

USA Ultimate 2022 WJUC Player Application

Information for Players and Their Families, pt. 1

Thank you for your interest in representing the US and USA Ultimate at the 2022 World Junior Ultimate Championships. The U-20 Ultimate Division is growing quickly, both in the US and worldwide. Many thanks to your parents/guardians for supporting you in your play!

This application contains:

- Information for Players & Their Families
- How to Apply
- Application Form
- Link to the Recommendation Form (1-2 recommendations per player)
 - [Recommendation Form](#)

WHO IS ELIGIBLE TO APPLY?

Players eligible to represent USA Ultimate and the United States on the U-20 National teams must meet the following criteria:

- A) Be US citizens or meet National Team requirements set forth by WFDF (email dana@hq.usultimate.org for help with WFDF policies);
- B) Must be 19 or under, i.e. will not turn 20 before January 1, 2023 (lower age limit = 12);
- C) Have parent/guardian permission; and
- D) Will be able to attend the training camps and travel to the World Championship event (see page 2 for cost breakdown).

In addition to the criteria listed above, players must also have demonstrated the highest level of sportsmanship and will be evaluated based on their skills, athleticism, leadership, teamwork, and performance. Additional consideration will be given to geographic diversity. The USA Ultimate National Team Program is committed to expanding access to the program for players from underrepresented communities and across geographic and socioeconomic boundaries, by addressing barriers to program access and committing to providing resources to increase the accessibility of participation to those who are in need.

HOW MANY PLAYERS WILL BE CHOSEN FOR THE US TEAMS?

Teams will consist of up to 24 players per team.

Timeline:

Oct 24, 2021	APPLICATION DUE DATE!
Oct 29, 2021	RECOMMENDATION DUE DATE!
Dec 6, 2021	Invites sent (up to 50/team for each tryout weekend)
Dec 20, 2021	Invite response due date
Jan, 2022	Tryout fees due (exact date TBD)
Jan/Feb, 2022	East Coast Tryout (exact dates TBD)
Jan/Feb, 2022	West Coast Tryout (exact dates TBD)
Feb/Mar, 2022	Target date for announcing the team rosters (exact date TBD)
Mar/Apr, 2022	Confirmation documents & initial fees due (exact date TBD)
Jun/Jul, 2022	Additional fees due (exact date TBD)
Jun, 2022	Teams attend practice weekend (exact dates TBD)
Jul, 2022	Arrive for team training camp (specific dates/location TBD)
Jul/Aug, 2022	Team Training Camp (required) (specific dates/location TBD)
Aug 6-13, 2022	World Junior Ultimate Championships

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Information for Players & Their Families, pt. 2

HOW MUCH WILL IT COST?

It is free to apply for the National Team.

Please know that there is significant expense required for those selected as National Team players. As a non-profit organization, USA Ultimate continues to work to attract additional sponsorship and grants to support youth ultimate. Until this happens, however, players must bear the following costs themselves.

Below is an estimate of the cost based on current prices for travel, lodging, etc. We hope that the costs will be lower than this estimate, but we also want to be realistic.

We do have some financial aid available for tryouts, and we will also work with players selected for the team with personal fundraising to support their trip. Contact dana@hq.usultimate.org with questions about scholarships/financial aid.

Try-Out Weekend:

USA Ultimate 2022 Membership Dues	\$40 - 65
Camp Fee	\$150
Room & Board	\$0 - 200
Transportation	\$0 - 500
APPROX. TOTAL	\$190 - 915

US Team Membership:

Early Summer Training weekend	\$150 - 650
Training Camp Room and Board	\$500 - 600
US Team Coaching	\$0 (USAU paid)
USAU Medical Staff/Trainers	\$0 (USAU paid)
USAU Team Managers	\$0 (USAU paid)
Team Participation Fee	\$0 (USAU paid)
Tournament Player Fee	\$300 - 500
Room & Board	\$700 - 900
Uniform (light jersey, dark jersey, shorts)	\$0 (USAU paid)
Transportation to/from Training Camp	\$0 - 500
Transportation to/from Worlds (team flight)	\$1000 - 1500
Additional food/snacks	\$100 - 200
Souvenirs (optional -discs, film, etc.)	\$50 - 200
APPROX. TOTAL	\$2800 - 5050

