

Ultimate Frisbee Inc. Official Program Plan

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Agency Mission

Ultimate Frisbee Inc. Is dedicated to providing the best and most accessible ultimate frisbee program in the Okanagan, creating a strong community built through recurring physical activity, social interaction, friendly competition and an inspiring environment.

Strategic Direction

Recurring program application, increasing in scale and growth of community. This will eventually grow into an intramural activity, which, again with continued growth and community development, will again grow to become a TRU wolfpack team. This team can then compete in the Canadian Ultimate Frisbee Championships (CUUC).

Terminal Performance Outcomes

The end goal of the program is an integration and connection within a larger community of likeminded individuals, drawing people together with an activity in aims of creating all new social connections. While physicality is an important aspect in this programming, the most important component should remain the social interaction and community being developed around the activity.

3 activity segments

Name game activity; Introductory activity, any kind of simple name game or introduction game for the group, a specific example would be to organize the group into a circle, go around the circle with each participant saying their name, then throwing a frisbee around the circle,

Throwing exercise; Participants separate into pairs or small groups, depending on the number of participants and number of frisbees, and stand facing each other or in a square. The point of this exercise is to push each participant to work on their throwing skills and comfortability catching and passing a frisbee. This activity is designed as a warm up activity, starting slow in close knit groupings and gradually getting farther and farther away from each other, with light running included. During this activity, the leaders will walk around the different groups, giving helpful advice for improvement or encouragement to push participants into a new skill (i.e.. Throwing farther, working on tight passes, building aim precision or developing trick throws.).

Full game; The majority of the program is designed to be a full ultimate frisbee game, utilizing communication and activity skills built throughout the beginning stages of the program. Standardized programming should allow for one or two full ultimate frisbee games within the allotted program time. The game will start with a regrouping of all participants and an overview of the rules, allowing for questions and clarification of the participants. The group will then be divided into two different teams, made by the leaders to ensure as fair of a division as possible, with different skill levels assessed and accounted for as well. With either a fully registered referee or the leaders acting as referees, a full game of ultimate frisbee will commence.

Rules of ultimate frisbee; (sourced from www.whatisultinmate.com)

1. The Field — A rectangular shape with endzones at each end. A regulation field is 64m by 37m, with endzones 18m deep.
2. Initiate Play — Each point begins with both teams lining up on the front of their respective endzone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
3. Scoring — Each time the offense completes a pass in the defense’s endzone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc — The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.
5. Change of possession — When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions — Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact — No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls — When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. Self-Refereeing — Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. Spirit of the Game — Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Venue requirements

(Sample venue checklist)

- Parking and Transportation: Is car parking available? If so, what is the charge? _____
- Where is the nearest public transportation stops/stations? _____
- General Criteria Is the event area private and free of distractions? _____
- Is there noise, including televisions or music? _____
- Can the space accommodate the number of anticipated participants? _____
- Registration Is there space for a registration table? _____
- Is a coat check available? _____
- Is there signage from the venue entrance to registration? _____
- What is the flow from venue registration to event area? _____
- Where are the nearest public restrooms? _____
- Food and Beverage Does the venue provide food and beverage and at what cost?

- Can you bring outside catering into the venue? _____
- Is alcohol permitted? _____
- Audio Visual Needs What A/V is available and at what cost? _____
- Financial Considerations: What are the venue costs with and without food/beverage?

Equipment and supporting supply checklist

Gear Provided (by TCC and Ultimate Frisbee Inc.)	Gear Needed (by individuals)
Frisbees (4-5)	Proper running shoe (preferably soccer cleats)
Sports pinnies	Moister wicking shirt
Sports Field	Athletic pants or shorts
Cones or Pylons (8)	Running tights
Score table	Athletic running socks
Ref	Warm Jacket
Water jugs (Cups are Provided)	

Related icebreakers and energizers

Name game

In this activity participants are gathered in a large circle, and have to throw around the frisbee, loudly calling out the name of the person they are throwing to. This helps build group dynamics as well as helping to learn each-others names. A side effect of this activity is also the beginnings of warming up to quickly passing the frisbee between people. Add-ons for this activity could be having two or more frisbees or creating a chain of people, a direct line of person to person that participants then have to repeat in reverse.

