

ULTIMATE FRISBEE

2010 Indoor Winter League



Ultimate Frisbee is a great summer sport, and now you can enjoy it indoors in the winter! No rain, no mud, and plenty of light!

When: Thursdays, January 14 – February 18 (six games!)
Game time varies by week,
either 7:30-8:30 pm or 8:30-9:30 pm

Cost: \$20 (pays for all 6 games!)

Where: Nisqually Middle School 8100 Steilacoom Rd SE., Lacey
Corner of Marvin and Steilacoom Roads just South of I5 at Exit 111.

This coed league is open to everyone. If you haven't played indoor ultimate before, it's a fun game very similar to outdoor ultimate. Play never stops, the wind is never a factor, and your socks stay dry.

Sign up by January 8th!

Complete the Registration Form (on the back) and mail it in. It's that easy!
We'll assign everyone to a team, keeping the teams equal.

Questions? Contact:
Lacey Parks and Recreation
360-491-0857

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www.happen.net/ultimate

ULTIMATE FRISBEE sign-up

Name: _____

Gender: Male / Female

E-mail Address _____

Address: _____

City _____ Zip _____

Age: _____ Phone Number: (_____) _____ - _____

Sign up by January 8th for the Winter 2010 league!

We will assign everyone to a team. Please answer the following questions so we can ensure even teams and competitive games.

How many games will you likely attend? (Circle one) 1 / 2 / 3 / 4 / 5 / 6

What is your experience in ultimate? (circle one)

- 1 – Beginner / learning to play
- 2 – Casual pickup (own my own cleats)
- 3 – One or two years of pickup or local leagues
- 4 – Some tournament experience or three plus years of pickup/league
- 5 – Regular tournament play
- 6 – Competitive high-level club experience

What is your skill level? (circle one)

- 1 – Learning to throw
- 2 – Backhand or forehand throw
- 3 – Both backhand and forehand throw
- 4 – Consistent backhand and forehand with marked defense
- 5 – Consistent break-mark throws

What is your fitness level? (circle one)

- 1 – Will tire easily
- 2 – Able to run for short periods before needing a break
- 3 – Exercise frequently, able to run for long periods
- 4 – Able to guard the fastest players without tiring

If you would like to play on a team with a spouse or partner for scheduling/childcare purposes, enter his/her name here. We will place you on the same team.

Info: www.happen.net/ultimate

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SIGN UP BY JAN. 8 \$20

Pay by phone with Visa or MC
(360) 491-0857 M-F, 8am - 5pm

Or drop by Lacey City Hall

Or mail entry form with check to:
Lacey Parks & Recreation Dept.
PO Box 3400
Lacey, WA 98509