

12/05/22

Dear Parents,

Your student has expressed an interest in playing Ultimate Frisbee for the newly instituted Rowland Hall Club boys high school team during the upcoming 2023 spring season. I wanted to take this opportunity to share a bit of information about this new opportunity.

We are in the process of working through the details of joining the league, including registration requirements for each player and will share more when we know more. We have been lucky enough to hire as our Head Coach Xander Knock, who is a skilled Ultimate player who also has a solid coaching background, having coached at the U of U, Skyline and West High over the past several years. Joel Long, long-time English instructor in the Upper School and the person who has faithfully met with a group of students two days a week to play the game for several years, will continue to be a part of the program this spring as an assistant coach.

Practices are scheduled to begin **Monday, February 27, 2023, and will be held twice a week on Mondays and Thursdays from 3:30-5:00 p.m. on the back field at the Lincoln Campus. Game day will be Wednesdays at different sites in the valley.** Some weekend tournament opportunities may be offered as well. The game schedule will be released as soon as it is finalized. The season runs through mid-May

In the interim between now and the start of practices in February, Rowland Hall students who are interested have been participating in pick up Ultimate Frisbee games on Mondays and Thursdays on the Lincoln campus field and will continue to do so as long as weather permits. Joel Long attends these sessions regularly and Coach Knock has also been on hand for a number of these sessions.

There are two required forms that must be submitted by February 10 for your athlete to be eligible to play on the Ultimate Frisbee team, one of the most important being PHYSICAL EXAMINATION FORM A. We will be requiring that A PHYSICAL EXAMINATION BE PERFORMED ANNUALLY. Several other forms are also required and will be read and E-signed by you and your athlete as you register them for Ultimate Frisbee on the site called "Aktivate"(formerly known as Register My Athlete), that procedure outlined in another attachment to this email. **Registration on the "Aktivate) site needs to be done by February 10.** All forms except for the Physical Exam will now be **electronically signed by you and your student.**

An **required** informational Zoom Parent Meeting will be held in on **Tuesday, February 7 from 6:00 – 7:00 p.m.,** a Zoom meeting invite to be sent out at a later date by Coach Knock, so plan to attend!

Please contact Coach Knock at 808-725-7887 or at aknock@gmail.com or me via email at kendratomsic@rowlandhall.org if you have any questions. I know I am excited about adding this sport to our boys' offerings, and our coaches are looking forward to getting the program off the ground.

Best,

Kendra Tomsic
Director of Athletics
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