

COACH'S CONTACT INFO

To help coaches with game and practice planning, it is helpful to know how many players to expect on any given Monday night. We would appreciate it if you contact your child's coach or the PUL Juniors Administration directly in the event that you are unable to attend the session.

As we will be assigning children to different coaches after registration, please take a moment and fill in the necessary contact information provided on the first official week of the program. Your first point of contact should be the coach assigned to your child.

COACH:

EMAIL:

PHONE:

CATCH US

www.pultimate.ca



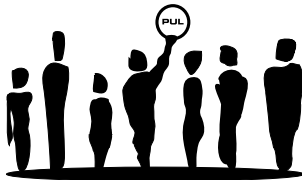
Peterborough Ultimate League



@PULtimate.ca



peterboroughultimateleague



PETERBOROUGH ULTIMATE LEAGUE

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Welcome

TO THE

PETERBOROUGH ULTIMATE LEAGUE

This marks the seventh season of the Peterborough Ultimate League (PUL) Juniors Program. Welcome new players and parents, and welcome back all those returning. We do hope everyone enjoys another season.

In case you were unaware, PUL had been involved in introducing this game of ultimate for a few years before the Junior Program came about. Before PUL Juniors, Cam Taylor and Gobinde Soligo, with a handful of various PUL members volunteered their time in the spring with school day clinics in Peterborough, Lindsay, Clarington and Cobourg, for both Junior and Intermediate classes. They were always a lot of fun and a huge success. It was during the car ride to one of these clinics in Cobourg that the conversation about the potential of creating a Junior's program arose. That next winter, a handful of PUL players created a Junior's Committee, and the rest they say is history.

We ran our first year with about 40 kids. Junior's more than doubled our second year, and continued to grow. This year between 150-200 kids will participate in our Junior's program at some level. Those numbers would double if we were to include those who play in the high school and elementary programs. It's lucky for us so many of our adult league players happen to be teachers, and one's who are just as eager as us to share their love of Ultimate.

Why Ultimate? What's the attraction, or shall I say, pull? Could it be our affordability? In this day in age, when most everything seems to have an exorbitant price tag it's nice to find something that doesn't. Or, maybe it's the ease and simplicity it takes to create. A disc, some friends, a field, and viola, you've got yourself a game. Maybe it's the mix of athleticism and social interaction Ultimate creates. Truth be told, it's a blend of everything mentioned. But above all else, what I believe makes Ultimate so remarkable is the focus on the Spirit of the Game (SOTG) philosophy; a philosophy that cultivates respect and garners friendship. All good lessons to take with you outside of Ultimate and into the game

of life. And besides, what other sport is out there where the players responsible for governing their own game?

At PUL we are dedicated to building a program that lasts, which is why we focus so heavily on skill development, while staying in accordance to the Long Term Athletic Development (LTAD) principles set out by Ultimate Canada. Thought and time is used when pairing coaches with groups of kids, and teams are made to keep things balanced yet competitive. Above all, we want to create a positive and fun environment, fostering the love of the game and look forward to seeing juniors return summer after summer.

As the High School, Elementary, and PUL Juniors programs continue to grow we want to make sure all kids have access to this fun sport.

And, contrary to what a lot of PUL adult members believe, there is more to life than just Ultimate, hence the reason for our eight-week program. Summers are meant to be lazy and hazy, or at least free of schedules and demands on our time. I'm sure parents will thank us as much as our volunteers do!

Whether this is your first or seventh time with us, thanks for coming. Thanks for choosing Ultimate. We hope you and your child(ren) enjoy what we have to offer, as much as we enjoy offering it.

