

THINGS YOU NEED TO KNOW

Welcome 2027 UA Lions!



SIGN UP for a UA Sport

Team Calendars and Things to know can also be found on the Incoming Freshman page

TRYOUTS – Begin Aug. 1, 2023 for all Fall Teams

The Athletic Department wants to encourage all our UA students that have participated in a sport or have a genuine interest to consider trying out. Tryouts can be intimidating but if you don't tryout you will never know if you would make a team!

- **MANDATORY for all our teams and there will be a selection process for all programs.**
- **Vacations are not permitted during tryouts or once a student/athlete is selected to a team.**
- **All paperwork must be completed online and a physical on file 14 days prior to tryouts.**

Practices - Teams will generally practice Monday –Saturday. Practices will typically last about 2 hours per day. Team members are expected to be at all practices. **Student athletes are expected to manage their time and be responsible for all classroom assignments and tests.**

Games, Meets & Matches – Schedules are on the website and will be distributed at each Seasonal Parent Night. Team members are expected to be at all games, meets & matches.

Communication - Communication is the key to a successful and stress-free season. Parents, coaches and athletes should accept that the most fundamental principle of a team is unity. The team must always come first. Consult the UA Athletic Handbook for communication tips.

Vacations - **Vacations are not permitted during tryouts or once a student/athlete is selected to a team.** Coaches may not approve vacations or make exceptions to the vacation policies listed below. Student not following the vacation policy will be dismissed from the team.

<p>PHYSICAL & FORMS The UA Lions will continue to use Final Forms as our on-line source for collection of all required forms for athletic participation. Forms for Athletics must be completed 14 days prior to tryouts. We recommend filling out and updating all forms in the summer. The only form you will need to print and turn in is the OHSAA Pre-Participation Physical Form.</p>	<p>All students/athletes are required by the OHSAA to have a yearly physical and the Pre-Participation Physical Forms must remain on file in the Athletic Trainer's Office.</p> <p>Beacon Orthopaedics offers Sports Physicals on June 3 from 8-11 at Summit Woods. \$20, walk-in, with a parent present</p>
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Contact Information – Athletic Office: 513-791-8143

Athletic Director Colleen O'Brien '93 cobrien@ursulineacademy.org
Assistant Athletic Director Megan Davidson mdavidson@ursulineacademy.org

Cross Country Coach Chris Cavanaugh	Cavanaugh.cr@pg.com
Field Hockey Coach Shannon Regan	regansd2@gmail.com
Golf Coach Marianne Utz Sahms	sahmsm@fuse.net
Soccer Coach Keith Schaeper	kschaeper@ursulineacademy.org
Tennis Coach Dawn Pendergast	dpendergast01@gmail.com
Volleyball Coach Ali Butcher	ali.butcher09@gmail.com

Basketball Coach Keith Starks	bearcats422002@gmail.com
Bowling Coach TBD	
Swimming Coach Brad Isham	brdisham@gmail.com
Diving Coach David Wolkoff	dbwolkoff@gmail.com

Lacrosse Coach Michaela Connolly	connollylacrosse@yahoo.com
Softball Coach Missy Markovic	mmarkovic@ursulineacademy.org
Track Coach David Terkula	dmerkula@gmail.com

Tips for tryouts:

Prepare for the outcome in advance

Talk as a family prior to and during tryouts. Be prepared for any possible outcome. Walk through each scenario and have a plan as a family. Being prepared prior to the outcome helps everyone move forward in a more positive and constructive manner.

What to bring to Tryouts

Come with a great attitude and give your best effort. Listen and be respectful to the coaches even when you are hot, tired and exhausted. Understand that tryouts are necessary and at Ursuline we believe that as a Division I school it is important to maintain tryouts for all teams. Every program will conduct a try out period and our coaches will select our teams based on several factors. Three main factors that are considered by our coaching staff for team selections are:

1. **Skill level of the overall group** - The staff will assess everyone's skill level and compare it to the level of the overall group. This varies from year to year, so it is important to always bring your best effort throughout the tryout session. All girls from the previous season are evaluated against the skill level of the current group trying out.
2. **Personal Preparedness** - Another area of great importance when evaluating the overall group is the physical conditioning and mental toughness of all those trying out. Good skills coupled with great cardiovascular and physical strength are advantages when trying out. Being mentally sharp and knowledgeable of the game is also helpful.
3. **Team Awareness and Attitude** – It is important to understand what it takes to be a contributing part of a team. Embrace tryouts and the time with your potential teammates and coaches. Keep your attitude in check...if it isn't positive don't show it. Attitude alone will not give anyone a spot on the team, but bad attitude can keep a skilled person off a team.

What to expect from Tryouts

Tryouts will be fair, organized and impartial and the coaching staff will be evaluating all prospective student/athletes. Coaches all have different styles and ways to communicate – don't take any criticism as personal. Expect to work hard and don't be afraid to ask questions. Understand that the coaches are always evaluating, so never give less than your best effort. Attitude is very important, don't roll your eyes, make excuses or complain....it is tryouts!

Evaluate Yourself

Self-evaluate look around and gauge where your ability is compared to the others. Compare your skills, endurance, speed, health and attitude to all those trying out. Be realistic in your abilities.

Trying Out for Multiple Teams

All sports are unique and being prepared to try out for multiple sports requires planning and an understanding of the expectations, skills and conditioning needed. Communication is the key and coaches **must know in advance if you are trying out for more than one team.**

Injuries and Tryouts

Any injury keeping you from trying out will need a doctor's note indicating the injury and the expected recovery time.

If a later tryout is needed the coaching staff will make the arrangements. If the injury will last more than 3 weeks, the Athletic Department will meet with the coaches to discuss the situation. Injured students will not be issued a uniform until they have tried out with the program...exception to this are seniors that have been in the program for 3 years.

Making the team

Be thankful and appreciative that you have made a team. Don't be disappointed in the level of the team you made. The coaches are putting you on the team that best suits your ability, playing time and the needs of the program. Be sensitive and aware of those around you that may not have made the team.

Athletic Fee

The athletic fee for a student/athlete playing one sport is \$285.00 + \$15.00 for our golf raffle ticket. **Total \$300.00**

Siblings or a second sport is an additional fee of \$125.00 + 300.00 = **\$425.00**

We ask all **Families** to pay the fee online after the seasonal mandatory parent meeting.

This fee is not intended to keep any student from participating so please contact the Athletic Office.