

ARMS ULTIMATE FRISBEE

TRAVEL TEAM EXPECTATIONS

Dear prospective players and parents:

Please carefully review the ARMS Ultimate Travel Team expectations.

Commitment

- Attend team events whenever possible. If you have a conflict, it must be communicated to the coach in advance.
- Practice and play with intensity. Be attentive and focused at all times.

Responsibility

- School comes first. Make sure that you schedule your time effectively and complete all of your assignments.
- Be prepared for all practices and games. Remember to bring your cleats, water bottle, and anything else that is needed.
- Understand the rules of Ultimate.

Teamwork

- Support all of your teammates. Make sure that the entire team is included in all activities.

Leadership

- Be a leader in Intramurals. If you are not an Intramural captain you should still lead by example.
- Teach others what you learn.

Maturity

- Good behavior is expected both on and off the field.
- Follow the instructions of your coaches and captains.

Respect

- Respect your teammates, your opponents, and the game of Ultimate.