

URSULINE ACADEMY

Swimming 2022-23

Please take this information home and share with your parents. It is also available on the athletic website under Swimming & Diving. We look forward to a great season!

SWIMMING TRYOUTS

High school swimming is different than any other sport because team members are permitted to continue to practice with their swim clubs. This is a long standing policy with UA and most all high schools due to a shortage of pools. **One very important high school rule to remember is that once you swim in a regular season high school meet you may no longer swim for your club until the high school season is completed.**

Any Swimmer or Diver interested in being a member of the Ursuline Swimming & Diving program must attend Dryland Training on Tues November 1st @ Ursuline in the main gym 6:30 am – 7:30 am

Tryouts are mandatory for non-club swimmers who will be training with Ursuline.

Once try-outs are over, you are expected to attend 4 practices a week, plus the Wednesday dryland at Ursuline in the morning. UA will practice at Tri-Health pavilion on M/W/F from 5:30-7:00am and Tues/Thur from 3:40-5:00pm.

Club Swimmers: Club swimmers may continue to practice with their club teams. You are required to attend at least 5 full practices a week with your club.

Attendance will be checked with the club coach and failure to meet the 5 practice standard per week can result in dismissal from the team.

DRYLAND PRACTICE

MANDATORY FOR ALL TEAM MEMBERS

All TEAM MEMBERS must attend mandatory dryland practices at Ursuline – every Tuesday. From 6:30 am – 7:30 am in the main UA gym.

Dryland will begin November 1st.

MEETS

All team members are expected to attend all team meets. Coaches may excuse one meet if you are not in the line-up. Communication must be given to the staff.

The schedule will be online by early October. We will typically compete in 12- 14 meets.

ATHLETIC FORMS

DUE BY FRIDAY, OCTOBER 14, 2022 – TO THE ATHLETIC OFFICE

All students/athletes must have a yearly physical and the OHSAA form must remain on file in the Athletic Office. Failure to have a physical prior to tryouts may keep a student/athlete from trying out for a team.

FORMS

- Get your physical scheduled now if you have not had one. The OHSAA Physical form can be found on Final Forms. Please upload your complete physical to Final Forms.
- The remaining forms need to be filled out on Final Forms. Please be sure to indicate what sport for which you are trying out. These forms need to be completed by **Friday, October 15th**.

If you played a Fall Sport for UA your forms should already be on file.

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

Team Pictures: Monday, November 14, 2022 beginning @ 6:00 in the main Gym

Parent Night: Monday, November 14, 2022 at 7pm in the main gym (OHSAA Requirement – Mandatory for one parent & the student/athlete)

Awards Night: Monday, March 6, 2023 @ 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). 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)

HEAD COACH BRAD ISHAM – bisham@cincy-marlins.com 513-226-2126

URSULINE ACADEMY DIVING 2022-23

Ursuline Diving strives to develop young women who reach personal success in the areas of sportsmanship, athletic achievement and communal accomplishment. We are a competitive team, seeking our best performances on a daily basis - whether in practice or in a meet.

Tryouts

Any Swimmer or Diver interested in being a member of the Ursuline Swimming & Diving program must attend Dryland Training on Tues. Nov 1st @ Ursuline in the main gym 6:30 am – 7:30 am

Tryouts will be held during the first week of practice which starts Monday October 31, 2022. Divers should be familiar with all 5 categories of dives: Front, Back, Reverse, Inward and Twist.

Practices

The team practices 4 days per week and once on the weekend. All practices are **mandatory** and any absence should be discussed with the coach. In the case of illness, a diver will not be considered absent when the coach is notified in person or by phone. **Parents - please DO NOT schedule family trips at any time during the high school season!**

Practice Schedule

The typical schedule for UA divers is: Mon & Wed – from 5-6:30pm at UC and Sunday dryland – which will start Monday, October 31.

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FORMS

- Get your physical scheduled now if you have not had one. The OHSAA Physical form can be found at www.ursulineacademy.org – then Athletics, Medical Forms. This form must be printed and returned to the Athletic Office.
- The remaining forms need to be filled out on Final Forms. Please be sure to indicate what sport for which you are trying out. These forms need to be completed by **Athletic Office by Friday, October 14th**.

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Questions: contact Coach David Wokloff – dbwolkoff@gmail.com