



Welcome to Cathedral Ultimate!

www.cathedralultimate.com

High school coaches

Boys Varsity: Danny Bates - danbates507@gmail.com - 320-309-9882

Girls Varsity: Olivia Bzdok - liviestay@gmail.com - 320-492-1794 &

Oliver Statz - oliverjstatz@gmail.com - 320-291-9389

Middle School: ??? If you are interested or know anyone who might be, please contact one of our board members.

Communication

Sunday emails for the week ahead.

GroupMe, everyone group, boys team group, girls team group, middle school group

Equipment

Please bring a disc if you have one. Team discs provided by our coaches are available at practice if you prefer not to have your own. If you do bring your own, please have your name on it!

Water, please bring plenty of water. Indoors the fountains are available but you would need to be there a long time to get what you need. Outdoors, there are no places to refill, please be sure you bring enough!

Shoes: regular tennis shoes or gym shoes for indoor practices. Soccer cleats are recommended for outdoor practices and games, but they are not required!

Please bring appropriate layers for outside practice and game. Bring both your light and dark jerseys to all games.

New and grade 9 players, be sure to pick sizes in the online registration for uniform orders.

Practices

All practices while we are inside are in the Center Gym at Cathedral School from 7:30-9:30 M, T, Th, and Fri (some days no practice because of conflicts with gym space, see next page for accurate dates)

Outdoor practices will be at St. Elizabeth Ann Seton School. They will be in the window of 3:45-5:30pm, Monday, Tuesday, Thursday & Friday.

League Games

League games for both HS Girls & Boys will begin the week of March 25th

League games are Tuesdays for women's teams and Thursday for men's teams.

Field assignments will be given to us and communicated to you, as soon as we have them from Minnesota Ultimate. We are in the North West region, our games will be on the West side of the metro area.

Tournament Schedule

Hopkins Hustle May 10-11th, Blaine, MN

Goeke Memorial May 17-18, Lakeville, MN

High School State Tournament May 30th - June 1st, Blaine, MN

Tournament schedule will be determined by our coaches & number of available players.

Team Pictures

We will have a Professional Photographer from The Camera Shop to do team and individual photos again this year. There is NO obligation to order anything but we do ask that you make it a priority to be there to be included in the team photo.

Team Gear

BREAKMARK - We will continue to use BREAKMARK for our game day jerseys. If you are new to the organization or need to update your jersey please let Jeff know.

RAMBOW - We will be sending out a follow up email with access to our online clothing store for players and fans.

Fundraisers

Please consider joining us on a fundraising subcommittee that will coordinate this year's fundraising efforts. Our budget prior years has been to raise \$10,000.

Pictures

Please take pictures and be ready to share them!

Volunteer opportunities

Board members needed! We need parent support on the Cathedral Ultimate Board. Please consider giving of your time to serve the club in this way.

We promise the rewards far out- weigh the effort!

Spirit of the Game - Cathedral Ultimate is committed to SOTG!

1. The golden rule: treat others as you would want to be treated.
2. Control: SOTG takes real effort.
3. Heckling and taunting are different.
4. SOTG is compatible with championship play.
5. Don't "give as you got."
6. Breathe.
7. When you do the right thing, people notice.
8. Be generous with praise.
9. Impressions linger.
10. Have fun.

THANK YOU! WE CAN'T WAIT TO GET THE PLAYERS ON THE FIELD!