



URSULINE ACADEMY ATHLETICS

WE Are The LIONS

It is our pleasure to welcome all families, friends and guests to Ursuline Academy. As a proud member of the "Lion Family" we are excited to give you some introductory information about the UA Athletic Program. The most important piece of information we will share with you is that Ursuline Academy is a school first and foremost. We have many successful programs that enhance the experiences of our students but since 1896 our academics have been the foundation of our school.

The Ursuline Athletic Department is made up of many parts but none more important than the young women and coaches that represent Ursuline on one of our 25 teams. Participating on a high school team is a privilege and all involved; student athletes, coaches and our families must be committed to the program and the benefits that sports bring to our school community.

Sports provide opportunities for leadership, confidence and self-awareness as well as a baseline for a healthy life style. Our Athletic Program is competitive and we believe that this will also significantly assist our student athletes to successfully compete in our global society. During the sport seasons, our 12 programs organize team service projects that allow additional opportunities for our young women to reflect spiritually and to connect within the community.

Ursuline Academy has a strong tradition in the classroom as well as a successful and balanced athletic program. We would be very proud to have your family consider joining the "Lions' Pride".

STATE CHAMPIONS SWIMMING & DIVING

STATE CHAMPIONS: 1991, 1998, 2000, 2001, 2002, 2013 & 2014

25 Relay Championships
46 Swimming Individual Champions
1 Diving Champion

RUNNER UP: 1992, 94, 95, 96, 99, 03, 04, 05, 06, 07, 08, 11 & 12

STATE QUALIFIERS: 1979 -2017

VOLLEYBALL

STATE CHAMPIONS: 1975, 1993, 2002, 2009 & 2012, 2017 & 2018

RUNNER UP: 1995, 2001, 2003 & 2008
FINAL FOUR: 1998, 1999 & 2010

GOLF

STATE CHAMPIONS: 1999

RUNNER UP: 1998 & 2003
FINAL FOUR: 2010 & 2011

TEAM QUALIFIERS: 92, 94, 95, 97, 98, 99, 02, 03, 06, 07, 08, 10, 11, 12, 16 & 17

INDIVIDUAL QUALIFIERS: 01, 04, 05, 15, 18, 19 & 20

TENNIS

STATE CHAMPIONS: 1994
Doubles Championship 2010
Singles Champions 2011 & 2013

RUNNER UP: 2000, 2011 & 2012
FINAL FOUR: 2001, 2010 & 2014

INDIVIDUAL QUALIFIERS: 93, 94, 95, 96, 99, 00, 01, 02, 03, 07, 08, 09, 10, 11, 12, 13, 14, 15, 16, 17, 18, 29, 20

CROSS COUNTRY

TEAM STATE Runner-up: 2017
2016 - 10th Place
2013 -3rd Place & 2003 -5th Place

INDIVIDUAL QUALIFIERS: 88, 89, 90, 91, 92, 99, 04, 12, 14, 18, 19

Field Hockey

Final Four State: 1998, 2001, 2012, 2015 & 2016, 2018

Track & Field

2 Individual Champions
INDIVIDUAL QUALIFIERS - 89, 90, 91, 92, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 08, 09, 10, 11, 12, 13, 14, 15, 18

ATHLETIC TEAMS

Fall Programs

Cross Country

Varsity & JV
(30—50 Girls)

Soccer

Varsity & JV
(38—44 Girls)

Basketball

Varsity & JV
(22-25 Girls)

Lacrosse

Varsity & JV
(38—44 Girls)

Field Hockey

Varsity & JV
(36—40 Girls)

Tennis

Varsity A & B & JV
(24—32 Girls)

Winter Programs

Bowling

Varsity & JV
(12-14 Girls)

Spring Programs

Softball

Varsity
(12—18 Girls)

Golf

Varsity & JV
(10—14 Girls)

Volleyball

Varsity, JV & Freshman
(36—42 Girls)

Swimming & Diving

Varsity & JV
(30—50 Girls)

Track & Field

Varsity & JV
(30—50 Girls)

FACILITIES (GAMES & PRACTICES)

Cross Country –Blue Ash Area /Parks

Field Hockey –Blue Ash Sports Complex

Golf –O'Bannon Creek Golf Club

Soccer – Blue Ash Sports Complex

Tennis – Blue Ash Recreation Center

Volleyball – Ursuline Academy



Basketball – Ursuline Academy

Bowling –Crossgate Lanes

Diving –Sycamore, Kids First, UC

Swimming – Blue Ash Y & Tri Health

Lacrosse – Blue Ash Sports Complex

Softball – Blue Ash Sports Complex

Track & Field– Reading and Ursuline

We do not provide Transportation to practices and games.

