TRINITY ATHLETICS
FOR APPLICANTS IN 2020-2021
TRINITY TIGERS

The Trinity School mascot is the tiger, known for its ferocity. However, as tigers are not generally considered to be good swimmers, the boys and girls swim teams are known as the Trinity Tunas, and the coed water polo team is known as the Trinity Tiger Sharks.

ATHLETICS FACILITIES

Trinity’s campus boasts three gyms, two tennis courts, two pools, one turf field, and one wellness center. Additional athletics training and competition occurs throughout New York City and its environs including at the Armory Track and Field Center, Central Park, Cary Leeds Tennis Center, Randall’s Island, and Van Cortlandt Park.

The “turf” is Trinity’s private athletics field, providing onsite practice for baseball, indoor and outdoor track and field, lacrosse, soccer, and softball. These teams typically use the turf for one or two of the weekly practices, saving hours of travel time to facilities in other parts of the city.

The John McEnroe ’77 Tennis Courts are Trinity’s two onsite courts, providing practice opportunities for the boys and girls varsity and junior varsity tennis teams for one or two of the weekly practices, allowing for after-school teamwork without traveling hours every week to remote locations.

ATHLETICS LEAGUE

Trinity is a member of the Ivy Preparatory School League, one of the oldest, most competitive, and most prestigious athletics conferences in the United States. The league is composed of eight independent schools in the New York City area: Collegiate School, Dalton School, Ethical Culture Fieldston School, Hackley School, Horace Mann School, Poly Prep Country Day School, Riverdale Country School, and Trinity School.

ATHLETICS PRACTICES

Varsity teams practice or play every weekday, with occasional Saturday games and practices. Junior varsity teams also practice every weekday with occasional Saturday games, but no Saturday practices.

ELITE ATHLETES IN OTHER SPORTS

Many students at Trinity are elite athletes in sports that are not offered at the School. For these athletes in Grades Ten through Twelve, who dedicate themselves to outside activities, credit can be made available as if they were participating in Trinity athletics. Recent sports that have qualified for such credit include crew, fencing, horseback riding, ice-skating, and squash.

“Having the ‘turf’ is such a huge advantage at Trinity. I’m on three varsity teams and in the fall and spring our practice field is right on campus.”
COACHES
There are approximately sixty coaches for Trinity's Upper School teams. Of those coaches forty-five percent are members of Trinity's full-time faculty, and fifty-five percent are part-time coaches. Of the head varsity coaches, ninety percent are members of Trinity's full-time faculty.

ATHLETICS AWARDS
Every year a member of each team at Trinity is voted by her or his teammates to be the winner of the Junior Varsity Sportsmanship Award or of the Varsity Alumni Award. These awards acknowledge the hard work and dedication of these talented athletes.

For the teams that compete in the Ivy Preparatory School League, students may win the All-Ivy League awards. These recognize the most gifted athletes in the league.

At the end of every year, two seniors win special awards: the Headmaster’s Bowl and the Holden Cup. These awards recognize the best senior male and female athletes, who have played at least two sports all four years in the Upper School. Votes of the senior class determine the winners of these awards.

ATHLETICS PARTICIPATION
Trinity fields 32 teams in 22 sports

68% of students play at least one sport
37% of students play two sports
14% of students play three sports
RECENT NOTEWORTHY ACHIEVEMENTS

TEAMS

NYSAISAA RESULTS

BOYS TEAMS
- Golf
  Fourth Place
- Indoor Track and Field
  Champions
  (Third consecutive year)
- Lacrosse
  Quarterfinalist
- Outdoor Track and Field
  Second Place
- Soccer
  Runner Up
- Swimming
- Wrestling
  Fifth Place

GIRLS TEAMS
- Cross-Country
  Champions
- Indoor Track and Field
  Champions
- Outdoor Track and Field
  Fifth Place
- Softball
  Quarterfinalist
- Swimming
  Champions
- Volleyball
  Quarterfinalist

NYSAISAA CHAMPIONS

- Boys Indoor Track and Field
  Champions
- Boys Swimming
  (Sixth time in last seven years)
- Girls Swimming
  (Fifth consecutive year)

IVY LEAGUE

RUNDER-UP
- Volleyball

TOP FOUR
- 64% of Trinity Ivy Varsity Teams finished in the Top Four Schools

INDIVIDUALS

NYSAISAA CHAMPIONS

- Boys Indoor Track and Field
- Outdoor Track and Field
- Swimming
- Wrestling

NYSAISAA RECORDS

- 6 Indoor Track and Field
- 23 Swim athletes
“Homecoming is my favorite time of year at Trinity. All of the events are packed with alumni, parents, and students and the energy that they bring is electrifying.”

