

FLY RAPTORS FLY! RUF FALL SEASON STARTS NOW

Monday, Sept. 11 marks the start of our Fall 2023 season and we can't wait to see everyone out on the field. Practices will be at **Dittmar Park** afterschool from **3:30-5:15pm, Monday through Thursday** until Nov. 9. Any changes to schedules will be communicated by coaches to athletes via TeamSnap. We will try to update the website (RadnorUltimate.com) as well but TeamSnap will post first. To ensure athletes receive these messages, please check that you have downloaded the TeamSnap app and are connected to your team (Boys/Girls). As tournaments are added to the schedule, specific team details will post to TeamSnap as well. Overall schedules will update on the website. Athletes can also message the coaches through this app. Any overall RUF questions can be sent to the Board via RadnorUltimate@gmail.com.

REGISTRATION - Due by Friday, Sept. 22 <https://www.radnorultimate.com/join-ruf>

All athletes must complete the required RHS and PIAA forms, obtain a Medical Physical (dated after June 1), and submit team dues (\$200 for Fall). Please follow the instructions listed on our website at the link above. There you will find the links to complete the online forms that auto populate all required documents. For this reason, we ask that forms be completed through the website. You will also find the Physical form to download and complete with a medical provider. Helpful tip - CVS, RiteAid, and local Urgent Cares usually have appointments that can be scheduled quickly. Dues payments can be made via check made out to **Radnor Ultimate Frisbee Club** and handed to Dustin Schrader (one of the Boys Captains) or to your coach.

RECRUITMENT

Spread the word to grow the team! **Ultimate is for EVERYONE** and players can join any time throughout the season. Interested individuals are welcomed to come check out a practice before committing. Athletes can earn JV and Varsity letters and keep conditioned for other sport seasons as well. There are many great reasons to join and Ultimate is a community that extends into college, rec leagues, competitive club leagues, professional teams, and even Team USA world teams!! Several former RUF alums have competed with these top teams nationally and internationally.

Those new to the sport might be wondering what it's all about and whether they could be successful starting in high school. The answer is absolutely YES. No experience necessary. RUF's highly experienced coaches will teach the sport and develop player skills. Sept. 21 will be the RHS Activities Fair during the school day. Encourage your friends to stop by the RUF tables to learn more. Meanwhile, share this new recruitment web page to provide a comprehensive look at the World of Ultimate and for interest sign up: <https://www.radnorultimate.com/thisisultimate>. This is also a great "one stop" spot for key links to all-things Ultimate, so be sure to bookmark it. Students will also see new posters throughout the school with a QR code linking to this page and we will be promoting recruitment in upcoming Radnor Readers. Here's a look at the Boys poster (Girls will be completed theirs shortly)



More to come soon on FUNDRAISING and SPIRIT WEAR. Let's go RUF!!