

CO-CURRICULAR GUIDE









Introduction



In his landmark study *The Good School*, Dr. Allan King of Queen's University identified a strong extra-curricular program as playing a key role in developing students' sense of belonging and satisfaction. His findings showed that a broad, well-delivered co-curricular program greatly enhances the atmosphere of a school and students' sense of well-being. As well, co-instructional activities help students to identify with their school, and participation encourages them to socialize and become friends with fellow students; all these factors contribute to good "school spirit."

Blessed Trinity's extensive co-curricular program offers activities of interest to all students in the school. Students are encouraged to participate fully in the athletic, artistic, social and cultural life in the school. Involvement in the school's co-curricular program will enable students to make new friends and develop talents and interests outside the regular school curriculum. Coaching, leadership and supervision of our co-instructional program is provided voluntarily by members of our teaching staff as well as by interested members of our community.

The costs involved are obtained from the school budget, fundraisers and by the students themselves. All clubs and teams welcome Grade 9 students as well as students new to the school. Orientation sessions, LCD monitors in the hallways, school website, school app and the morning announcements keep students posted on club and team meetings/activities.

Involvement in school activities is recorded for inclusion in the student portfolio, résumé and for consideration in the granting of awards and scholarships.

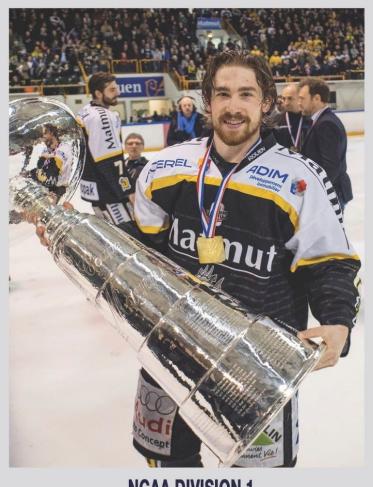
IT'S ALL HERE FOR YOU AT BLESSED TRINITY!
GET INVOLVED!

Athletic Alumni est. 2017

2019 Recipient:



DAN KOUDYSGraduated 2008



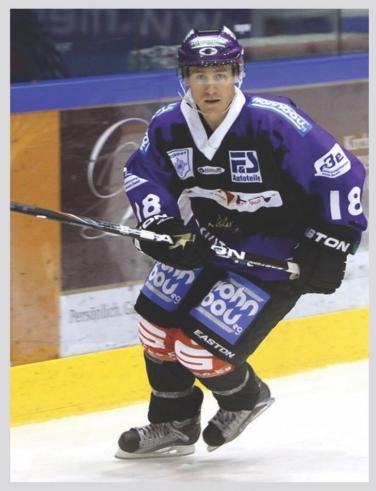
NCAA DIVISION 1 University of Bentley - Team Captain Sr Year 1 Year Pro Hockey Player in Netherlands and

3 Year Pro Hockey Player in France

2019 Recipient:



JOE KOUDYS Graduated 2006



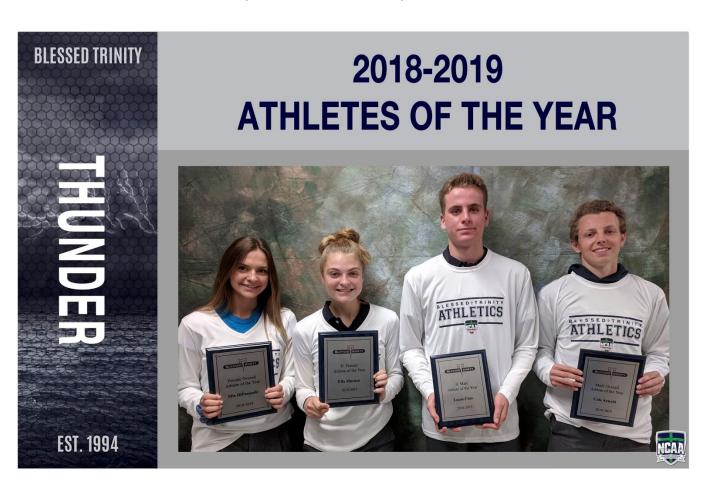
NCAA DIVISION 1
University of Alabama - Huntsville
2 Year Pro Hockey Player in Germany

Athlete of the Year Criteria:

Jr. Male Grades 9-10, Jr. Female Grades 9-10

Overall Male Athlete Grades 9-12, Overall Female Athlete Grades 9-12

- Must successfully complete at least 2 sports/seasons.
- Has demonstrated high achievement or great success in their activity
- Student must be in good academic standing.
- Dedicates to the team and the Blessed Trinity's mission statement
- Nominations/selections for athlete of the month
- Shows respect for coaches, officials, teammates, and demonstrates good sportsmanship at all times
- Displays enthusiasm and positive attitude
- To be eligible students must remain registered and attend school for the entire academic year.
- Committee consists of Physical Education Dept. and Administration.



