



SAVE THE DATE: April 2, 2020 – 7pm
INCOMING ATHLETIC INFORMATION NIGHT
We encourage parents and the Class of 2024 to attend.

Hello Members of the Class of 2024 & Parents,

Welcome to Ursuline Academy! A wonderful experience awaits you at the doors of Ursuline Academy. As you begin to explore the many opportunities offered at Ursuline be aware of the rich tradition and history of the UA Athletic Program. We are very proud to have an educationally based Athletic Program. Our teams like to win and compete, but it is the growth and development of the student athletes that is the focus of our program.

We highly encourage all freshmen to get involved. Trying out for a team will give you the opportunity to meet new people, to trust yourself, to showcase your talents and to have fun. We strongly recommend that you carefully read the information provided regarding our athletic teams, summer participation, camps and other opportunities detailed in the packet.

Incoming Athletic Information Night will be held April 2, 2020 @ 7:00 pm in the gymnasium. The purpose of the meeting is for our families to meet the coaches, learn about our program and become familiar with the expectations of our teams. This is a great opportunity to learn about the role the freshman class plays in our Athletic Program. We encourage the Parents and the members of the Class of 2024 to attend the meeting and begin your journey of **ROARING with the LIONS!**

SPIRIT WEAR WILL BE SOLD PRIOR TO THE START OF THE MEETING AT 6:00 PM.

We hope that the information provided in this packet will give your families a better idea as to the time commitment and expectations of our Athletic Program. The enclosed calendar shows the camps and training opportunities over the summer that we have to date. An updated calendar will be available on April 2nd at the Incoming Sports Night.

Our teams and coaches are very excited to welcome the Class of 2024 and we encourage you to get involved....you never know unless you try! If you have any questions concerning athletics, the best rule of thumb is **to call the Athletic Office – 791-8143**. Don't assume or guess, just give us a call and we will be glad to provide you with accurate information.

Sincerely,
Diane Redmond
Athletic Director

Colleen Dehring
Assistant Athletic Director

Roaring with the Lions!

16 State Championships

23 State Runner-Up Titles

48 Individual State Champions

25 Relay State Champions

132 GGCL League Championships

21 GGCL All Sports Titles



COMMITMENTstarts in the summer

The **commitment** to high school athletics begins in the summer. Throughout the summer our coaches dedicate a great deal of time providing organized conditioning, open gyms, camps and instructional programs for potential Ursuline student/athletes. Summer activities are meant to help the students get acclimated to high school sports, meet coaches and make new UA friends. We encourage you to go to as many things as possible in the summer especially if you have an interest in more than one sport.

SUMMER CAMPS

Camp	Date	Time	Grade	Location
Basketball	June 8-11	12:00-2:00 pm	4 th – 6 th Grades	UA Gyms
	June 15-18	12:00-2:00 pm	7 th – 9 th Grades	UA Gyms
Cross Country	June 8-26 (M/W/F)	6-7:30 pm	7 th -9 th grade	Ursuline
Field Hockey	June 15-18	8:30-10:30 am	6 th – 9 th Grades	Blue Ash Sports Complex – Grooms Rd
Lacrosse	July 13-16	5:00-7:00 pm	6 th –9 th Grades	Blue Ash Sports Complex – Grooms Rd
Soccer	June 8-12	9:00-11:30 am	7 th – 9 th Grades	Blue Ash Sports Complex – Grooms Rd
Softball	June 17 (one day)	10:00-12:30 pm	3 rd – 9 th Grades	Blue Ash Sports Complex – Grooms Rd
Tennis	June 15-17	5:00-7:00 pm	6 th -9 th Grades	Ursuline Courts
Volleyball	May 2, 9, 16 & 30	2:00-3:30 pm	2 nd -4 th grade	UA Gyms
	June 1-4	4:00-6:30 pm	5 th & 6 th Grades	UA Gyms
	June 15-18	4:00-6:30 pm	7 th & 8 th Grades	UA Gyms
	June 22-25	9:00-11:30	5 th -8 th Grades	UA Gyms
	July 20-23	4:00-6:30 pm	9 th Grade	UA Gyms

[Registration available online.](#)

IT's TRYOUT Time

We believe it is important for everyone to earn a UA uniform. Therefore, we have tryouts for all programs based on numbers, skill level, ability and safety cuts may be needed. All students interested in trying out for a team must attend the entire tryout session. Once selected to a team you are expected to attend all practices and vacations are not permitted. Things to know regarding tryouts:

- Any injury or medical condition that may prevent you from trying out must be documented by a physician and approved prior to tryouts by the coaching staff and the Athletic Director. Tryouts may be extended if the student is cleared in a reasonable time.
- All forms must be completed online prior to tryouts and the OHSA Physical must be turned in prior to tryouts
- With proper communication prior to tryouts we will accommodate a student interested in trying out for 2 teams in the same season. Students trying out for multiple teams can only play on one team during a season.

