*, *The Catcher in the Rye*, and *The Odyssey*.

English 10
Texts may include *Macbeth*, *Pride and Prejudice*, and *The Canterbury Tales*.

English 12
Students choose separate courses from a list of offerings—one each during fall and spring semesters.

Past Course Offerings
for English 12:
Creative Writing,
Crime and Transgression,
Jewish-American Literature,
Journalism, Joyce’s *Ulysses*,
Russian Literature,
Modern Poetry, Satire,
Novels of Jane Austen, and
Works of James Baldwin.

English Elective
Available to juniors and
seniors in addition to
English 11 and 12.

**HISTORY**
American History
China Today
Crisis and Change
Cultural Studies: Hip Hop
Cultural Studies: Gender and Sexuality
Globalization and its Discontents
Global 1968
History of Modern China
History of Psychology
Modern European History
Popular Culture
Understanding Gotham
Additional Electives

**MATHEMATICS**
Algebra
Integrated Math 1
Integrated Math 1 Honors
Integrated Math 2
Integrated Math 2 Honors
Pre-Calculus
Pre-Calculus Honors
Statistics (AP)
Calculus AB (AP)
Calculus BC (AP)
Interschool: Advanced Topics in Mathematics

**MODERN LANGUAGES**
Advanced Francophone Literature
Advanced French Conversation
Advanced Hispanic Film and Culture
Advanced Spanish Conversation
French I, II, III, and IV
French II and III Honors
French Language (AP)
Mandarin I, II, III, and IV
Spanish I, II, III, and IV
Spanish II and III Honors
Spanish Language (AP)
Spanish Literature (AP)
Spanish Review

**RELIGION, PHILOSOPHY, AND ETHICS**
Literature and Asian Religions
Medical Ethics
Religious Phenomenology
Sin and Redemption
Senior Independent Study
Violence, Human Nature, and Moral Action
Additional Electives

**SCIENCE**
Advanced Biology
Advanced Chemistry
Advanced Genetics
Advanced Physics
Astronomy and Modern Physics
Biology
Chemistry
Environmental Science
Introduction to Genetics
Physics
Psychology
Additional Electives
ADVANCED PLACEMENT EXAMINATIONS

Art History
Biology
Calculus AB and BC
Chemistry
French Language
Latin Caesar and Vergil
Macroeconomics
Microneconomics
Physics
Spanish Language
Spanish Literature
Statistics

SAT-II SUBJECT TESTS
(9th, 10th, and 11th Grades)

American History
Biology E/M
Chemistry
Chinese Listening
French
German
Italian
Japanese Listening
Korean Listening
Latin Literature
Math Level 1
Math Level 2
Modern Hebrew
Physics
Spanish
World History

“COMPUTER SCIENCE HERE IS REALLY COOL. THE ATTITUDE IS VERY WELCOMING. IT’S ABOUT THE CULTURE OF PROGRAMMING AS MUCH AS IT IS ACTUAL CODE.”
Chapel represents a distinct and important aspect of life at Trinity—one that encourages individual reflection and strengthens our common life. The weekly programs at Trinity are a collaborative effort among students, faculty, parents, guest speakers, and alumni. With a structure rooted in our Episcopal heritage, Chapel today draws on all religious and philosophical traditions that are a part of the modern Trinity family—agnostic, atheist, Buddhist, Christian, Hindu, Jain, Jewish, and Muslim. It is a place where all are welcome. We play music, tell stories, learn, share, and grow together. Chapel programs build community, allow us to discuss and celebrate diversity, and inspire us to live engaged lives that encompass needs and realities larger than our individual selves.

In the Middle School, Chapel provides a context for growing minds to explore the varied perspectives of presenters, allowing conversations about spirituality, ethics, and communal life to flourish. Middle School students actively participate by performing music, speaking to their peers, and by planning chapel services as well. Community service projects are highlighted and Eighth Grade speakers share wisdom annually with their younger peers. In this way, Middle School students begin to take increased ownership of Chapel in preparation for the Upper School.

By the time students reach the Upper School, members of the student Chapel Council take the lead in planning and implementing much of the chapel program. Once a service begins, sound alternates with silence, providing a mindful sanctuary in the midst of a busy school week. Students, faculty, and guests not only speak to the gathering, but offer music as well. Community Service opportunities are announced and celebrated. In the spring several senior speakers address the community.

