

Introduction

Thank you for your interest in representing the United States and USA Ultimate at the 2025 World U-24 Ultimate Championships. This application includes information for players (and parents, as applicable), information about how to apply and the application itself.

WHO IS ELIGIBLE TO APPLY?

Players eligible to represent the United States and USA Ultimate on the U-24 National Team must meet the following criteria:

- A) Be U.S. citizens;
- B) Will be current, 2024 and 2025, USA Ultimate members;
- C) Must not turn twenty-four (24) years old before January 1, 2026 (born in 2002 or later);
- D) Have parent/guardian permission (if under 20);
- E) Will agree to abide by the team code of conduct;
- F) Will respect the decisions of the selection committee;
- G) Will be able to attend training camp and the trip to the world championship event.

TRYOUT INVITE TIMELINE

- September 8, 2024: Application and recommendation due
- Late September, 2024: Applicants invited to tryout camps*
- Early October, 2024: Players invited to tryout camp confirm attendance and pay tryout camp fees
- November 2-3, 9-10, 16-17, 2024: Tryout camp weekends (two will be selected, one in an east coast location and the other near the west coast)

TEAM SELECTION, TRAINING & COMPETITION

- December, 2024: Team selection decisions sent to athletes
- January-February, 2025: Team training weekends (location TBD)
- June, 2025: Team training week (location TBD)
- June 21-June 28, 2025: World Under-24 Ultimate Championships in Logroño, Spain

*Applicants not initially selected for an invitation will be placed on a waitlist. Applicants may be invited to participate in a tryout off of the waitlist at any time.

HOW MANY PLAYERS WILL BE CHOSEN FOR THE U.S. TEAMS?

24 athletes will be selected for each team.

* 1. I have read and understand the information above related to the schedule and eligibility, and agree that I am willing and able to participate as described, if selected for tryouts and the team.

Yes

No

* 2. Please also sign the box below to indicate that you fully understand and agree to the requirements outlined above. (First and last name. Please no nicknames).

* 3. The USA Ultimate National Team's core values are Excellence, Respect, Unity, and Opportunity. With that context in mind, team members will be selected by the Coaches based on many factors.

HOW WILL THE TEAMS BE SELECTED?

Sport specific criteria: level of skill, experience, teamwork, spirit, dedication to the sport, and ability to be strong ambassadors of USA Ultimate.

Geographic diversity of the team will also be taken into consideration.

Tryout camp information:

*As noted above, it is possible that a tryout will not take place, and the coaches will determine additional criteria to make team decisions.

USA Ultimate will hold two tryout camps in November 2024.

- East Coast Tryout Camp: Location TBD
- West Coast Tryout Camp: Location TBD

The final details of the camps are still being determined. The camps will be run by the U-24 National Team coaches and the Manager of Competition & National Team Programs. The camps will run from 8am-5pm on Saturday and 8am-3pm on Sunday. The camp fee will include instructor and field fees, lunch, water and snacks. Camp attendees will be responsible for transportation to and from the camps, room and board, and chaperones (if necessary).

The camps' primary focus will be to evaluate players for team selection. The format of the camp 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 opportunities to demonstrate teamwork with and a willingness to learn from other tryouts, coaches and USAU personnel. Attendees will be taught advanced skills, strategies and concepts as well.

I have read and understand the above and agree to abide by the decisions of the coaching staff(s) and USA Ultimate.

Yes

No

Basic Information

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

* 4. Name

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

* 6. Competition Gender: WFDF requires all participating national teams to adhere to its [Transgender Athlete Policy](#). This policy is different in several important ways from USA Ultimate's [Gender Inclusion Policy](#). Most notably, whereas USA Ultimate affirms that players have "the freedom to participate... in the division in which they feel most comfortable and safe based on their gender identity," the WFDF policy prohibits some trans athletes from competing in the division associated with their gender identity unless they also meet certain medical criteria. In recognition of this discrepancy, USA Ultimate's Gender Inclusion Policy also states that "athletes trying out and being selected for USA Ultimate National Teams will be required to compete in accordance with the WFDF Transgender Policy."

