

# **FEAR Ultimate Disc Club Inc.**

## ***Development Plan***

### ***3/5/12***

#### **Introduction**

FEAR Ultimate Disc Club Inc. takes pride in being an inclusive club, allowing anyone with an interest in the sport to join and participate in any activities. Unfortunately, to date this has also limited focus on higher level development.

FEAR currently has three teams representing the club in the WA Ultimate leagues and is also represented at most (mixed) tournaments. Although there are enough players to fill three league teams, some of these players are not interested in playing tournaments, which means at most tournaments FEAR enters a single team made up of any players willing to participate. This means there is usually a mix of experienced, intermediate, and beginner players in the team. Very often some or most of those players have either never or only occasionally played/trained together, which contributes to FEAR's historically poor performance at tournaments.

In order to improve our performance at tournaments we must provide clear development pathways for our players, and set clear objectives.

FEAR will remain an inclusive club, as that is a defining feature and a great quality that will be invaluable in longer term recruitment and retention of players. Players of all levels will have avenues available to participate in leagues and tournaments.

#### **Seasons**

Most Australian tournaments are based around an 'open/women' season (Nov-Apr) and a 'mixed' season (May-Oct). This development plan and the selection and focus of teams is based around those seasons, however some tournaments will not fit this pattern and may require separate team selection processes.

The open/women season culminates in WA with the Western Regional Championships, typically held in early/mid March. Teams that qualify through this tournament are eligible to compete at the Australian Ultimate Championships held in late April. Entry to national tournaments requires qualification through success at regional championships, but there is also an opportunity for teams that do not qualify for AUC to instead compete at the new Div-2 Nationals competition.

The mixed season has a similar basic structure, with WA Mixed Championships (aka Phoenix) played typically in September, followed by Australian Mixed Ultimate Championships (AMUC) in October. Again, entry to nationals requires good performance at regionals.

The Wednesday social leagues in Perth run throughout the year, and are always played mixed. Other leagues with split open/women format are occasionally run but to date these have not had a large response.

#### **Objectives**

**The primary objective of this plan is to develop competitive tournament teams. FEAR aims to enter one mixed team to the regional and national championships during mixed season, and to enter one open team and one women's team in regional and national championships during open/women season.**

If player numbers permit for any of these divisions, multiple teams can be entered. At the time of writing this may be possible for mixed teams, but not in the open or women's divisions. As the number of players grows, 'A' and 'B' teams for relevant division will be selected.

## **Development Structure**

The structure defined by this development plan is similar for both Mixed and for Open/Women, with some minor differences to account for the different objectives for the respective seasons.

- At the beginning of the season, announce to all players the objective for that season (regionals/nationals – mixed/open-women).
- Ask interested players to nominate for selection for the tournament team/s
- Select coach or coaches for the team/s
- Select players for the team or teams, following agreed selection process (see below).
- Train/play throughout the season
- Attend other tournaments during the season as available/convenient and agreed by team
- Attend tournament/s nominated as objectives for that season

## **Player Commitments**

Players who nominate for selection for any of the tournament teams must agree to the following commitments:

- Attendance at regionals and nationals for the current season. Note that in most years nationals will require interstate travel. Players who can attend only one or other of these events may still be given consideration, players who cannot attend either event should refrain from nomination for that season.
- Regular attendance at weekly training sessions.
- Play at least one day each week outside weekly training
- Maintain personal fitness outside of Ultimate
- When possible, enter other tournaments during the season with the FEAR team. These may be local, interstate or overseas tournaments. Costs involved in interstate/international tournaments will be taken into consideration when choosing tournaments.

Some players may have other commitments that prevent them from attending one or more of the interim tournaments during the season. If necessary, replacement players will be drafted from other players who nominated for selection for that tournament. In some cases, players who did not originally nominate for selection but would like to participate in a particular tournament may be given a chance to play with the team.

Entry at some interim tournaments can be opened to anyone who wishes to participate.

## **Selection Process**

The selection process to be employed has not yet been defined. It will be defined and posted on the FEAR website as soon as possible.

The selection process will include the following guidelines:

- Teams of 14-16 players, some flexibility will be allowed
- Players of intermediate to advanced skill level
- Recognise that skill level and experience do not necessarily go hand-in-hand.
- Team selectors will be appointed by the FEAR club committee, and may include selectors from outside the club
- Selection trials may be required, these will be determined by the selectors

## **Training**

- Training currently runs from 9am-11am Sunday mornings.
- Additional weekly training sessions may be added as required

- Players are to attend on time and ready to go, arriving approximately fifteen minutes prior to start of training in order to get cleaned up ready to START at 9am
- All players are welcome, not just those players in the tournament teams
- Players must bring a light shirt and a dark coloured shirt
- Skills training sessions will include some or all of warm up, throwing practice, individual skill drills, team skill drills, a circuit/fitness component, game time, and warm-down.
- Injured players should still attend training sessions. Players who are sick are excused.
- Most drills/plays will be carried out as a group, although for some drills the 'A' and 'B' teams (or players not part of the tournament team) may be separated. This is mainly when particular plays or skills are being practised that are essential to the development of either team
- During open/women's season, the open and women's teams will train separately. Some components such as warmup/cool-down/stretching may be combined.

## League Teams

In order to maximise the teams experience in playing together, it is logical to encourage the team to enter the Perth Ultimate League as a unit. This is simple to achieve during mixed season, although the tournament team size is larger than is practical for league teams. This is most easily solved by having a few players move to other teams for the duration of that league – some players might prefer to play with friends who are not part of the tournament squad.

Some players in the existing league teams have indicated that they would like to stay together, we will try to accommodate this as best we can.

During open-women season it is possible to form mixed teams for league from the players in the two squads, however this is unlikely to provide any real benefit to the tournament teams. Instead, the mixed team could continue to play together during leagues running during open-women season, or perhaps new teams created from the pool of all FEAR players.

## Timetable

	<b>Mixed Season</b>	<b>Open/Women Season</b>
Call for Player Nominations	May 15	Nov 1
Nominations Close	May 31	Nov 15
Appoint Selectors	May 31	Nov 15
Select Coaches	May 31	Nov 15
Select Players	June 30	Jan 15
Training	May-Oct	Nov-Apr
Compete at Regional Championships	September	March
Compete at National Championships	October	April

## Juniors

An important part of long-term development of the club is recruitment of young talent, bringing fresh legs and stamina into the club, players who can grow to replace senior/veteran players if necessary. For this we need new junior players, i.e. under 18s, but in particular age 15 and younger (15 being the official age to compete at most Ultimate events).

Players aged 15-18 can be incorporated into the existing plan, however we must remain conscious that they are minors and it may not be appropriate for them to enter some events.

A separate strategy needs to be developed and implemented in order to recruit, train and develop junior players. This is outside the scope of this plan.