

USI WOMEN'S ULTIMATE FRISBEE TEAM



VISION: To build a highly successful Women's Ultimate Frisbee program here at the University of Southern Indiana to progress the USI Ultimate Frisbee program as a whole and give women the chance to discover and fall in love with the Ultimate Frisbee culture.

MISSION: To fulfill our vision through a commitment of:

- Developing our personal bonds on the team
- Enjoying the sport of Ultimate Frisbee
- Dedicating ourselves to the ethos of the sport
- Serving USI and our community

Contents:

1. Culture
2. Enjoyment
3. Teamwork
4. Respect
5. Conduct and Discipline
6. Sportsmanship
7. Tradition and Heritage
8. Membership
9. Club Officers
10. USA Ultimate Requirements
11. USI Ultimate Frisbee Alumni
12. Professional Ultimate
13. Code of Conduct

CULTURE

We strive to create a culture of excellence, teamwork, respect, discipline, sportsmanship, and camaraderie that are the heart of the sport of Ultimate Frisbee. We strive for our members to have fun and find enjoyment in the game of Ultimate Frisbee. These are fundamental traditions that are linked to the sport and make Ultimate Frisbee so unique compared to other sports.

ENJOYMENT

Enjoyment is the reason and why we play, practice and support USI Women's Ultimate Frisbee. We use our sport to adopt and promote a physical fitness and a healthy lifestyle that build life skills. We safeguard our players and help them enjoy the sport of Ultimate Frisbee and have fun on and off the field. We enjoy being part of a team and part of the USI Women's Ultimate Frisbee family and Ultimate Frisbee community.

TEAMWORK

Teamwork is an essential part of our sport. Ultimate Frisbee is an unselfish sport and focuses on team play achievement. Ultimate Frisbee's fun nature is balanced by the concepts of fair play, sportsmanship, and ultimately lifelong friendships and bonds. We welcome all new members with open arms and include all because expanding our team and working as a team enriches our lives. We play selflessly: working for the better of the team, not for ourselves

alone, both on and off the field. We take pride in our team, rely on each other and understand that each player has a big part to play for the betterment of our team.

RESPECT

Mutual respect forms the basis of our sport and is what we strive to gain and maintain in Ultimate Frisbee. We hold in high esteem our sport, its values and traditions and earn respect from USI, other schools, and the community in the way we behave. We respect opposing players and supporters. We value our coaches and every member who help run our club and the clubs with which we compete.

DISCIPLINE

Discipline reinforces Ultimate Frisbee. We ensure that our sport is one of controlled physical activity and that we are honest, fair, and respectful. We obey the rules and laws of Ultimate Frisbee, which ensure an inclusive, fun, and exciting game. We support our disciplinary system, which protects our sport and upholds its values. We observe the sport's laws and regulations and report serious breaches.

- To avoid disciplinary action, members must uphold a strong and appropriate representation of USI Ultimate Frisbee and USI as a whole at all events set forth by the Code of Conduct.
- Any illegal use of drugs will be a violation against USI Ultimate Frisbee's code of conduct and will result in severe disciplinary actions towards member(s). Decisions on appropriate disciplinary actions will be made by USI Women's Ultimate Frisbee officers and USI as a whole.
- Any alcohol use while at an event the club partakes in will be a violation against USI Women's Ultimate Frisbee's Code of Conduct and will result in disciplinary actions, potentially removal from Ultimate Frisbee Club, towards member(s). Decisions on appropriate disciplinary actions will be made by USI Women's Ultimate Frisbee officers and USI as a whole.
- Any negative and misrepresentation of USI Ultimate Frisbee and USI as a whole will be breach of USI Ultimate Frisbee's Code of Conduct and will result in disciplinary actions, potentially removal from Ultimate Frisbee Club, towards member(s). Decisions on appropriate disciplinary actions will be made by USI Ultimate Frisbee officers and USI as a whole.

SPORTSMANSHIP

Sportsmanship, also known as "Spirit of the Game" in Ultimate Frisbee, is the foundation upon which Ultimate Frisbee is built. We uphold the Ultimate Frisbee tradition and

camaraderie with members and opposing teams. We observe fair play both on and off the field and are generous in victory and dignified in defeat. We play to win, but not at all costs and recognize both endeavor and achievement and strive for members to have fun and find enjoyment playing Ultimate Frisbee regardless of game outcome. We ensure that wellbeing and development of individual members, and team as a whole, is the central focus to all Ultimate Frisbee activity.