The Chapel program lies at the spiritual, moral, and communal center of life at Trinity, helping to shape a culture that is not only critically aware but spiritually reflective as well. It is the sacred space where students and faculty come together to examine what it means to be human in the largest sense, to consider how they can live together with care, and to explore different approaches to lives well lived. Here, students glean insights from each other, from faculty, and from community leaders in a way that is honest and open. Here, students are given an opportunity to enrich and deepen their journeys through Trinity and beyond it as well.

**SAMPLE CHAPEL PROGRAMS**

- Lunar New Year
- Dragon Dance
- Jazz Chapel
- Diwali Celebrations in South Asia and New York
- Rosh Hashanah and Good Intentions for a New School Year
- Martin Luther King Jr.’s “Letter from Birmingham Jail.”
- Upper School Teachers on Spirituality: Yoga, Music, Meditation, and Reading as Spiritual Practice
- An All Souls’ Day Commemoration of Trinity’s Departed
- Valentine’s Day Chapel on Different Forms of Love
- Passover and Easter

**SAMPLE CHAPEL THEMES**

- Make the Most of Every Day
- Metamorphosis
- Wonder
- Pilgrimage
- Who is My Neighbor?
LEARNING TO ACT OUT OF RESPECT AND LOVE

From the Chapel experience, it is easy to understand how and why Trinity’s community service efforts continue to grow and thrive each year. Students in the Middle and Upper School can be found working together in service to and for the Trinity neighborhood. We hear from many students that community service is one of the most rewarding aspects of school life. Trinity students find purpose and fulfillment in serving their neighbors.

“I THINK CHAPEL HERE IS REALLY GREAT. IT’S A SPACE WHERE WE THINK ABOUT FAITH, WHERE WE THINK ABOUT RELIGIOUS TRADITIONS, AND WHERE WE THINK ABOUT WHO WE ARE AS SPIRITUAL BEINGS.”

“I REALLY APPRECIATE THE MEDITATIVE ASPECT OF CHAPEL. IT’S NOT JUST A RESTING PLACE, BUT A VENUE FOR LISTENING TO THE SPIRIT, TOGETHER. IT HELPS OUR COMMUNITY BE MORE THOUGHTFUL.”
The diversity of ways students learn how to think, to solve problems, and to understand humanity is often best experienced through performing and creating. The arts at Trinity provide meaningful opportunities to understand and express emotions, engage in an ensemble of other like-minded people, to hone craft and expand capacity for self-reflection and mutual trust. Students develop a sophisticated appreciation for aesthetics; discover that practice, repetition, and discipline pay off; and experience the joy that comes with creativity in full bloom.

### MIDDLE SCHOOL

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<tr>
<th><strong>VISUAL ARTS</strong></th>
<th><strong>PERFORMING ARTS</strong></th>
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<tbody>
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<td>Ceramics</td>
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<td>Digital Photography</td>
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<td>Drawing and Mixed Media</td>
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<td>Drawing and Painting</td>
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<td>Drawing and Printmaking</td>
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<td>Sculpture</td>
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<td>Studio Art</td>
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<tr>
<td><strong>PERFORMING ARTS</strong></td>
<td><strong>VISUAL ARTS</strong></td>
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<tr>
<td>Beginning Acoustic Guitar</td>
<td>Advanced Photography</td>
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<tr>
<td>Chorus</td>
<td>Advanced Practices in Art</td>
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<tr>
<td>Computer Music</td>
<td>Art History (AP)</td>
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<td>Drama</td>
<td>Ceramics</td>
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<tr>
<td>General Music</td>
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<tr>
<td>Instrumental Music</td>
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<td>Orchestra</td>
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<td>Theater Lab</td>
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<td>Issues in Art Making</td>
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<td>Senior Studio</td>
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### UPPER SCHOOL

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<tr>
<th><strong>PERFORMING ARTS</strong></th>
<th><strong>VISUAL ARTS</strong></th>
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<tbody>
<tr>
<td>Improv</td>
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<td>Jazz 9</td>
<td>Advanced Practices in Art</td>
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<tr>
<td>Madrigal Singers</td>
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<tr>
<td>Music Theory I and II</td>
<td>Ceramics</td>
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<tr>
<td>Musical Theater</td>
<td>Drawing</td>
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<td>One-Act Plays</td>
<td>Independent Advanced Photography</td>
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<td>Play Production</td>
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<tr>
<td>Playwriting</td>
<td>Introduction to Art History</td>
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<tr>
<td>Production Workshop</td>
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<td>Public Speaking 9</td>
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<tr>
<td>Scene Study and Performance</td>
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<tr>
<td>Theater II, III, and IV</td>
<td>Painting</td>
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<tr>
<td>Theater 9</td>
<td>Printmaking</td>
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theARTS
“The culture at Trinity is very supportive. It takes bravery to go in front of the entire school and say ‘This is who I am.’ And yet, students take those leaps here all the time.”
Our habit of instilling brave curiosity and diligent effort has enabled Trinity to thrive as New York City’s oldest continuously operating academic institution. This legacy is known far beyond Manhattan, helping affirm Trinity as one of the best schools and its students as many of the best in the country, decade after decade.

