

URSULINE ACADEMY

Softball 2017-18

Head Coach: Missy Keith, Cell (513) 478-6423 Email: mkeith18@fuse.net

Asst. Coach: Cici Besl

ATHLETIC FORMS

DUE BY FRIDAY, FEB. 16, 2018 – TO THE ATHLETIC OFFICE

All students/athletes must have a yearly physical and the OHSAA form must remain on file in the Athletic Office. It is suggested that you have a physical scheduled during June or July to insure 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. All forms listed below must be turned in prior to tryouts. These forms are available on the Ursuline Academy Website or control + click the links below.

**** If you participated on a fall team for Ursuline your forms will be turned in by the fall coach. You do not have to do these forms again unless your physical expires before May 31, 2018. (Physicals must have been completed between Feb. 29, 2017 – May 31, 2018)**

OHIO HIGH SCHOOL ATHLETIC FORMS (MANDATORY FOR ALL STUDENT ATHLETES – DUE PRIOR TO TRYOUTS)

- Pre-participation Physical Examination Form
- Concussion Form
- Eligibility Guide & Checklist
- Lindsey Law – Sudden Cardiac Arrest

URSULINE ACADEMY ATHLETIC FORMS (MANDATORY FOR ALL STUDENT ATHLETES – DUE PRIOR to TRYOUTS)

UA Athletic Forms

1. Emergency Medical Authorization Form
2. Transportation Policy
3. Transportation/Insurance
4. Athletic Pledge Form

Conditioning/Weight Training/Open Gyms

This is a great opportunity for any UA student, with an interest in becoming a member of team, to become familiar with the skills, the conditioning and the team expectations that are needed for participating in the softball program. Preseason training and Open Gyms are not mandatory but are highly recommended.

Conditioning/Weight Training

Begins: January 3, 2018

Days: Monday, Wednesday, Thursday* (see schedule)

Time: 3:15-5:15 or 3:45-5:45

Open Gym: contact Coach Keith (dates fluctuate)

TRYOUTS

Tryouts are mandatory for all teams and student/athletes at any grade level may be cut. Anyone interested in participating on any UA team must attend the tryout sessions. Any injury or sickness that prohibits someone from trying out must be documented by a physician and approved by the Athletic Director prior to tryouts. Students will not be placed on teams or receive a uniform for pictures until they have had an official tryout. Location (indoor or outdoor) for tryouts will be determined based on the weather. Always prepare for both.

Tryouts:	Date	Time	Location
All Grades	2/19-2/20	3:45-6:30	Outside Gyms
Varsity Team		OR 3:15-5:30	Inside Gym
(14-16 players)			

GAMES AND PRACTICES

Once selected to a UA team all student/athletes are expected to attend all practices and games. Game schedules are online and coaches will provide a monthly practice schedule.

Important Spring Dates..... once you make the team:

Team Pictures: Tues. March 13, 2018 beginning @ 6:00 in the main Gym (pizza and fruit provided)

Parent Night: Tues. March 13, 2018 @ 7:00 pm in the Main Gym (OHSAA Requirement – Mandatory for one parent & the student/athlete)

Awards Night: Tues. May 15, 2018 @ 7:00 pm in the Theatre

OTHER THINGS TO BE MINDFUL OF WHEN TRYING OUT

Co-curricular Choices

Coaches will not make exceptions for other co-curricular activities that are sponsored by Ursuline including but not limited to UA trips, club meetings, service activities, detention and practice classes for testing (ACT/SAT). Participation on a team requires commitment and daily attendance at practices. Coaches may work to help with an occasional issue but proper notification and approval is required.

Vacations (Not permitted once a student/athlete is selected to a team) - Spring Break Policy:

Excused time for Spring Break is from Thurs. March 29, 2018 after school through Tues. April 3, 2018.

All team members must be at practices, games or meets on Wed. April 4, 2018. 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.