TRADITION and HERITAGE

The ethos of USI Women's Ultimate Frisbee has shaped the code of behavior and has transcended generations since the club's beginning in 2002. Its time-honored legacy creates a broader social environment for the sport and engages the family and community and strengthens the ties that bind teams and clubs together. The club has reached a high point of members and strives now to promote Ultimate Frisbee on a broader scale. The USI Women's Ultimate Frisbee team will give more women the chance to discover Ultimate Frisbee. They will have to chance to discover the wonders of the sport as well as the wonderful culture and people that come with it. The legacy that started with an all male team now invites women to come together and play together allowing the community to continue to grow.

MEMBERSHIP in USI ULTIMATE FRISBEE

All students of the University of Southern Indiana are welcomed, and strongly encouraged, to join USI Women's Ultimate Frisbee Club. No experience or athleticism is required to participate in the club at large. The club is limited to only allowing current USI members, USI Ultimate Frisbee coaches, and Alumni to partake in any event with the team. Those who participate will be required to sign a waiver in accordance with USI club sports policy and for USI Women's Ultimate Frisbee Club. Those who decide to participate in the club at large, meaning participate in tournaments and other events, will be required to pay a membership fee.

USI Ultimate Frisbee holds its annual tournaments in the fall and spring semesters. Each member will be asked to do their part to help and ensure tournament success. This is a great way to represent USI Ultimate Frisbee and USI as a whole and to gain additional funds and members for our team.

All student members of the club must be on USI Women's Ultimate Frisbee Team's OrgSync page. To be an part of OrgSync, members must do the following:

- Log in to MyUSI (can be accessed through USI's homepage)
- Click on the OrgSync icon.



- Once on Orgsync, continue to create account and request to be on USI Ultimate Frisbee Club.

CLUB OFFICERS

USI Women's Ultimate Club promotes leadership opportunities within its organization. We provide roles students can be involved in on and off the playing field and work on leadership skills that will help them in the sport of Ultimate and also life. Ultimate Frisbee Club has 3 Officer Roles: President, Captains, and Social Chair.

Students are either nominated, or volunteer, for a position and then the other club members will vote (if more than 2 names are in running for position) on who will be in that officer role. A student, once an officer, is an officer until they feel they are unable to take on the tasks necessary for the role they have been entrusted with, or if the team feels the member is not fulfilling their duties.

Officer Roles and Responsibilities:

- **President**
 - Must maintain club on OrgSync and keep member roster up to date
 - Fill out Travel Request Forms for any tournament/event that club will be participating in 4 weeks prior to event
 - Fill out an injury report for any member who gets injured during an event the club partakes in
 - Fill out Vehicle Request Forms, and book Hotels for events
 - Vehicle renting is dependent on amount of members of the club attending the particular event
 - Hotel booking must fall in line with hotel policy (Men, Women, Coaches must be separated during stay at hotel)
 - Must be done at the time the Travel Authorization Form is submitted
 - Help set-up and run any the club puts on
 - Participate in any meeting held by club officers and/or coaches
- **Captains**
 - Voice of the team and a positive role model to current and new members
 - Makes an effort to attend and participate in every practice and tournament
 - Runs any practice/tournament for team that the coach is unable to attend
 - Helps set-up and runs any event the club puts on
 - Participate in any meeting held by club officers and/or coaches
- **Social Chair**
 - Plans and executes fun activities for the team to participate in

- Helps to develop strong bonds of friendship through team bonding experiences
- Hosts gatherings to which all team members are invited to join to get to know each other better
- Helps the team to celebrate in any personal or group victory
- Is the elected “Fun Chair”
- Helps to keep team spirit up and morale high

Ways to be removed from office:

- Member of the position resigns at the end of the semester/year and feels they cannot fulfill their tasks to the fullest.
- Member is slandering the club, or portraying a negative image regarding the club, in any way.
- Other club officers, and coaches, mutually agree that the member is not fulfilling their duties entrusted to them within their officer role.
- Member decides to drop out of club unexpectedly
 - A new member of the club will be assigned to the position immediately if this action occurs and the member who dropped will face disciplinary actions, dependent on the other club officers/coaches, if member decides to rejoin club at later date.

[USI/USA ULTIMATE REQUIREMENTS FOR SANCTIONED TOURNAMENTS AND SECTIONALS/CONFERENCE](#)

In order to play during any USAU (USA Ultimate) sanctioned tournament during spring semester members must become a USAU member. USAU is the governing body for Ultimate Frisbee. To register with USAU and become a USAU member, go to:

- <https://members.usultimate.org/members/login.php>
- For all new USAU student applicants, click on “New Member Signup” option at bottom of page and fill out signup forms accordingly and sign waiver form.
- For all current members with USAU, just type in email address and password and renew membership and sign waiver form.
- All USAU members, new and current, must sign a waiver form for USAU by January of spring semester (which can be done online and is required to participate in any USAU sanctioned tournaments).
- To become a USAU member, it costs \$50.00 (for entire year starting at beginning of year in January), and is required to participate in any USAU sanctioned tournaments.

