

Quick Guide to TUS Athletics

| LEVEL | Fall '25 Start Date | Winter '25-'26 Start Date | Spring '26 Start Date | Tryout Duration | Weekly Commitment | Holiday/Break Requirement* | Weekend Requirement | Off-Season Training |
|--------------------------|------------------------|------------------------------|--------------------------|--------------------|----------------------|-------------------------------|------------------------|------------------------|
| Varsity | MON AUG 25 | MON NOV 17 | MON MAR 16 | 3-5 days | 5-6 days | Yes, required | Yes | Yes, available |
| JV | MON AUG 25 | MON NOV 17 | MON MAR 16 | 4-5 days | 5-6 days | Yes, required | Yes | Yes, available |
| Modified (Grades 7-8) | WED SEP 10 | MON DEC 1 | WED MAR 25 | 3-5 days | 4-5 days | Likely required | Yes | N/A |
| Grade 6 | N/A | MON OCT 20 | N/A | 3-5 days | 3-5 days | Not required | Yes | N/A |



2025-26



TUS Athletic Offerings

| | | | | | | | |
|----------------------|-------------------------------------------|---------------------------------|----------------------------|---------------------------------|-----------------|----------------------------------|-----------------------------------|
| FALL Sports | Cheerleading JV/Varsity | Cross Country Varsity | Field Hockey JV/Varsity | Soccer Modified/JV/Varsity | Swim Varsity | Tennis JV/Varsity | Volleyball Modified/JV/Varsity |
| WINTER Sports | Basketball Grade 6/Modified/JV/Varsity | | | Cheerleading JV/Varsity | | Indoor Track & Field Varsity | |
| SPRING Sports | 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

Sean Ryan, Athletic Director | Email: ryans@ursulinenewrochelle.org | Phone: 914-500-6385

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

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