



Team Manitoba
Athlete Selection Document
2022

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Message from the Coaches

This document outlines the necessary information for your participation at tryouts. **Please read the entire document** so that you have an understanding of the selection process, season commitments, costs, and tryout details. We will review the schedule for that day at the start of each tryout.

If you have any questions about team selection or about individual feedback, please raise them with the respective coaches at the end of any of the tryout days. Questions related to logistics, season schedule or financials should be directed to Peter Manastyrsky at BSDDirector@mods.mb.ca or in person at the tryouts.

Please arrive early so that you have time to register/sign in and clean up/throw before tryouts begin. Bring with you the following:

- WHITE and DARK shirt (preferably with YOUR name on it, please NOT with the name of someone else!)
- Disc (with your name on it if you want to still have it after tryouts)
- Weather appropriate clothing
- Cleats
- Water (suggested to have minimum 2L) and allergy conscious snacks

Athletes, your focus for the tryouts should be to perform to the best of your abilities. Work hard, stay focused and engaged, show us everything you have and enjoy the opportunity to compete with and against the best junior ultimate athletes in the province. The coaches are both excited and honoured to be leading the Team Manitoba teams, and we're looking forward to the display of talent and abilities at the tryouts.

Good luck and have fun!

-Daniel, Will, Ryan, Erin, Amanda, Vaughn, Elliot, Katherine, Thomas, Monica, Jeremy, Liz Stephen and Emily

Contacts

MODS Administration:

Peter Manastyrsky, Business and Sport Development Director BSDDirector@mods.mb.ca

Corey Draper, Operations Director OpsDirector@mods.mb.ca

Team contacts:

Will be provided to athletes of respective teams once rosters are finalized, please direct communication through the office until then.

Selection Timeline and Roster Announcement

The below timeline will be followed for player selection:

- Final tryout: Thursday, June 9, 2022- Assiniboine Park.
- MOFO (both genders) will be selected before the end of this tryout.
- All other teams will be selected, and athletes/parents notified no later than June 15, 2022.
- Should players decline an invitation to a certain team, the coaches from that team in conjunction with the other affected coaches may select and notify a player not originally offered a position on that team to fill that spot, or they may elect to go with the roster as is.
- Mandatory parent meeting will be held on June 23, 2022, at 6pm Assiniboine Park for the Team Toba families.

Team Selection Overview

The following outlines the expected team compositions, as well as desired skills that coaches will be looking for.

MOFO Girls and Boys:

There will be approximately 24, up to the maximum 28 athletes on each roster. This number will vary depending on roles, athletes, chemistry, long term athlete development (LTAD) and maximizing our ability to have success at Canadian Ultimate Championships. Speed, versatility and a positive attitude are highly valued traits. A proven track record of success in the competitive game is desirable, but not mandatory.

Approximate role distribution will be 8-12 handlers (or hybrids) and 13-16 cutters (or hybrids) on each team.

Coaches are looking for athletes with the following skills:

1. Mental Toughness and Intelligence
 - a. Experience in pressure situations (both in ultimate and other sports)
 - b. Proven ability to perform under pressure and in big games
 - c. "Never give up" attitude when faced with adversity
 - d. Able to analyze and break down complicated situations into manageable ones
 - e. Sound decision making, able to assess risk/reward of actions in real time and make the favorable choice the majority of the time
 - f. Knowledge of the game, including an understanding of the rules
2. Versatility
 - a. Able to excel in multiple different roles (O/D, handler/cutter/hybrid, zone/person)
 - b. Willing to embrace whatever role is assigned based on their strengths and team needs
3. Positional Skill
 - a. Handlers
 - i. Able to get open in a reset scenario
 - ii. Able to break and attack the weaknesses of the defense
 - iii. Quick and reliable decision making with the disc
 - iv. Speed and agility are desired physical traits

- b. Cutters
 - i. Able to get open in the lanes/downfield
 - ii. Creates space for other cutters
 - iii. Continues for other cutters to keep offensive momentum going
 - iv. Explosive speed and vertical power are desired physical traits
- 4. Throwing Ability and Consistency
 - a. Able to complete higher difficulty throws (breaks, hucks, wind, etc.)
 - b. High completion rate to open side and resets
 - c. Comfortable throwing against an aggressive mark
 - d. Understands importance of and able to demonstrate quick disc movement
- 5. Catching
 - a. Able to read the disc and adjust mid flight
 - b. Catches with two hands whenever possible
 - c. Consistently catches the disc, even under defensive pressure
 - d. Has a wide catch radius, lays out safely and with proper form when necessary
- 6. Defense
 - a. Holds optimal position
 - b. Runs through and attacks unders
 - c. Lays out safely when necessary
 - d. Fights for space, able to box out and read disc in the air
 - e. Knows when to play “touchable” and when/where to poach
 - f. Active mark
 - g. Able to adjust mark depending on field location and threats
 - h. Identifies biggest threat at the time of catch as well as the most desirable throw at any point in the stall count, and adapts to minimize opponents ability to throw completions
- 7. Field Awareness and Transitions
 - a. Shows situational awareness, urgency/patience given the situation, and a high work rate
 - b. Doesn't cut off other cuts
 - c. From D to O, immediately looks to strike or counter, ability to determine whether or not it is best to try to exploit the opportunity or slow down and set up
 - d. From O to D, immediately gains defensive position/prevents quick strike/counter to allow teammates to recover positionally
 - e. Can create space for teammates on O, knows when to attack space that has been created
 - f. On D, able to transition from zone to person and person to zone in the middle of a point
 - g. On O, able to find and exploit the gaps in zones with both cuts and throws
- 8. Team Player Mentality
 - a. Communicate respectfully and effectively
 - b. Positive attitude
 - c. Follows play and celebrates when teammates have success
 - d. High degree of emotional intelligence
 - e. Brings out their teammate's strengths