Jocelyne Stone
PUL Operations Coordinator

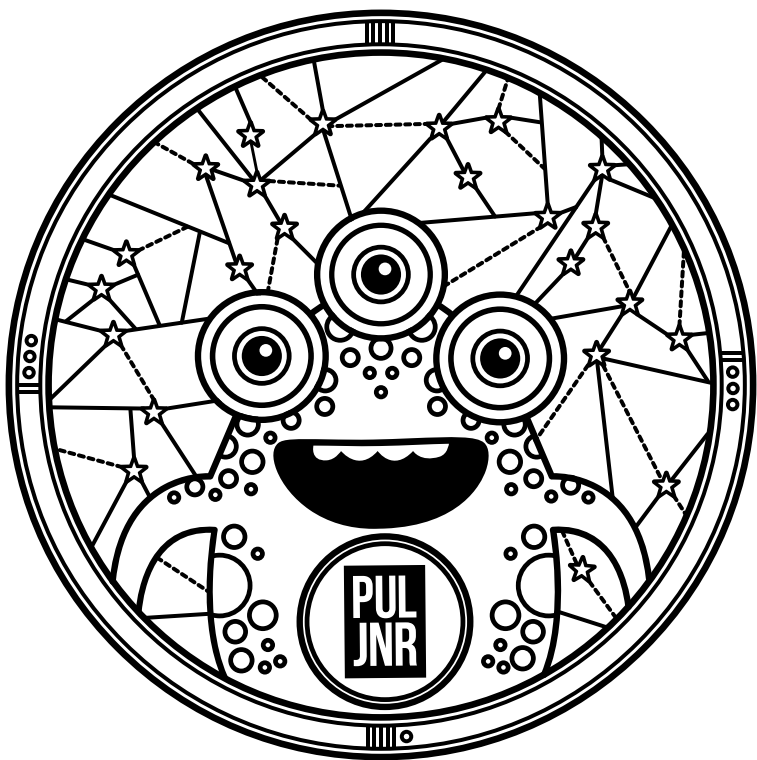
GOALS OF THE PUL JUNIORS PROGRAM

Although our league is a work in progress, our fundamental goals of what we set out to accomplish have not changed. Our number one goal was to share our love for the game to the younger generation in a fun-filled way, focusing on skill development.

This eight-week program will teach the basic concepts and fundamentals of the game. Like our program our players have also progressed which, is why we now have expanded to include 15 year olds and why we will be dividing the program into U15, U13, U11 and U9 categories. While the older kids train to compete, the U9s focus on learning how to have fun while throwing a disc.

For those kids who have graduated out of our Junior Program, but are still itching for more there are two competitive teams, Rogue Squadron (males) and Soar (females). With these teams PUL is trying to promote a brand of youth ultimate where athletes who want to take their game further have those opportunities. The last two years these teams competed at the National level.

The Junior's Program would not be what it is today without the hard work and involvement of our Junior Committee and our coaches. Some are one and the same. Either way, we can't thank them enough.



SPIRIT OF THE GAME

At its core, the game of Ultimate relies on a guiding principle referred to as Spirit of the Game (SOTG), a notion that upholds the ideals of fair play, respect for the rules and, most important, respect for all the players on the field, opponents and teammates alike. It's a bit of a departure from some sports, but it is absolutely essential to why people find this sport different from most others. The description that follows somewhat encapsulates what it is, though to informally ask most ultimate players what it means, responses would commonly emphasize the positive mood on the field, the supportive atmosphere and the pleasure of playing really hard and having fun at the same time.

Anyhow, for the sake of formality, some level of officialdom has defined Spirit of the Game as follows:

“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. Such actions as taunting opposing players, dangerous aggression, belligerent intimidation, intentional infractions, or other win-at-all-costs behavior are contrary to the spirit of the game and must be avoided by all players.”

WHAT'S WITH SELF-REFEREEING?

Picking up on that Spirit of the Game principle, we should point out that the self-refereeing element of Ultimate is perhaps its most distinguishing quality. 'No referee?' you exclaim, 'what gives?' Well, on the contrary, in a game of Ultimate there are 14 referees on the field at one time. The onus is on every player to eventually understand the game well enough to make their own rules calls and manage any prospective disagreements by discussing them and arriving at a mutually acceptable conclusion.

Again, here is the formal gospel just so you can get a hang of it:

"All players are responsible for administering and adhering to the rules. Ultimate relies upon a Spirit of the Game that places the responsibility for fair play on every player. It is trusted that no player will intentionally break the rules; thus there are no harsh penalties for breaches, but rather a method for resuming play in a manner which simulates what would most likely have occurred had there been no breach. Highly competitive play is encouraged, but should never sacrifice the mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play."

The key, again, is that all players are responsible for getting to know the rules. This can be a bit overwhelming for young players and we certainly won't be heavy-handed with these from the get-go. It's a matter of first teaching children how to recognize if an infraction has occurred and then guiding them through how to properly resolve these issues knowing that this is just part of the flow of the game. Trust us when we say adults have a far more challenging time getting their head around the idea of self-refereeing than children. We aim to show you how.

THE DISC

'Frisbee', 'disc', 'plastic' – that most essential part of this game goes by a few names, but we should let you know that most people will refer to it as a 'disc'. You see, 'Frisbee' is actually a trademarked name that was originated by Wham-O so many years ago, and while they may lay claim to creating the first Frisbee, the standard issue disc is made by another company. Still, let the hypocritical comments fly since the sport has stuck with the name 'Ultimate Frisbee'. It's not a fight we're willing to defend, so just run with it.

