

# URSULINE Lacrosse 2023

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## Training/Fitness/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 lacrosse program. Preseason training and Open Gyms are not mandatory but are highly recommended.

### Fitness and Strength Training

Monday & Wednesday with ProForce Sports Performance

Location: UA Weight Room

Sign-ups online: TBA

### Skill Training/Open Gyms

Mondays & Wednesday@ Ursuline Small Gym

Time: 5:30 – 7:30 pm

December: Monday & Wednesday

\*Starts Mon, Jan 9

## TRYOUTS

Tryouts Begin: Mon, Feb 20 – Wed, Feb 22 from 5:00-6:30, times subject to change

**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.

## ATHLETIC FORMS

All UA Forms will be filled out online through Final Forms. Forms for Athletics must be completed 10 days prior to tryouts. If you think you will be trying out for any sport, its best to fill out the forms in the summer or asap. The only form you will need to print and turn in is the OHSAA Pre-Participation Physical Form.

All UA Families are responsible for turning in a hard copy of the OHSAA Physical Form. Do not email them to the coaches or Athletic Dept. Your physical forms should be turned in to the Athletic Office. These forms are due by Friday, Feb 10, 2023.

## OTHER THINGS TO BE MINDFUL OF WHEN TRYING OUT

### Co-curricular Choices – Only UA Father Daughter Dance & UA Prom are excused!

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. April 16, 2023, after school through Tues. April 11, 2023.

All team members must be at practices, games, or meets on Wed. April 12, 2023. 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.

## IMPORTANT SPRING DATES.....ONCE YOU MAKE THE TEAM!

Team Pictures: Tues. March 7, 2023, beginning @ 5:40 in the main Gym

Parent Night: Tues, March 7, 2023 @ 7:00 pm in the Main Gym (OHSAA Requirement – Mandatory for one parent & the student)

Awards Night: Mon. May 15, 2023 @ 7:00 pm in the Theatre

Date		JV	Var
6-Mar	Scrimmage @ Milford	5:30	7:00
9-Mar	Scrimmage @ Kings	5:30	7:00
<b>16-Mar</b>	<b>Scrimmage Walnut HOME</b>	<b>5:00</b>	<b>6:30</b>
<b>Sat. March 18</b>	<b>ANDERSON - HOME</b>	<b>10:30</b>	<b>12:00</b>
Wed. March 22	@ Mercy McAuley	TBA	TBA
Fri. March 24	@ Lakota West	5:30	7:00
<b>Mon. March 27</b>	<b>SETON - HOME</b>	<b>5:00</b>	<b>6:30</b>
<b>Mon. April 3</b>	<b>MND - HOME</b>	<b>5:00</b>	<b>6:30</b>
Wed. April 5	@ SUA	5:00	6:30
Thurs. April 13	@ Cincinnati Country Day	TBA	TBA
Sat. April 15	@ Lakota East	10:30	12:00
<b>Mon. April 17</b>	<b>MERCY MCAULEY - HOME</b>	<b>TBA</b>	<b>TBA</b>
<b>Wed. April 19</b>	<b>SUA - HOME</b>	<b>5:00</b>	<b>6:30</b>
<b>Fri. April 21</b>	<b>CHCA - HOME</b>	<b>5:00</b>	<b>6:30</b>
Mon. April 24	@ MND	5:00	6:30
<b>Fri. April 28</b>	<b>TURPIN - HOME</b>	<b>5:00</b>	<b>6:30</b>
Mon. May 1	@ Seton	TBA	TBA
<b>Wed. May 3</b>	<b>SEVEN HILLS - HOME</b>	<b>5:00</b>	<b>6:30</b>
Sat. May 6	@ Wyoming	10:30	12:00
<b>Mon. May 8</b>	<b>SUMMIT HOME</b>	<b>TBA</b>	<b>6:30</b>
Tues. May 9	@ Mariemont	5:30	7:00

\*Schedule subject to change