



Camelot Winter Ultimate Frisbee



Zoom Link for Ultimate Frisbee Info Session on Nov. 11 at 6pm

<https://us06web.zoom.us/j/82202811884?pwd=ZmVKR1VDUmhKVHBBNHVxd1dPV0VtZz09>

Overview

- Season: Nov 18th through Feb 5th
- Practice and Games every Tues/Thurs (3:30-5:30pm)
- Cost: see *athletics info sheet in the parent portal*
- 5v5 Games (Team needs **at least 8 players** to participate)

Middle School Ultimate Goals

1. Develop the player
2. Learn or increase basic skills and strategies
3. Focus on knowledge of the rules and respecting the **Spirit of the Game**

"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.*

4. Have Fun!

League Expectation and Guidelines: Middle School Ultimate Handbook

Coach - Mr. Nathan

- Teach MG Science at Camelot
- 8 years experience college and club ultimate
- Has led multiple skills program for adult and youth players



Schedule Breakdown

Preseason Week 1 - Nov 9th/11th

Preseason Week 2 - Nov 16th/18th

Preseason Week 3 - Nov 23rd/25th based on availability

Regular Season Gameplay- Teams will be scheduled for Tuesday or Thursday game within their division for 6 weeks starting November 29th. Regular season records will determine seeding for playoffs during the final 2 weeks of the league.

Regular Season Week 1 - Nov 30th/Dec 2nd

Regular Season Week 2 - Dec 6th/8th

Regular Season Week 3 - Dec 13th/15th

Holiday Break

Regular Season Week 4 - Jan 4th/6th

Regular Season Week 5 - Jan 11th/13th

Regular Season Week 6 - Jan 18th/20th

Regular Season Week 7 - Jan 25th/27th

Regular Season Week 8 - Feb 1st/3rd

Saturday Middle School Tournament- February 5th

Other Schools in the League

Carolina Friends School

Duke School

Hydras Ultimate

Kestrel Heights

Montessori Community School

The Expedition School

Willow Oak Montessori

Woods Charter School

*Other Teams are Committed to Scheduling Additional Girls Only Games