*** 1. I understand that, while USA Ultimate does contribute to the funding of the National Team (and will work with players on fundraising efforts), I will be responsible for covering the cost associated with participating on this team.**

- Yes
- Yes, and I am interested in fundraising and potential financial assistance
- No

TEAM SELECTION

The coaches of the U-20 Teams will select the team based on the application, recommendation(s), Regional Talent ID camps, scouting done at the 2021 YCCs and the 2021 tryouts. The coaches of the U-20 Boys' Team are Reid Koss (Head), Andy Neilsen and Cody Mills (Assistants), and Christie Lawry and Tulsa Douglas (Selection). The coaches of the U-20 Girls' Team are DeAnna Ball (Head), Jason Adams and Manisha Daryani (Assistants) and Amelia Cuarenta and Lizzie Jones (Selection). The coaches will select the teams based on:

- Capacity for Responsible Behavior
- Technical Skill (throwing, catching, running, cutting, defense, offense)
- Knowledge of Ultimate (Spirit of the Game, on-field communication/terminology, offensive & defensive strategy)
- Athletic Ability (speed, field sense, sports experience, training program)
- Teamwork
- Coachability
- Geographic Representation
- Commitment to Team USA training. Players will do everything in their power to reach their peak of health and conditioning in time for the world championship tournament. They commit to follow the training programs provided by the coaches and to prioritize Team USA above all other athletic commitments.

TRYOUT WEEKENDS

USA Ultimate will hold two tryouts during late January and/or February, one on each side of the country. The tryouts will be run by the U-20 teams' coaches, the Manager of Youth Competition and National Teams, and other counselors.

Tryouts will run from 9-5 on Saturday and 9-3 on Sunday. The tryout weekend fee will include instructor and field fees, lunch, water, and food.

Tryout attendees will be responsible for transportation to and from the event, room and board, and chaperones.

The tryouts' primary focus will be to evaluate players for the National Team selection. The format of the tryout will be designed to assess the attendees on the criteria listed above. Activities will include drills, scrimmages, and tests of physical fitness, as well as applicant interactions with the coaches. Attendees will be taught advanced skills, strategies, and concepts as well.

Attending tryouts, if invited, is strongly recommended. The fee for attending a tryout is estimated based on a total number of applicants attending both weekends and may rise or fall depending on the number of tryout attendees. USA Ultimate reserves the right to cancel or reschedule a tryout weekend should the need arise. Applicants who are not invited to the tryouts will no longer be considered for the team.

HOW TO APPLY

1. APPLICATION FORM - Fill out the application form online. (You are here!)
2. SEND IN HEADSHOT to dana@hq.usultimate.org - This should be a photo of you in ultimate gear. Please include your full name with your submission.
3. RECOMMENDATION(S) - You will need to obtain a recommendation from a non-related adult that knows sports, knows ultimate, knows you, and has seen you play recently (in the last 3 years) (up to two recommendations). Check with your advocate prior to applying to be sure that they will write your recommendation. Note: Finding someone to recommend you should be the first thing you do. Recommendations from Selection Committee members are not allowed. Recommendations must be completed using the online form. Please send this link to your advocate(s). Link to the recommendation form: [Recommendation Form](#)
4. PROOF OF AGE, CITIZENSHIP/RESIDENCY, STUDENT STATUS, PERMISSION, PASSPORT, UNIFORM SIZE, & PAYMENT - Players invited to join the team(s) will be asked to provide some of these essentials very quickly to confirm their spot on the team.

Note: You do not need a USA Ultimate membership to apply, but you wi

*** 2. I have read and understand the above and agree to abide by the decisions of the coaching staff and USA Ultimate.**

Yes

No

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Basic Information

This set of questions will provide basic information regarding your background and contact information.

