



BASKETBALL 2023

CONTACT INFORMATION

Coach Keith Starks
Bearcats422002@gmail.com
 513-262-9589

BASKETBALL SUMMER SCHEDULE 2023

Open Gym & Summer Practice

Throughout the summer there are several opportunities to come play and practice with the team. Once school starts sign-ups will be during a homeroom in late August. During the sign-up meeting the girls will be given the pre-season calendar and more detailed information about try-outs and games.

CAMP

Camp for incoming students will be held from June 20-23 from 10-Noon. This is a great opportunity to meet current players and get some coaching from the current staff. **You must register online for this.**

TRYOUTS

Try-outs are mandatory and will begin on October 27, 2023. Once teams are selected vacations will not be permitted.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	JUNE 5 OPEN GYM 1:30-3:30	6	7 OPEN GYM 1:30-3:30	8	9 Practice 1:00-3:00	10 XU Team Camp
	BB CAMP 4 th -6 th GRADERS 11:00-1:00 PM					
11 XU Team Camp	12 Practice 1:30-4	13	14 Practice 1:30-4	15	16 Practice 1:30-4	17
	BB CAMP 7 th -9 th GRADERS 11:00-1:00 PM					
18	19 OPEN GYM 1:30-3:30	20	21 Transy Team Camp overnight	22 Transy Team Camp overnight	23 Transy Team Camp overnight	24
25	26 OPEN GYM 3:30-5:30	27	28 OPEN GYM 5:00-7:00	29	30 OPEN GYM 5:00-7:00	JULY 1
2	3	4	5	6	7	8
9	10 OPEN GYM 3:30-5:30	11	12 OPEN GYM 3:30-5:30	13	14 OPEN GYM 3:30-5:30	15
16	17 OPEN GYM 1:30-3:30	18	19 OPEN GYM 1:30-3:30	20	21 OPEN GYM 1:30-3:30	22
23	24 OPEN GYM 3:30-5:30	25	26 OPEN GYM 3:30-5:30	27	28 OPEN GYM 3:30-5:30	29



CROSS COUNTRY 2023

CONTACT INFORMATION

Coach Chris Cavanaugh
cavanaugh.cr@pg.com
 513-885-1007

CROSS COUNTRY (XC) SUMMER SCHEDULE 2023

SUMMER TRAINING

All training locations are subject to change. The team will train at Ursuline as well as many other nearby parks. Any changes will be communicated throughout the summer.

TRYOUTS

We believe it is important that everyone earn their uniforms. We will hold time trials for everyone on August 1-2 from 6:30-8:00/8:15 am. Vacations will not be allowed after teams are selected. Practices will take place daily following team selections.

FORMS

All forms (via Final Forms) and OHSAA physical must be completed and turned in by July 14, 2023.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
4	5 FRESHMEN ONLY 6:30-8 AM @ UA	6	7 FRESHMEN ONLY 6:30-8 AM @ UA	8	9 FR & SR ONLY 6:30-8 AM @ UA	10
11	12 6:30-8:00 AM @ UA	13	14 6:30-8:00 AM @ SUMMIT PARK	15	16 6:30-8:00 AM @ PIONEER PARK	17
18	19 6:30-8:00 AM @ SHARON WOODS	20	21 6:30-8:00 AM @ WELLER PARK	22	23 6:30-8:00 AM @ SUMMIT PARK	24
25	26 6:30-8:00 AM @ LOVELAND BIKE	27	28 6:30-8:00 AM @ PIONEER PARK	29	30 6:30-8:00 AM @ SHARON WOODS	JULY 1
2	3	4	5 6:30-8:00 AM @ COTTELL PARK	6 6-7:30 PM @ SUMMIT PARK	7 6:30-8:00 AM @ PIONEER PARK	8
9	10 6:30-8:00 AM @ SHARON WOODS	11 6-7:30 PM @ SUMMIT PARK	12 6:30-8:00 AM @ WELLER PARK	13 6-7:30 PM @ LOVEALND BIKE	14 6:30-8:00 AM @ CAMP LIVINGSTON	15
16	17 6:30-8:00 AM @ WELLER PARK	18 6-7:30 PM @ SHARON WOOD	19 6:30-8:00 AM @ PIONEER PARK	20 6-7:30 PM @ LOVEALND BIKE	21 6:30-8:00 AM @ CAMP LIVINGSTON	22
23	24 6:30-8:00 AM @ UA	25 6-7:30 PM @ SUMMIT PARK	26 6:30-8:00 AM @ COTTELL PARK	27 6-7:30 PM @ LOVEALND BIKE	28 6:30-8:00 AM @ PIONEER PARK	29
30	31 6:30-8:00 AM @ UA (Time Trial)	August 1 6:30-8:15 AM @ UA Tryouts	2 6:30-8:00 AM @ UA Tryouts	3	4	5