Athlete of the Month Criteria:

Awarded to one Male and Female:

(Sept, Oct, Nov, Dec-Jan, Feb, March-April, May, June)

- Personal athletic achievement and success based on performance during the month
- Student must be in good academic standing.
- Dedicated to the team and the Blessed Trinity's mission statement
- Shows respect for coaches, officials, teammates, and demonstrates good sportsmanship at all times
- Displays enthusiasm and positive attitude
- A regular winner of athlete of the month award can be considered for Athlete of the Year.
- A person can win this award more than once in the year.
- If there are no nominees -no award will be given out
- Committee consists of Physical Education Dept. Administration



Last Year Champions:



2018-2019 Achievements:

- NCAA Jr. Boys Basketball Champions
- SOSSA Champions Girls Hockey
- NCAA + SOSSA Overall Team Champions Wrestling
- SOSSA Boys Team Champions Swimming
- Bronze Senior Women's 63kg 4x @ Canadian Schoolboy Rowing
- OFSAA Gold Medal Track-200m Open Female Wheelchair
- 29 Teams 558 Athletes
- 1 Athletic Club (Ski/Snowboard) 95 Members
- 2 NCAA Championships
- 3 SOSSA Championships
- 5 Teams attended OFSAA
- 10 Clubs 172 Members
- 6 Student Leadership Programs 118 Students
- Pilgrimage 350
- BT Trip to New York 50
- 1343 Total Student Participation

Philosophy

Blessed Trinity Catholic Secondary School supports a philosophy of competition that is guided by the highest standards of good sportsmanship and fair play in a Catholic atmosphere. To this end, all parties (Catholic teacher-coaches, supervisors, athletes, parents and spectators) recognize that students' participation in sports and extracurricular activities are an "EXTENSION OF THE CLASSROOM". Student-athletes have a responsibility to act in a manner that exemplifies the values of fair play and most importantly "HAVE FUN". Coaches minister to athletes by helping them to become adults and engaged members of society. Blessed Trinity's athletics program will include as many players as possible and will distribute playing time as widely as possible.

Get Involved!

Blessed Trinity's extensive co-curricular program offers activities of interest to all students in the school. Students are encouraged to participate fully in the athletic, artistic, social and cultural life in the school. Involvement in the school's co-curricular program will enable students to make new friends and develop talents and interests outside the regular school curriculum. Coaching, leadership and supervision of our co-instructional program is provided voluntarily by members of our teaching staff as well as by interested members of our community.

Administrative Policies

Students must demonstrate academic competence, a positive attitude, good sportsmanship and respect for all coaches and staff advisors when representing Blessed Trinity in any co-curricular activity. It is a privilege to be a part of the THUNDER experience and only those students who are ambassadors of the school will be encouraged to participate in school-sanctioned teams/ clubs. Administrators /Coaches reserve the right to limit the participation and involvement of any student representing Blessed Trinity.

Parental Permission

Any student wishing to participate in interschool sports must submit a signed parental form (Acknowledgement of Risks/Permission to Participate and Medical Information Form) prior to his/her first practice for each sport he/she wishes to play.

Medical

Any student athlete who is injured during practice or competition and receives medical treatment may only resume play after permission to Resume Athletic Participation Form has been completed by a medical doctor and the student athlete's parent/guardian and submitted to his/her coach. Specific return to Learn/Play forms must be completed for all head injuries and concussions.

Transportation

In most cases, the school does provide transportation, i.e., buses, to and from a school event.

Late Buses

There will be two Late Activity Buses, one for Grimsby/Beamsville and one for Smithville/escarpment, which follow a skeleton bus route in these areas. The buses run each school day and leave Blessed Trinity at 4:30 p.m. Students must be associated with a co-curricular activity to be eligible to ride these late buses.

Students are encouraged to participate in a full-range of inter-school athletic programs provided here at Blessed Trinity. Depending on the sport, students will be entered in the Midget, Junior and Senior Divisions that compete with other Secondary Schools in NCAA. Visit ww.ncaa.ca for more league/sport information.

