



TC Central Varsity Bowling 2019-20

**NO EXPERIENCE NECESSARY!
WE TEACH THE SKILLS FOR SUCCESS!**

Coaching Staff:

Sharon Vreeland, Head Coach: vreelandsh@tcaps.net, cell 231-649-8334

Jim Orr, Assistant Coach: jimlindaorr@yahoo.com, cell 231-944-3999

John Anderson, Assistant Coach: pandabear0727@yahoo.com, cell (231) 360-1563

Eligibility:

- **REGISTERED IN FINAL FORMS (“FF”)**
- **CURRENT AND COMPLETE** school sports physicals on file in AD’S office and showing in FF
- All other required forms showing as complete in FF
- All other school of MHSAA eligibility requirements showing as met in FF

Tryouts:

Tuesday, November 19, 3:30 – 5:10 p.m. at Lucky Jack’s, 1705 S. Garfield Avenue, TC

Competition Season:

Saturday Mornings 8:00 a.m. – 1:30 p.m.

December 7, 2019 through February 22, 2020 (JV)

December 1, 2019 through February 29, 2020 (Varsity – Regionals)

Practice Schedule:

Tuesdays and Wednesdays - SEE ATTACHED

Lucky Jack’s, 1705 S. Garfield Avenue, Traverse City

There may be a 10-minute meeting at 5:00 after practices.

Meet Location:

Except for the Big North Conference Tournament in Gaylord on December 7 and Regionals on February 28-29 (both Varsity only), all meets are at Lucky Jack’s. **STUDENTS MAY NOT DRIVE THEMSELVES OR OTHERS TO OUT-OF-TOWN COMPETITIONS, REGARDLESS OF AGE.**

Participation Costs:

Bowling: \$350.00. Must either be paid online in FF or by check payable to “TC Central Boosters” handed in at AD’s Office. **Due by December 18 unless other arrangements made with Coach Vreeland**

Jersey if needed: See attached. Cash or check payable to “TC Central Boosters handed in to Coach Vreeland. **Due by November 27.**

Uniforms and Dress Code: You may be required to sit out if coaches deem you are not dressed appropriately. NOT PERMITTED: shirts without collars, denim, yoga pants, sweatpants, athletic pants. NO SKINTIGHT PANTS OF ANY KIND FOR LADIES at during competition

Competition– ALL Coaches and Bowlers:

- YOUR Team Shirt. Until your shirt is printed, solid-color COLLARED shirt may be used
- Black **SLACKS**. Ladies may also wear shorts, skirts, or skorts that touch the top of the knee.
- Belt if your pants have belt loops
- Gentlemen: Black socks. Ladies: any color socks
- You may wear a long-sleeved black or gold shirt under your jersey if you tend to get cold

Additional for Ladies:

- NO miniskirts/dresses at practice without leggings.
- Yoga pants and athletic pants ARE acceptable for practice.
- NO long and/or loose jackets or sweaters – you WILL be required to take them off.
- Fingernails on bowling hand MUST be no longer than fingertip length. This is both a performance and injury-avoidance issue.

Spirit Wear: SEE ATTACHED Orders due to Coach Vreeland by December 4. Checks payable to “TC Central Boosters”

Academic Eligibility: In general, for General Ed students - AD's office makes the decisions

- Must be enrolled in a minimum of 4 classes
- Must be passing a minimum of 4 classes with a D- or better
- GPA must be 2.0 or better
- Online classes count towards GPA *and you must keep current (% of class complete has to match % of semester elapsed)*
- Based on previous full semester (2nd semester of 2017-18 school year)
- Mid-season checks in December and February

Varsity or JV?

- **Five ladies and five gentlemen will be selected as Varsity starters at the end of the second week of practice on November 27.**
- Factors contributing to selection include: bowling average, consistent availability for meets and tournaments, demonstrated level of effort, coachability, and attitude/teamship.
- **Players may be moved between Varsity and JV squads at any point during the season – in either direction – based on performance, roster needs, or other factors relative to the good of the team and the player.**
- The JV squads are where we focus on player development. Varsity is for our top performers and where we focus on maximizing opportunities to earn the “win.”

Conference Meet: Friday, February 21 and Saturday, February 22 at Lucky Jack's
Students will be excused from school February 21

Regionals:

Friday, February 28 and Saturday, February 29

We will travel down on Thursday, February 27 after school, and practice that night

This year we have rented vans for coaches and students to travel together

State Finals: Teams – Friday March 6 and Singles Saturday March 7

Equipment needed – house equipment is your last resort!:

Ball(s) – you can't reach your full potential as an individual or a team without your own

- At least one custom-fit and drilled bowling ball. **Talk to a coach or the pro shop BEFORE you buy to ensure you get equipment suited to your bowler and the lane conditions we bowl on.**
- The Pro Shop at Lucky Jack's offers a discount on the purchases of balls – mention you are a TCC varsity bowler.
- You can make an appointment with Lucky Jack's Pro Frank McClellan for a fitting.
- Sometimes we have donated balls we can match to students for only the cost of drilling (\$25.00), usually only in heavier weights. You can check with us before you purchase.

