

URSULINE ACADEMY BASKETBALL 2022-23

Head Coach – Keith Starks – bearcats422002@gmail.com – 513-262-9589

ATHLETIC FORMS

COMPLETED BY FRIDAY, OCTOBER 14 2022

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.

- **The OHSAA physical form** can be found on Final Forms. This form needs to be turned into the Athletic Office.
- **All forms need need to be filled out on Final Forms.** Please log in and then complete all the forms indicated for the sport for which you are trying out.

****If you participated on a fall team for Ursuline your forms should be completed. You do not have to do these form again unless your physical expires before March 1, 2022.**

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 basketball program. Preseason training and Open Gyms are not mandatory but are highly recommended.

Conditioning/Weight Training/Open Gyms

Begins: September 13, 2021

Days: Tues & Thurs

Time: 3:30-5:30

Weight Training – Mon & Wed 3:15-4:15 with ProForce Sports Performance

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.

Tryouts: October 21 from either 3:30-5 or 4:45-7

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

Team Pictures: November 14, 2022 beginning @ 5:45 in the main Gym

Parent Night: November 14, 2022 (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). 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)

Winter Teams - coaches will allow for at least 2 – 3 days off over the holiday break in addition to Christmas and New Year's Day.

UA Basketball and a Club Team.....Can it work? Yes, but you must follow the stipulations below

JV Basketball Team

- If you play a fall sport for UA and also play that sport at the club level the following allowance is permitted
 - You may miss up to 2 weekends (Fri/Sat) to attend a club tournament but no more than one UA basketball game may be missed during these 2 weekends

Varsity Team

- If you play a fall sport for UA and also play that sport at the club level the following allowance is permitted
 - You may miss 1 weekend (Fri/Sat) to attend a club tournament but no UA basketball games may be missed

No one, at any level, is permitted to miss UA basketball practices or games to attend club practices. Anyone that does not comply will be dismissed from the team.

Sept. & Oct.

2022

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
SEPTEMBER 11	12 LIFTING 3:15-4:15	13 BASKETBALL CONDITIONING 3:30-5:30	14 LIFTING 3:15-4:15	15 BASKETBALL CONDITIONING 3:30-5:30	16	17
18	19 LIFTING 3:15-4:15	20 BASKETBALL CONDITIONING 3:30-5:30	21 LIFTING 3:15-4:15	22 BASKETBALL CONDITIONING 3:30-5:30	23	24
25	26 LIFTING 3:15-4:15	27 BASKETBALL CONDITIONING 3:30-5:30	28 LIFTING 3:15-4:15	29 BASKETBALL CONDITIONING 3:30-5:30	30	1
2	3 LIFTING 3:15-4:15	4 BASKETBALL CONDITIONING 3:30-5:30	5 LIFTING 3:15-4:15	6 BASKETBALL CONDITIONING 3:30-5:30	7	8
9	10 LIFTING 3:15-4:15	11 BASKETBALL CONDITIONING 3:30-5:30	12 LIFTING 3:15-4:15	13 BASKETBALL CONDITIONING 3:30-5:30	14	15
16	17 LIFTING 3:15-4:15	18 BASKETBALL CONDITIONING 3:30-5:30	19 LIFTING 3:15-4:15	20 BASKETBALL CONDITIONING 3:30-5:30	21 Try-outs 3:30-5 or 4:45-7	22 Try-outs 9:30- 11:30
23	24 Practice: JV – 3:30-5 Var – 4:45-7	25 Practice: JV – 3:30-5 Var – 4:45-7	26 Practice: JV – 3:30-5 Var – 4:45-7	27 Practice: JV – 3:30-5 Var – 4:45-7	28 Practice: JV – 3:30-5 Var – 4:45-7	29 Practice: JV – 9:30-11 Var – 9:30- 11:30