

WPI Ultimate

# Fall Season

- Club Series
  - 2 open Teams (September 27<sup>th</sup>-28<sup>th</sup>)
  - 1 coed Team (September 13<sup>th</sup>-14<sup>th</sup>)
- Fall League
- A-team tryouts/invites
- B-term
  - Usually ~3 tournaments
  - A-team Announced

# Fall League

- A-term
- 4 teams (Black, Green, Blue, Red)
  - FREE T-shirt and Disc
- Cost \$25
- Practices divided.
  - First half = skills and drills
  - Second half = Fall League scrimmages

# Winter Season

- Indoor Practices (at least 1 per week)
- Lifting Schedule (twice a week)
  - One day for arms, one for legs
- Running
- Winter league (With Clark and Holy Cross)
  - Cost TBA. typically \$10 or so. No free stuff

# Spring Season

- Separate A-team and B-team
- College Series
  - Most important of the year
    - Sectionals
    - Regionals
    - Nationals
- Usually 3+ tournaments for both teams (in addition to the college series)

# A-team

- 2 practices every week
- Tournaments or practice on weekends
- Lifting twice per week
- Running at least once per week
- Throwing practices
- Extra Costs, there will be dues

# Gym Credit

- Everyone can get Gym Credit
- Sign-up online
  - Directions in email
- Minimum 21 hours (school required)
  - Tournaments ~12 hours for both days

# Cool Benefits

- Jerseys
- Friends
- Fitness
- Road Trips









# Contact

- Captains- [Ultimate@wpi.edu](mailto:Ultimate@wpi.edu)
- Nick (Kid) [\\_namendolare@gmail.com](mailto:_namendolare@gmail.com)
- Tim- [timothyg@wpi.edu](mailto:timothyg@wpi.edu)
- Everyone- [frisbee@wpi.edu](mailto:frisbee@wpi.edu)
- Our Website:  
<http://users.wpi.edu/~ultimate/>