Bowling Shoes: Can be ordered in the pro-shop or online. We prefer that you select shoes with a separate rubber heel as opposed to shoes that are completely flat across the bottom. If you are buying higher-end shoes pay attention to whether they are for left or right-handed bowlers...the soles are different on each foot and it makes a difference.

Miscellaneous: Lucky Jack's locker rental: \$28/year (September through August)
Lucky Jack's High School Bowling Pass: \$65 for December 1 through March 1, plus \$1/game bowled (passes are usually \$25/month + \$1/game)
Lucky Jack's will provide free rental shoes for practices and meets.

Social Media: Website: www.tccathletics.net
Facebook: @tctrojanbowling

Fundraising: If there are parents interesting in leading fundraising effort(s), talk to Coach Vreeland!

TCC Trojan Booster Club:

- Parents interested in representing the team with Coach Vreeland at meetings, let her know
- Booster Bash Fundraiser is Saturday March 14, 2020
 - Theme: In the Motor City
 - As a team we are responsible for:
 - Selling at least 5 tickets to the event
 - Selling at least 15 raffle tickets
 - Putting together a themed gift basket to be raffled or auctioned – minimum \$100 value
 - Providing at least one sponsor (\$50 cost)

Let's have a GREAT season!

STUDENT SPORTS, MUSIC, AND ACTIVITIES ATTENDANCE GUIDELINES

(Administrative Guideline 5210)

The Board of Education is committed to providing students with the opportunity to meet their full human and intellectual potential. While many opportunities are available, there may be times when scheduling conflicts occur between music, athletic, and other school-sponsored extra-curricular activities. In the best interest of the student, in taking responsibility for resolving conflict through communication and considering implications of their choice, the following guidelines will be enforced:

The student is responsible for reviewing schedules at the beginning of every season and/or semester and informing the coach, director, advisor, sponsor and/or music teacher of any conflicts as soon as the student becomes aware of the conflict so resolution occurs prior to events. When conflicts are identified, students will make the involved coaches, sponsors, or teachers aware of each conflict at the earliest possible date, no later than two weeks (ten school days) prior to the days in conflict. Coaches, music teachers, and extracurricular directors/advisors/sponsors will first attempt to assist the student in resolving the conflict without penalty to the student.

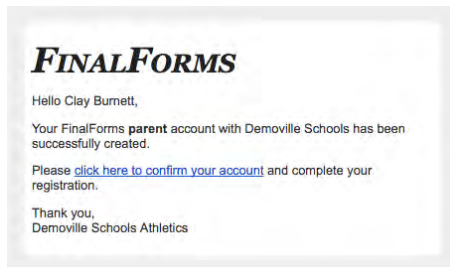
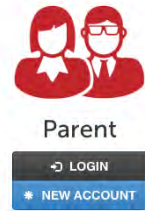
A. Practice vs. Practice	Student decides which practice to attend.
B. Game vs. Rehearsal	Student attends game, no penalties or make up assigned for missed rehearsal.
C. Practice vs. Concert	Student attends concert, no penalties or make up assigned for missed practice.
D. Game vs. Concert	Student/Family decides which event to attend. If a major concert is impacted, an alternative assessment will be assigned.
E. District/Regional/ State/World/Game/ Concert/Activity:	Student/Family decided which event to attend. If a major concert is impacted, an alternative assessment will be assigned.



PARENT REGISTRATION

HOW DO I SIGN UP?

1. Go to <https://traversecity-mi.finalforms.com>
2. Click **NEW ACCOUNT** under the Parent Icon.
3. Type your NAME, DATE OF BIRTH, and EMAIL; then click **REGISTER**.
4. Check your Email for a FinalForms Email, and click **CONFIRM YOUR ACCOUNT** in the email text.



NOTE: You will receive an email within 2 minutes prompting you to confirm and complete your registration. If you do not receive an email, check your spam folder. If you still do not see the FinalForms email, please email support@finalforms.com.

ACCOUNT.

5. Create your new FinalForms password and click **CONFIRM**
6. Click **REGISTER STUDENT** for your first child.



REGISTERING A STUDENT

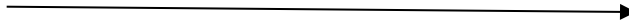
WHAT INFO WILL I NEED?