*** 3. First Name**

*** 4. Last Name**

5. USA Ultimate member number (USAU number)?

*** 6. Contact Information**

Address:

Address 2:

City/Town:

State:

ZIP:

Email Address:

Phone Number:

7. Do you play under any local disc organization(s)? (Examples: BUDA, WAFC, etc.) If so, please list them here.

*** 8. For which team are you applying?**

Women's U-20

Open U-20

[USA Ultimate Gender Inclusion Policy](#)

[WFDF Rules of Ultimate 2021-2024 - APPENDIX v1.0 -](#) (see Appendix D, D3: Player Eligibility – Gender)

[WFDF Transgender Policy 2016](#)

*** 9. Family/Guardian Contact Info**

Name:

Relationship to Player:

Email Address:

Phone Number:

*** 10. Are you a U.S. citizen?**

Yes

No - Please describe your situation and email dana@hq.usultimate.org to determine eligibility.

*** 11. Date of Birth (MM/DD/YYYY)**

*** 12. How old will you be on December 31, 2022? (Must be 19 or younger)**

*** 13. Height (ft in)**

*** 14. Dominate throwing hand**

Left

Righ

t

*** 15. What is your gender identity?**

- Female
- Male
- Non-Binary
- Gender Fluid
- Prefer not to answer
- Other

*** 16. What is your racial/ethnic identity?**

- White or Caucasian
- Black or African American
- Hispanic or Latino
- Asian or Asian American
- American Indian or Alaska Native
- Native Hawaiian or other Pacific Islander
- Prefer not to answer
- Other

*** 17. High School or equivalent (if applicable. Put N/A if not.)**

18. College or University (if applicable - include team designation, i.e. A/B/C team, if also applicable)

Participation Information

This section will ask questions about your ability to participate in the tryout process as well as the team itself.

*** 19. Are you able to attend one of the two tryout weekends?**

- Yes
- No

*** 20. Can you afford the costs of tryouts without assistance? (See the info page for notes on cost, and USA Ultimate financial aid requests.) (Your response will not affect the selection process for tryouts.)**

- Yes
- No. Please describe what kind of financial assistance you might need below.

21. Would you like someone from USA Ultimate to reach out to you with additional information about requesting financial aid? (Your response will not affect the selection process for tryouts.)

- Yes
- No

*** 22. If you are a minor, do you have parent/guardian permission to participate on the team?**

- Yes
- No
- Not a minor (I am 18 or older)

Tryout Video

If no, to be considered for the team you will need to submit a tryout video.

While it is highly recommended that you attend the tryout weekend, USA Ultimate and the US U-20 team coaches recognize that there may be outstanding circumstances where applicants are unable to attend the tryouts. If this is the case, please submit a video. Please contact the [Manager of Youth Competition and National Teams](#) to discuss your situation if you have been invited but cannot attend the tryout weekends and wish to develop a video for submission.

Required Elements for the video:

- Short personal introduction (less than 1 minute) with your name
- Unmarked throwing (5 of each of the following): Backhands (Flat, Inside Out, Outside In), Forehand (Flat, Inside Out, Outside In), Hammers, Forehand Blades, Throwing for Distance (Backhand and Forehand)
- Throwing against mark and marking (using three-person marking drill)
- Cutting and Defending (both downfield and reset)
- 2 minutes of game action
- 2 x 70 yard timed sprints (to show running form)
- 2 x 40 yard timed sprints (to show running form)
- 4 reps of 3 cone agility drills - 3 cones in a line 5 yards apart.
- Start behind middle cone and coach/caller commands "left" or "right." Athlete sprints to left cone, changes direction, sprints to right cone, changes direction and sprints through middle cone. Run two starting to left and two starting to right.
- 2 x Double Leg Bound (for distance) – Two repetitions of double-leg jumps. One double leg jump is 3 jumps in immediate succession, one after another for total distance. Strive to minimize ground contact time – measures elastic and explosive strength.