The common Ultimate disc is made by Discraft. It weighs in at 175 grams and is known as the Ultra-Star. Is this getting nauseating yet? It's okay, consider it a backgrounder. And yes, you're liable to come across someone who gets a bit snotty about which disc is used, as other companies have tried to break into the market (including Ottawa's own Daredevil Discs), but well, you may recall the Coke vs. New Coke debacle of years ago. Anyhow, the point is, those crappy pieces of plastic that someone buys from Canadian Tire or that are winging around at the beach are way too lightweight and just can't cut through the wind like a properly thrown Discraft.

For our younger players we're going to carry on using the smaller version of the original design. This is called the J-Star and it weighs a bit lighter, clocking in at 145 grams, and is now made with a softer rubber. It still has that iconic Discraft design, but will be far more manageable for smaller hands. It flies beautifully, too.

So, be warned, your children are likely to get all uppity about what kind of disc that they're throwing. At the end of the day, consider it somewhat of a blessing that for about \$15 you can send them outside and have them running around for hours on end tossing that infernal 'disc'.

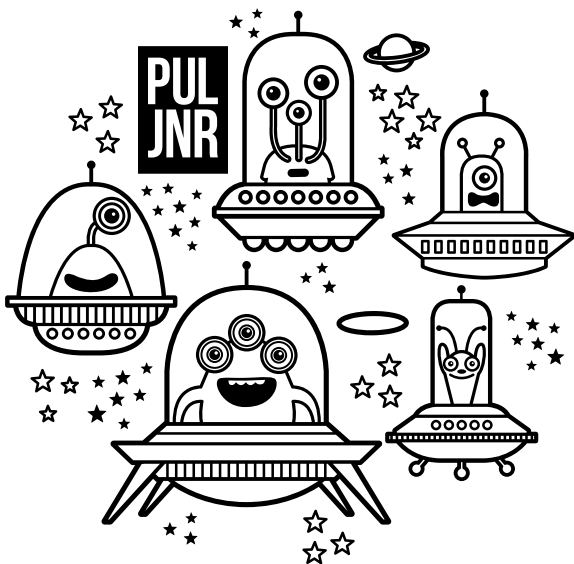
EQUIPMENT REQUIRED



The beauty of Ultimate is that all it really requires is a disc and an open stretch of grass. That's all kids really need to play. It's recommended that kids wear soccer-style cleats (note, no baseball cleats or metal cleats, please) for better maneuverability, but they're not essential. Comfortable court-style shoes are best if not wearing cleats.

When setting up a field, eight pylons are required: four for each end zone. Again, pylons can be fashioned out of shoes or knapsacks, and the size of the field for playing with friends can be whatever you really want.

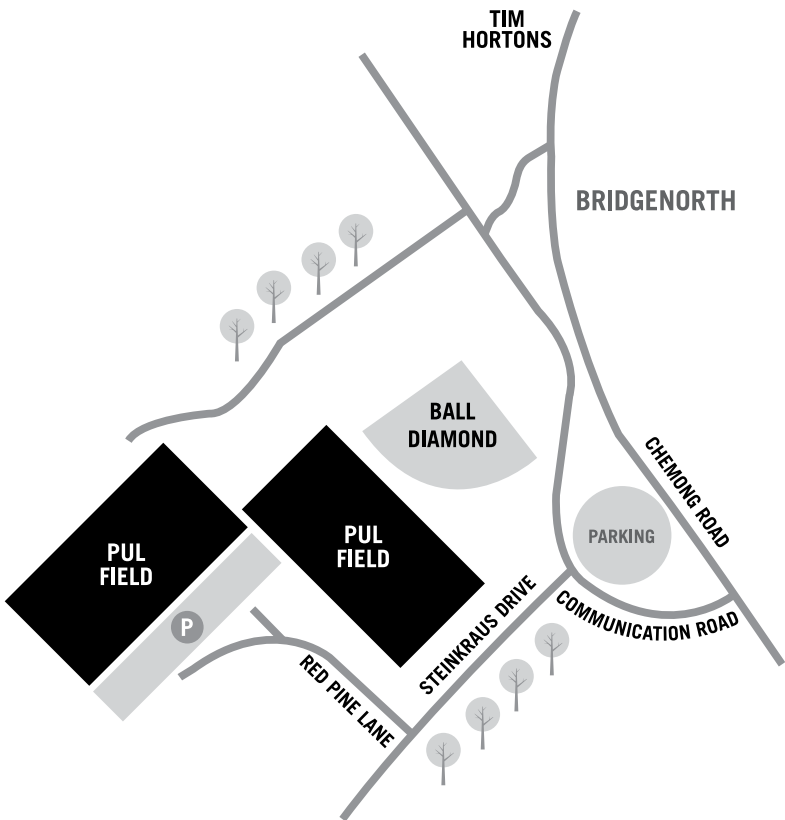
Regular water breaks are strongly recommended, so please always pack a water bottle.



