

# Quick Guide to TUS Athletics

LEVEL	Fall '26 Start Date	Winter '26-'27 Start Date	Spring '26 Start Date	Tryout Duration	Weekly Commitment	Holiday/Break Requirement*	Weekend Requirement	Off-Season Training
Varsity	MON AUG 24	MON NOV 16	MON MAR 8	3-5 days	5-6 days	Yes, required	Yes	Yes, available
JV	MON AUG 24	MON NOV 16	MON MAR 8	3-5 days	5-6 days	Yes, required	Yes	Yes, available
Modified (Grades 7-8)	THU SEP 10	TUE DEC 1	TUE APRIL 6	3-5 days	4-5 days	Likely required	Yes	N/A
Grade 6 (CYO)	N/A	MON OCT 19	WED March 3	3-5 days	3-5 days	Not required	Yes	N/A

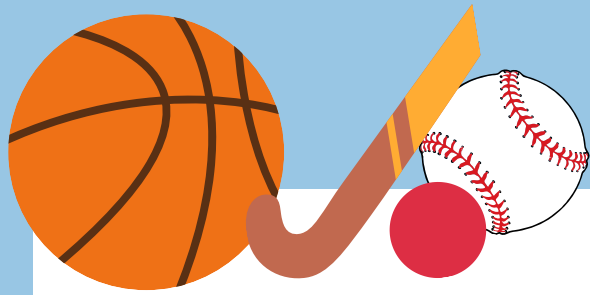


2026-27



## TUS Athletic Offerings

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



# TUS Athletics FAQs



## How do I register for TUS Athletics?

Visit school website. Look for the FinalForms registration link. The registration portal will open 4 weeks before the 1st day of tryouts each season.

## What are player eligibility requirements?

All players must have registered on FinalForms having completed all information including uploading an updated physical on the platform that the school nurse will review 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)**