

ULTIMATE



Fee: \$90

Preparation

- Recommended
 - Pair of shorts, t-shirt and layers (weather) to change into for practice.
- Bring a water bottle to every practice

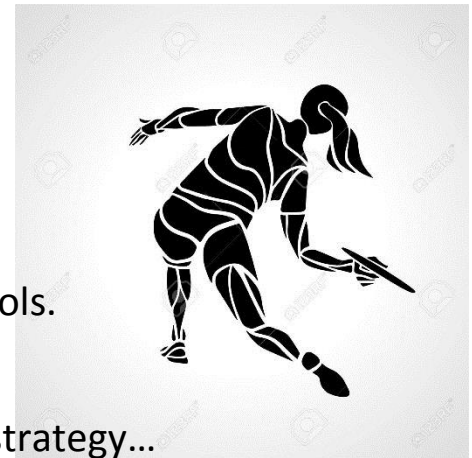
Where: NE Park (Yinghua) or gymnasium (bad weather)

Practices: Wednesday and Fridays 3:35-5:00pm

Scrimmages: 1-2 scrimmages will be set up with other schools.

Skills

- Footwork, throwing, catching, types of throws, team strategy...



Coaches

- Coaches: Becky Wright & Jonathan Gaw

After care Policy for all grades.

- If you cannot pick up at 5:00pm your child will be sent to check in with "after care" for a fee of \$10. You will be given a 10 minute grace period at the end of practice. This will be on an "as needed" basis so you will not need to enroll your child ahead of time. After care is \$10 per day if you are registered in a sport.

Silent Dismissal

- An Ultimate group will be created for you in SD.
- **YOU** are responsible for putting your child on the list.

"Spirit of the Game. 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. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behavior are contrary to the Spirit of the Game and must be avoided by all players."