LOCATION

The Bridgenorth field is the soccer pitch beside the baseball diamond on the south approach to Bridgenorth (before the Timmy's). To get there, head north on Chemong Road out of Peterborough for 6.5km until you reach the southern outskirts of Bridgenorth. Just before the big corner leading into Bridgenorth turn left onto Communication Road and hang an immediate right where you will see a parking lot beside a baseball diamond. The fields are beyond the baseball diamond.

Alternatively, to park beside the fields on the other side, hang a left onto Communication Road, take an immediate left onto Steinkraus Drive and then right onto Red Pine Lane. There is a parking lot in front of the new set of Ultimate Fields.



WEATHER POLICY



Please note that Ultimate is played in the rain unless the conditions are torrential. If water is pooling on the fields we will cancel the session as we believe in preserving our field resources.

Naturally, we take no chances with lightning. At the first sign of lightning players are ordered off the field.

In cases of extreme heat, we may also cancel the session.

If in the event of a possible cancellation, we hope to contact parents directly to alert them, but please always check the www.pultimate.ca site as this is our main form of communication. Any postings also go directly to our Facebook page, so you should go 'like' us if you want up to the minute info. However, we will aim to send out an email as that is our main form of communication.

LONG-TERM ATHLETIC DEVELOPMENT (LTAD) & PUL

Our approach continues to provide a learning environment in which we utilize the Long-Term Athlete Development (LTAD) model to ensure that the scope of our sessions are both age and developmentally appropriate. We've staffed the Juniors Program with coaches trained through the National Coaching Certification Program, ensuring a solid foundation and sound framework moving forward. That said, the overarching goal is to provide a fast-paced, active and most importantly fun learning environment for youth.

Our eight-week program this year continues to divide the program into, new this year, four specific age groups: U15, U13, U11 and U9. This allows us to address the needs of each group and encourage different styles of game play.

The older groups will be focused on the LTAD principles of learn to compete and train to compete. Our team-based approach will continue this year for these upper two groups, but we will still be emphasizing the importance of building skills, strengthening fundamentals and developing technique. The U9 contingent will spend a few weeks of building their comfort both throwing, catching and movement with the disc, and will eventually start to dip into more game-style situations. The overarching LTAD principle as it applies to this age group is Learn Through Play.

Whatever approach you as a spectator see, please recognize that the emphasis really is on finding that balance between learning the game and ensuring that it is fun.

www.canadiansportforlife.ca/learn-about-canadian-sport-life/ltad-stages

NATIONAL COACHING CERTIFICATION PROGRAM - COMMUNITY INITIATION

In 2013, as we embarked on the process of developing our PUL Juniors program, it was important from an organizational point of view that we take that same manageable, grassroots approach to development as we did our original league. It's absolutely vital that we have not just the resources in place to properly teach the game to children in the region, but that we take the right steps from the get-go in providing a fun, healthy and structured program. This program establishes a baseline expectation among our coaching staff to teach the game in a consistent manner.

Fortunately, the Peterborough Ultimate League (PUL) has taken deliberate strides to working in close conjunction with the national body, Ultimate Canada to receive their National Coaching Certification Program (Community Initiation stream). Giving our coaches access to this sort of certification offers confidence to parents who are introducing their children to the game and provides a level of assurance from the league's standpoint. We want to be able to deliver the best program possible and do so in an insightful and consistent fashion.

In the spring of 2016, the league hosted a competitive coaching clinic to help about 10 PUL coaches partake in a more incisive program of coaching training. This full weekend session is far more hands on compared to the level one community initiation course and really gives budding coaches the confidence to develop programs that will produce results. The league intends to keep investing in these sorts of initiatives as we recognize that stronger coaching benefit all players in the league.

PARENTAL CODE OF CONDUCT

This Code of Conduct has been adopted by the PUL Executive Board to help provide a fair and fun-filled environment for the players and to promote integrity among players, coaches and fans.

