

Ultimate Spring League 2010 draft sign up

Please rate your skill level on the back of this sheet as close to the descriptions as possible. The draft will be April 7th, and you will be contacted with details about your team before the **first games on April 18th**. 2 games will be played at Spring Canyon Park on Sunday afternoons from 1-4pm through May 23rd, 2010. Please indicate on this form if you will be missing any games so your captain is aware of your time commitment. The price of spring league is \$40 per person payable at the time of sign up.

Sign up deadline is April 5th at 6pm at The Wright Life.

By signing this form, **I hereby assume the risks of participating in the sport of Ultimate**. I hereby take the following action for myself, my executors, administrators, heirs, next of kin, successors and assigns: a) **I waive, release, and discharge** from any and all claims or liabilities for death or personal injury or damages of any kind, which arise out of or relate to my participation in, or my traveling to and from the Ultimate event. **The following persons or entities:** The Wright Life, The City of Fort Collins, Sponsors, Players, Captains, and the officers, directors, employees, representatives, and agents for any of the above; b) **I agree not to sue** any of the persons or entities mentioned above for any of the claims or liabilities that I have waived, released or discharged herein; and c) **I indemnify and hold harmless** the persons or entities mentioned above from any claims made or liabilities assessed against them as a result of my actions.

signature _____

Name _____

Address _____

City _____ State _____ Zip _____

Phone _____

e-mail _____

gender _____ age _____ height _____ jersey size _____

Check games you WILL NOT be able to attend:

April 18th ___ April 25th ___ May 2nd ___

May 9th ___ May 16th ___ May 23rd ___

Please mail, fax or sign up at: **The Wright Life**

200 Linden St, Fort Collins, CO 80524

(970) 484-6932 phone (970) 490-2714 fax

download registration forms at www.wrightlife.com

Offense skills: forehand, backhand, and overhead throws:

0 pts - Never heard of them.

1 pts - Have tried, but am not good at it yet

2 pts - I have a few of the throws down, but still have to work on the others

3 pts - Have practiced them many times, and am accurate 50% of the time

4 pts - Have played on a competitive team, and can hang with the big arms

5 pts - Can throw anything with speed and accuracy

Defense skills: know what a “force” is, have played zone defense, and can play effective man-to-man defense:

0 pts - Never heard of them

1 pts - Have tried, but am not good at them yet

2 pts - Get the general idea what to do and where to be

3 pts - Recognize offensive strategies and anticipate in coverage

4 pts - Have played on a competitive team, and have played a number of defensive strategies

5 pts - I am a very strong defensive player

Past playing experience:

0 pts - I have never played organized Ultimate

1 pts - I have played pickup, and know the general rules

2 pts - Have played recreational ultimate

3 pts - Have played competitive ultimate

4 pts - I compete in the Club Series in the fall

5 pts - I am a national caliber player

Fitness Level:

0 pts – Not very fit at this time

1 pts – Low fitness level

2 pts – Moderate fitness level

3 pts – High level of fitness

4 pts - I am a competitive player in endurance sports

5 pts - I am an elite athlete

My total points are _____