



2019-2020 Ursuline Academy Athletics: An Overview of the Seasons

Ursuline Academy Athletics offers 11 varsity sports competing in three seasons throughout the school year. This overview highlights each sport by season. We've also included information about the Jesuit Rangerettes and Jesuit and Cistercian Cheerleading.

Athletic Paperwork for 2019-20 School Year - Required for Try-Outs

If you are trying out for a UA sports team for the 2019-20 school year, you must submit ALL completed forms electronically through Magnus Health SMR (Student Medical Record). **No paper forms will be accepted. The deadline is June 1, 2019.** Directions can be found online (www.ursulinedallas.org).

The secure web-based system houses school-related forms, including athletic forms, over-the-counter medication forms, and other health forms. You will have continuous access to your child's health record as well as the ability to make updates when needed.

Forms are designated for TAPPS sports and non-TAPPS sports. Non-TAPPS sports are Jesuit and Cistercian Cheerleading, Rangerettes, Crew, and Lacrosse.

An athlete may participate in only one sport in one sport season. If an athlete participates in a ***year-round sport**, then they are precluded from participating in any other sport during that same school year.

Sports Seasons:

Fall Sports: Cross Country and Volleyball

Winter Sports: Basketball, Soccer, and Swimming

Spring Sports: *Rowing, Golf, Lacrosse, Softball, Tennis, and Track & Field

Other Year-Round Sports: *Rangerettes, *Jesuit Cheer, *Cistercian Cheer

Fall Sports

Cross Country

League/District:	TAPPS 6A – District 2
Season begins:	Optional Practices begin 2 nd week of June; Mandatory Practices begin August 1
Season ends:	late-October (TAPPS District & State Competition) 3 rd week in November (Nike Regional Meet, Top 14 runners)
Level of Teams:	Varsity and Junior Varsity (60 or more runners)
Head Coach:	Jonathan Moody
Email:	jmoody@ursulinedallas.org

Volleyball

League/District: TAPPS 6A – District 2
Season begins: 1st week of August
Season ends: late-October for Sub-Varsity, 2nd week of November for Varsity (TAPPS District & State competition)
Level of Teams: Varsity, Junior Varsity, and 9th grade (12-15 on each team)
Head Coach: Jason Sears
Email: vvolleyball@ursulinedallas.org

Winter Sports

Basketball

League/District: TAPPS 6A – District 2
Season begins: 1st week September (Optional Pre-Season Practices); Mid-October (Try-outs)
Season ends: Mid-February for Sub-Varsity; Start of March for Varsity (TAPPS District & State Competition)
Level of Teams: Varsity, Junior Varsity, and 9th grade (10-12 on each team)
Head Coach: Nikki Nester
Email: anester@ursulinedallas.org

Soccer

League/District: TAPPS 6A – District 2
Season begins: 1st week September (Optional Pre-Season Practices)
End of October (Try-Outs)
Season ends: Mid-February for Sub-Varsity, end of March for Varsity (TAPPS District & State Competition)
Level of Teams: Varsity and Junior Varsity (approx. 25 on each team)
Head Coach: Darrin Hedges
Email: vsoccer@ursulinedallas.org

Swimming

League/District: TAPPS 6A – District 2
Season begins: Mid-August (Try-outs)
Season ends: Mid-February for State qualifiers; Mid-January for all others
Level of Teams: Varsity and Junior Varsity (30-35 athletes total)
Head Coach: Jeff Girard
Email: jgirard@ursulinedallas.org

Spring Sports

Rowing

League/District: Non-TAPPS sport

Participation Fee: When roster is finalized, each participant's UA account will be charged each semester with \$600 participation fee (\$1,200 per year).

Fall Season: Novice Try-outs (early September and Learn-to-Row. Limited race schedule for Varsity athletes. Late August-late November (races)

Spring Season: Primary Racing Season (3-6 "away" regattas, 1+ "home" regattas) January Novice Try-outs ; Practices 5-6 days a week Mid-January-early May

Level of Teams: Varsity and Novice

Head Coach: Nick Fazzino

Email: crewheadcoach@ursulinedallas.org

Golf

Try-outs for the season are held early to mid-September for 15-person roster

League/District: TAPPS 6A – District 2

Fall Season: Practices with limited number of tournaments after try-outs. September-late November (2-4 tournaments for Varsity and JV)

Winter Season: Golf specific training and conditioning

Spring Season: Mid-January-April (practices with 4-6 tournaments; Varsity: Regional & State Tournament in April)

Level of Teams: Varsity (10-12 athletes) JV (5 athletes)

Head Coach: Amy Ruengmateekhun

Email: golfheadcoach@ursulinedallas.org

Lacrosse

Because it's a non-TAPPS sport, Lacrosse doesn't operate on the same calendar as most Ursuline sports. It follows the Texas Girls High School Lacrosse League guidelines and operates as a November-May sport.

