

Amherst Regional Middle School Ultimate Spring 2012 Frequently Asked Questions

*For complete information, visit the team web page at <http://www.amherstultimate.org/arms>
Send an email to ultimate@jpcr.com if you want to be on the spring email list*

I have never played Ultimate before, does that matter?

Not at all. Every year about 1/3 of the players are brand new to the sport.

Who is the coach?

Jim Pistrang has been coaching ARMS Ultimate since 1994. Jim is assisted this year by Aaron Julien. See the end of this sheet for contact information.

How do I sign up?

Parents should sign up children online at <http://www.arps.org/hs/Sports/Registration/> or at the ARHS Spring Sports Open House on Monday, February 27, at Amherst Regional High School (enter by the gym). Signup forms and instructions will also be available in the ARMS office.

Do I need a Sports Physical?

Yes! Every player must have a valid unexpired sports physical on file with the school nurse. I recommend that everyone call (362-1974) or visit the school nurse as soon as possible to find out if you have a physical on file.

How much does it cost?

There is a fee of \$50 to play in the ARMS Intramural League. The fee is \$25 for students with a reduced or free lunch fee. Students who are selected for the Travel Team will pay an additional fee of \$143.

What is the difference between intramurals and the travel team?

All players participate in the intramural league, there are no cuts. Additionally, players may choose to try out for the travel team, which will play against other schools. Travel team players must also participate in the Intramural league.

When and where are practices and games?

Intramural practices and games are on Mondays and Thursdays at Fort River Elementary School from 3:00 to 5:00. Travel team practices and games are on Tuesdays, Wednesdays, and weekends.

How do I get to Fort River?

Players may take a school bus, which will let you off at Fort River. There will be an announcement in school telling you which bus to take.

When does the season start?

The first practice is on Monday, March 19.

Should I try out for the travel team?

Absolutely, if you want to play and are able to make the time commitment. It is a very friendly tryout process. Even if you are a new player, the experience of trying out is a good one.

When and where are travel team tryouts?

Travel team tryouts are March 20, 21, and 23 at Fort River. Players must attend at least two of the tryouts.

What do I need to bring to practices and games?

Always bring a water bottle. Cleats are highly recommended, but also bring sneakers the first week or two.

Want to know more?

Visit the team web page at <<http://www.amherstultimate.org/arms>>

Still have questions?

Contact the coach:

Jim Pistrang – 256-1737 (home) – 413-237-5710 (cell) – ultimate@jpcr.com (email)