



# Welcome to Cathedral Ultimate!

Middle school coaches

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

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Looking for a second: do you know anyone or are you 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 water fountains take 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. If your student has soccer cleats, they are welcome to use them at outdoor practices and games, but they are not re- quired!

Team Jerseys will be issued before our first game. Each student will be given a blue and white jersey. They are team owned, and should be turned in at the end of the season.

Please have any black shorts/leggings/sweatpants for game days. Cold weather layers encouraged for the beginning of the season.

## **Practices**

All practices while we are inside are in the Center Gym at Cathedral School from 7:30-9:00 M, T, Th, and Fri (some days no practice because of conflicts with gym space, see next page for accurate dates)

Outdoor practices will be at St. Elizabeth Ann Seaton School and are in the window of 3:45-5:45, Monday, Tuesday, Thursday and Friday. (Times will be finalized as we get closer to the date)

**Note: middle school ends at 9:00 High school ends at 9:30 so please be aware of that if your middle schooler is riding home with a high schooler**

We will possibly be outside before this date...or maybe continue this time after this date, it all depends on the weather. The coaches will be watching and let us know when they would like to move practice outside.

## **League Games**

All our games are on Sunday afternoon, start time approximately 1:00pm to approximately 4:00pm. Each team will play a double header.

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.

## **Middle School Tournaments:**

**State Tournament: May 18 & 19**

## **Student Leadership**

We will be looking for middle school captains this year with Spirit of the Game emphasis.

## **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 outweigh 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