

JUNIORS

FIELD GUIDE

2023

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:

NOTE ABOUT PUL EMAILS

If there is any information that we need to communicate, we tend to send it out to captains who will, in turn, share it with their teams. While we try to keep the mass emailings to a minimum from the league, we do send them out on occasion. These emails tend to come directly from the operations@pultimate.ca account - so add us to your contacts! Otherwise, please rely on the web site and above noted social media channels to learn more about what's going on in PUL.

TABLE OF CONTENTS

WELCOME TO PUL JUNIORS	4
GOALS OF JUNIOR PROGRAM	5
LONG TERM ATHLETIC DEVELOPMENT (LTAD).....	5
FUNDAMENTALS AGES 8-9	6
LEARN TO PLAY AGES 9-12	7
TRAIN TO PLAY AGES 12-16	9
SPIRIT OF THE GAME.....	11
WHAT’S WITH SELF-REFEREEING?	11
THE DISC	12
EQUIPMENT REQUIRED	12
LOCATION	13
WEATHER POLICY	13
PLAYER CODE OF CONDUCT	14
PARENTAL CODE OF CONDUCT	15
COACH CODE OF CONTENT	15
VOLUNTEER POLICY	16
NCCP COMMUNITY INITIATION	16
ONTARIO ULTIMATE	17
ROWANS LAW	18
CONCUSSION CODE OF CONDUCT	18
CONCUSSION - REMOVAL OF SPORT	19
CONCUSSION - RETURN TO SPORT	20
KEY PUL CONTACTS	21
THANKS!	21
ULTIMATE GLOSSARY	22
ULTIMATE IN TEN SIMPLE RULES	23

Welcome TO THE PETERBOROUGH ULTIMATE LEAGUE

We are so excited to be back on the field, running our Junior Program once again. Like many things we ended putting a pause on our standard Junior Program during Covid. We did end up running a fun short 4-week fall session in 2021, but sadly that was it. If this is your first time or you are returning after the long pause we are super happy to have you. We do hope everyone enjoys another season.

Juniors was born in 2012 by a group of PUL players eager to share their love of this sport with the younger generation. We are grateful there continues to be a large number of folk who are just as eager to share their knowledge now, 10 years later. Our coaching staff is made up mostly of parents, who happen to be PUL players themselves, but we also have a handful of kids who have themselves come through the Junior Program and graduated out.

So 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 Spirit of the Game (SOTG) philosophy. It's a philosophy that cultivates respect and garners friendship.

All good lessons to take with you outside of Ultimate and into the game of life. Besides, what other sport is out there where players are 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 based upon 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 be balanced and competitive, at least that is the goal. Above all, we want to create a positive and fun environment, fostering the love of the game and look forward to seeing juniors return year after year.

We'd like to thank you for coming and joining our community. We hope you and your players enjoy what we have to offer, as much as we enjoy offering it.

Jocelyne Stone
PUL Operations Coordinator

GOALS OF JUNIOR PROGRAM

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

This will be the first year where we divide our program into two. The goal of doing this is to keep as many kids playing ultimate as possible. Ideally we want to hook these kids for life, but for now we'll settle for the next eight weeks.

For the younger 8-12 year olds our main goal will still be to teach the basic concepts and fundamentals of the game. While the older, 12-17 year olds will focus more on game play. That said, we're still going to throw in some warm up drills so they can continue to improve their individual skills.

We are investing in more resources for our coaches which provides a better program for our Junior players. We hope your junior players enjoy themselves.

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

FUNDAMENTALS AGES 8-9

Objective: Learn all fundamental movement skills and introduce basic Ultimate skills in a fun environment. Develop the athlete first – encourage multi-sport participation.

Overview:

- Fundamental movement skills are further developed and motor development is emphasized.
- Participants must be provided a well-structured, fun and stimulating environment to develop the ABC's of athleticism (agility, balance, coordination, and speed), hand-eye coordination and time to experiment with basic Ultimate-specific skills.
- Structured competition during this stage should be avoided.
- An emphasis should be placed on keeping the child's interest and promoting ultimate through disc games.
- Participants should also develop a basic understanding of Spirit of the Game.
- Children should participate in a wide-variety of sports, both team and individual, that include throwing, catching, running and jumping, in order to further develop a solid foundation for ultimate.