Eligibility

All students participating in athletics or any other co-curricular activities must meet the following criteria for academic standing, attendance, and behaviour.

- A student must have an acceptable attendance record and be punctual for all classes. If a student is truant from school on the day of the event, he/she will not be allowed to participate.
- A student must maintain an "acceptable" behaviour record on and off the field or while participating in an activity. A student may be asked to withdraw from a team or club if the above requirements are not met.
- A student must be a full-time student in order to participate in any co-curricular program. Full-time status is defined as a minimum load of 3 courses per semester, unless a student has accumulated 28 credits. At this time the student may be enrolled in 2 courses per semester in his/her final year. If a student is no longer enrolled as a full-time student before the completion of a sport season, the student will become ineligible.

Transfer Policy

All students transferring into the school must apply for eligibility prior to participation in any sport. OFSAA transfer form must be signed and completed into Physical Education Office.

School Classification

Blessed Trinity Catholic Secondary School competes in Zone 2 competition and also at the SOSSA and OFSSA levels. It is classified as a AAA school, which provides the highest level of competition for school in the province with a population of more than 1046 full time students.

Uniform Deposits

All new uniforms purchased by the school for co-instructional use will require a refundable deposit by all students. Fees vary based on sport or activity.

Athletics Season Overview



www.ncaa.ca

Fall Season - September to November

Fall
Fall

Winter Season - November to March

Sr. Boys Hockey	Winter
Girls Hockey	Winter
Jr. Boys Hockey	Spring
Curling	Winter
Figure Skating	Winter
Swimming	Winter
Jr. Boys Basketball	Winter
Sr. Boys Basketball	Winter
Jr. Girls Volleyball	Winter
Sr. Girls Volleyball	Winter
Wrestling	Winter

Spring Season - April-June

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Badminton	Spring
Track & Field	Spring
Baseball	Spring
Boys Soccer	Spring
Girls Soccer	Spring
Softball	Spring
Girls Rugby	Spring
Rowing	Spring
Co-Ed Volleyball	Spring

Badminton

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Badminton-Coed- Midget- JR	Spring	24	2	No League	NCAA + SOSSA	2	BT Athletics T-Shirt
Badminton-Coed- Senior	Spring	12	2	No League	NCAA + SOSSA	2	BT Athletics T-Shirt

- Tryouts begin in March
- Grade 9 Midget Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue Blessed Trinity Gym for practices, Racquets are provided, Co-Ed Team
- All players will participate in the Zone Finals, qualifiers will then compete at the SOSSA and OFSAA levels

Baseball

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
				5 Game			School
Baseball-Boys	Spring	16	2	League	1	2	Provided
							School
Girls Softball	Spring	16	2	NCAA	1	1	Provided

- Grades 9-12
- Tryouts and practices begin indoors in March
- Venues Blessed Trinity gym and baseball field (weather pending)
- Students must provide their own cleats, gloves and wooden bat
- Girls softball competes in two tournaments each year, girls must provide their own glove

Basketball

						Weekly	
				League		Practice	
Sport/Activity	Season	Athletes	Tryouts	Games	Tournaments	S	Jerseys
Basketball-Junior				7 Game			School
Girls	Fall	12	4	League	2	3	Provided
Basketball-Senior				7 Game			School
Girls	Fall	12	4	League	2	3	Provided
Basketball- Junior				7 Game			School
Boys	Winter	12	4	League	2	3	Provided
Basketball- Senior				7 Game			School
Boys	Winter	12	4	League	2	3	Provided

- Grades 9-12
- Basketball is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue Blessed Trinity Gym, Daily after school practices,
- Late bus leaves after school each day at 4:30pm
- Tournament play usually run on weekends

Cross-Country

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Cross Country	Fall	30+	6	No League	NCAA + SOSSA	2	School Provided

- Grade 9 Midget Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue Training includes running various courses in Grimsby
- The cross-country season will begin the **Week 2** of school (September) with sign up and with an information session
- Week 3 and Week 4 of September will have 3 practices per week
- **Weeks 4-8:** Races & 2-3 practices per week followed by NCAA, Zone, SOSSA (qualification only) and then OFSAA.

