

## USA Ultimate 2024 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 2024 World Junior Ultimate Championships. The U20 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](mailto:dana@hq.usultimate.org) for help with WFDF policies);**
- B) Must be 19 or under, i.e. will not turn 20 before January 1, 2025 (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 approximately 24 players per team.**

**Timeline:**

Sept 1, 2023	APPLICATION DUE DATE!
Sept 6, 2023	RECOMMENDATION DUE DATE!
By Sept 29, 2023	Invites sent (up to 100 total players for each tryout weekend)
Oct 6, 2023	Invite response due date
Oct 27, 2023	Tryout fees due
Nov 4-5, 11-12, or 18-19, 2023	East Coast Tryout (exact dates and location TBD)
Nov 4-5, 11-12, or 18-19, 2023	West Coast Tryout (exact dates and location TBD)
Dec 15, 2023	Target date for announcing the team rosters
Early Feb, 2024	Confirmation documents & initial fees due (exact date TBD)
Jun, 2024	Teams attend practice weekend (exact dates/location TBD)
Late Jun, 2024	Additional fees due (exact date TBD)
Jul, 2024	Arrive for team training camp (exact dates and location TBD)
Jul, 2024	Team Training Camp (required) (exact dates and location TBD)
<b>Jul 20-27, 2024</b>	<b>World Junior Ultimate Championships (Birmingham, UK)</b>

# USA Ultimate 2024 WJUC Player Application

## 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](mailto:dana@hq.usultimate.org) with questions about scholarships/financial aid.**

#### Tryout Weekend:

<b>USA Ultimate 2023 Membership Dues</b>	<b>\$40 - 65</b>
<b>Camp Fee</b>	<b>\$180</b>
<b>Room &amp; Board</b>	<b>\$0 - 200</b>
<b>Transportation</b>	<b>\$0 - 500</b>
<b>APPROX. TOTAL</b>	<b>\$220 - 950</b>

#### National Team Costs:

2024 USAU Membership Dues	\$40 - 67
Housing/Fields/Food (US Training Weekend)	\$300
Transportation to US Training Weekend	\$0 - 400
US Team Coaching and Medical	\$600-700
Team Participation Fee	\$0 (USAU paid)
Tournament Player Fee	\$400
Housing/Fields/Food (Training Camp)	\$600 - 700
Housing/Food (Tournament)	\$700 - 800
Uniform and other USA National Team gear	\$0 (sponsored)
Transportation to/from TC/Worlds (flight, bus)	\$1,600 - 1,900
Additional food/snacks	\$100
Souvenirs (optional - discs, apparel, etc.)	\$100
<b>APPROX. TOTAL</b>	<b>\$4,440 - 5,470</b>

\* 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 costs 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 U20 Teams will select the team based on the application, recommendation(s), Regional Talent ID camps, scouting done at the 2023 YCCs and the 2023 tryouts. The head coach of the U20 Open Team is Reid Koss. The head coach of the U20 Women's Team is DeAnna Ball. The head coach of the U20 Mixed Team is Martin Aguilera. This section will be updated with the names of the teams' respective assistant and selection coaches as they are chosen and these coaches will also be involved in the player application review process. These 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 two of the first three weekends of November 2023, one on each side of the country. The tryouts will be run by the U20 teams' coaches, the Manager of Youth Competition and National Teams, and other counselors.**

**Tryouts will run from 9am-5pm on Saturday and 9am-3pm 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. **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](#)**

3. **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.

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

Yes

No

# USA Ultimate 2024 WJUC Player Application

## Basic Information

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

\* 3. First Name

\* 4. Last Name

5. Nickname or preferred name, if not your first name

\* 6. Pronouns

- He/Him/His
- She/Her/Hers
- They/Them/Theirs
- Ze/Hir/Hirs
- Ze/Zir/Zirs
- Prefer not to say
- Other (please specify)

\* 7. WFDF Competition Gender (Please review the [WFDF Transgender Policy](#), since it differs from the [USAU Gender Inclusion Policy](#))

- Woman-matching
- Man-matching

8. USA Ultimate member number (USAU number)?

\* 9. Contact Information

**Address:**

**Address 2:**

**City/Town:**

**State:**

**ZIP:**

**Email Address:**

**Phone Number:**

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

\* 11. Family/Guardian Contact Info

**Name:**

**Relationship to Player:**

**Email Address:**

**Phone Number:**

\* 12. Are you a U.S. citizen?

Yes

No - Please describe your situation and email [dana@hq.usultimate.org](mailto:dana@hq.usultimate.org) to determine eligibility.

\* 13. Date of Birth (MM/DD/YYYY)

\* 14. How old will you be on December 31, 2024? (Must be 19 or younger)

\* 15. Height (ft in)

\* 16. Dominate throwing hand

Left

Right

\* 17. What is your gender identity?

Female

Male

Non-Binary

Gender Fluid

Prefer not to answer

Other

\* 18. 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

\* 19. High School or equivalent (if applicable. Put N/A if not.)

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

\* 21. Please upload a headshot photo. It should be a photo of you in ultimate gear and should clearly show your face.

Photos must be in PNG or JPG/JPEG format. Please rename the file to include your first and last name.

Choose File

Choose File

No file chosen

## USA Ultimate 2024 WJUC Player Application

### Participation Information

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

\* 22. Are you able to attend one of the two tryout weekends?

Yes

No

\* 23. 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.

24. 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

\* 25. 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 U20 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.**

\* 26. Do you understand this and will you be able to provide aforementioned video?

Yes

No

27. If No, please describe why not below.

Tryout Information

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

\* 28. 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.**

\* 29. How long have you been playing organized (a league, team, camp, etc.) ultimate (in years)?

\* 30. For what organized team(s) do you play now? (city, club, organization and/or school)

# USA Ultimate 2024 WJUC Player Application

## Your Current Team

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

\* 31. Have you ever played ultimate in an adult/club environment?

Yes

No

32. 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)

33. If you are playing adult club in 2023, list the division, team, and state here:  
(Use this format for your answer: Women's - Heist (WI))

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

35. If you did play youth club in 2023, list the division, team, and state here:  
(Use this format for your answer: U17 Girls' - Belladonna (WI))

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

37. Who was your 2022/23 High School or College team (include division)? (if applicable)

38. Who is your 2023/24 High School or College team (include division)? (if applicable)

\* 39. What do you do to prepare for tournaments off the field, outside of any team practices or competitions? (ex. lift 3 times a week, involved in a team training program, run cross country, do not train outside of team practices, etc.)

\* 40. What is the most competitive tournament you've ever played in, what was challenging about it, and how did you adapt to competing at that level?

\* 41. 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?

\* 42. 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?

\* 43. What is your on-field "superpower"?; In what way do you most help your team succeed on the field?

\* 44. What is your team/teammate "superpower"?; In what way do you most help your team succeed off the field?

\* 45. 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.**

\* 46. List 3 aspects/areas of your game in which you would like to improve.

\* 47. What does Spirit of the Game mean to you?

48. How do you demonstrate mental strength when you play ultimate?

\* 49. 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?

## USA Ultimate 2024 WJUC Player Application

### 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 September 6 deadline. If you have any concerns about submitting a recommendation, please contact [dana@hq.usultimate.org](mailto:dana@hq.usultimate.org).**

\* 50. 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 2024 WJUC Player Application

Thank you!

**Thank you for your application. You will be notified by September 29, 2023 at the latest 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](mailto:dana@hq.usultimate.org)).**