9. Coachability
 - a. Able to take criticism and immediately apply instruction
 - b. Active listener, asks intelligent questions
 - c. Tactical awareness, able to provide specific feedback to coaches that helps them adjust in-game
 - d. Flexible/adaptable to change in role
10. Spirit of the Game
 - a. Demonstrate Spirit of the Game at all times, in all interactions and with all persons, both on and off the field
 - b. Competes at a high level without compromising the integrity or safety of themselves, their opponents and the game

Red River Rebellion and Manitou:

There will be approximately 24, up to the maximum 28 athletes on each roster. Practice players may also be invited to participate throughout the season in training if there is interest beyond 28 athletes. This number will vary depending on roles, athletes, chemistry, and long-term athlete development. Versatility, athletic potential, and a positive attitude are highly valued traits.

Role distribution is more fluid, but a balance of handlers/cutters is desired.

Coaches are looking for athletes with the following skills:

1. Mental Toughness and Intelligence
 - a. Experience in pressure situations (both in ultimate and other sports)
 - b. “Never give up” attitude when faced with adversity
 - c. Able to analyze and break down complicated situations into manageable ones
 - d. Knowledge of the game, including an understanding of the rules
2. Versatility
 - a. Able to excel in multiple different roles (O/D, handler/cutter/hybrid, zone/person)
 - b. Willing to embrace whatever role is assigned based on their strengths and team needs
3. Positional Skill
 - a. Handlers
 - i. Able to get open in a reset scenario
 - ii. Able to break and attack the weaknesses of the defense
 - iii. Reliable decision making with the disc
 - iv. Speed and agility are desired physical traits
 - b. Cutters
 - i. Able to get open in the lanes/downfield
 - ii. Continues for other cutters to keep offensive momentum going
 - iii. Speed and a high apex catching point are desired physical traits
4. Throwing Ability and Consistency
 - a. Able to complete higher difficulty throws (breaks, hucks, etc.)
 - b. High completion rate to open side and resets
 - c. Comfortable throwing against a mark
 - d. Understands importance of quick disc movement

5. Catching
 - a. Able to read the disc and adjust mid flight
 - b. Catches with two hands whenever possible
 - c. Consistently catches the disc, even under defensive pressure
 - d. Has a wide catch radius, lays out with proper form when necessary
6. Defense
 - a. Holds optimal position
 - b. Runs through and attacks unders
 - c. Lays out safely when necessary
 - d. Fights for space, able to box out
 - e. Active mark
 - f. Able to adjust mark depending on field location and threats
7. Field awareness and Transitions
 - a. Shows situational awareness, urgency/patience given the situation, and a high work rate
 - b. Doesn't cut off other cuts
 - c. From D to O, quickly looks to strike or counter
 - d. From O to D, quickly gains defensive position/prevents quick strike/counter to allow teammates to recover positionally
 - e. Can create space for teammates on O, knows when to attack space that has been created
 - f. On D, able to transition from zone to person in the middle of a point
 - g. On O, able to find the gaps in zones with both cuts and throws
8. Team Player Mentality
 - a. Communicate respectfully and effectively
 - b. Positive attitude
 - c. Follows play and celebrates when teammates have success
 - d. Demonstrates emotional intelligence
 - e. Brings out their teammate's strengths
9. Coachability
 - a. Able to take criticism and apply instruction
 - b. Active listener, asks questions
 - c. Flexible/adaptable to change in role
10. Spirit of the Game
 - a. Demonstrate Spirit of the Game at all times, in all interactions and with all persons, both on and off the field
 - b. Competes without compromising the integrity or safety of themselves, their opponents and the game

Spitfire:

There will be up to the maximum 28 athletes on the roster. Practice players may also be invited to participate throughout the season in training if there is interest beyond 28 athletes. Athlete interest, chemistry, and long-term athlete development will be central to team selection. A positive attitude, desire to learn and love for the game are highly valued traits.

