

# Elementary Ultimate Frisbee @ Salmon Bay: Spring- 2019

**\*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 1st (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 3<sup>rd</sup>-8<sup>th</sup>!! If we don’t get enough third grade players we will make a 3<sup>rd</sup>/4<sup>th</sup> grade team.

1. 3<sup>rd</sup> grade team
2. 4<sup>th</sup> grade team
3. 5<sup>th</sup> grade team

## Coaches:

TQ (5<sup>th</sup> Grade) [tq@b3rg.com](mailto:tq@b3rg.com)

Cody (4<sup>th</sup> Grade) [codybean@gmail.com](mailto:codybean@gmail.com)

Sam (3<sup>rd</sup> Grade) [soolson@seattleschools.org](mailto:soolson@seattleschools.org)

*\*\*This season Salmon Bay alumni and our 8<sup>th</sup> 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. If it is raining outside we will most likely end practice at 4:30. **Please make sure you are here at 4:30 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
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 your child’s coach. THANKS!!

**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.

**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