Tryout Dates

Fall Teams

Cross Country – Sat. Aug. 1, 2020
 Field Hockey - Sat. Aug. 1, 2020
 Golf - Sat. Aug. 1, 2020
 Soccer - Sat. Aug. 1, 2020
 Tennis - Sat. Aug. 1, 2020
 Volleyball - Sat. Aug. 1, 2020

Winter Teams

Basketball – Fri. Oct. 23, 2020
 Bowling – Fri. Oct. 30, 2020
 Diving – Fri. Oct. 30, 2020
 Swimming – Fri. Oct. 30, 2020

Spring Teams

Lacrosse – Mon. Feb. 22, 2021
 Softball – Mon. Feb. 22, 2021
 Track & Field – Mon. March 1, 2021

FORMS (All families will be required to use Final Forms)

All UA Forms will be filled out online through Final Forms. All new families will receive an email from Ursuline in June to set up an account and start filling out the forms that apply for their daughter(s). Forms for Athletics must be completed 10 days prior to tryouts. If you think you will be trying out for a sport, its best to fill out the forms this summer. The only form you will need to print and turn in is the **OHSAA Pre-Participation Physical Form**.

All students/athletes are required by the OHSAA to have a yearly physical and the Pre-Participation Physical Forms must remain on file in the Athletic Trainer's Office. We recommend that you have a physical scheduled during May, June or July to ensure that it is valid throughout the entire school year. Failure to have a physical prior to tryouts may keep a student/athlete from trying out for a team.

PRACTICES

- All Teams will generally practice Monday –Saturday.
- Practices will typically last about 2 hours per day.
- All team members are expected to be at all practices
- Absences other than sickness must be approved by the coach.
- UA does not provide transportation to or from practices off campus.
- **Vacations are not permitted once tryouts begin & teams are selected.**

GAMES, MEETS & MATCHES

- Team members are expected to be at all contests.
- UA does not provide transportation to or from contests.

SEASONAL SPORTS MEETING & PICTURES

A Seasonal Sports Meeting will be held once our teams are selected. The Ohio High School Athletic Association requires all schools to hold three seasonal sports meetings throughout the year. At least one parent and the student/athlete must attend the seasonal sports meeting. Dates for the meetings will be available on April 2nd at the Incoming Athletic Information Night. At the meetings we will go over school policies and procedures as well as individual program rules and expectations. Since Ursuline Academy does not provide daily transportation to and from practices and contest this meeting provides a great opportunity for families to arrange transportation.

VACATIONS

Being selected to a high school team is a great opportunity and privilege. Prior to trying out for a program, families should discuss the commitment that we expect as it relates to vacations, practices and contests. We encourage our families to explore vacation opportunities outside their daughter's high school sport's season.

Fall Teams: Once selected to a Fall Team in early August, student/athletes will not be excused for any vacations during the fall season.

Winter Teams: Coaches will schedule at least 3 – 4 days off over the holiday break. These days will be determined by the coaches and team members are expected to be at practices. Winter student/athletes will not be excused for vacations over Christmas Break.

Spring Teams: Teams will be off practice from Holy Thursday until the Tuesday after Easter. All team members must be at practices or games on the Wednesday after Easter. Failure to return will result in dismissal from the team. No exceptions will be made and coaches are not permitted to excuse any additional time.

ATHLETIC FEE

- The Athletic Fee is due at the Seasonal Sports Meetings.
- The fee for a single sport student/athlete is \$265.00 – which includes a donation to the Auction from Athletics, as well as a Team sponsorship in the Golf Outing
- There is an additional fee of \$100.00 for siblings or multiple sport student/athletes. No family will pay more than \$365.00 for the year.
- The Golf Outing is the Athletic Department's only fund raiser. We need your support by playing, volunteering or soliciting a sponsorship
- **The Athletic Fee is not intended to keep any student from participating. Contact the Athletic Dept. to discuss other options.**

[Coaching directory](#), [student-athlete handbook](#) and many other resources can be found [online](#). Or give us a call at 791-8143.

