

# 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 team-related 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.