

AHS ULTIMATE TEAM PHILOSOPHY

- **Positivity:** We have a 100% positive reinforcement approach to the game. It's proven to work better and makes things more enjoyable overall. We only use constructive criticism, don't get on each other for simple errors, and are always striving to learn from our mistakes. We are positive with ourselves and toward our teammates, if someone needs help, we do our best to help. It's not always going to be easy. There will be ups and downs, the thrills and the agonies. It is important to us to represent ourselves, our team, our school, and our community well and strive for even more. That means on and off the field. Our goal is to have fun and be competitive, with the high school sports experience being about having fun, being with friends, learning healthy habits and life skills. Our goal is to be able to look back on the season and say yeah..... it was one of the hardest things and best things I've done.
 - **TEAM mentality:** We're in this together. We've all signed up to be here and let's make the most of it for the 11 week season from beginning to end. Coaches, captains and players are committed to showing up for each practice and bringing their best, even if it's been a tough day. We emphasize always striving to play "the beautiful game" of Ultimate in which players are working together in harmony and all players are involved. Everyone is a contributor and valued member of the program. We strive to be humble and yet confident.
 - **Winning (and Losing) With Character:** We don't subscribe to the belief that you have to either have fun or be competitive. We want to win and we are extremely competitive, but we will never sacrifice our character, cheat, or get down on each other. We can be cool, have fun, and be the best team in the state. We strive for fairness and treat people, both opponents and teammates, with respect.
 - **Learning:** The most important "muscle" in Ultimate is your mind, and we are committed to understanding the nuances of the game at a very high level. We talk a lot about decision-making and impulse control, which are important for both Ultimate and life. We want to have the highest Ultimate IQs on the field.
 - **Communication:** Communication is the core of team sports. We communicate constantly at practice and during games for Offense, Defense, and on the sideline. This allows us to work as "one" rather than as a collection of individuals. The sideline is not idle, but actively communicating with players on the field. We respect the words of our captains and coaches. If something is upsetting or challenging, players and coaches consider the right time and place to bring it up. We strive to listen respectfully when someone is talking and offer our words as appropriate. We practice conflict resolution, restorative justice, and apologize with sincerity on and off the field.
- Safety:** We strive to play safe, be safe, and watch out for the safety of others at all times. It is a non-contact sport, and discretion is the better part of valor when there is a potential collision or dangerous play. As players get more experienced, safety actually increases. Until then if in doubt, peel out. We also do not tolerate cheating, bullying, risky behaviors, or drugs.
- **Student-Athlete-More:** We encourage players to have balance in their lives and understand that life can get busy, and that there's more than just studying and sports. That's one reason we're not practicing every day like some other sports. But for the 2 hours of each practice we expect players to do their best and support their team so we can grow and gel as a unit. Just like other AHS club sports, practices are not optional and players are expected to budget and plan their time. Family trips and illness missing school are excused absences.