If you have any questions, please email current team president at ombelles@eagles.usi.edu.

USI ULTIMATE FRISBEE ALUMNI

USI Women's Ultimate Frisbee strongly encourages all USI Ultimate Frisbee Alumni to participate and be involved with USI Ultimate. USI Ultimate Frisbee has one of the most involved alumni groups at USI and always shows support for the team. Alumni are able, and encouraged, to participate in practice and any social event the team is involved in. Alumni are also welcomed to play in tournaments with team, but must abide by all rules and laws from USI Ultimate Frisbee and USI as a whole and must have a positive representation of the club and be a positive influence towards its members.

Any Alumni who participates in tournaments with current team must:

- Understand focus is on current members and developing current team's skills, therefore playing time may be limited. Playing time will be determined by USI Ultimate Frisbee officers and coaches.
- A tournament fee of \$10.00-\$30.00 will be required to play in tournament with the team. Fee is based on size of tournament, number of current members participating, and any lodging/traveling fees team must pay for.
- Sign waiver form for USI Ultimate Frisbee and USI as a whole prior to participating in any event.

PROFESSIONAL ULTIMATE

USI Women's Ultimate Frisbee Club promotes the growth of its members and encourages them to further develop their skills and exposure to the sport of Ultimate.

If any member of the club seeks to further their Ultimate career, and pursue the course of becoming a Professional Athlete, the member must do the following for the club:

- Give at least a 2 month notice to all club officers, and coaches, about decision to become a professional athlete.
- Make it aware to all club officers, and coaches, about missing any practices or tournaments because of Professional Ultimate 2 weeks prior to event.
- Must relieve their officer status, if held by member, within a week after the member decides to pursue Professional Ultimate.

Member(s) who decide to seek to develop their skills at the Professional Ultimate level understand:

- Missing of practices/tournaments effects their playing time during any other tournament the club decides to attend.
- Will still be required to pay any dues and participate in any event the club attends, if member intends to play with team during the season.
- Will promote USI Ultimate Frisbee in a positive way while at events (whether it is with USI Ultimate Frisbee or the Professional Team the member is playing with).

CODE OF CONDUCT

USI Women's Ultimate Frisbee expects all members to abide by the following Code of Conduct:

1. I am an ambassador for the sport of Ultimate Frisbee and represent the Ultimate Frisbee team I am playing for, and the University of Southern Indiana. As such, I understand that I am expected to behave in an appropriate manner, and demonstrate good and responsible behavior at all events the team participates in and within the community.
2. I will not exhibit impolite or antisocial behavior (dangerous play) of any sort that would adversely affect the image of the game, or our team, of Ultimate Frisbee. This includes verbal and physical abuse of players and/or their supporters.
3. I will not, before, during or after a match under the jurisdiction of USI Ultimate Frisbee or an affiliated Ultimate Frisbee organization, threaten or address a referee or touch judge in insulting terms, or act in a provocative manner towards a fellow member, referee, spectator, or opposing team/team members.
4. I will abide by all rules and regulations applicable to the team imposed by USA Ultimate, USI Ultimate Frisbee, and USI as a whole and event hosts.
5. I agree that grades are a player's primary concern. Player's grade will not fall because a player is playing Ultimate Frisbee. Any specific requirements a member's school may have apply as well.
6. I will not use substances in an illegal manner, or tolerate the same by teammates. I understand this is grounds for discipline, up to and possibly including being removed from the team. This matter is of such concern that a non-toleration policy is in effect.
7. I understand that after-match social is part of the game and that I, as a member, have the option of attending and that if I decide to participate will demonstrate good sportsmanship and foster good will between teams and look to strengthen personal and team bonds between opposing teams and USI Ultimate Frisbee.
8. I agree to wear appropriate clothing at all practices and tournaments USI Ultimate Frisbee participates in.

- 9. I understand that Ultimate Frisbee activities are approved by the head coach, and its officers, and a coach is present at the activity (i.e. practices, USI's tournaments set-up, competition, and clean-up, approved social activities and fundraisers). If no coach is present, it is not a team-sanctioned activity, even if it starts as one.**
- 10. USI Ultimate Frisbee alumni, and guest players, play a huge part for our team. They are able to participate in practices, tournaments, and any social events that the team participates in, if the team decides to let them participate. I understand that they continue to help improve the program and have played a huge role in building the foundation for the Ultimate Frisbee team, and will treat them with the utmost respect and understand that they are also bound by the same rules and regulations that I (as a member of USI Ultimate Frisbee) am.**