

Amherst Regional Middle School Ultimate

Spring 2018 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. Aaron Julien has been the assistant coach since 2010. See the end of this sheet for contact information.

How do I sign up?

Parents should sign up children online at http://arhs.arps.org/sports/sports_registration_forms. For any questions about registration, call the Athletic Office at 362-1746. Please note that spring sports registrations will not be available online until February.

What is the deadline for registration??

Although the deadline that is posted on the ARHS page is the end of February, we will accept ARMS Ultimate registrations until the first week of April. But please remember, an early registration is still the best approach!

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 \$57 to play in the ARMS Intramural League. Students who play on the Travel Team will pay an additional fee of \$162 (total fee of \$219). Reduced fees are available for Travel Team students with a reduced or free lunch fee. **Note: these are the 2017 fees, not sure if they are going up in 2018.**

What is the difference between intramurals and the travel team?

All players participate in the intramural league, and 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 26.

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.

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When and where are travel team tryouts?

Travel team tryouts are March 27, 28, and 30 at Fort River. Players must attend at least two of the tryouts, but we recommend that you attend all three if at all possible.

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, since we will play on pavement if the fields are not ready.

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)