

THINGS YOU NEED TO KNOW

TRYOUTS

The Athletic Department wants to encourage all of our UA students that have participated in a sport or have a genuine interest to consider trying out. Tryouts can be intimidating but if you don't tryout you will never know if you would make a team!

- **MANDATORY for all of our teams and there will be a selection process for all programs.**
- **Vacations are not permitted during tryouts or once a student/athlete is selected to a team.**
- **All paperwork must be completed online and a physical on file 14 days prior to tryouts.**

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!

Trying Out for Multiple teams

All sports are very unique and being prepared to try out for multiple sports requires planning and an understanding of the expectations, skills and conditioning needed. Communication is the key and coaches **must know in advance if you are trying out for more than one team.**

Injuries and Tryouts

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. If the injury will last longer than 3 weeks, the Athletic Department will meet with the coaches to discuss the situation. Injured students will not be issued a uniform until they have tried out for a team...exception to this are seniors that have been in the program for 3 years.

PRACTICES - 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. **Vacations are not permitted once tryouts begin and teams are selected.**

VACATIONS - **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.**

Fall Teams: Once tryouts begin on August 1st student/athletes selected to the teams will not be excused for vacations during the fall season.

Winter Teams: In addition to Christmas and New Year's Day, Coaches will schedule an additional 2 days off over the holiday break. These days will be set by the coaches and team members are expected to be at all scheduled practices and contests.

Spring Teams: All Spring team members are excused from practices from Holy Thursday through the Tuesday after Easter. Team members must return for practices and games on the Wednesday after Easter.

ATHLETIC FEE is due at the Seasonal Sports Meetings. The fee for a single sport student/athlete is \$250.00. An additional fee of \$100.00 shall be paid for siblings or multiple sport student/athletes for the year. All UA families that participate on a team are asked to purchase 1 raffle ticket to support our fund raiser. No family will pay more than \$365.00 for the athletic fee and raffle ticket.

TRANSPORTATION is not provided to practices or games.

Contact Information: Athletic Office: 513-791-8143
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FORMS (New for 2018-19 - All families will be required to use Final Forms)

Beginning with the 2018-19 school year all UA Forms will be filled out online through Final Forms. All families will receive an email from Ursuline in late May to set up an account and start filling out the forms that apply for their daughter(s). The goal is for Final Forms to be up

and running by June 1, 2018. Forms for Athletics must be completed 14 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**. https://www.ursulineacademy.org/uploaded/Athletics/OHSAA_phys_form1819.pdf

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.

Sports Physicals will be offered by the Doctors from Mercy Health/Cincinnati Sports Medicine on May 23, 2018 from 6:00 -7:30 pm at Jewish Hospital (same Day Surgery Area).

- No appoiment is necessary but a parent or guardian must accompany the student.
- You must bring a copy of the OHSAA Pre-Participation Physical with you.
 - Pages 1, 5 & 6 must be brought in completed
 - Pages 3 & 4 will be filled out by the medical staff

The cost is \$20.00.

The forms listed below must filled out online through Final Forms for athletic participation prior to tryouts.

1. Pre-participation Physical Examination Form
2. OHSAA Authorization Form - Concussion Form
3. OHSAA Eligibility Guide and Checklist
4. Lindsay's Law – Sudden Cardiac Arrest
5. UA Transportation / Insurance Form
6. UA Transportation Policy
7. Emergency Medical Authorization Form
8. Athletic Pledge Form
9. Road Running Permission Form