

Carrboro Fall Ultimate League Self-Evaluation Chart

Please fill out the chart below as a representation of your abilities, knowledge, athleticism, and how many games you think you will attend by circling the appropriate selection in each of these categories. Turn this form in together with your Adult Player Contract to the Carrboro Recreation and Parks office. Be sure to also include your name, email address, and T-shirt size.

Skill / Experience Level:

0. I am a Rookie (absolute beginner).
1. I know the basic rules of the game. I have played in pick-up games but have never played in an organized rec league. My forehand (flick) and backhand are improving on the sideline but are still inconsistent during the game.
2. I have played in at least one organized rec league before (Carrboro Fall League, TFDA Winter or Summer League, etc.). I know how to stack. I know what "Force Home" means. I can throw the forehand well on the sideline, but still throw it away in a game.
3. I have played in multiple leagues. I have a good understanding of the rules and offensive and defensive strategy. I can throw a decent forehand and backhand accurately during the game. I am considered to be among the top half of Ultimate players in the area.
4. I am a better than average to advanced player. I have played in numerous team ultimate tournaments. I can break the mark. I have very strong catches and throws. I have a good understanding of offensive and defensive strategy. I am considered to be among the top 25% of the Ultimate players in the area.
5. I am considered to be among the top 10% of players in the area.

Strategy Knowledge:

- A. I am new to Ultimate
- B. I understand basic Ultimate concepts, i.e., stack, force and mark.
- C. I am competent at basic offensive and defensive plays, positions, and movement.
- D. I am competent at playing advanced offense and defense, such as zone offense and defense.
- E. I can identify and implement offensive and defensive strategies during game situations.

Fitness / Athleticism

- i. I'm not in very good shape/I'm not all that quick/I'm coming off an injury.
- ii. I hold my own; I'm not that fast, don't have great endurance, but can occasionally rise to the occasion.
- iii. I'm a good athlete. I grind it out and get the job done most of the time.
- iv. I'm a great athlete. I can jump with, sprint with, and hang with most anyone.
- v. I'm an exceptional athlete. I can out-leap, out-run, and out-hustle most players on the field.

I plan on attending (circle one): *less than 1/2,* *1/2 to 3/4,* *3/4 to all* of the games

Name

T-shirt size
(S, M, L, XL)

Email address