This applies to the tryout and team selection process. Please select the gender-matching designation under which you are eligible to compete according to WFDF's policy.

- Female matching
 Man matching

* 7. Pronouns

- He/Him/His
 He/Him/His/They/Them/Theirs
 He/Him/His/She/Her/Hers/They/Them/Theirs
 She/Her/Hers
 She/Her/Hers/They/Them/Theirs
 They/Them/Theirs
 Ze/Hir/Hirs

Other (please specify)

* 8. Birthdate (MM/DD/YYYY) You must be born on or after January 1, 2002 to be eligible

*** 9. Ethnic or Racial Identity:**

- American Indian/Alaska Native/Aleutian
- Asian
- Black/African American
- Hawaiian Native/Other Pacific Islander
- Hispanic/Latinx
- Multiracial
- White
- Other Ethnic or Racial Identity
- Prefer Not to Answer
- Other (please specify)

*** 10. USA Ultimate ID#**

*** 11. Contact Information:**

Current Address:

City/Town:

State:

ZIP:

Email Address:

Phone Number:

12. Permanent Address (if different from current address)

- Same as Current Address

Other (please specify)

*** 13. Height (#' #")**

*** 14. Dominant Throwing Hand**

- Left
- Right

15. Current School (if applicable)

* 16. Please upload a head shot photo. It 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

Participation Information

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

17. If you are under 20, do you have parent/guardian permission to participate on the team?

Yes

No

* 18. Please indicate whether you would like to limit your tryout to one division-specific team or trust the coaching staff to make a decision that creates the best opportunity for all three teams to be successful.

Note that by selecting options 2 or 3, you are taking yourself out of consideration for the other division. If you change your mind before tryouts please email matthew@hq.usultimate.org. You cannot change your answer after tryouts begin.

Coaches' choice - I would like to be considered for all teams that I am eligible for and will be excited to play for any team the coaching staff feels is the right fit.

Mixed Division only - I would only like to be considered for the Mixed Division team.

Women's Division/Men's Division only - I would only like to be considered for the Women's Division/Men's Division teams.

* 19. If health and safety rules permit, do you anticipate being able to attend one of the two tryout camps?

Yes

No

Tryout Camp Information

* 20. Typically we have one tryout on the East Coast and one on the West Coast. We anticipate the tryouts occurring during November. If selected, which camp would you prefer?

- East (only)
- West (only)
- Either (prefer East)
- Either (prefer West)

Ultimate Background

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

* 21. When did you start playing Ultimate? (Month/Year e.g 06/2012)

* 22. Did/do/will you play on a college team and if so for which school?

If you have played for multiple schools, please list any additional schools below:

* 23. Which college region did/do/will you play in?

- Atlantic Coast
- Great Lakes
- Metro East
- New England
- North Central
- Northwest
- Ohio Valley
- South Central
- Southeast
- Southwest
- None of the above

* 24. What division of club ultimate are you playing in 2024?

- Women's
- Mixed
- Men's
- I am not playing club ultimate in 2024

25. If you are playing in the 2024 club women's division, what team do you play for?

26. If you are playing in the 2024 club mixed division, what team do you play for?

27. If you are playing in the 2024 club men's division, what team do you play for?

28. Please list, in reverse chronological order (most recent/current first), the organized youth team(s) you have played for and what seasons you played with them.

- Year, Team, Gender, Placement

Sample formatting:

2023, Downpour, Girls, 1st place at YCC

1.

2.

3.

4.

29. Please list, in reverse chronological order (most recent/current first), the organized college team(s) you have played for and what seasons you played with them.

- Year, Team, Gender Division, Placement

Sample formatting:

2024, Portland, Women's Division, 1st place at D-III College Championships

1.

2.

3.

4.

5.

30. Please list, in reverse chronological order (most recent/current first), the organized club team(s) you have played for and what seasons you played with them.

