

Parent Info for Ultimate Frisbee

Ultimate Frisbee Skills Clinic

Hello All!

The Ultimate Frisbee season is coming up fast. We will be having a Free Clinic put on by the Ridgeline High School Ultimate Frisbee team. The details are as follows...

When: July 14th

Where: Anhder Park

294 W 3200 S

Nibley, UT 84321

Time: Younger & Middle Leagues (Ages 7-12) from 9:00 am - 10:00 am

Older League (Ages 13+) from 10:00 am - 11:00 am

What: An Ultimate Frisbee skills clinic put on by the Ridgeline High School Ultimate Frisbee Team. The hour session will be divided into 15-minute rotations where skills such as throwing, forcing, and guarding will be taught and practiced.

Please fill out the link below to RSVP to the Ultimate Frisbee Clinic. This will be a great way to shake off the dust and get ready for the season.

https://docs.google.com/forms/d/e/1FAIpQLScNbJB4rBCv2BepSpMM1K8PAskXjKTIQXc3K5XWhGkwlkpkg/viewform?usp=sf_link

Water

Please make sure that your child is prepared with water. A water bottle is essential to keep your athlete hydrated and playing their best.

Player Equipment

A team shirt will be issued at or before the first game along with a frisbee to keep for each player to practice at home. These items will be given to the coach to hand out to the players.

Although athletic shoes are permitted, cleats are recommended (steel cleats are not permitted).

During cold or inclement weather, players may wear clothing under their jersey.

Practices

Games will consist of a 10-minute, learn 2 play warm up/ practice, with two 20-minute halves of play time. That being said, practices are built into the game schedule. Additional practices are completely optional and up to the coaches/parents.