Through our chapel programs and our commitment to celebrating and honoring the differences among us, we strive to cultivate a courageous and generous spirit and a loving heart in each of our students.

This culture strengthens and encourages the very highest standards for academic performance and intellectual rigor across the liberal arts. Our coursework, from Kindergarten through twelfth grade, provides meaningful and challenging opportunities for both individual and communal achievement. We empower students with the desire and the means to reach their highest potential.

“YES, TRINITY HAS PREPARED ME FOR COLLEGE. BUT MORE IMPORTANTLY, IT HAS PREPARED ME TO THINK BROADLY, TO ACT AS A GLOBAL CITIZEN. I’M MUCH MORE CONFIDENT ABOUT MY FUTURE.”
Amherst College 7
Babson College 3
Bard College 4
Barnard College 3
Bates College 4
Bennington College 1
Boston College 4
Boston University 4
Bowdoin College 7
Brandeis University 1
Brigham Young University 1
Brown University 18
Bryn Mawr College 2
Bucknell University 4
Carleton College 2
Carnegie Mellon University 2
Columbia University 12
Colgate University 12
The College of William & Mary 4
Colorado College 2
Cornell University 29
Dartmouth College 12
Davidson College 3
Denison University 1
Dickinson College 1
Duke University 16
Elon University 1
Emory University 12
Eugene Lang College
The New School for
Liberal Arts 1
Fordham University 2
Franklin & Marshall College 1
George Washington University 6
Georgetown University 10
Hamilton College 14
Harvard University 31
Haverford College 3
Hobart and William
Smith Colleges 1
Ithaca College 1
The Johns Hopkins
University 14
Kenyon College 9
Lafayette College 1
Lehigh University 4
Macalester College 3
Massachusetts Institute
of Technology 8
Middlebury College 9
Mount Holyoke College 1
New York University 15
Northeastern University 2
Northwestern University 9
Oberlin College 5
Occidental College 2
Pace University 1
Pennsylvania State
University 2
Pitzer College 1
Pomona College 4
Princeton University 13
Reed College 3
Rensselaer Polytechnic
Institute 1
Rhodes College 1
Rice University 3
Rochester Institute
of Technology 1
Scripps College 1
Sewanee: The University
of the South 1
Skidmore College 6
Stanford University 7
State University of New York
at Albany 1
State University of New York
at Binghamton 1
State University of New York
at Stony Brook 3
Swarthmore College 1
Trinity College 3
Trinity College Dublin 1
Tufts University 4
Tulane University 4
University of California,
Santa Barbara 1
University of Chicago 9
The University of Edinburgh 2
University of Miami 1
University of Michigan 7
University of Pennsylvania 40
University of Redlands 1
University of Rhode Island 1
University of Richmond 3
University of St Andrews 2
University of Southern
California 4
The University of Texas
at Austin 3
University of Virginia 4
University of Wisconsin—Madison 3
Vanderbilt University 6
Vassar College 3
Wake Forest University 1
Washington University
in St. Louis 10
Wesleyan University 10
Whittier College 1
Williams College 3
Yale University 24
The capacity to learn intensifies throughout Middle School. Students encounter increased complexities and the realities of constant change—so life skills are emphasized. Physical education ramps up because healthy bodies enable healthy minds. Service to each other and to our community become important constants and a part of a healthy balance. Participation in Chapel enables everyone to benefit from perspective and serenity. Meanwhile, academic challenges continue to spread far and wide, encouraging students to excite and surprise themselves.

Upper School students are engaged in focused activity, honing skills to serve them throughout life. They will grapple with moral questions through religion and history courses. They will embody a playwright’s idea by acting it out. They will understand mobile technologies by writing code. They will scan Latin or converse in Mandarin. There is so much to do. Alone and together, Upper School students engage in song, volunteer work, varsity sports, and preparation for college admissions. They publish. They plan and preach. They share who they are becoming with the world. It is a very full life, yet marked all the while with moments of peaceful, intimate insight. What better way is there to prepare for what comes next?
“The schedule can be tough—midterms in the same week as basketball games and practices. But they help you figure it all out. It’s great preparation for college and life.”
Physical Education and Fitness and Athletics at Trinity provide a wide range of opportunities for students to instill habits that sustain an active and healthy lifestyle. Whether holding a racquet for the first time or honing that perfect serve, students at Trinity will find that the athletic program offers something for everyone. Our programs encourage self-discipline, self-sacrifice, teamwork, and sportsmanship. Students develop a solid base of skills and understanding, as well as loyalty and pride in themselves and the school community.