- Year, Team, Gender Division, Placement

Sample formatting:

2023, Truck Stop, Men's Division, 1st place at Club Nationals

1.

2.

3.

4.

5.

6.

31. Please list, in reverse chronological order (most recent/current first), the National Team(s) you have played for and what seasons you played with them.

- Year, Team, Gender Division, Placement

Sample formatting:

2023, U-24 National Team, Mixed Division, 1st place at U-24 World Championship

1.
2.
3.
4.

32. Please list, in reverse chronological order (most recent first), all awards and recognitions you have earned.

- Year, Organization, Award

Sample formatting:

2024 Ultiworld All-America Second Team

1.
2.
3.
4.
5.

* 33. What other sports do you or have you played? Please list them, number of years played and at what level along with any accolades received.

* 34. Outside of playing ultimate, please list any other ways in which you've been involved in shaping or giving back to the ultimate community (ie coaching, teaching clinics, participating in leagues, team leadership roles/committees, leadership in equity and diversity)?

Your Current Team

This section will ask questions about your recent teams and your role on them. Please be sure to specify which team you are describing in each answer.

* 35. There are many ways to be a good teammate. Please describe some of the ways you interact with your teammates on the field, either in games or at practices. What does "being a good teammate" mean to you? How do those behaviors help your team to be successful?

* 36. Describe your off-the-field role on the two most recent teams you have played on. What do you bring to the team as an organizer, a leader, a captain, a teacher, a follower, a sideline presence, etc.?

* 37. For the two most recent teams you have played for: describe the team's offense and your role in it. (What position do you play? What are some of your team's main strategies? What skills make you successful good in that role? Etc.)

38. How would you see yourself contributing offensively on team USA?

* 39. What offensive position would you like to fill tryouts?

- Handler
- Cutter
- Hybrid (both)

* 40. Different players may have different styles of play, even though they may both be labeled as the same position. To get a feel for your style of play, can you describe what you would expect to show the coaches at tryouts in this role? What does it look like when you're playing this position at your best?

* 41. What specific areas of your offensive game are you focusing on improving?

* 42. For the two most recent teams you have played for: describe the team's defense and your role in it. (What strategies and tactics does your team employ, and how do you fit into those strategies? What position(s) do you play in zone defense? What type of player do you guard when playing person defense? What skills make you good in this role? Etc.)

* 43. How would you see yourself contributing defensively on team USA?

* 44. What player positions do you prefer to guard? Describe the strategies you employ to guard this type of player?

* 45. What strategies do you employ when guarding a player that is outside your comfort zone?

* 46. What specific areas of your defensive game are you are focusing on improving?

Preparation

This section will provide an opportunity for you to describe how you prepare for competition

47. If available, please provide hyperlinks to full-game footage of recent games in which you have played. Please describe how we can identify you in the video (jersey #, hat color, etc) (Note: coaches will review only full-game footage, and not Callahan-video-style highlight reels).

Beyond Competition

There is so much more to representing the USA on a National Team than just competition. This section will ask you to think about team culture, spirit of the game and being an ambassador for USA Ultimate.

* 48. The U.S. National Team program's mission includes a goal of representing and inspiring a diverse ultimate community. How would you help build an inclusive team culture that values the different backgrounds of your teammates?

* 49. What does Spirit of the Game mean to you? Briefly share examples of when you both upheld and failed to uphold this standard for yourself.

* 50. Describe what being a member of the USA Ultimate National Team program means to you and the role members of the team have as ambassadors for USA Ultimate.

* 51. What two traits would you hope your teammates and coaches would most likely use to describe you?

* 52. How would you define success for the USA U-24 national team, and what is one goal you would like a national team that you're a player on to pursue?

* 53. Who is your favorite teammate and why?

* 54. Are there any U24-eligible players in your region (in the college or club division), who you have not been teammates with, who you think deserve more recognition for their on-field contributions? What, in your opinion, makes them stand out? Please limit your response to one or two players.