- Basic Medical History & Health Information
- Insurance Company & Policy Number
- Doctor & Dentist Contact Information
- Hospital Preference

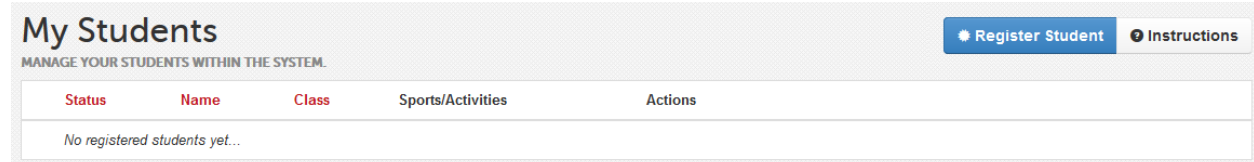
HOW DO I REGISTER MY FIRST STUDENT?

*****IMPORTANT***** *If you have followed the steps on the previous page, you may Jump to Step 3.*

1. Go to <https://traversecity-mi.finalforms.com>

2. Click **LOGIN** under the Parent Icon. 

3. Click **REGISTER STUDENT**



My Students Register Student Instructions

MANAGE YOUR STUDENTS WITHIN THE SYSTEM.

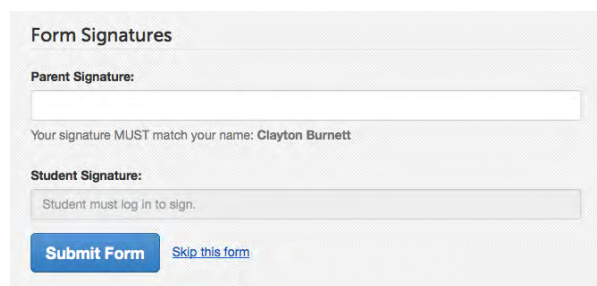
Status	Name	Class	Sports/Activities	Actions
No registered students yet...				

4. Type in LEGAL NAME and other basic information about the student. Click **CREATE STUDENT**.

5. *If your student plans to participate in a sport, activity, or club*, please click the checkbox for each. Click **UPDATE** after making your selection.

NOTE: *A selection can be changed any time until the registration deadline.*

6. Complete each form and sign your full name (*i.e.* 'John Smith') into the Parent Signature field at the bottom of the page. After signing, click **SUBMIT FORM** and move on to the next form.



Form Signatures

Parent Signature:

Your signature MUST match your name: Clayton Burnett

Student Signature:

Student must log in to sign.

Submit Form [Skip this form](#)

7. When all forms are complete, you will see a 'Forms Finished' message.

Forms finished!

8. *****IMPORTANT***** *If required, an email will automatically be sent to the email address that you provided for your Student prompting him/her to sign required Student forms.*

HOW DO I REGISTER ADDITIONAL STUDENTS?

Click MY STUDENTS. You may repeat steps 3 through 7 for each additional Student.

HOW DO I UPDATE INFORMATION?

LOGIN at any time and click **UPDATE FORMS** to update information for any Student.

Art Proof

Design: TCC BOWLING

Notes: Embroidered Left Chest & Left Sleeve / Heat Apply Name - Full Back

WO#: TBD

Final Art Size: Adult Left Chest: 4" w x 2.5" h Left Sleeve: 2.02" h x 3.16" w

Full Back: Custom

Your approval of this proof marks your acceptance that this art is correct and approval is given to proceed with final production. Client is responsible for any changes, edits or corrections needed that differ from approved proof, which may result in additional charges



Adult Sizes:	S-XL	\$44.00
	2XL	\$48.00
	3XL	\$50.00

JenTees Donation - \$10.00 per shirt

ph 231.929.3610 | fx 231.929.9206

jentees.com

515 Wellington Street | Traverse City, MI



Art Proof

Design: TCC BOWLING

Notes: Embroidered Left Chest & Left Sleeve / Heat Apply Name - Full Back

WO#: TBD

Final Art Size: 4"w x 2.5"h

Your approval of this proof marks your acceptance that this art is correct and approval is given to proceed with final production. Client is responsible for any changes, edits or corrections needed that differ from approved proof, which may result in additional charges



Ladies Sizes:	XS-XL	\$44.00
	2XL	\$48.00
	3XL	\$50.00

JenTees Donation - \$10.00 per shirt

ph 231.929.3610 | fx 231.929.9206

jentees.com

515 Wellington Street | Traverse City, MI



TROJAN **spiritwear** BOWLING **order** **form**

Name:

Phone #:

<i>ITEM #</i>	<i>SIZE</i>	<i>Personalization - \$6.00 per garment</i> <i>*make sure this cost is added to item cost)</i>	<i>QTY</i>	<i>ITEM PRICE</i>	<i>TOTAL PRICE</i>
Checks payable to: TC Central Boosters				Grand Total	