Field sprints

This activity is much more of an energizer, and as stated the program is more about the social aspect than physical however because physicality is involved, having a quick run as an energizer would aid in warming up physically for the activity as well as getting the participants energized and invested in the activity. An important part to note for using this energizer is not to stress the physical aspect too much, a focus on keeping it very open and relaxed so as not to alienate some participants or create an overly competitive atmosphere.

Charter/norms

(Sample of group charter)

- Always keep an open and positive mindset
- Be aware and accepting of different levels of physicality
- Allow room for each member to grow in their own way (taking on different roles within the group and acting as leaders in different situations)
- While competition is a part of the program, don't make it the focus of your time
- Switch team captains or leaders to limit too much control of one person

Suggested facilitation

Our goal is to facilitate a setting that allows our participants to experience something new such as the first time they saw the ocean. We want to capture that sense of childlike wonderment within our participants. Adventure in its deepest core concept really means uncertainty and risk. When playing sports there is always that inherent risk level which is accompanied by uncertain outcomes that may affect the game or one's self. Once wrote Hopkins, D., & Putnam, R. (1993). Chapter 1 that "The adventure - and it is the test of a good adventure - goes on, the same for every generation. It can lose nothing by time or repetition. The first sight of the sea, of the desert, or of a mountain, remains the first sight for each new child, and evokes afresh the same response. The passion for discovery, for the mastery of unknown difficulty, stays always the same." This event is aimed not only to actively engage its participant but to also provide a safe social setting for people to feel free and excepted.

Safety and skills

The most prevalent risks we will face when running this activity is muscle strains and cramps. So, to help prevent this, we incorporate dynamic stretches. These are preformed to help prevent any strains of other injures one may face during our activity without a proper warmup. We also go over the rules again and reinforce the understanding that it is not a *contact sport* with the participants. This is mostly done as a cautionary reminder for those whom may have forgot. We also have a ref at the game with first aid training thus to help with any minor injuries that may occur within the game.

Dynamic Stretching Activities	Reps	Time
High Knees	40 each leg	1 minute and 30 seconds
Windmills	20 each arm forwards and backwards	3 minutes
Lunges	30 each leg holds for 5 at the bottom	3 minutes
High kicks	15 each leg	1 minute

Environmental skill and LNT

For this program, a surplus of leave no trace or environmental skills are not required due to the nature of the programming being more sport, activity and socialization focused, as well as generally taking place in pre built field locations taken care of by outside sources. An interesting aspect that could be brought to the program would be to engage an environmental sustainability piece within the programming, highlighting the unsustainable nature of man made fields that will be used, and the impact of their creation on the environment.

Staffing qualifications and ratios

There are no overarching staff qualifications needed, though a background and understanding of ultimate frisbee would be a great asset. The most important part of the programming is the socialization and acceptance, thus the most important part of staff involved is a lack of prejudice as well as an open and welcoming personality. Physicality is an aspect of the programming and could be an asset but is also not a requirement.

In terms of ratios, 2-3 leaders or organizers would serve the program very effectively, provided they all had strong communication with each other. The ratios and number of staff is subject to grow with the amount of participants involved, aiming for a 10-1 constant of participants-staff.

See Attached

Sample Program evaluation

Sample Schedule

Sample Lesson Plan

Sources

Whatisultimate.com. (2015). The Rules. Retrieved from <http://www.whatisultimate.com/what-is-ultimate/the-rules/>

Hopkins, D., & Putnam, R. (1993). Chapter 1. PERSONAL GROWTH THROUGH ADVENTURE. In *PERSONAL GROWTH THROUGH ADVENTURE* (pp. 3-18). New York, NY: David Fulton.

Sample of Program Evaluation

Thanks for coming out! Here is a quick survey to help us gauge your experience and the activity, if you could fill it out and give it back to one of the leaders it would help us get a better grasp on the success of the afternoon.