Field Activities:

- Best practice in larger groups while introducing fundamental movements often used in Ultimate.
- Emphasize positive feedback when players move in a way that demonstrates correct footwork and body position.
- Unstructured skill challenges - ie throwing as far, high or fast as possible and then running to get the disc.
- Ensure all players have equal time touching the disc.
- Non-contact should be emphasized.
- Simple unstructured play and games that stimulate fun and interest in disc sports

Skills

Throwing:

- ☐ Basic backhand grip
- ☐ Basic forehand grip
- ☐ Basic backhand throw - short distance
- ☐ Basic forehand throw - short distance
- ☐ Introduce basic backhand throw - medium distance
- ☐ Introduce basic forehand throw - medium distance
- ☐ Throw with correct body position
- ☐ Throws without a mark

Catching:

- ☐ Pancake/Alligator Catch - Stationary
- ☐ Pancake/Alligator Catch - Step into catch

Spirit of the Game:

- ☐ Treats other players with respect
- ☐ Plays with safe play - no body contact with other players
- ☐ Communicates positively with other players
- ☐ Cheers for players on their own team
- ☐ Practices cheering for players on opposing team - when they make a good throw or catch
- ☐ Shakes hands at the end of every session

- NOTES -

LEARN TO PLAY AGES 9-12

Objective: Learn general ultimate skills and develop understanding of Spirit of the Game in a fun and cooperative environment.

Overview:

- Focuses on mastering the basic ultimate skills through training.
- Structured competition is introduced during this stage to test and refine skills learned in practice.
- Participants are still encouraged to engage in other sports - athletes start to narrow focus to three or four.
- The environment promotes Spirit of the Game, which allows the participant to develop emotional control, communication skills and sportsmanship.
- Training elements are now introduced - warm-up, cooldown, stretching, hydration, nutrition, recovery, regeneration, and mental preparation.

Field Activities:

- Introduce participants to the simple rules of Ultimate:
- Field set up
- Initiating play
- Scoring
- Moving the disc
- Change of possession
- Substitution
- Non-contact/fouls
- Self-officiating
- Game formats include small-sided games - 4x4 or 5x5 with game length based on ensuring equal substitution.
- Skills games included in all games/practices.
- All players should play equal time and try all positions
- Adding challenges - trying to pass to every player before scoring.
- Speed-point can be introduced.

Skills

Throwing:

- ☐ Basic backhand throw - short distance
- ☐ Basic forehand throw - short distance
- ☐ Basic backhand throw - medium distance
- ☐ Basic forehand throw - medium distance
- ☐ Basic backhand throw - long distance
- ☐ Basic forehand throw - long distance
- ☐ Throws accurately to a stationary target
- ☐ Throws accurately to a moving target
- ☐ Introduce high-release backhand throw
- ☐ Introduce high-release forehand throw
- ☐ Introduce low-release backhand throw
- ☐ Introduce low-release forehand throw
- ☐ Introduce Hammer Grip

- ☐ Hammer Grip throw - short distance
- ☐ Pulls inbounds, and as far as possible
- ☐ Introduce throws with correct pivot foot
- ☐ Introduce throws with a mark
- ☐ Introduce throws using basic fakes
- ☐ Introduce throws without a mark
- ☐ Introduce down, up and cross-wind throws
- ☐ Introduce spin and flight dynamics of the disc

Catching:

- ☐ Introduce reading the disc
- ☐ Introduce jump catch
- ☐ Introduce using body too shield incoming disc
- ☐ Introduce run-through catch
- ☐ Introduce layout catch
- ☐ Introduce one hand catch above head
- ☐ Introduce one hand catch below knee
- ☐ Introduce two hand catch above head
- ☐ Introduce two hand catch below knee
- ☐ Introduce attacking the disc
- ☐ Introduce catching with coverage

Cutting:

- ☐ Learn field positioning before a cut
- ☐ Learn field positioning during a cut
- ☐ Learn field positioning after a cut
- ☐ Introduce reset
- ☐ Introduce boulder cut
- ☐ Introduce deep cut
- ☐ Introduce under cut
- ☐ Introduce angles of a cut
- ☐ Introduce timing of a cut
- ☐ Introduce clearing after a cut
- ☐ Introduce making space for other cuts
- ☐ Introduce faking