Curling

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
				No	NCAA +		
Curling-Boys	Winter	6	2	League	SOSSA	1	None
				No	NCAA +		
Curling-Girls	Winter	6	2	League	SOSSA	1	None

- Grades 9-12
- Venue Grimsby Curling Club on Kerman Avenue

Figure Skating

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Figure Skating				No			
CO-ED	Winter	6	1	League	1 Prov. Meet	1	None

- Grades 9-12
- Venue Peach King Centre Grimsby, ON
- Tryouts take place in early January
- Weekly practices take place after school from 2:45pm-3:45pm @ the PKC
- Provincial Competition takes place in March
- All skaters must have a current Skate Canada number

Football

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Football- Junior				6 Game			Self-Purch
Boys	Fall	35	5	League	-	4	ased
Football- Senior				6 Game			Self-Purch
Boys	Fall	35	5	League	-	4	ased

- Grades 9-12
- Football is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Venue Blessed Trinity field
- Practices take place daily after school until 4:15pm until completion of season
- Late bus leaves after school each day at 4:30pm
- All football hard gear provided including mouth guard, game pants and girdles
- Jersey, t-shirt, game socks and cleats purchased by student/athlete to keep at the end of the season

Golf

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
				No	NCAA +		BT Golf
Golf-Boys	Fall	5	1	League	SOSSA	1	Shirts
				No	NCAA +		BT Golf
Golf-Girls	Fall	2-5	1	League	SOSSA	1	Shirts

- Grades 9-12
- Tournament Venue Twenty Valley Golf and Country Club
- Tryouts take place during the month of Sept
- Players provide their own set of golf clubs and balls
- All candidates at Twenty Valley Golf Club play a qualifying tournament. From those results both male and female teams are created, with 5 golfers per team. The team then competes in NCAA competition. Individuals and team winners then play in the SOSSA tournament finals.



Hockey

				League	Tournament	Weekly	
Sport/Activity	Season	Athletes	Tryouts	Games	S	Practices	Jerseys
Hockey-				7 Game			School
Senior Boys	Winter	20	2	League	2	1	Provided
				7 Game			School
Hockey-Girls	Winter	18	2	League	2	1	Provided
Hockey-				No			School
Junior Boys	Spring	20	2	League	2	1	Provided

- Grades 9-12
- Venue Peach King Centre Grimsby, ON
- Sr. Boys' and girls tryouts take place in November
- Jr. Boys' tryouts take place in early March
- Weekly practices take place after school from 2:45-3:45pm at the PKC
- Players must purchase their own pair of socks

Rowing

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
	Winter-			No		2 Winter &	Self-Purcha
Rowing	Spring	30	2	League	5 Regatta's	4 Spring	sed

- Grades 9-12
- Venue BT Facilities, St Catharines Rowing Club and Brock University Indoor Rowing Facility
- Early morning and after school practices (on the water and dry land training)
- Rowers enter water in early April until June for competition



Rugby

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
				4 League			Self-Purch
Girls Rugby	Spring	30	2	Games	2	2	ased
				No League			Self-Purch
Boys Rugby	Spring	30	2	Games	2	2	ased

- Boys/Girls team grades 9-12
- Tryouts and practices begin indoors in March
- Venues Blessed Trinity gym and field (weather pending)
- Students must provide their own cleats & purchase own game jersey

Soccer

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Soccer-Senior				6 Game			School
Boys	Spring	20	2	League	1 Indoor	2	Provided
				6 Game			School
Soccer- Girls	Spring	20	2	League	1-Indoor	2	Provided

- Soccer is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Girls team grades 9-12
- Tryouts and practices begin indoors in March
- Venues Blessed Trinity gym and field (weather pending)
- Students must provide their own cleats

Tennis

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
							BT
					NCAA +		Athletics
Tennis- Coed	Fall	8	2	No League	SOSSA	2	T-Shirt

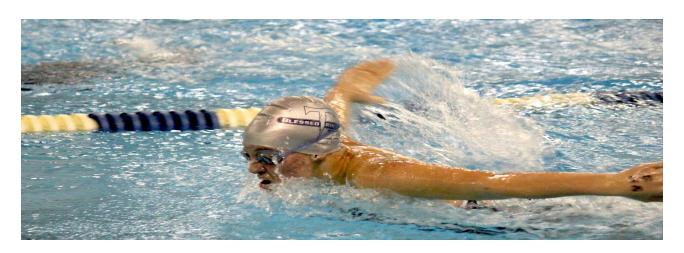
- Tennis is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue Grimsby Tennis Club behind Shoppers Drug Mart
- After school practices on Tues/Thurs 2:45pm-3:45pm
- Tryouts take place in early September
- Individuals and team play in NCAA, Zone Finals, winners then play in the SOSSA tournament finals



