

2017 DWS Ultimate Frisbee Season



Welcome!

We are pleased to announce that DWS will participate in the USAU Youth Ultimate season once again, and this time with a Middle School team! The DWS Spartans had an amazing CHAMPIONSHIP season last year, and we are hoping to ride that momentum into this season.

About the Game

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two teams with a flying disc or Frisbee on a field with end zones, similar to football. The object of the game is to score by catching a pass in the opponent's end zone. A player must stop running while in possession of the disc, but may pivot and pass to any of the other receivers on the field. Ultimate is a transition game in which players move quickly from offense to defense on turnovers that occur with a dropped pass, an interception, a pass out of bounds, or when a player is caught holding the disc for more than ten seconds. Ultimate is governed by Spirit of the Game, a tradition of sportsmanship that places the responsibility for fair play on the players rather than referees.

USAU Youth Ultimate Season

- Timeline
 - The Colorado USAU Youth Ultimate DII season begins on March 9th and concludes on May 7th at the State Tournament.
 - The Middle School team will have a similar season but without the State Tournament at the end.
- Games
 - Games are scheduled for Thursdays after school (times may vary).
 - League organizers try to schedule every team to have 4 home and 4 away games.
 - The schedule is currently being worked on by the league; you will receive a copy through email once it is produced as well as posted on the school website.
 - If there is a scheduling conflict, the two teams may work with one another to reschedule the match.
 - Matches may be rescheduled for any day of the week.
 - The scheduled game over Spring Break will automatically be rescheduled or cancelled.
- Practices
 - **For the High School**, practices will be held on *Mondays, Tuesdays, and Wednesdays* from 3:15 to 4:45 pm starting on Monday, February 27th.
 - **For the Middle School**, practices will be held on *Mondays and Wednesdays* from 3:15 to 4:45 pm starting on Monday, February 27th.
- Tournaments
 - The Spartans High School team plans to participate in the district qualifying tournament (TBD) or the Denver East Invitational (TBD) as well as the state tournament (May 6th & 7th).

- USAU Registration
 - By participating in the league, all student players will become USAU registered members as part of the registration fee.
 - Please go to usultimate.org to find out more.

Equipment

Ultimate is one of the least expensive sports to play. All that is required for a game is field space and a disc.

- Cleats are not required to play, but they strongly recommended.
- Each *new* player will receive a DWS Spartan Frisbee with registration.
- Each player will receive two shirts (home & away) to wear as jerseys during competition.
 - Home jerseys will be returned at the end of the season. If the jersey is in poor condition additional fees may be required.
 - Players are expected to have both jerseys with them for every game.

Family Involvement

Parents, family and friends are encouraged to support the Spartan Ultimate Team throughout the season. Games and tournaments will be played away from the DWS campus, **which will require support to carpool players to scheduled games.** If you are willing and able to support the team by driving to and from games, please contact Coach Woody. Please make sure your students are adequately prepared with water, snacks, clothing, medication and other necessities to perform on the field.

Coaches

- Matt Woodhull
 - Community Development Coordinator at DWS
 - 303-777-0531 x. 128
 - woody@denverwaldorf.org
- Nick O'Keefe
 - DWS alumnus
 - Former Ultimate Frisbee team captain.
- Michael Thornburg
 - DWS parent
 - Ultimate veteran
- Cruz Machado
 - CU Denver student and Ultimate Frisbee team player.
 - DWS High School science tutor and substitute.