



# Welcome to Cathedral Ultimate!

[www.cathedralultimate.com](http://www.cathedralultimate.com)

## High school coaches

**Boys Varsity:** Danny Bates - [daniel.bates@mnsu.edu](mailto:daniel.bates@mnsu.edu) - 320-309-9882 Still looking for another, if you know of someone please let us know!

**Girls Varsity:** We are looking for one or more coaches for our girls team.  
Please let us know if you know of anyone that may be interested.

## Communication

Sunday emails for the week ahead (Weekly Information)

GroupMe (Short notice updates and changes)

Website <https://cathedralultimate.com> (Registration/Informational links and Monthly Calendar)

## Equipment

Please bring a disc if you have one. Team discs provided by our coaches are available at practice if you prefer not to have your own. If you do bring your own, please have your name on it!

Water, please bring plenty of water. Indoors the fountains are available but you would need to be there a long time to get what you need. Outdoors, there are no places to refill, please be sure you bring enough!

Shoes: regular tennis shoes or gym shoes for indoor practices. Soccer cleats are recommended for outdoor practices and games, but they are not required!

Please bring appropriate layers for outside practice and game. Bring both your light and dark jerseys to all games.

# **New and grade 9 players, be sure to pick sizes on the online registration form for uniform orders.**

## **Practices**

All practices while we are inside are in the Center Gym at Cathedral School from 7:30-9:30 M, T, Th, and Fri (some days there may be no practice because of possible conflicts with gym space).

Outdoor practices will be at St. Elizabeth Ann Seaton School. They are in the window of 3:45-5:45 Monday, Tuesday, Thursday and Friday.

## **League Games**

**Girl's team games, Tuesdays starting at 6:00 pm first game possibly March 26th**

**Boy's/Open team games, Thursdays starting at 6:00 pm first game possibly March 28th**

Field assignments will be given to us and communicated to you, as soon as we have them

from Minnesota Ultimate. We are in the North West region, our games will be on the West side of the metro area.

## **Tournament Schedule**

**Matoska** - April 20 & 21 (Possible)

**Goeke** - May 18 & 19

**High School State Tournament** - June 1 & 2, Blaine Minnesota

Tournament schedule will be determined by our coaches and funding.

## **Team Gear**

BREAKMARK Ultimate gear! Order info coming soon!

## **Fundraising**

There are many ways to help our teams and support our teams.

Please consider choosing something from our volunteer sign up form

that would best fit your time and abilities. **Thank you in Advance!!!**

## **Pictures**

Please take pictures and be ready to share them!

## **Volunteer Board members needed!**

We need parent support on the Cathedral Ultimate Board.

Please consider giving of your time to serve the club in this way. We promise the rewards far out- weigh the effort!

## **Spirit of the Game - Cathedral Ultimate is committed to SOTG!**

1. The golden rule: treat others as you would want to be treated.
2. Control: SOTG takes real effort.
3. Heckling and taunting are different.
4. SOTG is compatible with championship play.
5. Don't "give as you got."
6. Breathe.
7. When you do the right thing, people notice.
8. Be generous with praise.
9. Impressions linger.
10. Have fun.

## **Board Member Contacts:**

President : Jeff Yapuncich (320) 529-8779

Treasurer : Patrick Howard (320) 291-1130

Secretary : Meaghan Baynes (320) 249-8973

Rochelle Yapuncich (320) 333-9954

**THANK YOU! WE CAN'T WAIT TO GET THE PLAYERS ON THE FIELD!**