Swimming

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
				No	NCAA +		Self-Purcha
Swimming-Coed	Winter	35	2-3	League	SOSSA	1	sed

- Grades 9-12
- Venue St. Catharines Kiwanis Aquatics Centre
- Tryouts take place in October, Weekly practice
- All swimmers will participate in the NCAA Finals in early December; qualifiers will then compete at the SOSSA and OFSAA levels



Track and Field

				_			
				League		Weekly	
Sport/Activity	Season	Athletes	Tryouts	Games	Tournaments	Practices	Jerseys
				No	NCAA +		School
Track & Field	Spring	40	3	League	SOSSA	2	Provided

- Grade 9 Midget Team, Grade 10 Junior Team, Grade 11 & 12 Senior Team
- Venue Training includes running various courses in Grimsby
- Running Meets take place around the Greater Niagara, Hamilton, Halton Regions
- All levels of runners welcome

Volleyball

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
Jr. Boys				7 Game			School
Volleyball	Fall	12	2	League	2	2	Provided
Sr. Boys				7 Game			School
Volleyball	Fall	12	2	League	2	2	Provided
Jr. Girls				7 Game			School
Volleyball	Winter	12	2	Season	2	2	Provided
Sr. Girls				7 Game			School
Volleyball	Winter	12	2	Season	2	2	Provided

- Grades 9-12
- Volleyball is played using junior (grades 9-10) and senior (grades 11-12) age categories
- Practice Venue Blessed Trinity Gym
- After school practices, late bus leaves after school each day at 4:30pm

Wrestling

Sport/Activity	Season	Athletes	Tryouts	League Games	Tournaments	Weekly Practices	Jerseys
				No	5+NCAA/SOS		Self-Purch
Varsity Team	Winter	25+	5	League	SA OFSAA	4	ased

- Grades 9-12
- No experience necessary
- Female and Male Teams
- Some tournaments are for rookies only and some are open (senior) only
- Practice Venue Blessed Trinity Gym/Stage
- After school practices, late bus leaves after school each day at 4:30pm

Clubs/Activities

Ski Club

For 5 trips in January and February students travel to Holiday Valley in New York State to enjoy skiing and snowboarding. Students can provide their own equipment or rent from the ski resort, lessons can also be purchased. Limited spaces available, buses leave Blessed Trinity at 12:30pm and return at 10:00pm.



Dance Team

The dance team is a group of experienced dancers who learn dances throughout the year to be presented at school assemblies, pep rallies, masses, and other school events. The team also competes in three competitions per year. Opportunities are available for student choreography and members usually take part in local workshops throughout the year. The styles of dance studied are ballet, lyrical, jazz, modern, tap, and Spanish dancing. The team meets once a week for practice between the months of September and May.

Eco Club

Staff and students who work together to improve the environment. Students participate in school cleanups, recycling, planting trees and working on the Eco School Assembly.

Music Club

Blessed Trinity boasts an active and high achieving music department. The music program enriches school assemblies and liturgies, performs in various venues in the Niagara region and at school board events. The music department participates in adjudicated music festivals, and provides student's access to professional clinicians. Participation in the Music program at Blessed Trinity also includes opportunities to join in performance tours that in the past have included places such as New Orleans, Louisiana, Prince Edward Island, Quebec City, Ottawa, the Czech Republic and Austria. The music program offers a number of ensembles for students to participate in.

The Blessed Trinity Jazz Ensemble

The jazz ensemble rehearses Fridays after school in the music room. Students interested in jazz who play instruments in the ensemble may participate. In addition to school functions, the jazz ensemble is invited to perform at multiple community venues. A willingness to learn about jazz and improvisation is a must. Participation fees apply.

Music: Concert Band

The Concert Band is a medium-advanced ensemble comprised of students with some musical experience. Wind and percussion instruments are featured in this ensemble. In addition to giving two concerts at the school year, the concert band program plays a tour of local Feeder schools and represents the school at music festivals. This ensemble also encourages and establishes chamber music experience, including the school brass quintet: The B.T. Brass. All instrumental music students are strongly encouraged to participate in this enriching experience.

The concert band is open to all students at Blessed Trinity without audition. The band rehearses Tuesdays and Thursday from September through May in the music room from 2:25-4:15 pm. Students are expected to know how to play a concert band instrument to participate in this ensemble and to improve on their skills. Participation fees apply.