Marking:

- ☐ Basic mark body positioning (no force)
- ☐ Calls "up" when opponent releases the disc
- ☐ Introduce marking a handler
- ☐ Introduce marking a cutter

Tactical Skills		- NOTES -
Offence:		
<input type="checkbox"/> Introduce vertical stack		
<input type="checkbox"/> Introduce horizontal stack		
<input type="checkbox"/> Introduce resetting the disc		
<input type="checkbox"/> Introduce swinging the disc		
<input type="checkbox"/> Introduce basic set plays (identifies where initiating cuts should come from)		
<input type="checkbox"/> Back of stack		
<input type="checkbox"/> Front of stack		
<input type="checkbox"/> In endzone		
Defence:		
<input type="checkbox"/> Introduce person to person defence		
<input type="checkbox"/> Introduce help defence		
General:		
<input type="checkbox"/> Introduce on-field communication		
<input type="checkbox"/> Introduce space and field sense		
<input type="checkbox"/> Introduce disc position		
<input type="checkbox"/> Introduce sideline support		
<input type="checkbox"/> Introduce offence and defence transitions		
Spirit of the Game:		
<input type="checkbox"/> Introduce BE CALM strategy		
<input type="checkbox"/> Understands the basics of Spirit of the Game		
<input type="checkbox"/> Emphasizes a love for the game		
<input type="checkbox"/> Helps teammates develop by sharing the duties and roles within the game (everyone gets a chance to catch, throw, pull or pick up the disc after stoppage of game)		
<input type="checkbox"/> Understands spirit games can be played between teams after games.		

Objective: Focus on training the whole athlete based on their physical, technical, tactical, mental, cognitive and emotional development.

Overview:

- Focuses on preparing the athlete for the demands of the sport both physically and mentally.
- Through physical training the athlete builds an anaerobic and aerobic base and develops speed and strength
- Through mental training supports the athlete learns how to concentrate during training periods
- Increases their understanding of tactics and strategies used in Ultimate.
- Have fully internalized Spirit of the Game and practices it on the field.
- Participation in sports is narrowed to 2 sports that are complimentary.
- From here will transition into Train to Compete or into Ultimate for Life (more recreational participation in ultimate)

Field Activities:

- Modified field size and game length for early stage athletes
- Transitions into full sized fields and length later in stage.
- Zone is introduced later in stage.
- Small sided games (4x4, 5x5, 6x6) and skills challenges early in the season and transitions to full field/games later in stage/season.
- Small sided games can be used as training later in season/stage to increase contact with disc
- Vary field size for lessons - smaller fields make person-to-person coverage easier while larger fields make offensive movement easier.
- Skills games included in games/practices
- Play multiple positions and teach basics of each position early in the stage
- Start focusing on 2-3 positions at high end of stage (ie. handler vs. cutter; deep/mid/under cutter; handler vs. cutter mark.)

Skills

Throwing:

- ☐ Introduce varied release points - backhand
- ☐ Introduce varied release points - forehand
- ☐ Introduce inside-out backhand
- ☐ Introduce inside-out forehand
- ☐ Introduce outside-in backhand
- ☐ Introduce outside-in forehand
- ☐ Basic hammer throw - short distance
- ☐ Introduce basic hammer throw - medium distance
- ☐ Introduce basic hammer throw - long distance
- ☐ Introduce basic scoober throw
- ☐ Introduce off-hand throws
- ☐ Introduce. push pass

- ☐ Introduce blade
- ☐ Good hang time and consistency on pulls
- ☐ Advanced fakes (includes balance and extension)
- ☐ Throws against a mark
- ☐ Makes break-mark throws
- ☐ Improved down, up and cross-wind throws
- ☐ Improved spin and flight dynamics of the disc - throwing with spin and touch

Catching:

- ☐ Refine reading the disc
- ☐ Refine jump catch
- ☐ Refine using body too shield incoming disc
- ☐ Refine run-through catch
- ☐ Refine layout catch
- ☐ Refine one hand catch above head
- ☐ Introduce one hand catch below knee
- ☐ Refine two hand catch above head
- ☐ Refine two hand catch below knee
- ☐ Refine attacking the disc
- ☐ Refine catching with coverage