*** 23. Do you understand this and will you be able to provide aforementioned video?**

Yes

No

24. If No, please describe why not below.

Tryout Information

This section will involve questions regarding participation at one of the tryout weekends.

*** 25. Which tryout location would you prefer?**

- East
(only)
- West
(only)
- Either (Prefer
East)
- Either (Prefer
West)
- Either (no
preference)

Ultimate Background

This section will ask basic questions about your experiences playing ultimate.

*** 26. How long have you been playing organized (a league, team, camp, etc.) ultimate (in years)?**

*** 27. For what organized team(s) do you play now? (City, Club, Organization and/or School)**

Your Current Team

This section will ask questions about your current team and your role on it.

*** 28. Have you ever played ultimate in an adult/club environment?**

- Yes
- No

29. If yes, where?

League (name, location)

Team (name, location)

Tournament (name, location)

Pickup (location)

Any other playing opportunities
(ultimate camp, team tryout, etc.)
(name, location)

**30. If you are playing adult club in 2021, list the division, team, and state here:
(Use this format for your answer: Women's - Heist (WI))**

31. What is your primary role on this team? What makes you successful in this role?

**32. If you did play youth club in 2021, list the division, team, and state here:
(Use this format for your answer: U17 Girls' - Belladonna (WI))**

33. What is your primary role on this team? What makes you successful in this role?

34. Who was your 2020/21 High School or College team (include division)? (if applicable)

35. Who is your 2021/22 High School or College team (include division)? (if applicable)

*** 36. How do you train for ultimate outside of team practices and tournaments? (ex. lift 3 times a week, involved in a team training program, run cross country, do not train outside of team practices, etc.)**

*** 37. What is the most competitive tournament (highest level) that your CURRENT TEAM has attended (while you were playing) and how did your team do? (e.g. W/L, final placement, etc.)?**

*** 38. On offense, I am**

- a handler
- mostly a handler, but sometimes cut
- mostly a cutter, but sometimes handle
- a cutter

What mental and physical skills allow you to succeed in this role?

*** 39. On defense, I excel at**

- covering handlers
- covering cutters
- covering both handlers and cutters

What mental and physical skills allow you to succeed in this role?

*** 40. What is your on-field "superpower"?; In what way do you most help your team succeed on the field?**

*** 41. What is your team/teammate "superpower"?; In what way do you most help your team succeed off the field?**

*** 42. What are 3 adjectives that best describe you in the context of ultimate (i.e. as a player, teammate, etc.)?**

Self Evaluation

This section will provide an opportunity for you to evaluate your ultimate playing in regards to training, strengths, and weaknesses.

*** 43. How do you train for ultimate? (Physically)**

*** 44. How do you prepare for ultimate? (Mentally)**

*** 45. List 3 aspects/areas of your game in which you would like to improve.**

*** 46. What does Spirit of the Game mean to you?**

*** 47. Describe a time when your team was struggling on the field. How did you respond in regards to your own game, and how did you respond as a teammate?**

Recommendation

In addition to the application, you will need to obtain at least one recommendation from a non-related adult that knows sports, knows ultimate, knows you, and has seen you play in the last three years. You can submit up to two recommendations.

Please check with your advocate prior to applying to be sure that they will write your recommendation. Finding someone to recommend you should be the first thing you do. Please ask someone other than a Selection Committee member to write your recommendation.

Recommendations must be completed using the online form. The recommendation form can be found here: [Recommendation Form](#)

Your advocate will be responsible for submitting the recommendation by the **October 29** deadline. If you have any concerns about submitting a recommendation, please contact dana@hq.usultimate.org.

*** 48. I understand that I may be disqualified from consideration without the above detailed recommendation and agree to abide by the decision of the coaches, USA Ultimate, and selection committee to either consider or not consider my candidacy for Team USA without a recommendation.**

Yes

No

USA Ultimate 2022 WJUC Player Application

Thank you!

Thank you for your application. You will be notified by **December 6, 2021** on whether you have been invited to the tryout camps.

If you have any questions, please contact the Manager of Youth Competition and National Teams (dana@hq.usultimate.org).