The Lions are CHAMPIONS



LIONS

Our Athletic Program has been an important part of the UA environment for over 50 years. We captured our first State Championship in 1975 and in 2018 we added our 16th State Championship Banner to the "UA Wall of Champions".

We have 46 Individual STATE CHAMPIONS, 25 Relay STATE CHAMPIONS and 23 State Runner-Up teams. In our league, the Girls' Greater Catholic League (GGCL), Ursuline has been the All – Sports Champion 21 times. This is the most for any of the league schools. The Lions are proud that all of our teams contribute to the League All Sports Title!

GIRLS' GREATER CATHOLIC LEAGUE GGCL

The GGCL All Sports Award is given to the school that garners the most league points based on varsity teams league standings. The LIONS have earned the All Sports Award 9 out of the last 10 years.

ALL SPORT CHAMPIONS

1991, 92,94, 95, 96, 97, 98, 99, 00, 02, 04, 09, 10, 11, 12, 13, 14, 16, 17, 18, 19

GGCL LEAGUE TITLES

Basketball: 1971, 73, 90, 2010 & 13

Cross Country: 1989, 96, 12, 15, 16, 17, 18, 19

Field Hockey: 1998, 2012, 15, 16, 17, 18

Golf: 1990, 95, 96, 97, 98, 99, 03, 06, 07, 08,10,11,12,13, 15, 16, 17, 18, 19, 20

Lacrosse: 2008, 10, 11 & 2016

Soccer: 1978, 86, 02, 06, 07 & 11

Softball: 2013, 2014, 2017, 2018, 2019

Swimming & Diving: 1985, 86, 87,88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 07, 08, 09, 10, 11, 12, 13, 14, 16, 17, 18, 19, 20

Tennis: 1974, 75, 77, 81, 82, 83, 84, 85, 86, 87, 88, 89, 90, 91, 92, 93, 94, 95, 96, 97, 98, 99, 00, 01, 02, 03, 04, 05, 06, 10, 11, 12, 13, 14, 15, 16, 17, 18, 19, 20

Track & Field: 1996, 97, 09, 10, 14 & 17

Volleyball: 1972, 91, 98, 99, 01, 08, 09, 10, 13, 15, 16, 17, 18

TRYOUTS

- All teams will hold a tryout and you must attend in order to be considered for the team.
- Teams will be established after tryouts based on abilities, the team needs and numbers of girls.
- Vacations are not excused for tryouts or practices.
- Tryouts dates are set by the OHSAA.
- A physical and all forms are due prior to tryouts.
- More detailed information is provided for the selection process by each program.

PRACTICES

- Teams will practice 5 to 6 days per week.
- Practices will generally last about 2 hours per day.
- All team members are expected to be at all practices.
- Excused absences must be approved by the coach.
- Vacations are not permitted once tryouts begin and teams are selected.

CONDITIONING

- Coaches will run preseason and summer programs for several of our sports.
- They are not mandatory but they are highly recommended.
- Conditioning and preseason activities are an opportunity for students to become familiar with our programs.

GAMES, MEETS & MATCHES

- The Athletic Department along with the varsity head coach will make the schedules.
- All team members are expected to attend all games.

SUMMER CAMPS

There are several opportunities for grade school aged girls to explore a varsity of team camps and meet are coaches. The Summer Camp Schedule& registration will be on our website by the middle of February 2021.

WINTER CAMPS

Our volleyball coaches will be holding 6 days of camp in December for 6th-8th graders. Visit the Athletic website for more information.

QUESTIONS, CONTACT ATHLETIC DIRECTOR COLLEEN DEHRING at cdehring@ursulineacademy.org
OR ASST. ATHLETIC DIRECTOR DIANE REDMOND at dredmond@ursulineacademy.org or call the athletic office 791-8143.