This question is intended to help us identify players who you all really appreciate, but who might not have applied, or who might not catch our attention through applications.

How Much Will It Cost?

Costs for tryout camps:

- current USA Ultimate membership
- tryout camp fee: TBD (\$230-\$250)

Travel: Cost of travel + room/board for tryout camps.

Financial Assistance: We understand that covering the numerous costs associated with being part of the U-24 National Team is difficult for some athletes, and we do not want finances to dictate whether someone can represent our country on the ultimate field.

If you are invited to attend and are unable to cover the expenses, it is highly recommended that, as a first step, you create a personal fundraising campaign. In our experience working with players across all of our National Teams, we've found personal fundraising to your community and network to be most effective, primarily because your community knows you and would want to support your personal journey and experience as part of the U-24 National Team. Some successful ways that people have raised money previously are to run campaigns through RallyMe or GoFundMe, generate support through your local disc organization (see example here), hold a hat tournament, etc.

Additionally, if you are a BIPOC (black, indigenous, person of color) tryout invitee and are facing financial hardship, you can receive support with your tryout fee through the Delrico Johnson Fund. This fund was originally established by Delrico Johnson to help increase access for BIPOC players to try out for USA Ultimate's national teams.

If you need further assistance to cover these expenses, please reach out to matthew@hq.usultimate.org to learn about the different opportunities for financial assistance available to you and how you may qualify. Again, asking for financial assistance will NOT affect whether or not you are invited to tryouts.

Lastly, if you are interested in supporting other tryout invitees, you can donate directly to the Delrico Johnson Fund or to another players' individual fundraiser.

* 55. I understand the cost of attending tryouts and understand that it is my responsibility to cover these expenses either with my own finances, by fundraising, or financial aid. Please write your name.

Costs for USA Ultimate National Team membership (all costs are approximate):

USA Ultimate and its partners are able to provide some financial support for the national team program. However, individual player costs and some program costs will be born primarily by players. Until more information is available from the event and more planning is done related to training activities, dates, and locations, we are only able to provide rough estimates on costs. Estimates include the following (all costs listed below are approximations only and change or vary based on individual circumstances).

Tryout Weekend:

- USA Ultimate 2024 Membership Dues \$69
- Camp Fee \$230-250
- Room & Board \$0 - 200
- Transportation \$0 - 500

APPROX. TOTAL \$299 - 1,019

National Team Costs:

- 2025 USAU Membership Dues \$70
- Housing/Fields/Food (US Training Weekend) \$300
- Transportation to US Training Weekend \$0 - 400
- US Team Coaching and Medical \$600 - 800
- Team Participation Fee \$0 (USAU paid)
- Tournament Player Fee \$400
- Housing/Fields/Food (Training Camp) \$600 - 800
- 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

APPROX. TOTAL \$4,470 - 5,670

Just as noted above with respect to tryouts, we understand that some of these costs may be difficult, and like tryouts, while we recommend personal fundraising as the most effective tool, there may be additional assistance available, and you should reach out to matthew@hq.usultimate.org

* 56. I understand the costs as presented and that they are an estimate. Actual costs may vary, and I am aware that I am responsible for covering these expenses either on my own, through fundraising, or any available financial aid. Please write your name.

Recommendation

In addition to the application, you will need to obtain a recommendation from a non-related adult that knows sports, knows Ultimate, knows you, and has seen you play. Please have your advocate complete the Recommendation Survey linked below.

Recommendation Survey: [Player Recommendation Form](#)

Your advocate will be responsible for completing the recommendation survey by the application deadline (September 8, 2024).

If possible, please ask someone other than a member of the U-24 National Team coaching staff to write your recommendation. The credentials of your advocate will be taken into consideration.

57. I understand that I may be disqualified from consideration without the above detailed recommendation and agree to abide by the decision of the coaches and USA Ultimate to either consider or not consider my candidacy for the U.S. National Teams without a recommendation.

Yes

No

Additional Information

58. Please include anything else you would like the coaches and USA Ultimate to consider here.