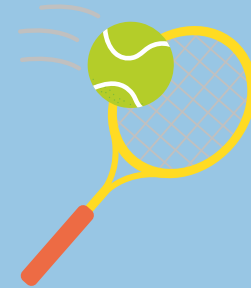


# Quick Guide to TUS Athletics

LEVEL	Fall '24 Start Date	Winter '24-'25 Start Date	Spring '25 Start Date	Tryout Duration	Weekly Commitment	Holiday/Break Requirement*	Weekend Requirement	Off-Season Training
Varsity	MON AUG 26	MON NOV 18	MON MAR 17	3-5 days	5-6 days	Yes, required	Yes	Yes, available
JV	MON AUG 26	MON NOV 18	MON MAR 17	4-5 days	5-6 days	Yes, required	Yes	Yes, available
Modified (Grades 7-8)	WED SEP 11	MON DEC 2	WED MAR 26	3-5 days	4-5 days	Likely required	Yes	N/A
Grade 6	N/A	MON OCT 21	N/A	3-5 days	3-5 days	Not required	Yes	N/A



2024-25



## TUS Athletic Offerings

<b>FALL Sports</b>	Cheerleading JV/Varsity	Cross Country Varsity	Field Hockey JV/Varsity	Soccer Modified/JV/Varsity	Swim Varsity	Tennis JV/Varsity	Volleyball Modified/JV/Varsity
<b>WINTER Sports</b>	Basketball Grade 6/Modified/JV/Varsity			Cheerleading JV/Varsity		Indoor Track & Field Varsity	
<b>SPRING Sports</b>	Golf Varsity	Lacrosse Modified/JV/Varsity		Softball Modified/JV/Varsity		Outdoor Track & Field Varsity	

THE URSULINE SCHOOL | 1354 NORTH AVENUE | NEW ROCHELLE, NY 10804-2192

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Jolie Tang, Assistant Athletic Director/Certified Athletic Trainer | Email: tangj@ursulinenewrochelle.org | Phone: 914-500-6249



# TUS Athletics FAQs



## How do I register for TUS Athletics?

Visit school website.  
Registration begins 4 weeks before the 1st day of tryouts each season.

## What are player eligibility requirements?

All players must have an updated physical on file with the school nurse and fill out all required forms prior to tryouts.  
No exceptions.

## What is mandatory APP Testing?

APP (Athletic Placement Process) Tests are mandatory for any 7-8th grader who would like to tryout for JV or Varsity.

**Athletes are expected to attend practices and games that may occur during holidays and school breaks. Please note the following:**

FALL | Last 2 weeks of August, Labor Day Weekend, Columbus Day Weekend

WINTER | Veterans Day, Thanksgiving, Christmas Break, MLK Weekend, Mid-Winter Break

SPRING | Easter Break, Memorial Day Weekend

**For full details, visit us at [www.ursulinenewrochelle.org/athletics](http://www.ursulinenewrochelle.org/athletics)**

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