

Ultimate Frisbee @ Salmon Bay Spring- 2019

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 Monday, February 25th to Saturday May 18th.

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

Monday practices will be held at Loyal Heights Field (75th and 20th in Ballard) and Thursday practices will be held at Salmon Bay.

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 email for directions)*
3. Salmon Bay Ultimate Form (Contact and Payment Form)
- 4.

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 27th and 28th. Please go to 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, and supplies such as discs, cones and first-aid equipment.

Salmon Bay Coaches:

Eric Kehoe (8th Grade)

Sam Olson (7th Grade)

Mike Vacirca (6th Grade)

Contact Information:

Sam Olson: soolson@seattleschools.org