Cutting:

- ☐ Refine reset
- ☐ Refine boulder cut
- ☐ Refine deep cut
- ☐ Refine under cut
- ☐ Refine angles of a cut
- ☐ Refine timing of a cut
- ☐ Refine clearing after a cut
- ☐ Refine making space for other cuts
- ☐ Refine faking
- ☐ Introduce laying out
- ☐ Introduce defensive set up and adaptation
- ☐ Introduce mirror cuts
- ☐ Introduce boxing out

Marking:

- ☐ Basic mark body positioning (no force)
- ☐ Calls “up” when opponent releases the disc
- ☐ Introduce marking a handler
- ☐ Introduce marking a cutter

Tactical Skills

Offence:

- ☐ Refine/advanced vertical stack
- ☐ Refine/advanced horizontal stack
- ☐ Refine/advanced resetting the disc
- ☐ Refine/advanced swinging the disc
- ☐ Introduce split stack
- ☐ Introduce basic zone offence

Defence:

- ☐ Refine/advanced help defence
- ☐ Introduce forcing
- ☐ Backhand force
- ☐ Forehand force
- ☐ Middle force
- ☐ Straight up force
- ☐ Sideline force
- ☐ Holding the force
- ☐ Introduce flashing/closing (no luck, no up the line)
- ☐ Introduce foot blocks
- ☐ Introduce person-person defence on handlers and cutters
- ☐ Introduce switching
- ☐ Introduce positioning after the catch
- ☐ Introduce field awareness
- ☐ Introduce Footwork
- ☐ Introduce Poaching
- ☐ Introduce baiting
- ☐ Introduce containing
- ☐ Introduce different D strategies for defending different positions.
- ☐ Introduce basic zone and zone positioning (mark, cup, mid and deep)

Spirit of the Game:

- ☐ Reinforce/refine BE CALM strategy
- ☐ Takes responsibility for their own actions
- ☐ Respects others, both teammates and opponents
- ☐ Engages in Conflict resolution

- NOTES -

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:

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.

"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 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.

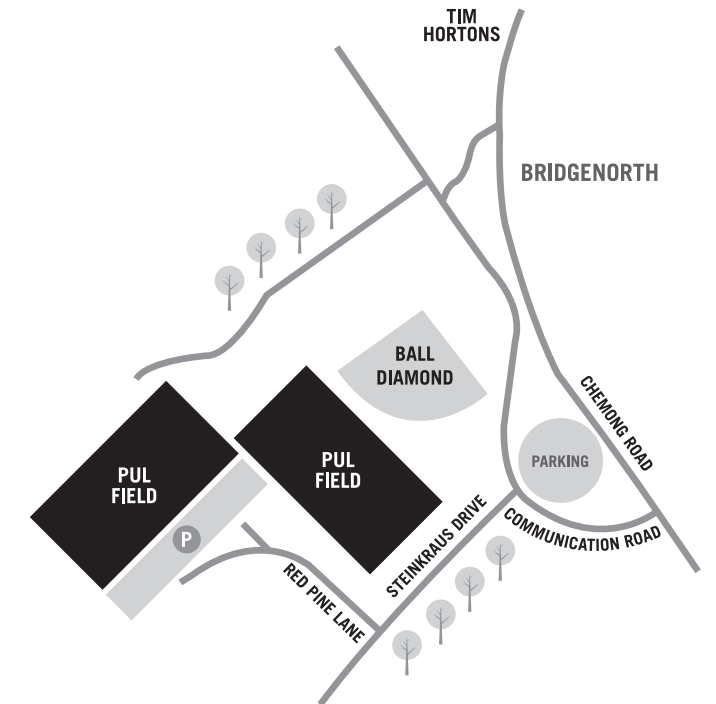
Regular water breaks are strongly recommended, so please always pack a water bottle.

LOCATION

In order to ensure we get 8 weeks of our program in, and we don’t wreck the grass fields we split our program between two locations; Holy Cross and Bridgenorth.

Holy Cross is located at 1355 Lansdowne Street West, behind the school. Park in the parking lot and make your way down the hill.