May

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1	VB CAMP Saturdays 2 VB 2-4 th grade 2-3:30
3	4 VB Open Gym 4-6	5	6 VB cond. 4-5	7 VB cond. 4-5	8	9 VB 2-4 th grade 2-3:30
10	11 VB Open Gym 4-6	12	13 VB cond. 4-5	14 VB cond. 4-5	15	16 VB 2-4 th grade 2-3:30
17	18 VB Open Gym 4-6	19	20 VB cond. 4-5	21 VB cond. 4-5	22	23
24	25 MEMORIAL DAY	26	27 VB cond. 4-5	28 VB cond. 4-5	29	30 VB 2-4 th grade 2-3:30
31						

June

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 VB training 6:30-8:30	2	3 VB cond 6:30-7:30	4 VB cond 6:30-7:30	5	6
	VB 5 th & 6 th grade camp 4-6:30pm – register online					
7	8 BB 3:00-5:00 VB Open Gym 5-7:00	9 XC 6:30-8:00am	10 BB 3:00-5:00 VB cond 5-6:00 XC camp 6-7:30pm	11 XC 6:30-8:00am VB cond 5-6:30	12 BB 3:00-5:00 XC camp 6-7:30pm	13 XC 7-8:30am
	Cross Country Camp 6-7:30					
	Soccer Camp 6 th -8 th grade 9-11:30am – registration online					
	Basketball Camp 4 th -6 th grade 12:00-2:00 pm – registration online					
14	15 VB training 6:30-8:30 XC 6:30-8:00am BB 3:00-5:00 XC camp 6-7:30pm	16 XC 6:00-7:30 pm	17 XC 6:30-8:00am BB 3:00-5:00 XC camp 6-7:30pm VB cond 6:30-7:30	18 XC 6:00-7:30 pm VB cond 6:30-8:30	19 XC 6:30-8:00am BB 3:00-5:00 XC camp 6-7:30pm	20 XC 7-8:30am
	FH Camp 6 th -9 th grade – 8:30-10:30 am – register online					
	Basketball Camp 7 th -9 th grade 12:00-2:00 pm– register online					
	VB 7 th & 8 th grade camp 4-6:30pm– register online			Softball Camp 10-12:30		
	Tennis Camp 6 th -9 th grade from 5-7pm– register online					
21	22 XC 6:30-8:00am BB 3:00-5:00 VB training 5-7:00 XC camp 6-7:30pm	23 XC 6:00-7:30 pm	24 XC 6:30-8:00am BB 3:00-5:00 VB cond 5-6:00 XC camp 6-7:30pm	25 XC 6:00-7:30 pm VB cond 5-6:00	26 XC 6:30-8:00am BB 3:00-5:00 XC camp 6-7:30pm	27 XC 7-8:30am
	VB 5-8 th grade camp 9-11:30am– register online					
28	29 XC 6:30-8:00am VB Open Gym 5-7:00	30 XC 6:00-7:30pm				

July

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 XC 6:30-8:00am	2 XC 6:00-7:30 pm	3 XC 6:30-8:00am	4
5	6 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00	7 Soc training 8:30-10 XC 6:00-7:30 pm	8 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00	9 Soc training 8:30-10 XC 6:00-7:30 pm	10 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00	11 XC 7:00-8:30 am
12	13 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB Cond 5-7:30	14 Soc training 8:30-10 VB Cond 5-7:30 XC 6:00-7:30 pm	15 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB Coaching 5-7:30	16 Soc training 8:30-10 VB Coaching 5-7:30 XC 6:00-7:30 pm	17 XC 6:30-8:00am Soc cond 8:30-10am BB 3:00-5:00	18 XC 7:00-8:30 am
LAX camp 6 th -9 th grade camp 5:00-7:00 pm– register online						
19	20 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB 6:30-8:30 pm	21 Soc training 8:30-10 XC 6:00-7:30 pm VB 6:30-8:30 pm	22 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB 6:30-8:30 pm	23 Soc training 8:30-10 XC 6:00-7:30 pm VB 6:30-8:30 pm	24 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB 6:30-8:30 pm	25 XC 7:00-8:30 am
VB 9 th grade camp 4-6:30– register online						
26	27 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB 5-7:30pm	28 Soc training 8:30-10 XC 6:00-7:30 pm VB 5-7:30pm	29 XC 6:30-8:00am FH 7-9:30am Soc cond 8:30-10am BB 3:00-5:00 VB 5-7:30pm	30 Soc training 8:30-10 XC 6:00-7:30 pm VB 5-7:30pm	31 XC 6:30-8:00am Soc cond 8:30-10am BB 3:00-5:00 VB 5-7:30pm	