- 1** Remember that children participate to develop as players and to have fun, and that the game is for the children, not adults.
- 2** Parents are expected to emphasize skill development and practice and how this benefits their child. Parents are also expected to de-emphasize competitive behaviour that goes against the Spirit of the Game mandate.
- 3** Parents are encouraged to learn the rules of the game and are expected to respect them.
- 4** Parents and other fans must be a positive role model for their child(ren) and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, coaches and other spectators at every practice/game.
- 5** Parents must inform the coaches of any physical disability or ailment that may affect the safety of their child or the safety of others.
- 6** Parents must inform the coach, as far in advance as possible, if the player is not available for a practice/game session.
- 7** Parents shall refrain from coaching their child(ren) or any other players during the practices and games as this is the responsibility of the coaches.
- 8** Parents should feel free to approach the coaches with any concerns or questions they may have regarding their child(ren)'s development or the game itself.

PLAYER CODE OF CONDUCT

Yes, kids, we have some expectations. You can see that fun tops the list but there are a few other principles that are built around that central notion. Common sense sort of stuff. Like respecting everyone on the field. Which means controlling your throws around groups of people or doing your best not to run through or over someone just to catch a disc. Be kind, be considerate, have fun - you get the idea. We reckon you're smart enough to know that this game, like life, is built on exercising mutual respect. So take a moment to read and possibly even remember this Code of Conduct. And yes, there will be a pop quiz on this every day for the rest of your life.

- 1** Have fun.
- 2** Follow and play by the rules.
- 3** Work hard for yourself and your team.
- 4** Play with 'Spirit of the Game'.
- 5** Cheer for great plays whether they are made by your team or another team.
- 6** Cooperate with your coach, team-mates and opponents.
- 7** Respect all participants regardless of their gender, ability, cultural background or religion.

COACH CODE OF CONDUCT

Coaching young and impressionable kids is a lot of responsibility, but also a tonne of fun. PUL is dedicated to providing exceptional coaches who love the sport of ultimate. More importantly people who want to teach this sport and their skills to the next generation.

- 1** Remember that children participate to develop as players and to have fun, and that the game is for the children, not adults.
- 2** Coaches are expected to provide new skills and perspectives to each child, regardless of the child's skill level.
- 3** Coaches are also expected to de-emphasize competitive behaviour that goes against the Spirit of the Game mandate.
- 4** Coaches will know the rules of the game and are expected to respect them.
- 5** Coaches must be a positive role model for their team and encourage sportsmanship by showing respect and courtesy, and by demonstrating positive support for all players, other coaches and other spectators at every practice/game.
- 6** Coaches must provide a safe environment for the kids to learn, practice and play.

VOLUNTEER POLICY

Peterborough Ultimate League (PUL) is dedicated to promoting the game of ultimate Frisbee and building a strong presence throughout the region at all levels of the sport. In line with this, PUL has developed a Juniors Program to introduce young athletes to the game of Ultimate.

PRINCIPLES

This Volunteering Policy is underpinned by the following principles:

- PUL will ensure that volunteers are properly integrated into the organizational structure and that mechanisms are in place for them to contribute to PUL's work.
- PUL recognises that volunteers require satisfying work and personal development and will seek to help volunteers meet these needs, as well as providing the training for them to do their work effectively.
- The athlete/coach relationship is a privileged one. Coaches play a crucial role in the personal as well as athletic development of their athletes.

ONTARIO ULTIMATE

This past year marks the emergence of an organization that aims to be the official Provincial Sports Organization (PSO) for ultimate. Ontario Ultimate (OU) is, like its predecessor, mainly an organization through which PUL and a number of other leagues across the province receives its insurance. However, this organization has rallied together Ontario's biggest leagues, along with some emerging organizations, in anticipation of properly representing the interests of ultimate within the province. As it finds its feet, already the mandate is to build the teaching resources and help give that next generation of players the opportunity to learn from the best in hopes of becoming a better player, coach and league administrator.

To learn more about Ontario Ultimate (OU) please visit:

www.ontarioultimate.ca



CONCUSSIONS

In recent years there has been a far greater awareness around the risks and long-term effects of concussions. While high profile cases such as Sidney Crosby's sidelining for the better part of a year and the class action suit brought against the NFL have helped draw attention to this issue, we're beginning to understand that the incidence of concussions may be far more prevalent than what was previously assumed.

What's important is that people are now realizing the need to take action whenever someone suffers a knock to the head. We can no longer accept when someone says that they simply 'got their bell rung' or that they'll merely 'shake it off.' This language has to be eliminated and replaced by proper assessments and definite action.