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 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. Should this lot be full park in the lot beside the baseball field and take the short walk to the fields. PLEASE DO NOT PARK ON THE ROAD, the neighbours do not appreciate this.



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. In the event of a possible cancellation, we hope to contact parents directly to alert them by email as this is our main form of communication, but please always check the **www.pultimate.ca** site if you are unsure. Any postings also go directly to our Facebook page, so you should go ‘like’ us if you want up to the minute info.

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. Remember that children participate to develop as players and to have fun, and that the game is for the children, not adults.

- 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.

- NOTES -

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 the 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.

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.

Realizing it's been some time since our last Community Initiation stream we ran another event in 2022 to ensure our coaching staff was up to date. This year we are sending a number of our coaches to the Competitive Coaching clinic. When coaches are supported we all win.

ONTARIO ULTIMATE INSURANCE

Now into its third full-fledged year as our sport's Provincial Sports Organization (PSO), Ontario Ultimate (OU) is foremost the body responsible for handling our insurance. As OU continues to establish its mandate and build its resources, it will become an ever more important hub of teaching resources and the organization responsible for developing ultimate at both grassroots and competitive levels.

For now, OU is going to be most essential if a player needs to file an insurance claim due to an injury. If this is the case, please be sure to:

1. Fill out an Incident Report. If there's a claim being filed this is obviously an injury worthy of reporting. The insurance company will want to know the details. Make this easier for the league and yourself.

2. Download the claim form from the PUL site under the Resources tab.
3. Fill it out pronto and get a league representative to sign off on it.
4. Submit the claim form in the allotted time (30 days). This may necessitate a physician's recommendation as well, so please have all documentation on hand to ease the process.

To learn more about the greater details involved with claims please visit [Ontario Ultimate \(OU\)](#):

www.ontarioultime.ca

- NOTES -

ROWAN’S LAW

Rowan’s Law legislation was passed by the Ontario Government in 2018. This legislation is named in memory of Rowan Stringer who tragically died in 2013 of Second Impact Syndrome, the result of suffering multiple concussion playing rugby three times in six days. The legislation is designed to create a safer environment for competitive amateur athletes, children and youth to play sport.

Knowing how to recognize the signs and symptoms of a concussion, and what to do if a concussion happens – whether you’re an athlete, a student, a parent, a coach, a team trainer, an official or an educator– saves lives. The Ontario Government is committed to implementing Rowan’s Law by putting concussion safety information in the hands of people who need it most.

PUL’S CONCUSSION CODE OF CONDUCT

I will help prevent concussions by:

- Respecting the rules of Ultimate.
- Respecting my opponents and play safely.
- Wearing proper equipment and wearing it correctly.
- Developing my skills and strength so I can play the game to the best of my abilities.

I will care for my health and safety by taking concussions seriously, and I understand that:

- A concussion is a serious brain injury that has both short and long term effects.
- I do not need to lose consciousness to have a concussion.
- A blow to my head, face or neck, or a blow to the body that causes the brain to move around inside the skull may cause a concussion.
- If I think I might have a concussion I will self-report my possible concussion to a “designated person” (coach, parent, captain, or other responsible person), and immediately stop participating in further training, practice or competition.
- I will report to a designated person if I suspect another player has a concussion, or concussion-like symptoms.
- That continuing play with a suspected concussion increase my risk of more severe, longer lasting concussion symptoms, as well as increases my risk of other injury.

Increasing awareness and changing conversations in sport, at school and in our homes, will result in transformative change to the way in which concussions are managed in amateur competitive sport and beyond.

WHAT’S PUL DOING?

PUL has created our own Concussion Code of Conduct, Removal from Sport Protocol, and Return to Sport Strategies. We have decided to make Brain Health a priority across ALL members of our league, not just those aged 26 and under. In order to renew your membership with PUL, every player will need to sign an electronic version of the Concussion Code of Conduct. This will be done, from now on, on a yearly basis.

