



Madrona 6th-8th Grade Ultimate Frisbee Team

What is Ultimate Frisbee? Ultimate Frisbee is a non-contact sport where two teams of seven athletes try to throw a disc into the other team's end zone, and catch it. Players may not move with the disc, and can only move down the field by throwing to each other.



Who We Are: The Madrona Ultimate Frisbee team has been growing for the past couple years and has become a great community. We aim to teach new players the basics of the sport and help returning players develop and hone their game, while creating a safe environment to grow as people.

Coach Brad: I have been playing since 4th grade and coaching, on and off, since 12th grade. One of the main reason I still love the game is how much I've learned from the people I've played with. The time honored tradition of Spirit of the Game is what keeps the sport young and fresh and allows athletes to enter a supportive community to grow as players and people.

The coach will occasionally be assisted by local Ultimate players at practices/games to provide additional support in teaching techniques/tactics and introducing the team to the vibrant community the region is known for. These "helpers" will include:

Griffin Pulliam: Griffin has been playing Ultimate for almost 20 years and has played/captained for many teams from the area (Shorewood Ultimate, two UW Intramural teams, various DiscNW league/tournament teams). He also organizes Edmonds Summer Ultimate's pickup games and recently returned from playing in one of Hawaii's largest tournaments in November.

Jeff Zimmerman: Jeff is the Vice President of DiscNW's Board of Directors and a long-time Edmonds resident. He began playing organized Ultimate while attending Kansas State University in the 1980s and founded ENUF (Edmonds Northend/Neighborhood/Non-affiliated Ultimate Frisbee)/Edmonds Summer Ultimate in the mid-90s where he's mentored dozens of local Ultimate players of all ages.

Why You Should Join: As with any sport, the game is run by the people who play; without you, there would be no team! Whether you are new to the sport, or you have been playing for 10 years, you can always learn something new from people with more experience.

Schedule:

Promotional Day: Friday, Jan. 19th

Practice Days: Wednesday and Friday every week, **4:00-5:00**

First Practice: Friday, Feb. 9th

Things for Students to Bring:

- Cleats (outdoor soccer or football)
- Water Bottle
- Appropriate active wear

Things for Parents to Know:

- **Set up an account on Disc NW** (not a printed form) and send an email to Brad Halter bradfordhalter@hotmail.com, once the account had been made so he add the player to the roster. Once they're added to the roster, then you will be asked to sign the waivers. Instructions on how to fill out the DiscNW forms: <https://www.discnw.org/events/1152/info/paperwork-and-waivers/>
- Regular tennis shoes will be fine, but eventually you may want to upgrade as your child's safety and skill will both increase with cleats. (Cleats are **highly** recommended)
- Complete [MIT Ultimate Frisbee Enrichment Form online](#) (Print completed form, bring to practice) (<http://goo.gl/forms/XCYXL9ErOK>) **NOTE:** Print *before* clicking "submit: This is for quick coach verification that form has been completed.
- \$85 Enrichment Fee to cover coaching stipend, league fees (\$415), jerseys, replacement discs.
- Be responsible for transportation from practices and games and making sure your child is on time to events: Please arrive 30 minutes prior to game time for team warm ups to prevent injury.
- Check email, text or website prior to practice to confirm. Occasionally field condition, weather or other factors may cancel practice only a short time before the regular practice time.

Contact: Any questions can be sent to Coach Brad Halter at bradfordhalter@hotmail.com

Madrona K8 details

- Open to all 6th -8th graders
- 2x weekly practice: W, F (4-5pm) Madrona field (players should try to make it to all the practices)
- \$85/season (paid to MIT Enrichment) Must be paid by Wednesday, Feb. 16th to continue
- Madrona Ultimate Jersey included in enrichment fee (*fee is averaged to pay for one shirt for all seasons. Returning players: speak to Brad/Monica if larger replacement shirt is needed this season.*)
- Weekend games (about 8, often double headers) in the greater Seattle area ranging from Magnuson Park to West Seattle
- Last game will be on May 19th at the latest, if we make the playoffs

Come out and Join the team!