High impact sports such as hockey, football, lacrosse and rugby tend to grab more headlines when it comes to discussions around concussions, but we can't overlook any sport now. Collisions occur and falls happen in ultimate. We've had a couple of instances of concussions that have sidelined players. Parents must be aware that even for a sport like this that prides itself on its non-contact status, where there is open field play and people chasing after a disc, there's no telling what can happen. We do distinguish, though, that a number of other sports encourage intentional contact whereas in ultimate it is an issue of incidental contact.

We encourage parents to learn more about the signs of concussions and what they should do in the event of a child showing concussion-like symptoms. Find out more at:

www.youthsportsconcussionprogram.com

PUL - A SNAPSHOT

We've been playing ultimate in Peterborough for 15 years. Currently we are working on our 16th. It's kind of like looking at a growing teenager. (Yes, I have a couple of these and so am familiar with that process). You can look at it and remember when it was so little and young. But also look at it and be impressed at how mature and remarkable it's become. PUL definitely has grown and made name for itself within this community. And those of us who are a part of it should consider ourselves lucky.

We have seen some changes over the years. Leagues have grown and morphed. Teams have come and gone, folded and reemerged, with a few constant staples. What remains is the love for this sport, and our continual overall growth of our community.

There are between 55-60 league teams that play year round, engaging between 500-600 adult players. Our Junior Recreational League has close to 150 kids dialed into our Monday night program. And some of those Junior players (15+) are now playing in our adult leagues.

Not only are kids playing in our rec league, they are also playing on competitive teams. Both Soar (Junior Women) and Rogue Squadron (Junior Open) played at Nationals again this year. And there are kids playing in schools too, both high school and elementary. Each year we see a much more talented bunch of kids throwing, cutting and chasing after discs.

PUL's positive and progressive reputation is earned in great thanks to the strong foundation of our volunteers. Our community of players is eager and willing to get involved and take responsibility in moving this league to further heights. We can't thank these people enough.

In the larger world of Ultimate, PUL is known for pioneering forward thinking initiatives like the Carbon Flip. And our annual fall tournament Harvest is a sought after destination. Hard to believe this will be its 15th year. We said goodbye to EcoDisc a couple of years ago, but last year was the start of a new tradition, Sun Jam.

- PUL: established in 2004 -

Ultimate is a sport distinguished from all others with its self-regulation of games. And whether in a fun game of pick-up or the final championship, there always remains a mutual respect and admiration among players. It's no wonder we become so passionate about this game and want to share it with others.

Thank you for all who have joined our friendly and talented community. We hope the next steps forward will be as exciting as our first. Where we end up is unknown, but we do hope you will continue to join us on our journey.



PUL IN SCHOOLS

As a relatively new sport compared to other long-established leagues in the region, we're very mindful in PUL that it's our responsibility as the first generation of players in the area to teach this game. That means properly teaching the fundamentals and encouraging school boards to recognize the inherent worth of Ultimate. It's easy to acknowledge the many benefits that this sport brings to the table and it's little surprise that school boards across the country are attracted to the sport. From our league's perspective, we welcome the opportunity to promote the game at the elementary and high school level.

Starting in 2011, PUL struck a more formal relationship with the Kawartha Pine Ridge Elementary Athletic Association (KPREAA) to help bring the game of ultimate to local public school children. At that time, the PUL board of directors decided to, on an annual basis, earmark up to \$3,000 of free discs along with coaching resources to distribute to local schools. We followed that up with one-day coaching clinics in the four quadrants of the school board, bringing in PUL players and teachers to introduce the game to children and school coaches alike. Dozens of schools in the region have received free 10-disc packages and coaching resources care of PUL.

It's our strong belief that the main thrust of PUL Juniors should be happening at the school level, given all the benefits of the game (co-ed, team-based, non-contact, non-refereed, affordable, athletic). As a league, we stand to support the ongoing development of the sport at this level while providing a juniors program that will help build on the skills and sport development as Ultimate takes hold in the community.

Today, Ultimate is taking off in schools. Our determination to seed the sport in younger grades is paying great dividends. Many schools now offer programming in the spring and annual tournaments are held for grades 4 - 6 as well as grades 7 - 8. A high school league has emerged as well and has run successfully the last two years. This is as much a testament to the interest in the sport as it is also the number of teachers we now have playing in the league who are actively promoting the sport in the schools. We reckon this all bodes well for the growth of the sport in the region and the continued enjoyment for kids and parents alike.

