

**ULTIMATE FRISBEE REGISTRATION FORM**  
**Coed Spring League 2009**

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work phone \_\_\_\_\_

Fax Number \_\_\_\_\_ EMAIL address \_\_\_\_\_

Fee: \$25/person

I certify that the above information is true and accurate to the best of my knowledge. I fully understand that any falsification of any information may be grounds for suspension from participation. I understand, and agree to abide by, league rules. In consideration for the City of Olympia Parks, Arts & Recreation Department, I by signing my name, assume all risks and hazards incidental to the conduct of the activity. I do further release, absolve, and waive any right to bring a claim, action, suit or other proceeding against the City of Olympia, and or the Olympia Parks, Arts & Recreation Department for damages due to any injuries suffered as a result of participation in the program except for the sole negligence of the City. I further understand and agree that the City of Olympia provides no medical or dental insurance of any kind or type regarding injuries received by participating in this Olympia Parks, Arts & Recreation Department sports league.

Signature \_\_\_\_\_ Date \_\_\_\_\_

*~ Please fill out the "Player Evaluation" form on back, and turn in with registration.  
Thank you.*

**WHERE AND HOW TO PAY REGISTER BY 5:00 P.M. ON APRIL 3, 2009**

Mail, on-line, phone-in with credit card, or deliver registration form and check  
(payable to City of Olympia) to:

Olympia Parks, Arts & Recreation Department  
222 Columbia St. NW, Olympia, WA 98501  
**(360) 753-8380**



City of  
OLYMPIA

Olympia Parks, Arts and Recreation Department  
2009 Ultimate Frisbee League

Self-Evaluation Form

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

**Your answers will be used to balance each team:**

1. Gender: Male Female

2. Age: 16-18 19-25 26-35 36-45 Over 45

3. Height: 5' or shorter 5'1" to 5'4" 5'5" to 5'8" 5'9" to 6' Over 6'

4. Your experience/knowledge of the game of Ultimate?

- I have never played or only played a few times.
- I have played enough to be familiar with stacking, offensive positions, zone defense, etc.
- I have played enough to be able to teach newcomers basic concepts such as the above.
- I am a veteran who has played competitively in regional tournaments.

5. Your skills throwing a frisbee?

- I can throw backhand only.
- I can reliably throw a 10-yard forehand in a game.
- I can comfortably and reliably "handle" at pickup games or in this recreational league.
- I have comfortably and reliably "handled" at competitive regional tournaments.

6. Your current fitness/endurance level?

- To be honest, I haven't exercised much lately and/or I am out of shape.
- I'm in OK shape, but will need a break after 5-10 minutes of sprinting during Ultimate.
- I'm in good shape and can play an entire recreational league game with little to no rest.
- I'm in great shape and will still have something left after a recreational league game.

7A. Your projected attendance?

- I will probably only be able to play in about half of the regular season games (or less).
- I plan to play in all but 1 or 2 of the regular season games.
- I plan to play in every regular season game .

7B. I will ( or will not ( be able to attend the tournament on the last day of the season (June 7).

7C. I will ( or will not ( be able to attend a clinic/scrimmage on the first day of the season (April 12).

8. Requested teammates? (although there are no guarantees)

I'm new to the game and if possible would like to play with my friend:

\_\_\_\_\_  
 If possible, I would like to play with my partner, whose name is:

9. Additional comments, questions, skills, or amusing anecdotes?

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_