# Ultimate Frisbee @ Salmon Bay Spring- 2018

\*KEEP THIS FORM\*

Ultimate Frisbee is a unique sport that relies upon the “spirit of the game” philosophy. Sportsmanship is the most important aspect of “spirit of the game” and players, coaches and parents 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 strong reputation for showing some of the best Spirit in the league.

All players must have a current physical before they can play in a game. Physicals are good for 24 months, so if you have one for another sport and it’s on file here at school, you’re good to go. This is a District Policy.

**Spring Season Game Schedule:** The spring season runs from Tuesday, February 27th to Saturday May 19th.

**Practices:** Practices are Tuesdays and Thursdays from 3:30-5:00.

Tuesday practices will be held at Loyal Heights Field (75th and 20th in Ballard) and Thursday practices will be held at Salmon Bay. *(Depending on the week, we may adjust our practice location due to cool new opportunities. For example, we may visit Ren Fitness a few times this season.)*

**Games:** All games will be played on Saturdays. We are waiting to hear from DiscNW about the confirmation of our field reservations, but games will likely take place at fields in north and south Seattle, Shoreline, and Marymoor Park in Redmond. \*\*I usually receive our final schedule in early March. I will give a copy to each player as well as email it to you.

**Teams:** There are three Ultimate Frisbee teams this season.

1. Coed 8th Grade Team
2. Coed 7th Grade Team
3. Coed 6th Grade Team

**Player Expectations:**

1. Positive Spirit of the Game
2. Passing all classes (Academic)
3. Desire to listen, learn and apply new skills
4. Encourage, Engage and Lead
5. Commitment to the team (Consistent Attendance)

**Transportation:** Please contact the Salmon Bay main office for details on how to sign-up for after practice bus transportation.

**Paperwork:** All students must have FIVE items completed in order to play:

1. A current physical
2. ***Parents registered player on DiscNW and signed online waiver (see directions on back)***
3. Salmon Bay Ultimate Form (Contact and Payment Form)
4. Weekly grade report (Source printout that will be turned in at practice on Thursday)

Gear Needed: White and dark shirt, athletic shorts, cleats and a water bottle. 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.

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

Reminders: It is important to remind your player that we need consistent attendance throughout the season to build cohesive team. Thank you for your support!

**Post-Game Treat Schedule:** We are asking for a parent from each team to coordinate this among their team.

**Spring Reign Tournament:** All of our teams have submitted bids for the Spring Reign tournament. In late March they will let all teams know whether their bids have been accepted or not. I’m assuming we will get at least one of our bids as we have a good reputation with DiscNW. Please help our program maintain this reputation by encouraging and displaying positive sportsmanship at games. This tournament takes place in Burlington, WA over the weekend of April 22nd and 23rd. Please go to [www.discnw.org](http://www.discnw.org) to read more about the event and to find lodging if you are planning on staying in Burlington.

**Fees:** Unlike the fall ultimate season, spring ultimate is a club sport that is not funded by SPS. We are responsible for all our program costs: DiscNW registration fees, Spring Reign Fees, Coaching Fees, Ren Fitness, and supplies such as discs, cones and first-aid equipment.

**Salmon Bay Coaches:**

Jesse (Danger) Hunter (8th Grade)

Eric Kehoe (7th Grade)

Sam Olson and Brian Le (6th Grade)

**Contact Information**:

Sam Olson: [soolson@seattleschools.org](mailto:soolson@seattleschools.org)

### 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.