I will not hide my concussion symptoms. I will speak up for myself and others:

- I will not hide my symptoms. I will tell a designated person if I am concerned I have had a concussion and/or experience any signs and symptoms of a concussion.
- If someone else tells me about concussion symptoms, or I see signs they might have a concussion, I will tell a coach, parent, official, captain, or another responsible adult I trust so they can help.
- If I have a suspected concussion, I understand I will be removed from sport and that I will not be able to return to training, practice or competition until I undergo a medical assessment by a medical doctor or nurse practitioner(preferably one with experience in concussion management) and have been medically cleared to return to training, practice or competition.

I will take the time I need to recover, because it is important for my health:

- I understand I will have to follow the 6-step Return to Play guidelines when returning to activity.
- I understand I will have to be medically cleared by a medical doctor or nurse practitioner, preferably one with experience in concussion management, prior to returning to training, practice or competition.
- I will respect my coaches, parents, captains, health-care professionals, and medical doctors and nurse practitioners, regarding my health and safety.

REMOVAL FROM SPORT PROTOCOL

Ensuring immediate and safe removal of players with a suspected concussion from activity.

STEP 1: REMOVE FROM SPORT

A player suspected of a concussion must stop play immediately. Whether this happens during a Peterborough Ultimate League event; a game, scrimmage or practice the player* must be immediately removed from participation.

Who is responsible for removal-from-sport? If a suspected concussion occurs, it is the responsibility of all team members to remove the player from participation in the sporting activity immediately. Team captains hold the final decision to remove players with a suspected concussion. If there is doubt whether a concussion has occurred, it is to be assumed that it has. If in doubt, sit them out.

Monitoring the player: No player with a suspected concussion should be left alone or drive a motor vehicle.

RED FLAG SYMPTOMS

If there are any red flag symptoms or a neck injury is suspected, call 911 immediately. The player should not be moved and should only be removed by emergency healthcare professionals with appropriate spinal care training. More severe forms of brain injury may be mistaken for concussion. If any of the red flag symptoms are observed or reported within 48 hours of an injury, then the

RED FLAG SYMPTOMS	
Headaches that worsen	Can’t recognize people or places
Seizures or convulsion	Increasing confusion or irritability
Repeated vomiting	Weakness/tingling/burning in arms or legs
Loss of consciousness	Persistent or increasing neck pain
Looks very drowsy/can't be awakened	Unusual behaviour change
Slurred speech	Focal Neurologic signs (paralysis/weakness etc.)

STEP 2: REFERRING FOR MEDICAL ASSESSMENT

Captain’s must recommend to the player (or parent/guardian if applicable) that they seek medical assessment as soon as possible. Medical assessment must be done by a Medical Doctor or Nurse Practitioner. Players with suspected concussions may

not return to any league activity until they've received medical assessment and submitted necessary documentation. player should be transported for urgent medical assessment at the nearest emergency department.

STEP 3: INITIAL MEDICAL ASSESSMENT

Assessment and diagnosis by a Medical Doctor (MD) or Nurse Practitioner (NP)

Seeking medical assessment: If a player has been deemed to have had a suspected concussion, it is the parent/guardian’s responsibility to take the player to see a medical doctor or nurse practitioner as soon as possible.

Required type of initial medical assessment: In order to provide comprehensive evaluation of players with a suspected concussion, the medical assessment must rule out more serious forms of traumatic brain injury and spine injuries and must rule out medical and neurological conditions that can present with concussion-like symptoms and must make the diagnosis of concussion based on findings of the clinical history and physical examination and the evidence-based use of adjunctive tests as indicated. In addition to Nurse Practitioners, the types of Medical Doctors that are qualified to evaluate patients with a suspected concussion include:

Family Physician, Pediatrician, Emergency Room Physician, Sports-Medicine Physician, Neurologist, or Internal Medicine and Rehabilitation (Physiatrists). Documentation from any other source will not be acceptable.

Obtaining appropriate diagnosis and documentation: Written medical documentation must be obtained if a concussion has occurred or not.

STEP 4: MEDICAL DIAGNOSIS
Submission of medical documentation of concussion diagnosis

If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion did not have a concussion diagnosis:

- Player (or parent/guardian) must take the written documentation from the medical assessment (highlighting that the player did not have a concussion), and give this document to the team Captain.
- It is the responsibility of the team captain to submit medical documentation to the Operations Coordinator before the player is permitted to return to a PUL activity.
- The player should continue to be monitored for at least 24-48 hours after the event, as signs and symptoms may take hours or days to appear.