How would you rate your experience?				
1	2	3	4	5
Scale of 1-5, Negative experience to positive				
Did you find this activity matched well with your physical ability?				
Strongly Disagree	Disagree	Indifferent	Agree	Strongly Agree
Did you find this activity helped you to make new connections or gave you a stronger sense of community?				
Strongly Disagree	Disagree	Indifferent	Agree	Strongly Agree
Did the leaders you to understand the game or feel confident in your abilities during the activity?				
Strongly Disagree	Disagree	Indifferent	Agree	Strongly Agree
How did you find out about this activity?				
Facebook Group	Rez Snapchat	Posters	Peers	
Would you want to do this again?				
	Yes	No		

Additional notes for the leaders (optional):

Sample Schedule

Ultimate frisbee Inc. Sample schedule for TRU Wolfpack Intramurals

DATE	HOME TEAM	AWAY TEAM	TIME	LOCATION
Date September 9th	team 1	team 2	9:30 AM	Kamloops, BC @ TRU Gym
Date September 12th	team 3	team4	4:00 PM	Kamloops, BC @ TRU Gym
Date September 15th	team 3	team 1	5:00 PM	Kamloops, BC @ TRU Gym
Date September 23rd	team 4	team 2	6:00 PM	Kamloops, BC @ TRU Gym
Date September 25th	team 2	team 3	5:00 PM	Kamloops, BC @ TRU Gym
Date September 29th	team 1	team 4	4:00 PM	Kamloops, BC @ TRU Gym
Date October 10th	team 1	team 2	4:00 PM	Kamloops, BC @ TRU Gym
Date October 10th	team 3	team 4	6:00 PM	Kamloops, BC @ TRU Gym
Date October 15th	Losers from Oct 10th		4:00 PM	Kamloops, BC @ TRU Gym
Date October 15th	Winners from Oct 10th		6:00 PM	Kamloops, BC @ TRU Gym

Sample Lesson Plan

Course: Intro to Ultimate Frisbee		Date: September 5 th , 2019	
Title: Basic lesson plan			
Bridge-in: Learning an entirely new activity to perform and excel at within a new community.			
Learning Objectives: <ul style="list-style-type: none"> • Increase level of activity and fitness • Engage in a motivating and active environment • Create new social bonds • Develop self as a member in a new community network 			
Pre-assessment: <p>Past experience survey</p> <ul style="list-style-type: none"> • Played this activity before? • How many times? • Thrown a frisbee before? • Considers self above average at throwing a frisbee? 		Materials: <ul style="list-style-type: none"> • Frisbees (4-5) • Pinnies • Cones or Pylons (8) • Water jugs 	
Participatory Learning:			
Time (1 Hour)	Instructor Activities	Learner Activities	Lesson Resources
2 Minutes	<ul style="list-style-type: none"> • Introduce self, activity, and sport • Establish group norms and expectations 	<ul style="list-style-type: none"> • Work with leader to establish and accept group norms and expectations 	N/A
8 Minutes	<ul style="list-style-type: none"> • Explain the name game to participants • Facilitate group building and participation 	<ul style="list-style-type: none"> • Play name game • Develop light understanding of communication and group dynamic 	Frisbees
10 Minutes	<ul style="list-style-type: none"> • Organize participants into pairs or small groups • Have them throw a Frisbee within groups • Walk around, encourage participants, and aid in skill development 	<ul style="list-style-type: none"> • Throw the frisbees within small groups • Build skills around new techniques, styles and throws • Build communication with other participants 	Frisbees

	<ul style="list-style-type: none"> Assess level of skill for further program action 		
5 Minutes	<ul style="list-style-type: none"> Explanation of rules for large scale ultimate frisbee game Sort participants into two teams, assigning pinnies 	<ul style="list-style-type: none"> Listen and understand instructions given Ask questions for clarification 	Frisbees Pinnies Cones Referee
35 Minutes	<ul style="list-style-type: none"> Play ultimate frisbee Act as referee if needed Encourage participants to keep a competitive yet encouraging attitude 	<ul style="list-style-type: none"> Play ultimate frisbee Remain competitive yet accepting and open 	Frisbees Pinnies Cones Referee
Post- assessment: Hand out post assessment survey			
Summary/Closure: <ul style="list-style-type: none"> Group discussion about likes and dislikes of activity Call to action for further skill development Promotion of future program times 			