PC450- ADULT
Short Sleeve Cotton Tee

4.5-ounce, 100% ring spun cotton
Removable tag for comfort and relabeling

Color: Black

Small - X Large: \$15.00
2X Large: \$17.00
3X Large: \$19.00



PC850H - ADULT
Pullover Hooded Sweatshirt

8.5-ounce, 80/20 ring spun cotton/poly

Color: Black

Small - X Large: \$30.00
2X Large: \$33.00
3X Large: \$36.00



PC450LS- ADULT
Long Sleeve Cotton Tee

4.5-ounce, 100% ring spun cotton
Removable tag for comfort and relabeling

Color: Black

Small - X Large: \$18.00
2X Large: \$20.00
3X Large: \$22.00



PC850- ADULT
Crewneck Sweatshirt

8.5-ounce, 80/20 ring spun cotton/poly

Color: Black

Small - X Large: \$25.00
2X Large: \$27.00
3X Large: \$29.00



18400 - Open Bottom Sweatpants

8.0 oz., pre-shrunk , 50/50 cotton/polyester
Sideseamed. Covered elastic waistband.
Slightly tapered leg with open bottom.

Color: Black

Small - X Large: \$22.00

2X Large: \$24.00

3X Large: \$36.00



18200 - Closed Bottom Sweatpants

8.0 oz., pre-shrunk, 50/50 cotton/polyester
Elastic cuffs. No side seam. Elasticized cuffs.
Double needle bottom hems.

Color: Black

Small - X Large: \$22.00

2X Large: \$24.00

3X Large: \$36.00



F217 - ADULT Full Zip Fleece Jacket

13.8-ounce, 100% polyester
Twill-taped neck • Reverse coil zipper
Chin guard • Knotted zipper pulls
Front zippered pockets • Open cuffs
Open hem with drawcord and toggle for adjustability

Color: Black

X-Small - X Large: \$35.00

2X Large: \$37.00

3X Large: \$41.00



L217 - LADIES Full Zip Fleece Jacket

13.8-ounce, 100% polyester
Twill-taped neck • Reverse coil zipper
Chin guard • Knotted zipper pulls
Front zippered pockets • Open cuffs
Open hem with drawcord and toggle for adjustability

Color: Black

X-Small - X Large: \$35.00

2X Large: \$37.00

3X Large: \$41.00



ST350 - ADULT Short Sleeve Performance Tee

3.8-ounce, 100% polyester
Removable tag for comfort and relabeling
Set-in sleeves

Color: Black

Small - X Large: \$17.00
2X Large: \$19.00
3X Large: \$21.00



ST350LS - ADULT Long Sleeve Performance Tee

3.8-ounce, 100% polyester
Removable tag for comfort and relabeling
Set-in sleeves

Color: Black

Small - X Large: \$20.00
2X Large: \$22.00
3X Large: \$24.00



2785- ADULT 1/4 Zip Performance Pullover

100% polyester wicking knit
* Wicks Moisture * Tagless label *
Quarter zip pullover style * Set-in sleeves

Color: Black

Small - X Large: \$26.00
2X Large: \$28.00
3X Large: \$30.00



2787- LADIES 1/4 Zip Performance Pullover

100% polyester wicking knit
* Wicks Moisture * Ladies' fit * Tagless label *
Quarter zip pullover style * Set-in sleeves

Color: Black

Small - X Large: \$26.00
2X Large: \$28.00
3X Large: \$30.00



JP56 - ADULT Team Jacket

- 100% Teklon® nylon shell
- 100% polyester sweatshirt fabric body and hood lining,
- 100% polyester sleeve lining
- Drawcord hood • Open front pockets
- Elastic cuffs with adjustable hook and loop closures
- Interior pocket with hook and loop closure
- Open hem with drawcord and toggle

Color: Black

Small - X Large: \$52.00

2X Large: \$54.00

3X Large: \$57.00



CUSTOM Bowling DECAL

Size: 4" w x 1.55"h

\$15.00 each

Add Name to Decal

\$2.50 each



112 - Richardson Trucker Cap

- Fabric: 100% cotton twill front panels;
- 100% polyester mesh mid and back panels
- Structure: Structured
- Profile: Mid
- Closure: 7-position adjustable snapback

Color: Black/Gold

OSFM \$30 .00



VC300A - Twill Baseball Cap

- 100% bio-washed chino twill
- Unstructured, six-panel, low-profile
- Pre-curved visor
- Self-fabric tri-glide buckle closure
- Size: 6 5/8" - 7 3/8"

Color: Black

OSFM \$25.00



SP15 - 2 Tone Pom Beanie

100% acrylic • 12" in length
3" in cuff • Pom-pom on top

Color: Black/Gold

OSFM \$25.00



STC28 - Stripe Pom Pom Beanie

Fabric 100% acrylic

Color: Black/Gold

OSFM \$25.00



CP90 - Cuffed Knit Cap

Fabric: 100% acrylic

Color: Black, Gold or Grey

OSFM \$25.00

