

ULTIMATE FRISBEE REGISTRATION FORM
Coed Spring League 2010

Name _____

Address _____

City _____ Zip _____

Home Phone _____ Work phone _____

Fax Number _____ EMAIL address _____

Fee: \$25/person

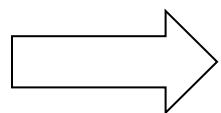
I certify that the above information is true and accurate to the best of my knowledge. I fully understand that any falsification of any information may be grounds for suspension from participation. I understand, and agree to abide by, league rules. In consideration for the City of Olympia Parks, Arts & 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 9, 2010

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



Olympia Parks, Arts and Recreation Department
2010 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 13).

7C. I will or will not be able to attend a clinic/jamboree on the first day of the season (April 18).

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?