



Ottawa-Carleton Ultimate Association

Box 120, 410 Bank Street, Ottawa, ON K2P 1Y8 CANADA

Tel: (613) 860-OCUA (6282) E-mail: info@ocua.ca

Summer 2005 Individual Player Registration Due May 1, 2005

Before You Register...

Please read the following information before completing the registration form on Page 2 and 3.

Player Fees Individual fees are \$50 including GST for Friday nights, and \$75 including GST for Monday or Tuesday nights. Fee is payable upon registration and will be refunded if you are not offered a spot. Cheques should be made payable to "OCUA" or "Ottawa-Carleton Ultimate Association".

Members' acceptance of risk of injury While the sport of ultimate is understood to be a non-contact sport, this does not mean that contact does not occur. Ultimate is a fast paced, athletic sport, and as such has all of the attendant risks that are commonly associated with such an activity. While all players are expected to adhere to the spirit of sportsmanship as outlined in the rules of the sport, it is not possible to absolutely ensure that contact between players will not occur, and that injuries will not be sustained. Members are reminded that they engage in the sport entirely at their own risk.

Captain/Assistant Captain Responsibility for safe playing conditions Given that OCUA offers the sport of ultimate at varied and dispersed locations, and does not have officials such as referees at the games, it falls to the team captains and assistant captains to be responsible for the safety of the site at which they are playing and for the well being of their players. Captains are responsible to examine the field of play before their game begins, to determine if it is safe. They are ultimately responsible for the actions of their players and must be prepared to take appropriate action if they feel that safety is being compromised. This includes refusing to play on a site they deem to be potentially hazardous, or against an opponent they feel is playing in an unsafe fashion. OCUA never forces its members to play when they are not comfortable doing so; games can easily be rescheduled.

OCUA Member Number If you have not already done so, you will need to create yourself an account on Leaguerunner, OCUA's league-management system, by going to <http://www.ocua.ca/leaguerunner/> and following the instructions.

Once your account has been created, you will be given a permanent OCUA member identification number. This is the number you should enter on the form.

Coaching The Association will provide coaches for new Friday teams, and possibly if sufficient coaches are available, for other nights. The intent of the Friday division is to teach teams not only the basic skills, but to also get them in the Spirit frame of mind. Spirit is the core tenet of ultimate and is about playing the game by the rules, playing fair and getting rid of those win at all costs attitudes that other sports tend to instill.

Pay Before You Play! Please note that OCUA has adopted a pay before you play policy. This means that if your method of payment is not honoured or if a member of you have outstanding fees due to the Association, you will not be considered as having submitted a valid application and will not be granted a spot. All individual registrations must be in the Associations mail box by noon on May 1, or be postmarked no later than May 1 to be accepted.

Please direct any inquiries to the general manager, Nick Roberts, gm@ocua.ca

**DUE DATE FOR INDIVIDUAL REGISTRATION IS MAY 1 2005
EACH REGISTRATION REQUIRES A SEPARATE FORM AND DEPOSIT.**



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(* indicates mandatory information)

Date Recieved (OCUA use only) _____

* **Full Name:** _____

* **OCUA Member Number:** _____

* **Address:** _____

* **Day Telephone:** _____

* **Evening Telephone:** _____

* **Primary Email:** _____

Second Email: _____

Would you be interested in captaining a team? NO YES

Is there another player you would like to be paired with? (limit of one!)

Name _____ OCUA Member Number: _____

Which night of the week would you be interested in playing? (choose one only)

Friday (Coached, Fees \$50) _____

Monday (Fees \$75) _____

Tuesday (Fees \$75) _____

If your Monday or Tuesday choice is unavailable, are you interested in a Friday spot? NO YES

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In order to place individuals on the most balanced teams possible, please check the one of the following options from each category that best describes you:

Sport Knowledge

I have played ultimate extensively and have an excellent grasp of the game and the rules _____

I have played some ultimate and have a good grasp of the game and the rules _____

I have never played organized ultimate, but I have a strong team sport background _____

I have no experience with ultimate, nor team sports in general _____

Athleticism

I am in excellent physical condition _____

I am in good condition, exercising regularly _____

I am in average condition _____

I am fairly sedentary and looking to ultimate to get back in shape _____

Disc Skills

I can make any throw I like and hit stationary or moving targets with ease _____

I can throw forehand, backhand and hammer with decent distance and accuracy _____

I can throw forehand and backhand with fair accuracy but limited distance _____

I can throw one throw, with very limited distance and accuracy _____

I have read and understand the Players and Captains responsibilities as outlined on page 1 of this form.

* **Signature:** _____

* **Date** _____

Mail Completed Form and registration fee to:

OCUA

PO Box 120

410 Bank Street

Ottawa, Ont. K2P 1Y8

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