

# Amherst Regional Middle School Ultimate Spring 2020 Frequently Asked Questions

*For complete information, visit the team web page at*

*<http://www.amherstultimate.org/arms>*

*Send an email to [ultimate@jpcr.com](mailto:ultimate@jpcr.com) if you want to be on the spring email list*

## **I have never played Ultimate before, does that matter?**

Not at all. Every year about 1/3 of the players are brand new to the sport.

## **Who is the coach?**

Jim Pistrang has been coaching ARMS Ultimate since 1994. Aaron Julien has been the assistant coach since 2010. See the end of this sheet for contact information.

## **Can 6<sup>th</sup> Graders Play?**

Yes! 6<sup>th</sup> graders can participate in the Intramural League. Registration and payment is through LSSE, **not** through the schools. Parents must provide transportation to Fort River, and 6<sup>th</sup> graders are not eligible to try out for the Travel Team. 6<sup>th</sup> grade players will be mixed in with the ARMS Ultimate Intramural players. It is understood that players might arrive between 3:00 and 3:30, depending on which school they attend.

## **How do I sign up?**

**ARMS:** Parents should sign up children online. For any questions about registration, call the Athletic Office at 362-1746. Please note that spring sports registrations will not be available online until February. Links to online registration and fee schedules can be found here:

<http://www.arps.org/amherst-pelham-regional-high-school/sports>

**Sixth Grade:** You can sign up through LSSE as soon as the LSSE Spring Catalog is available.

## **What is the deadline for registration??**

We will accept registrations until the first week of April. But please remember, an early registration is still the best approach!

## **Do I need a Sports Physical?**

**ARMS:** Yes! Every player must have a valid unexpired sports physical on file with the school nurse. I recommend that everyone call (362-1974) or visit the school nurse as soon as possible to find out if you have a physical on file.

**Sixth Grade:** LSSE will require medical clearance.

## **How much does it cost?**

**ARMS:** There is a fee of \$59 to play in the ARMS Intramural League. Students who play on the Travel Team will pay an additional fee of \$169 (total fee of \$228). Reduced fees are available for Travel Team students with a reduced or free lunch fee.

**Sixth Grade:** The fee will be listed in the LSSE Spring Catalog.

## **What is the difference between intramurals and the travel team?**

All players participate in the intramural league, and there are no cuts.

Additionally, ARMS players may choose to try out for the travel team, which will play against other schools. Travel team players **must** also participate in the Intramural league.

## **When and where are practices and games?**

Intramural practices and games are on Mondays and Thursdays at Fort River Elementary School from 3:00 to 5:00. Travel team practices and games are on Tuesdays, Wednesdays, and weekends.

**How do I get to Fort River?**

**ARMS:** Players may take a school bus, which will let you off at Fort River. There will be an announcement in school and an email from the coach telling you which bus to take.

**Sixth Grade:** Parents must provide transportation to Fort River.

**When does the season start?**

The first practice is on Monday, March 23.

**Should I try out for the travel team?**

**ARMS:** Absolutely, if you want to play and are able to make the time commitment. It is a very friendly tryout process. Even if you are a new player, the experience of trying out is a good one.

**Sixth Grade:** Sixth graders are not eligible to try out for the Travel Team.

**When and where are travel team tryouts?**

Travel team tryouts are March 24, 25, and 27 at Fort River. Players must attend at least two of the tryouts, but we recommend that you attend all three if at all possible.

**What do I need to bring to practices and games?**

Always bring a water bottle. Cleats are highly recommended, but also bring sneakers the first week or two, since we will play on pavement if the fields are not ready.

**Want to know more?**

Visit the team web page at <<http://www.amherstultimate.org/arms>>

**Still have questions?**

Contact the coach:

Jim Pistrang – 256-1737 (home) – 413-237-5710 (cell) – [ultimate@jpcr.com](mailto:ultimate@jpcr.com)  
(email)