PUL GAMES IN THE COMMUNITY

In case you want to get out to see some of our league play, PUL plays three nights a week (Tuesday through Thursday) starting at 6:45 for our summer games. Games are played at a number of venues in and around the city. Winter league indoor runs from early November through the end of April at the Spiplex dome on Monday (8:00 – 10:30) and Thursday evenings (6:30 – 10:30). Given that this publication is being produced in advance of our finalizing details for the 2017 season, we recommend that you check our schedules and all sorts of other information at www.pultimate.ca just to make sure everything is as stated here.

- Summer League Games - {game start time - 6:45}

HOLY CROSS	Tuesday, Wednesday & Thursday
KING EDWARD PARK (ACROSS FROM THE YMCA)	Thursday
FLEMING KNIGHTS WEST	Tuesday
ST. PETE'S	Tuesday, Wednesday & Thursday
BRIDGENORTH	Tuesday & Thursday
TRENT EXCALIBUR FIELDS	Tuesday, Wednesday & Thursday
ADAM SCOTT	Tuesday, Wednesday & Thursday

- Winter League Games - {multiple game times}

SPIPLEX DOME	Monday & Thursday
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KEY PUL CONTACTS

You may have questions about the PUL Juniors program, our outreach efforts with local schools or simply about our league in general.

To better direct your inquiries, best to contact these folks.

Jocelyne Stone

PUL Operations Coordinator

operations@pultimate.ca 705-868-1552

Stephen MacDougall

Head Coach and Program Developer for PUL Juniors

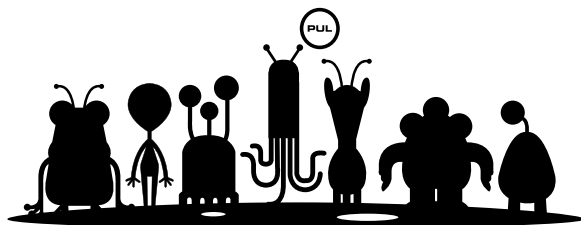
macdougall.stephen@gmail.com

Erica Chellew

Junior Coordinator

juniors@pultimate.ca

You can also find links to our numerous league coordinators, tournament directors and committee semi-bureaucrats on our **www.pultimate.ca** site, where all good things reside.



PETERBOROUGH ULTIMATE LEAGUE

www.pultimate.ca

the

ULTIMATE GLOSSARY

Every sport has its own jargon and ultimate Frisbee certainly has a tendency to breed an entirely new language. Players new to the game will commonly find themselves thoroughly baffled by the gobbledygook being spouted both on and off the field. Give it time, though, and it will all start to make sense. In the meantime, here's a brief primer on some of the lingo you may hear being used in the game.

BACKHAND	Usually the standard throw for ultimate players. This throw has the players fingers curled under the disc with the thumb on top. The arm is extended and brought across the left side of the body.
BID	A failed attempt to catch or block the disc.
BLADE	A forehand throw that is thrown high in the air and falls hard and fast to the left side.
CALLAHAN POINT	When an opposing team has their pass intercepted in their own endzone. This results in a point for the intercepting team.
CHILLY	Term used to remind a player to stay calm and patient with the disc, in hopes that they do not rush a throw.
D	Defense or Defend
CONTEST	(accent on the second syllable) – the call made by a player when disagreeing with a ruling made by an opposing player. Typically, this results in the disc being returned to the original thrower.
CUT	Integral part of a route by a receiver
DISC IN	Signals the opposing the team that the disc is coming into play.
DUMP	A throw to a person who is usually used as a safety valve. Normally someone that is standing close or even behind the thrower for an easy outlet.
FOOT BLOCK	When the foot is used to block a pass immediately after it releases the players hand
FORCE	A tactic used by the defending team to force the thrower into a specific type of throw, or force them to throw to a specific area of the field.
FOREHAND OR FLICK	Companion throw to the backhand. Great passing throw. Two fingers are placed on the underside of the rim and thumb on top. Lots of wrist snap used for spin.
FOUL	This being a self-refereed sport, if there is an infraction against a player, this is the term used to stop the play.
HAMMER	A forehand grip that is thrown over the head. This throw results in the disc flying upside down before tailing off at the end of its flight.

