



## THINGS YOU NEED TO KNOW FOR UA ATHLETICS

**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 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.

### TRYOUTS

**We believe that it is very important that everyone attends tryouts.** This policy ensures that all students have the same opportunity and are held to the same standard. It allows the coaches to start official practices immediately after the tryout process and begin preparing for the season. Earning a UA uniform is an important process in understanding and appreciating the privilege of representing an Ursuline team. Once selected to a team, vacations are not permitted.

**Tryouts are mandatory for all grade levels but that does not mean every sport will have cuts.** The selection process is based on ability, commitment and the number of students trying out. We are confident that all sports require a particular level of skill, commitment, expectation and desire. Therefore, we believe that through a tryout process our 12 programs are valued equally.

**Trying out for multiple teams during the same season is permitted and communication is the key.** All sports are unique and being prepared to try out for multiple sports requires planning and an understanding of the expectations, skills and conditioning needed. Communication with all coaches in advance if you are trying out for more than one team.

**Any injury keeping you from trying out will need a doctor's note indicating the injury and the expected recovery time.** If a later tryout is needed the coaching staff will make the arrangements.

**PRACTICES** - Student/athletes are expected to be at all practices. Team members are expected to attend all competitions. Practices will generally last 2 hours.

#### **GAMES, MEETS & MATCHES (COMPETITIONS)**

Teams will practice 5 to 6 days per week until games start.  
Teams will average between 2-3 contest per week.

**SPORTS SIGN-UP** Students' sign-up online & attend meeting during homeroom. Sign-ups are a good opportunity to learn about program. Sign-ups are a good opportunity to learn about program.

#### **PRE-SEASON / CONDITIONING PROGRAMS**

Coaches run the preseason & summer programs.  
All students are encouraged to attend preseason.  
Preseason is not mandatory but highly recommended.

**VACATIONS** are not permitted during tryouts or once a student/athlete is selected to a team. Coaches may not approve vacations or make exceptions to the vacation policies listed below. Student not following the vacation policy will be dismissed from the team.

**SPRING BREAK AND SPORTS** - All Spring team members are excused from practices from Holy Thursday through The Tuesday after Easter. All team members must be at practice the Wednesday after Easter.

**TRANSPORTATION** is not provided to practices and games. Parents should coordinate travel arrangements with other families.

### FORMS

**UA Athletic Forms must be filled out online through Final Forms.** All forms must be completed 14 days prior to tryouts. The only form you will need to print and turn in is the **OHSAA Pre-Participation Physical Form.**

**UA Families are responsibility for turning in a hard copy of the OHSAA Physical Form to the varsity head coach, the Athletic Trainer or to the UA Athletic Office. Do not email them to the coaches or Athletic Dept.**

**Physicals are due 14 days before tryouts and we recommend getting them in June or early July.**

[OHSAA PRE-Participation Physical Form](#)

**ATHLETIC FEE** - Once your daughter is selected to a team you will receive an email regarding the ATHLETIC FEE and payment online. The fee for a single sport is \$270.00 payable prior to the start of the season. There is an additional fee of \$120.00 for siblings or multiple sports athletes.

# Tips for tryouts:

## **Prepare for the outcome in advance**

Talk as a family prior to and during tryouts. Be prepared for any possible outcome. Walk through each scenario and have a plan as a family. Being prepared prior to the outcome helps everyone move forward in a more positive and constructive manner.

## **What to bring to Tryouts**

Come with a great attitude and give your best effort. Listen and be respectful to the coaches even when you are hot, tired and exhausted. Understand that tryouts are necessary and at Ursuline we believe that as a Division I school it is important to maintain tryouts for all teams. Every program will conduct a try out period and our coaches will select our teams based on several factors. Three main factors that are considered by our coaching staff for team selections are:

1. **Skill level of the overall group** - The staff will assess everyone's skill level and compare it to the level of the overall group. This varies from year to year, so it is important to always bring your best effort throughout the tryout session. All girls from the previous season are evaluated against the skill level of the current group trying out.
2. **Personal Preparedness** - Another area of great importance when evaluating the overall group is the physical conditioning and mental toughness of all those trying out. Good skills coupled with great cardiovascular and physical strength are advantages when trying out. Being mentally sharp and knowledgeable of the game is also helpful.
3. **Team Awareness and Attitude** – It is important to understand what it takes to be a contributing part of a team. Embrace tryouts and the time with your potential teammates and coaches. Keep your attitude in check...if it isn't positive don't show it. Attitude alone will not give anyone a spot on the team, but bad attitude can keep a skilled person off a team.

## **What to expect from Tryouts**

Tryouts will be fair, organized and impartial and the coaching staff will be evaluating all prospective student/athletes. Coaches all have different styles and ways to communicate – don't take any criticism as personal. Expect to work hard and don't be afraid to ask questions. Understand that the coaches are always evaluating, so never give less than your best effort. Attitude is very important, don't roll your eyes, make excuses or complain....it is tryouts!

## **Evaluate Yourself**

Self-evaluate look around and gauge where your ability is compared to the others. Compare your skills, endurance, speed, health and attitude to all those trying out. Be realistic in your abilities.

## **Making the team**

Be thankful and appreciative that you have made a team. Don't be disappointed in the level of the team you made. The coaches are putting you on the team that best suits your ability, playing time and the needs of the program. Be sensitive and aware of those around you that may not have made the team.

Contact the Athletic Office with any questions.

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