Music: Choir

The Blessed Trinity Choir sings at school liturgies, board functions, music festivals, and school concerts and at other events throughout the year. This choir features singing in four-part harmony with female and male students. It is the core ensemble from which smaller, more challenging emerges including separate small groups for Men and Women, and in some years - a vocal jazz ensemble. Though the audition process is used for determining soloists and placement in the small ensembles – membership to the choir is open to all with a desire to improve their singing and dedication to the choir. The choir sings a wide variety of musical styles.

The choir is open to all students at Blessed Trinity without auditions. The choir rehearses Mondays and Wednesdays from September to June in the music room from 2:25-4:15 pm. A commitment to a love of singing is the only requirement. Participation fees apply.

The "STORM" Blessed Trinity Drum Line

The drum line is open to all students at Blessed Trinity. There is an audition and placement process over the course of the opening month of the season. The drum line rehearses on Wednesdays after school in the Theatre as well as outside (weather permitting). The drum line requires physical stamina due to the nature of the activity. Participation fees apply.



Math Club

Students in all grades at Blessed Trinity have the opportunity to participate in Math Club, which helps to prepare them for upcoming math competitions and contests. Mathletes is a board-wide math competition that occurs in the fall. This team competition involves math students from all grades. In February, math students in grades nine to eleven can participate in the Multiple Choice contests from the University of Waterloo. In April, math students from all grades can write Full Solution contests also from the University of Waterloo.

Safe Schools Impact Team

Blessed Trinity's Safe School Impact Team, in accordance with Ministry legislation, works to ensure that our students have a safe school environment in which to learn. Throughout the year the team promotes respectful behavior through various activities and keynote speakers.

School Reach

School Reach is a Canada Wide competition based on the Reach for the Top television show. Students meet once or twice a week to practice answering questions based on high school curricula, current events and trivia. Grade 9 and 10 are intermediate competitors while grades 11 and 12 are seniors. Inter School competitions are held with the best senior team in the zone going to provincial finals. Students find this activity a great deal of fun – and it's educational! All students are welcome to attend.

Sky Pilots

Sky Pilots are a group of students lead by the Chaplaincy Leader who are interested in developing Christian leadership skills. They enhance the spiritual life of the school by participating in Masses and prayer services, Pilgrimage, social justice projects, and awareness campaigns. Members of the Sky Pilots have opportunities to attend workshops such as "When Faith Meets Pedagogy" and "Development and Peace." The students use the knowledge gained from the workshops to raise awareness in the Blessed Trinity community about pressing social justice issues. Sky Pilots meet once a month Tuesday afternoons in the chapel and at other times as necessary.

Student Council

The student council consists of a team of students working together with teacher staff advisors to help improve all aspects of student life at Blessed Trinity. Student council organizes school dances, fundraisers, air bands and many other activities throughout the school year. There are leadership conferences and development opportunities, it is a great way to meet new people and have fun.

Tech Crew

The tech is made up of dedicated students who set up complex video and audio equipment, often within a very restricted deadline, for assemblies and other activities such as the music department Christmas and Spring concerts.

Music Council

With the busy music department schedule, a group of students are provided with leadership training and experience as they assist in organizing and publicizing music events and fundraisers. They're main projects include designing the annual concerts and organizing students for performances outside of the school. These students also help organize social events for the department as well as assisting Ms. Maccaroni with keeping the Blessed Trinity music program running smoothly. A Music Parents' Association assists them. A nomination and application process selects students who are interested in Music Council.

Thunderstruck/Link Crew

Thunderstruck Link Crew is a high school transition program that welcomes Grade 9 students and makes them feel comfortable throughout the first year of their high school experience. The Link Crew philosophy and activities will further enhance our Thunderstruck initiative. Built on the belief that students can help students succeed, Link Crew is a proven high school transition program that trains mentors from Grade 11 and 12 to be Link Crew leaders. As positive role models, Link Crew Leaders are mentors and student leaders who guide the first year students to discover what it takes to be successful during the transition to high school and help facilitate their success. The leaders will first meet the Grade 9 students at our Orientation Day in late August.

Thunder Rankin Rally (Every other Year)

Blessed Trinity and Blessed Trinity family of schools is committed to the battle against cancer. Led by an Executive Committee of students and a group of teacher advisors, the Thunder Rankin Rally is held every other year at Blessed Trinity. The overnight cancer fundraiser is held the Friday before the Annual Rankin Cancer Run at the end of May. This student run event brings students, staff, community members, family, and friends together to celebrate, honor, and remember those touched by cancer. Together, we can make cancer history.

NOTES