FIELD HOCKEY 2023

CONTACT INFORMATION

Coach Shannon Regan
regansd2@gmail.com
 636-346-2392

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				JUNE 1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
	FH CAMP 9 th GRADERS 8:00-10:00 AM					
25	26	27	28	29	30	JULY 1
2	3	4	5	6	7	8
9	10 TRAINING 7:00-9:15 AM	11 TRAINING 8:00-10:00 AM	12 TRAINING 7:00-9:15 AM	13 TRAINING 8:00-10:00 am	14 TRAINING 7:00-9:15 AM	15
16	17 TRAINING 7:00-9:15 AM	18 TRAINING 8:00-10:00 AM	19 TRAINING 7:00-9:15 AM	20 TRAINING 7:00-9:15 AM	21 TRAINING 7:00-9:15 AM	22
23	24 TRAINING 7:00-9:15 AM	25	26 TRAINING 7:00-9:15 AM	27	28 TRAINING 7:00-9:15 AM	29 Scrimmage-MND
30	31 TRAINING 7:00-9:15 AM	August 1 Tryouts 8-10 AM	2 Tryouts 8-10 AM	3 Tryouts 8-10 AM	4	5

FIELD HOCKEY SUMMER SCHEDULE 2023

LOCATION: BLUE ASH SPORTS COMPLEX
 Grooms Road

INCOMING CAMP

This camp is an opportunity to work with the coaches and have some fun with future teammates. Sticks available to borrow for camp. **Registration is required and can be done online.**

SUMMER TRAINING:

All training will take place at the Blue Ash Sports Complex. This is a great opportunity to learn this sport and meet the coaches and current players. This includes running, and stick/ball work.

TRYOUTS

Tryouts are mandatory and will be held on August 1-3 from 8:00-10:00am. Vacations will not be allowed after teams are selected. Practices will take place daily following team selections.

FORMS

All forms (via Final Forms) and OHSAA physical must be completed and turned in by July 14, 2023.



GOLF 2023

CONTACT INFORMATION

Head Coach Marianne Sahms
sahmsm@fuse.net
 513-258-1059 or 683-5657

Asst. Coach Maggie Sahms
maggiesahms1206@gmail.com
 513-254-5445

GOLF SUMMER SCHEDULE 2023

**LOCATION: O'BANNON GOLF CLUB
LOVELAND, OHIO**

Summer is a great chance to meet current players, improve your game and prepare for the season with Head Coach Marianne Sahms, Class A Member of the PGA. Dates and times subject to change relative to weather and course availability. Please check your emails.

CONTACT COACHES

To stay informed on training updates and weather changes be sure to contact the coaches.

TRYOUTS

Try-outs are mandatory and will take place on August 1-3. Vacations will not be allowed after teams are selected. Practices will take place daily following team selections.

FORMS

All forms (via Final Forms) and OHSAA physical must be completed and turned in by July 14, 2023.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				JUNE 1 9:00-11:00 @O'BANNON	2 9:00-11:00 @ O'BANNON	3
4	5	6	7	8	9	10
11	12	13	14 9:00-11:00 @O'BANNON	15	16 9:00-11:00 @O'BANNON	17
18	19	20	21	22	23	24
25	26 10:30-1:30 @O'BANNON	27	28 9:00-11:00 @ O'BANNON	29	30	JULY 1
2	3	4	5 9:00-11:00 @ O'BANNON	6	7	8
9	10	11	12	13	14 9:00-11:00 @ O'BANNON	15
16	17 10:30-1:30 @ O'BANNON	18	19 9:00-11:00 @ O'BANNON	20	21	22
23	24	25	26 9:00-11:00 @ O'BANNON	27	28	29



SOCCKER 2023

CONTACT INFORMATION

Coach Keith Schaeper
kschaeper@ursulineacademy.org
 513-967-1068

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				JUNE 1	2	3
4	5	6	7	8	9	10
	SOC CAMP 9 th GRADERS 9:00-11:30 AM					
11	12	13	14	15	16	17
18	19	20 6:30-8:00pm @ Grooms	21 6:30-8:00pm @ Grooms	22 6:30-8:00pm @ Grooms	23	24
25	26	27 6:30-8:00pm @ Grooms	28 6:30-8:00pm @ Grooms	29 6:30-8:00pm @ Grooms	30	JULY 1
2	3	4	5	6 6:30-8:00pm @ Grooms	7	8
9	10	11 6:30-8:00pm @ Grooms	12 6:30-8:00pm @ Grooms	13 6:30-8:00pm @ Grooms	14	15
16	17	18 6:30-8:00pm @ Grooms	19 6:30-8:00pm @ Grooms	20 Scrimmage @Beavercreek 5:30/7:00	21	22
23	24	25 6:30-8:00pm @ Grooms	26 6:30-8:00pm @ Grooms	27 6:30-8:00pm @ Grooms	28	29

SOCCKER SUMMER SCHEDULE 2023

LOCATION: BLUE ASH SPORTS COMPLEX
 Grooms Road

INCOMING CAMP

This camp is an opportunity to work with the coaches and have some fun with future teammates. **Registration is required and can be done online.**

SUMMER TRAINING:

Training will start on June 20th from 6:30-8:00 pm. All training will take place at the Blue Ash Sports Complex on Grooms Road. This is a great opportunity to meet the coaches and current players.