HANDLER	The person with the disc.
HOSPITAL THROW	A throw that stays in the air for a long time, allowing multiple players to be going for the disc at the same time, thus increasing the chances for injury.
HUCK	A long throw that extends at least half the distance of the field in an attempt to reach a downfield receiver.
LAYOUT	A diving catch or diving to defend the disc.
MARK	Similar to a force, but the defender is attempting to block all possible throws by moving arms and legs to get in the way of the throw. Contact is not allowed.
NO CONTEST	(accent on second syllable of 'contest') – when a foul is called and the player does not dispute the call. The disc is played from the point of the infraction.
O	Offense
PULL	A long throw that starts play and initiates the opposing teams possession. This is used in a similar way to the kickoff in football.
SKY	When a player grabs or defends the disc at a much higher point than the other players on the field.
STACK	Offensive strategy that lines up offensive players one behind the other as they each break a separate way in an attempt to get open.
SWING	Throwing the disc across field usually to reset the stall count or open up a different side of the field, this throw is not necessarily intended to move the disc closer to the goal line.
STALL COUNT	The defensive player counts up to ten, if the disc is not released before the count reaches ten, it results in a turnover.
SWILL	A bad throw, usually one that does not have a lot of spin, and not likely to be caught without great effort from the receiver.
TACO	A disc that is warped, if it happens during game play, the disc is either straightened or replaced.
TURN	Short for turnover. It alerts players that the disc possession has changed teams.
UP	Shouted once the disc has been released to alert the other defenders.

THANKS!

PUL Juniors is a remarkably collaborative effort that draws on the skills, enthusiasm and high standards that define the people who have generously given their time and energy to helping this program grow. As we've said before, you can never spend enough time saying thanks to those who have put this program on the map. But we'll give it a try.

Our **PUL Junior coaches** - the list grows ever longer and more involved. You are the definition of a team player and your contributions today are going to make a difference to the way our kids engage in sport, share in community and navigate the road ahead. You're also going to spoil PUL Juniors athletes for showing what fun a coach can be. Thanks all. Keep doing what you do. And keep encouraging others to join in on the fun.

Adrienne Boyer is the goddess of design. This handsome little volume is but one example. Those juniors logos? Yup. Discs and shirts. Oh, there's more...

To the **PUL Board of Directors** who have provided the guidance and good sense to support our initial foray promoting ultimate Frisbee to local schools. That endorsement and significant financial commitment has set the stage for this most exciting point in our evolution as a league.

To **Ultimate Canada**, notably Executive Director Danny Saunders, Teri Lynne Belanger and Christiane Marceau for their support as we continue to grow this sport with young athletes. It's great to have their support.

To our **School Outreach Coordinator Julia Garvey** who helps spread the good gospel of this game to the wider region while providing the necessary resources (and occasionally free batches of discs) to schools throughout the board. Like-minded minions Sarah Connell, Krista Lavery and Ian Potts deserve kudos for overseeing tournaments that bring much joy to the masses. .

To those **teachers** who are taking it upon themselves to introduce this sport to their students, even if they have not played the sport before. These frontline staff are so essential in giving our kids the opportunity to try new things rather than fall back on what may be the more familiar and comfortable. There are an amazing number of high school coaches

You can never spend enough time saying thank you.

who are now driving a Monday night high school league, and providing a one day tournament for teams across the area. A special thank you to Jon Grimwood, Chris Burns, and Mark Mann for all their efforts in making the high school league what it is today.

To our **municipal and institutional partners** who provide us with the field space to play and the encouragement to develop recreational opportunities for youth and adults in an age when health seems to be more essential than ever. We reserve a special note for the generosity of the Township of Selwyn who have updated their field space, creating a designated ultimate field. Bridgenorth has become the centre of PUL Juniors, and that's great for everyone.

A shout-out to those spouses, partners, friends and others who must endure the endless chatter about Ultimate Frisbee that occasionally consumes their beloved. Thanks for tolerating us. Honest, we do mean well.

We reserve our final accolade to the larger PUL Community. Collectively, you have set the stage for a program of this calibre to happen. It's your passion for this game and your companionship both on and off the field that ensures this game thrives in our community. It's directly thanks to your involvement that this league has grown and given us the means to now grow a younger audience for PUL. You may not be involved in juniors yet, but please recognize that each one of us is a teacher by default when it comes to throwing a disc with a kid. You can make a difference and you do. So, you should probably go practice your flick now.

ULTIMATE IN TEN SIMPLE RULES

- 1 The Field:** A rectangular shape 110 yards (100m) long, 40 yards wide (37m) with end zones 20 yards (18m) deep.
- 2 Initiate Play:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
- 3 Scoring:** Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
- 4 Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.
- 5 Change of Possession:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- 6 Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.
- 7 Non-contact:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 8 Fouls:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- 9 Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
- 10 Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.