Our Physical Education and Fitness curriculum focuses on the foundations of health, exercise, and individual and team sports. Fitness classes teach the rules and the skills required to participate in a whole range of activities, including yoga and swimming. For students who wish to sharpen their skills and compete, Trinity’s Athletics Department offers varsity and junior varsity interscholastic programs. Students in the Middle and Upper Schools are encouraged to join one or more athletic teams.

**PHYSICAL EDUCATION AND FITNESS CURRICULUM**

**GRADES FIVE AND SIX**
- Baseball
- Basketball
- Cooperative Games
- Dance
- Fitness
- Lacrosse
- Soccer
- Softball
- Swim
- Track and Field
- Volleyball
- Wrestling

**GRADES SEVEN AND EIGHT**
- *Choice of Physical Education Club:*
  - Cooperative Games
  - Interscholastic Athletics
  - Personal Fitness
  - Running

**GRADE NINE**
- Basketball
- Core Strength and Agility
- Fitness
- Flag Football
- Floor Hockey
- Golf
- Kickball
- Running
- Swimming
- Tennis
- Ultimate Frisbee
- Volleyball
- Weight Training

**GRADES TEN THROUGH TWELVE**
- Badminton
- Basketball
- Cardio-Walk
- Core Strength and Agility
- Dance
- Fitness
- Flag Football
- Floor Hockey
- Golf
- Kickball
- Running
- Spin
- Swimming
- Tennis
- Ultimate Frisbee
- Weight Training
- Yoga
MIDDLE SCHOOL ATHLETIC TEAM OFFERINGS

Teams meet four times a week. Tryouts are held at the beginning of each season.

BLUE TEAM emphasizes individual skills, team building, and scrimmages over competition. There are four to eight games per season.

GOLD TEAM offers a more rigorous program for students ready for interscholastic competition. There are eight to twelve games per season.

ATHLETICS IN THE UPPER SCHOOL

PARTICIPATION IN ATHLETICS

35 Upper School teams in 22 sports
77% of Upper School students play at least one sport
46% of Upper School students play two sports
21% of Upper School students play three sports

FALL
BOYS TEAMS
Cross-Country
Soccer
GIRLS TEAMS
Cross-Country
Soccer
Tennis
Volleyball

WINTER
BOYS TEAMS
Basketball
Swimming
Wrestling
GIRLS TEAMS
Basketball
Swimming

SPRING
BOYS TEAMS
Baseball
Basketball
Lacrosse
Tennis
Track and Field
GIRLS TEAMS
Lacrosse
Softball
Track and Field
Much of what defines Trinity’s culture, beyond its academic, artistic, and athletic excellence, lies in the opportunities available through extracurricular clubs and activities. These programs help students forge friendships, learn to work collaboratively, take on leadership roles, manage their time, and engage in the larger world. Through exposure to new interests, students deepen their knowledge about themselves and the human condition while savoring the pleasures of possibility.
“Trinity boasts such a wide range of personalities. And you’re encouraged to discover them all, to better understand your own sense of self.”

Smart Team
Sons of Pitches
South Asian Society
Sports and Social Issues Club
Stage Crew
Stand Up Comedy Club
Statistics in Sports
Survey Club
Tech Club
3-D Printing Club
Tiger Zone
Trinity Feminism Club
Trinity GSA
Trinity Cycling Crew
Trinity Ultimate Tigers
Trinity Writers Workshop
Trinlit Book Club
Trinprov
Urban Safari
Vegetarian Affairs Club
Web Creators Club

**UPPER SCHOOL PUBLICATIONS**

**BRUNER**
school yearbook

**COLUMBUS**
literary magazine

**COMMON SENSE**
political magazine

**DISCOURSE**
political magazine

**DIVERSION**
modern language magazine

**PULSE**
cultural magazine

**SYNAPSE**
science magazine

**TRINITY TIMES**
student newspaper

**VISION**
visual arts magazine
PURSUING EXCELLENCE AS A COURAGEOUS CITIZEN.
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