# Elementary Ultimate Frisbee @ Salmon Bay

**Spring- 2018**

\*KEEP THIS FORM\*

Ultimate Frisbee is a uniquely wonderful sport that relies upon the “spirit of the game” philosophy. Sportsmanship is the most important aspect of “spirit of the game” and players have the responsibility to make and keep all play fair. Highly competitive play is encouraged but never at the expense of mutual respect of other players. Salmon Bay’s teams have a reputation for showing some of the best “spirit of the game” in the league.

**Spring Season:** The official spring season runs from Friday, March 2nd (first practice) to late May.

-Due to spring camps and other events there may be some Saturdays and Fridays where we will NOT be having a practice or game. I will email you updates throughout the season.

**Teams:** Our goal again this year is to have three Ultimate Frisbee teams. If this happens we will have an Ultimate Frisbee team at every grade level from 3rd-8th!! If we don’t get enough third grade players we will make a 3rd/4th grade team.

1. 3rd grade team
2. 4th grade team
3. 5th grade team

**Coaches:**

Mike (5th Grade) [m.vacirca@comcast.net](mailto:m.vacirca@comcast.net)

TQ (4th Grade) [tq@b3rg.com](mailto:tq@b3rg.com)

Sam (3rd Grade) [soolson@seattleschools.org](mailto:soolson@seattleschools.org)

*\*\*This season Salmon Bay alumni and our 8th grade players will be supporting our elementary players. We are working to build a mentorship program among our ultimate community.\*\**

**Practices:** We will practice on Fridays at Salmon Bay’s upper field. Practices will begin at the end of school and end at 4:45. ***Please make sure you are here at 4:45 to pick up your child.***

**Games:** Games are scheduled for Saturdays and will be played at field locations around the greater Seattle area.

**Transportation/Attendance:** If your child is not going to attend a practice email your child’s coach so they are aware.

**Paperwork:** All players/parents must have the following completed in order to play:

1. Registered your child with DiscNW and sign the online waiver (directions on the back)
2. Salmon Bay Ultimate Form (Contact and Payment Form)

**Post-Game Treat Schedule and Post-Season Party**: We need a parent from each grade level team to organize post games snacks. If you can help with this please email Sam or your child’s coach. THANKS!!

Medications/Health Concerns: If your child has severe allergies or asthma pleas make sure they bring their inhaler and/or epi-pen to every practice and game.

Gear Needed: White and dark shirt, athletic shorts, and cleats. Molded soccer cleats for grass work well. Players should also bring a water bottle to practices and games. In cold or rainy weather, players will need warmer athletic clothes and a hat. Players may want to bring a Frisbee with their name on it, although we have a number of school Frisbees for them to use.

**Contact Information**:

Sam Olson: [soolson@seattleschools.org](mailto:soolson@seattleschools.org) School: 252-1777 Cell 235-3323

### Step One: Create Player Accounts

**For parents:**How to create a DiscNW account for yourself and add your child to your account

1. Go to [www.discnw.org](http://www.discnw.org/) and click "New Account" in the upper right corner.
2. Enter all required (\*) information for the parent and click "Create Account."
3. Click "Hello [your name]" in the upper right corner of the webpage and select "Your Account" from the drop-down menu.
4. You will be redirected to your account profile. Click the "Edit Profile" button to the right of your account information and select "Add Child" from the drop-down menu.
5. Enter all required (\*) information for your child and click "Save."

**Step Two:** Create Team Roster

1. Once players have submitted paperwork Sam will create the team rosters on Tuesday, Feb. 27th

**Step Three:** Sign Player Waivers

1. After Sam has created the team rosters parents will then need to log back on to DiscNW and sign the electronic waiver. **(Due: Thursday, March 1st)**

I can’t add your child to the official Salmon Bay DiscNW roster until you’ve created an account for them. Please do so ASAP. You will not be able to sign the online waiver until I’ve created our team rosters.