**NY STATE FEDERATION QUALIFIERS**
- 8 Cross-Country athletes
- 1 Golfer
- 22 Indoor Track and Field athletes
- 7 Outdoor Track and Field athletes
- 1 Tennis Doubles Team
- 1 Tennis Singles player

**IVY LEAGUE**
- 70 First Team All-Ivy League Athletes
- 3 Ivy Prep League Swim Records

**ALL AMERICANS**
- 1 Lacrosse athlete
- 1 Outdoor Track and Field athlete

**RECENT SCHOOL RECORDS**

**SWIMMING**
- **BOYS**
  - 50 Meter Freestyle
  - 200 Meter Medley Relay
  - 400 Meter Free Medley Relay
- **GIRLS**
  - 100 Meter Butterfly
  - 200 Meter Freestyle
  - 200 Meter Individual Medley

**INDOOR TRACK AND FIELD**
- **BOYS**
  - 60 Meters
  - 200 Meters
  - 400 Meters
  - Triple Jump
  - Weighted Throw
- **GIRLS**
  - 55 Meters
  - 60 Meters
  - 2 Miles
  - 4x800 Meter Relay
  - Distance Medley Relay
  - Weighted Throw

**OUTDOOR TRACK AND FIELD**
- **BOYS**
  - 110 Meter Hurdles
  - 2000 Meter Steeplechase
  - 3000 Meter Steeplechase
- **GIRLS**
  - 800 Meters
  - 2000 Meter Steeplechase
  - 4x800 Meter Relay

**COMPLETE TRINITY SCHOOL RECORDS**

**VARSITY CROSS-COUNTRY**
- **BOYS**
  - 2.5 Miles (12:50)
- **GIRLS**
  - 2.5 Miles (15:45.1)

**VARSITY SWIMMING**
- **BOYS**
  - 200 Medley Relay (1:37.74)
- **GIRLS**
  - 200 Medley Relay (1:48.48)

- **BOYS**
  - 200 Freestyle (1:43.03)
- **GIRLS**
  - 200 Freestyle (1:54.07)
BOYS
200 Individual Medley
(1:51.82)
GIRLS
200 Individual Medley
(2:04.92)

BOYS
50 Freestyle (21.84)
GIRLS
50 Freestyle (23.71)

BOYS
100 Butterfly (52.71)
GIRLS
100 Butterfly (56.29)

BOYS
100 Backstroke (53.26)
GIRLS
100 Backstroke (58.95)

BOYS
200 Freestyle Relay (1:29.33)
GIRLS
200 Freestyle Relay (1:40.08)

BOYS
55m Hurdles (8:00)
GIRLS
55m Hurdles (9:14)

BOYS
55m Hurdles (8:00)
GIRLS
55m Hurdles (9:14)

BOYS
60m (7.25)
GIRLS
60m (7.91)

BOYS
200m (22.95)
GIRLS
200m (25.41)

BOYS
300m (36.31)
GIRLS
300m (41.69)

BOYS
500 Freestyle (4:31.23)
GIRLS
500 Freestyle (5:09.44)

BOYS
600m (1:24.83)
GIRLS
600m (1:43.00)

BOYS
800m (1:59.95)
GIRLS
800m (2:24.07)

BOYS
1000m (2:34.28)
GIRLS
1000m (3:06.63)

BOYS
1500m (3:59.45)
GIRLS
1500m (5:00.15)

BOYS
1600m (4:17.60)
GIRLS
1600m (5:11.80)

BOYS
2000m (6:57.87)
GIRLS
3000m (10:46.72)

BOYS
3000m (8:57.87)
GIRLS
3000m (10:46.72)

BOYS
3200m (9:23.17)
GIRLS
3200m (11:49.50)

BOYS
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GIRLS
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BOYS
3000m (8:57.87)
GIRLS
3000m (10:46.72)

BOYS
55m Hurdles (8:00)
GIRLS
55m Hurdles (9:14)

BOYS
High Jump (5'10")
GIRLS
High Jump (5'3")

BOYS
Long Jump (21')
GIRLS
Long Jump (17'9.25")

BOYS
Tripie Jump (44'6")
GIRLS
Tripie Jump (35'2.75")

BOYS
Shot Put (40'4.25")
GIRLS
Shot Put (30'1.5")

BOYS
Weighted Throw (41'1.25")
GIRLS
Weighted Throw (32'1.75")

BOYS
4 x 400m Relay (3:29.98)
GIRLS
4 x 400m Relay (4:11.66)

BOYS
4 x 800m Relay (8:27.14)
GIRLS
4 x 800m Relay (10:18.90)

BOYS
Mile (4:14.90)
GIRLS
Mile (5:17.65)

BOYS
Mile (4:14.90)
GIRLS
Mile (5:17.65)

BOYS
2k Steeplechase (6:00.95)
GIRLS
2k Steeplechase (7:56.29)
“I’VE BEEN A COMPETITIVE SQUASH PLAYER SINCE I WAS IN MIDDLE SCHOOL. TRINITY HAS BEEN GREAT ABOUT ACCOMMODATING MY PRACTICE AND MEET SCHEDULE...AND I EVEN GET COURSE CREDIT.”
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