Off-Season: Several practices September-October; End of October/Early November: Try-outs

Season: Practices with a full schedule of games and tournaments January-mid-May (State Championships)

Level of Teams: Varsity and JV (20-24 athletes on each team)

Head Coach: Jessica Palahicky

Email: vlacrosse@ursulinedallas.org

Softball

League/District: TAPPS 6A – District 2

Season begins: Off-season workouts begin in September; Try-outs mid-December before Christmas break

Season ends: JV ends late April; Varsity ends mid-May with State Championship

Level of Teams: Varsity and Junior Varsity (12-15 athletes on each team)
Head Coach: Stephanie Zorn
Email: szorn@ursulinedallas.org

Tennis

League/District: TAPPS 6A – District 2
Fall season: Try-outs in September
Limited Fall Season October-November
Spring season: January-end of April with Varsity (TAPPS District & State Championships)
Level of Teams: Varsity and Junior Varsity
Head Coach: Tridib Goswami
Email: tennisheadcoach@ursulinedallas.org

Track & Field

Includes sprint and distance running, relays, hurdles, and field events (long jump, triple jump, high jump, pole vault, shot put and discus).

League/District: TAPPS 6A – District 2
Fall Season: Practices only for those track athletes not participating in other sports from mid-September to mid-December (optional pre-season practices)
Spring Season: January through mid-April for JV; through early May for Varsity (TAPPS District & State Championships)
Level of Teams: Varsity and JV
Head Coaches: Jonathan Moody
Email: jmoody@ursulinedallas.org

Year-Round Sports

***Jesuit Cheerleaders**

Tryouts: April 8-11
Season begins: August (Jesuit football season begins and continues through basketball season)
Season ends: Late-November for Sub-Varsity (UIL Football season), Late February for Varsity (UIL District & State Basketball Competition)
Level of Teams: Varsity and Junior Varsity (15+ on each team)
Head Coach: Laura Gambrel
Email: lgambrel@jesuitcp.org

***Jesuit Rangerettes**

Tryouts: April 15-17
Season: August (Jesuit football season begins and continues with performances at Jesuit and Ursuline basketball games)
Team: One team made up of about 25-30 students
Head Coach: Linda Coffin
Email: coffinlinda@hotmail.com

***Cistercian Cheerleaders**

Tryouts: April 15-17
Season begins: August (Cistercian football season begins and continues through basketball season)
Season ends: late-February (end of basketball season)
Level of Teams: Varsity (15+)
Head Coach: David Thompson
Email: d.thomp67@yahoo.com

From the Athletic Director

UA's Athletic Department seeks to develop the entire student-athlete. We strive for excellence on the playing field while nurturing spiritual and emotional development. Each coach has completed the University of Missouri's Positive Coaching Program and aims to build confidence, leadership, and team cohesion through sport. Ursuline offers 11 sports with Varsity and Sub-Varsity teams. This year, more than 550 girls participated in athletics.

In 2018-19, TAPPS split our district. We are undoubtedly in the toughest district in the state and the Bears are thriving! Ursuline has won district championships in Cross Country, Soccer, Swim, Tennis and Golf. Swimming and Cross Country also captured the Regional Championships as well.

Our Rowing Team recently moved to White Rock Lake and is having a fabulous spring! The Rowing Bears earned a bronze medal in the first ever Ursuline 8+ boat at the State Regatta!! With this success, the Rowing Bears have set their sights on qualifying for Nationals.

If that wasn't enough, more than 20 athletes earned TAPPS Academic All-State honors. The Bears also sponsored various sports clinics for Notre Dame of Dallas students, and each team sponsored a monthly Rosary and completed service projects.

The Bears are winners on and off the court, track, field, and pool. Ursuline truly offers a unique athletic experience. Get ready to make countless memories and lifelong friends.

GO BEARS!

Susan Noonan
Director of Athletics
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