URSULINE ACADEMY - 2018 SOFTBALL SCHEDULE

SCRIMMAGES					
WED	3/14	Wilmington	4:30	HOME	Blue Ash Sports Center
FRI	3/16	Fairfield	4:30	HOME	Blue Ash Sports Center
MON	3/19	Blanchester	4:30	HOME	Blue Ash Sports Center
WED	3/21	Little Miami	4:30	AWAY	Little Miami HS
MARCH GAMES					
SAT	3/24	Sycamore	11:00	AWAY	Sycamore HS
		Fenwick	1:00	AWAY	Sycamore HS
MON	3/26	Loveland	4:30	HOME	Blue Ash Sports Center
TUE	3/27	West Clermont	4:30	AWAY	West Clermont HS
WED	3/28	MCAULEY	4:30	AWAY	St. James
APRIL GAMES					
THURS	4/5	MERCY	4:30	HOME	Blue Ash Sports Center
TUES	4/10	Kings	4:30	HOME	Blue Ash Sports Center
WEDS	4/11	SETON	4:30	HOME	Blue Ash Sports Center
THURS	4/12	Notre Dame Academy KY	5:00	HOME	Blue Ash Sports Center
FRI	4/13	ST URSULA	4:30	AWAY	RiverCity East
SAT	4/14	Holy Name	1:00	AWAY	Lakota West HS
		Lakota West	3:00	AWAY	Lakota West HS
TUES	4/17	Anderson	4:30	AWAY	Anderson HS
WEDS	4/18	MT NOTRE DAME	4:30	HOME	Blue Ash Sports Center
THURS	4/19	MERCY	4:30	AWAY	Bicentennial Park
FRI	4/20	Wendy's Classic	TBA	AWAY	Brookside Park
SAT	4/21	Wendy's Classic	TBA	AWAY	Brookside Park
		Wendy's Classic	TBA	AWAY	Brookside Park
MON	4/23	Cooper KY	5:00	HOME	Blue Ash Sports Center
TUES	4/24	Highlands KY	5:00	HOME	Blue Ash Sports Center
WEDS	4/25	MCAULEY	4:30	HOME	Blue Ash Sports Center
FRI	4/27	MT NOTRE DAME	4:30	AWAY	Expressway Park
SAT	4/28	WILLIAMSBURG	11:00	HOME	PNC MLB YOUTH ACADEMY
MAY GAMES					
TUES	5/1	McNicholas	4:30	AWAY	McNicholas HS
WEDS	5/2	ST URSULA	4:30	HOME	Blue Ash Sports Center
THURS	5/3	SETON	4:30	AWAY	Delhi Park

Finalized 11/7/17

DECEMBER 2017							JANUARY 2018 ▲
SUN	MON	TUE	WED	THU	FRI	SAT	
					1	2	Indoor vs Slammers Markworth 2:15pm
3	4	5	6	7 SPRING SIGN UPS	8	9	Indoor vs East – 9:15am vs West 10:30am
10	11	12	13	14	15	16	Indoor vs OFC Heat 2:15pm vs Colerain 3:30pm
17	18	19	20 CHRISTMAS BREAK	21 CHRISTMAS BREAK	22 CHRISTMAS BREAK	23	
24	25 CHRISTMAS	26 CHRISTMAS BREAK	27 CHRISTMAS BREAK	28 CHRISTMAS BREAK	29 CHRISTMAS BREAK	30	
31	NOTES: *Please arrive to indoor games ready to warm up 1 hour prior to game time						

~ JANUARY 2018 ~							FEB 2018 ▲
SUN	MON	TUE	WED	THU	FRI	SAT	
	1 NEW YEAR'S DAY	2 CHRISTMAS BREAK	3 Conditioning 3:45-5:45	4	5 Conditioning 3:45-5:45	6 Conditioning 11:00-1:00	
7	8 EXAMS	9 EXAMS	10 EXAMS	11 EXAMS Conditioning 12:30 – 2:15	12 No School	13	
14	15 MLK DAY NO SCHOOL	16	17 Conditioning 3:45-5:45	18 Conditioning 3:15-5:15	19 Father Daughter Dance	20 Conditioning 11:00-1:00	
21	22 Conditioning 3:15-5:15	23	24 Conditioning 3:45-5:45	25 Conditioning 3:15-5:15	26	27 Open Gym 11:00-1:00	
28	29 No School	30 Conditioning 5:00-7:00	31 Conditioning 3:45-5:45	NOTES: *If we have a snow day, the workout will be cancelled. Stay tuned to GroupMe for all daily updates.			

~ FEBRUARY 2018 ~							MAR 2018 ▶
SUN	MON	TUE	WED	THU	FRI	SAT	
				1 Conditioning 3:15-5:15	2	3 Open Gym 11:00-1:00	
4	5 Conditioning 3:15-5:15	6	7 Conditioning 3:45-5:45	8 Conditioning 3:15-5:15	9	10 Open Gym 11:00-1:00	
11	12 Conditioning 3:15-5:15	13	14 Conditioning 3:45-5:45	15 Conditioning 3:15-5:15	16 NO SCHOOL	17	
18	19 PRES DAY NO SCHOOL Tryouts INSIDE 3:15 – 5:30 OUTSIDE 3:45 – 6:30	20 Tryouts 4:00-6:30	21 Practice 4:00-6:30	22 Practice 4:00-6:30	23 Practice 4:00-6:30 TEAM DINNER/BONDING	24 Practice 10:00-12:00	
25	26 Practice 4:00-6:30	27 Practice 4:00-6:30	28 Practice 4:00-6:30	NOTES: <ul style="list-style-type: none"> Any Rainouts on game days = practice 4-6 Rained out games will be rescheduled at the next open date Practice times may fluctuate depending on if we are indoors or outdoors 			

