

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

Dawn Cerrone, Athletic Director | Email: cerroned@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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