

Hello Salmon Bay Families,

Spring Ultimate Frisbee for 3rd-8th grade Salmon Bay students begins soon!

If your player is interested in joining a Salmon Bay ultimate team, please review the information below and contact us with any questions you may have.

*While we are hopeful to run a 'normal' spring ultimate season, we must be flexible as we continue to deal with the challenges of Covid. Thank you for being understanding, flexible and patient.*

### **DiscNW Vaccination Requirement:**

*Starting with the 2022 spring season, DiscNW will require all participants to provide proof of vaccination against COVID-19 to participate in leagues, tournaments, and other events. Participants will be asked to upload a photo of their vaccination records during registration.*

### **Middle School Important Dates:**

- First Practices: Tuesday, February 15<sup>th</sup> and Thursday, February 17<sup>th</sup>
- DiscNW Player Registration Due March 2<sup>nd</sup>
- First Game: Saturday, March 5<sup>th</sup>
- April 16<sup>th</sup>: BYE due to Spring Break
- Spring Reign Tournament: The weekend of April 23<sup>rd</sup>
- Playoffs: May 14<sup>th</sup> and 21<sup>st</sup>

### **Middle School Need to Knows:**

- Practice will be every Tuesday and Thursday after school from the end of school until 5:00 (*Tuesdays will be at Loyal Heights Field and Thursdays will be at Salmon Bay*)
- The games will be on Saturday at varying locations around the Seattle area.
- All teams are inclusive of all genders: [DiscNW Gender Inclusion Policy](#)
- We will have three teams: 6<sup>th</sup> Grade, 7<sup>th</sup> Grade, and 8<sup>th</sup> Grade
- 8<sup>th</sup> Grade Players will be required to attend elementary practice on Friday. They will develop their leadership skills by working with the younger players as they learn the sport of ultimate.

### **How to Register:**

- ☐ If your student **DID NOT PLAY** ultimate this past fall season, please send Sam an email that includes your student's name, pronouns, grade, and two parent/family emails.
- ☐ If your student **DID PLAY** ultimate in the past fall season you can either email me or ask your player to connect with me and confirm their participation.
- ☐ Please create an account on [DiscNW](#) and register your player for their GRADE LEVEL TEAM.
- ☐ DiscNW Registration Support Link: <https://www.discnw.org/p/registration-help-for-youth-teamsplayers>
- ☐ DiscNW Registration Password: **Salmon Bay Panthers**
- ☐ Use this [link](#) to pay the Salmon Bay fee. *Please use this link even if it's listed as Elementary.*
- ☐ Make sure your student has a [physical](#) on file here at Salmon Bay.

### **Fees:**

- ☐ \$65 fee paid to Salmon Bay. *This fee covers coaching stipends, ultimate supplies and the end of year celebration.*
- ☐ \$0-\$51 fee paid to DiscNW. The fee is based on family income.

### **Jerseys:**

- ☐ Please use this [link](#) to order a jersey and/or other Salmon Bay ultimate attire. **Ordering a jersey is not required.** The school has loaners that we will distribute to all players as best we can. Players may choose any # they wish.
- ☐ [Sizing Chart](#)
- ☐ Please contact Genie with questions (*contact info below*)

### **Salmon Bay's Ultimate Philosophy:**

Ultimate Frisbee is a student-led and coach-organized sport that emphasizes SPIRIT above all. Ultimate is uniquely identifiable as you will not see a referee on the field. Instead, you will see a sport that is self-officiated where players must build and maintain the respectful but competitive environment they wish to play in. SPIRIT, as defined by USA Ultimate is, *Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play.*

The value of building community through competition lies at the center of our ultimate frisbee program. We are a no-cut program that creates teams based on grade level, not ability. It is our belief that through this process and structure the greatest learning and growth will happen. Salmon Bay students will have the opportunity to learn, play and grow together as a cohort of Ultimate Frisbee players starting in 3<sup>rd</sup> grade. As players transition from grade to grade and continue with the sport they will build a strong understanding of the sport and develop the social-emotional skills necessary to communicate and transfer this knowledge to the younger players. For example, our 8<sup>th</sup> grade players will support elementary players by throwing, running and scrimmaging with them at their Friday practices.

I, teacher Sam, will be visiting 3rd-5th grade classrooms over the next couple of weeks. During these classroom visits elementary students will have the opportunity to ask questions about the sport. Mr. G. will also be talking with elementary students about Ultimate Frisbee during PE.

**Coaches:** We are a community of coaches. While coaches are assigned to specific grade level teams, we support and coach all our Salmon Bay players. Our goal is to have two coaches assigned to each team. We are in the process of finalizing our coaching crew. ***However, we need a 6<sup>th</sup> Grade Coach. Please reach out if you are willing to support us and help coach.***

3<sup>rd</sup> Grade: Sam Olson and TBD

4<sup>th</sup> Grade: Kristen Dailey and James Dailey

5<sup>th</sup> Grade: TBD

6<sup>th</sup> Grade: TBD

7<sup>th</sup> Grade: Cody Bean

8<sup>th</sup> Grade: Sam Olson

### **Questions:**

Elementary Ultimate Questions: Please contact Kristen Dailey [kkdailey@gmail.com](mailto:kkdailey@gmail.com)

Middle School Ultimate Questions: Please contact Sam Olson [soolson@seattleschools.org](mailto:soolson@seattleschools.org)

DiscNW Registration and Ultimate Jersey Questions: Please contact Genie Kim [geniee@gmail.com](mailto:geniee@gmail.com)

Thank you and I hope to see you and your player(s) on the ultimate field!

Sam