~ MARCH 2018 ~						
SUN	MON	TUE	WED	THU	FRI	SAT
				1 Practice 4:00-6:30	2 Practice 4:00-6:30	3 Practice 10:00-12:00
4	5 Practice 4:00-6:30	6 Practice 4:00-6:30 WINTER SPORTS AWARDS	7 Practice 4:00-6:30	8 Practice 4:00-6:30	9 Practice 4:00-6:30 TEAM DINNER	10 Practice 10:00-12:00
11	12 Scrimmage vs Fairfield at HOME 4:15	13 Practice 4:00-5:00 SPRING PARENT NIGHT PICTURES 6:00PM MEETING 7PM	14 Scrimmage vs Wilmington at HOME 4:15	15 Practice 4:00-6:30 or Make up Scrimmage INCOMING FRESHMAN NIGHT 7:00PM (COACHES ONLY)	16 SPRING DANCE NO PRACTICE	17 Practice 10:00-12:00 or Make up Scrimmage PARENT/COACHES SOCIAL
18	19 Scrimmage vs Blanchester at HOME 4:15	20 Practice 4:00-6:30 or Make up Scrimmage	21 Scrimmage at Little Miami 4:15	22 Practice 4:00-6:30 or Make up Scrimmage	23 Practice 4:00-6:00 TEAM DINNER	24 REGULAR SEASON BEGINS Double Header @ Sycamore HS 11:00 Fenwick 1:00 Sycamore
25	26 Loveland at HOME 4:30	27 At West Clermont 4:30	28 At McAuley 4:30 (St James) <i>*Admission is charged by McAuley!</i>	29 HOLY THURS NO SOFTBALL	30 GOOD FRIDAY SPRING BREAK NO SOFTBALL	31 NO SOFTBALL

NOTES:

- Any Rainouts on game days = practice 4-6
- Rained out games will be rescheduled at the next open date
- Practice times may fluctuate depending on if we are indoors or outdoors

~ APRIL 2018 ~						
SUN	MON	TUE	WED	THU	FRI	SAT
1 EASTER	2 SPRING BREAK NO SOFTBALL	3 SPRING BREAK NO SOFTBALL	4 SPRING BREAK <u>ALL TEAMS BACK</u> Practice 4:00-6:30	5 SPRING BREAK Mercy at HOME 4:30	6 SPRING BREAK Practice 4:00-6:30 TEAM DINNER	7 Practice 10:00-12:00
8	9 NO SCHOOL	10 Kings at HOME 4:30	11 Seton at HOME 4:30	12 Senior Signing Breakfast 7:30am Notre Dame Academy at HOME 4:30	13 St Ursula at HOME 4:30	14 Double Header @ Lakota West Lunch & Hit Before TBA 1:00 Holy Name 3:00 Lakota West
15	16 Williamsburg at HOME 4:30	17 Anderson at HOME 4:30	18 Mt Notre Dame at HOME 4:30	19 at Mercy 4:30 (Bicentennial Park)	20 Wendy's Classic Early dismissal TBA 1 Game TBA	21 Wendy's Classic 2 Games TBA
22 FASHION SHOW	23 Cooper at HOME 4:30	24 Highlands at HOME 4:30	25 McAuley at HOME 4:30	26 Practice 4:00-6:00	27 SPIRIT GAME at Mt Notre Dame 4:30 (Expressway Park)	28 Practice 10:00-12:00
29 Tournament Draw (Coaches Only)	30 Practice 4:00-6:00	NOTES:				

~ MAY 2018 ~						
SUN	MON	TUE	WED	THU	FRI	SAT
		1 At McNicholas 4:30	2 St Ursula at HOME 4:30	3 At Seton 4:30 (Delhi Park)	4 UA PROM Practice 4:00-6:00 *excludes seniors	5 Practice 10:00-12:00
6	7 SECTIONALS or Practice if we have a bye	8 Practice 4:00-6:00	9 SECTIONALS	10 Practice 4:00-6:00	11 Practice 4:00-6:00 TEAM DINNER	12 Practice 10:00-12:00
13 Mother's Day	14 Practice 4:00-6:00	15 Practice 4:00-6:00 Spring Sports Awards 7:00	16 Practice 4:00-6:00	17 Practice 4:00-6:00	18 DISTRICTS	19 DISTRICTS
20	21 Sr EXAMS Golf Outing Practice 4:00-6:00	22 Sr EXAMS Practice 4:00-6:00	23 Practice 4:00-6:00	24 REGIONALS	25 REGIONALS	26 Baccalaureate Mass 3:00pm Practice Early TBA
27 GRADUATION 1:00pm	28 NO SCHOOL Memorial Day Practice TBD	29 EXAMS Practice 4:00-6:00	30 EXAMS Practice/Travel Day	31 EXAMS STATE TOURNAMENT Akron Firestone Stadium	Notes: *Practice times will vary during tournament based on Exam schedules, etc.	

~ JUNE 2018 ~						
SUN	MON	TUE	WED	THU	FRI	SAT
					1 Teacher Work Day No School STATE TOURNAMENT Akron Firestone Stadium	2 STATE TOURNAMENT Akron Firestone Stadium
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30