TRYOUTS

Tryouts are mandatory and will take place on August 1 & 2 from 3:30-5:30 pm. Vacations are not permitted after teams are selected & practices will take place daily following tryouts.

FORMS

All forms (via Final Forms) and OHSAA physical must be completed and turned in by July 14, 2023.



TENNIS 2023

CONTACT INFORMATION

Coach Dawn Pendergast
dpendergast01@gmail.com

TENNIS SUMMER SCHEDULE 2023

URSULINE COURTS

INCOMING CAMP

This camp is an opportunity to work with the coaches and have some fun with future teammates. **Registration is required and can be done online.**

SUMMER TRAINING:

All training will take place at the Ursuline Tennis Courts. This is a great opportunity to and meet the coaches and current players.

TRYOUTS

Try-outs are mandatory and will take place on August 1-3. Vacations will not be allowed after teams are selected. Practices will take place daily following team selections.

FORMS

All forms (via Final Forms) and OHSAA physical must be completed and turned in by July 14, 2023.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	OPEN COURT 5 TUESDAYS IN MAY 3:00-5:00 on 2, 9, 16, 23, 30	Conditioning 4 THURSDAYS IN MAY 3:00-4:00 on 4, 11, 18, 25		JUNE 1	2	3
4	5 CONDITIONING 3:00-4:00 PM	6	7 OPEN COURT 3:00-5:00PM	8	9	10
11	12 CONDITIONING 3:00-4:00 PM	13	14 OPEN COURT 3:00-5:00PM	15	16	17
TENNIS CAMP 9:00 - 11:30 – JUNE 12-15						
18	19 CONDITIONING 3:00-4:00 PM	20	21 OPEN COURT 3:00-5:00PM	22	23	24
25	26 CONDITIONING 3:00-4:00 PM	27	28 OPEN COURT 3:00-5:00PM	29	30	JULY 1
2	3	4	5	6 OPEN COURT 3:00-5:00PM	7	8
9	10	11 CONDITIONING 3:00-4:00 PM	12	13 OPEN COURT 3:00-5:00PM	14	15
16	17	18 CONDITIONING 3:00-4:00 PM	19	20 OPEN COURT 3:00-5:00PM	21	22
23	24	25 CONDITIONING 3:00-4:00 PM	26	27 OPEN COURT 3:00-5:00PM	28	29
30	31	1 TRYOUTS	2 TRYOUTS	3 TRYOUTS	4	5



VOLLEYBALL 2023

CONTACT INFORMATION

Coach Ali Butcher

ali.butcher09@gmail.com

812-322-1909

VOLLEYBALL SUMMER SCHEDULE 2023

OPEN GYMS

Open gyms are open to anyone interested in playing volleyball. This is an opportunity for just playing volleyball under the coaches' supervision.

CONDITIONING & COACHING DAYS

The coaches will run conditioning and coaching days throughout the summer. We encourage all to attend if interested in playing on a volleyball team. Be sure to sign up online to get updated information from the coach.

TRYOUTS

The Volleyball tryouts will be held at Ursuline from Aug. 1st & 2nd. Anyone interested in playing must be at the tryout sessions. Once teams are selected, vacation will not be permitted. The season begins the day after try-outs.

FORMS

All forms (via Final Forms) and OHSAA physical must be completed and turned in by July 14, 2023.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	MONDAYS IN MAY 1 ST , 8 TH , 15 TH & 22 ND OPEN GYM 4:00-6:00 PM			JUNE 1	2	3
4	5 COACHING DAY 6:30-8:30	6	7 CONDITIONING 7:00-8:00	8	9	10
VB CAMP 5/6th GRADERS 4:00-6:30 PM						
11	12 COACHING DAY 6:30-8:30	13	14 CONDITIONING 7:00-8:00	15	16	17
18	19 COACHING DAY 6:30-8:30	20	21 CONDITIONING 7:00-8:00	22	23	24
VB CAMP 7/8th GRADERS 4:00-6:30 PM						
25	26 OPEN GYM 6:30-8:30	27	28	29	30	JULY 1
2	3	4	5	6	7	8
9	10 OPEN GYM 6:30-8:30	11	12 OPEN GYM 6:30-8:30	13	14	15
16	17 COACHING DAY 6:30-8:30	18 COACHING DAY 6:30-8:30	19 COACHING DAY 6:30-8:30	20 COACHING DAY 6:30-8:30	21	22
VB CAMP 5-8th GRADERS 4:00-6:30 PM						
23	24 COACHING DAY 6:30-8:30	25 COACHING DAY 6:30-8:30	26 COACHING DAY 6:30-8:30	27 COACHING DAY 6:30-8:30	28	29
30	31 COACHING DAY 4-6	1 Tryouts 4:00-6:30	2 Tryouts 4:00-6:30	3	4	5