KEY PUL CONTACTS

- If a Medical Doctor/Nurse Practitioner determines that the player with a suspected concussion does have a concussion diagnosis:**

- An initial period of 24-48 hours of rest is recommended before starting the Return to Sport Protocol.

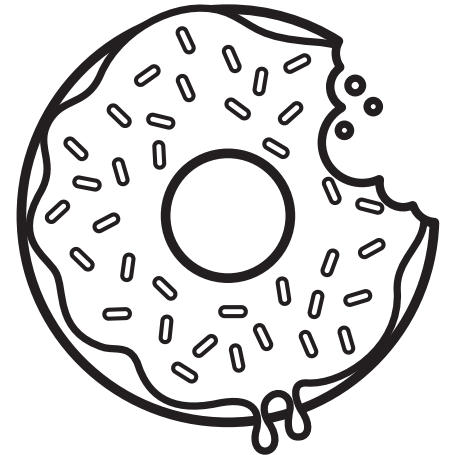
**Written documentation by a Medical Doctor or Nurse Practitioner may be provided in any format from the medical assessment.*

- The player, or parent guardian (if applicable) must take the written documentation* from the medical assessment (highlighting that the player has been diagnosed with a concussion), and give this document to the team captain.

RETURN TO SPORT

Stage	Rehabilitation Stage	Activity	Duration	Objective
0 Rest	Initial rest (physical and cognitive)	Rest. Minimise screen time. Consider time off or adaptation of work or study.	< 1-2 days	Recovery
1 Symptoms persist at 24 hours	Symptom limited activities	Initially activities of daily living that do not provoke symptoms. Consider time off or adaptation of work or study.	Until concussion symptoms clear	Return to normal activities (as symptoms permit)
2 Symptom free at 24 hours	Light aerobic exercise	Walking, light jogging, swimming, stationary cycling at slow to medium pace NO ultimate NO resistance training, weight lifting, jumping, or hard running. Symptom free during full 24-hour period	< 15 min	Increase heart rate
3 Ultimate Specific Exercise	Sport-specific exercise	Simple movement activities (i.e. running drills) Limit body and head movement NO head impact activities	< 45 min	Add movement
4 Non-Impact Training	Non-impact training	Progression to more complex training activities with increased intensity, coordination and attention. (throwing, passing, change of direction, small-sided game. May start progressive resistance training. NO impact activities, including no laying out.	< 60	Exercise, coordination and cognitive load. A return to learning much be achieved before returning to sport.
		Youth (<18 years) & adult-students - athletes have returned to full-time studies at this time.		
		Repeat Medical assessment (medical clearance).		
5 Full Intensity	Full Intensity Practice	Normal training activities. Although a non-contact sport, some non-intentional contact may happen.		Restore confidence and assess functional skills by coaching staff.
6 Game Play	Return to sport	Normal game play.		Player rehabilitated.

20



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

Ben Woolf

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.

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** and Ontario Ultimate, for their guidance as we continue to grow this sport with young athletes. It's great to have both of their support.

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.

the

ULTIMATE GLOSSARY

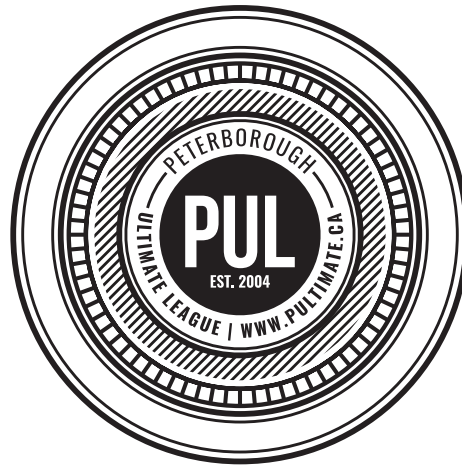
Every sport has its own jargon and ultimate Frisbee certainly has a tendency to breed an entirely new language. Players new to the game will commonly find themselves thoroughly baffled by the gobbledygook being spouted both on and off the field. Give it time, though, and it will all start to make sense. 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.

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.



CATCH US

www.pultimate.ca



Peterborough Ultimate League



@PULtimate.ca



peterboroughultimateleague