Role distribution is fluid. A balance of handlers/cutters may not be attainable.

Coaches are looking for athletes with the following skills, or with the willingness and potential to develop the following skills:

1. Mental Toughness and Intelligence
 - a. "Never give up" attitude when faced with adversity
 - b. Knowledge of the game, including an understanding of the rules
2. Versatility
 - a. Able to play multiple different roles (O/D, handler/cutter/hybrid, zone/person)
 - b. Willing to embrace whatever role is assigned based on their strengths and team needs
3. Positional Skill
 - a. Handlers
 - i. Able to get open in a reset scenario
 - ii. Able to break and attack the weaknesses of the defense
 - iii. Speed and agility are desired physical traits
 - b. Cutters
 - i. Able to get open in the lanes/downfield
 - ii. Speed and a high apex catching point are desired physical traits
4. Throwing Ability and Consistency
 - a. Able to complete higher difficulty throws (breaks, hucks, etc.)
 - b. High completion rate to open side and resets
 - c. Comfortable throwing against a mark
5. Catching
 - a. Able to read the disc
 - b. Catches with two hands whenever possible
 - c. Consistently catches the disc, even under defensive pressure
 - d. Has a wide catch radius, lays out with proper form when necessary
6. Defense
 - a. Holds optimal position
 - b. Runs through and attacks unders
 - c. Lays out safely when necessary
 - d. Active mark
 - e. Able to adjust mark depending on field location and threats
7. Field awareness and Transitions
 - a. Shows situational awareness and a high work rate
 - b. Avoids cutting off other cuts
 - c. From D to O, looks to strike or counter
 - d. From O to D, gains defensive position/prevents quick strike/counter to allow teammates to recover positionally
 - e. Knows when to attack space that has been created
8. Team Player Mentality
 - a. Communicate respectfully and effectively
 - b. Positive attitude
 - c. Follows play and celebrates when teammates have success
 - d. Brings out their teammates strengths
9. Coachability
 - a. Able to take criticism and apply instruction
 - b. Active listener
 - c. Flexible/adaptable to change in role

10. Spirit of the Game

- a. Demonstrate Spirit of the Game at all times, in all interactions and with all persons, both on and off the field
- b. Competes without compromising the integrity or safety of themselves, their opponents and the game

Additional Teams:

Should there be sufficient interest beyond the capacity of the above teams, MODS will look to expand the program through the addition of non-touring team(s) so that no athlete is left without an opportunity to play.

Feedback

We would like to eliminate confusion and/or frustration around why athletes do not make certain rosters as well as improve communication between coaches and athletes at the tryouts. We understand that these can be difficult conversations to have for both parties and ask for everyone's patience as we try to communicate more clearly these decisions.

The goal of the coaches is to be able to provide individual feedback to all athletes at the tryouts. The reality is that this is not logistically possible given the volume of athletes that attend and the limited evaluation time, and therefore the focus at the tryouts will be to provide feedback to the athletes that are being evaluated for but do not make a specific team (i.e. the athlete was part of the MOFO evaluation group of athletes, but did not make MOFO) and are eligible to try out for Team Manitoba the following year (i.e. they are returning to high school in the fall).

The coaches are aiming to have face to face conversations with the athletes at the tryouts who do not make the roster of the team they are trying to make to help the athlete identify what areas they can improve on to increase their chances of making that team in the future.

If, following the tryouts questions remain unanswered around the decision to not select an athlete for a specific team, these can be directed to the MODS office.

Season Commitments

We value diverse athletes. If you have other sports and/or life commitments over the summer, please discuss them with the coaches at tryouts.

- June 13, 4:30-7:00 pm ~ Practices begin at Assiniboine Park for all teams (Monday, Wednesday, Thursday)
- June 23, 6:00-7:30 pm ~ Mandatory Parent Meeting at Assiniboine Park
- July, TBD - Inter Squad tournament in Winnipeg for all teams
- July 16-17 - Regina Tournament for all touring teams
- August 21-24 (depart August 20, return August 24) ~ CUC in Brampton for all touring teams

Fees

Team Fees: \$1200-\$1500 (taxes included), this amount is tentative and will be finalized prior to the parent meeting on June 23, 2022. This does not include transportation to Brampton for CUC.

Should you require financial assistance to participate on Team Manitoba, this amount can be subsidized based on individual need. The athlete assistance form can be found on the MODS website.

The per player fees covers:

- Practice fields and coaching costs
- Sport MB High Performance Training
- Uniforms
- Travel to/from Regina, tournament fee and hotel in Regina
- Tournament fee and hotel in Brampton, registration with Ultimate Canada for CUC
- Registration and insurance with MODS

Evaluation

Athletes will be evaluated, and teams will be selected based on the following criteria:

1. Tryout performance
2. Existing knowledge of athletes based on previous playing/coaching/observation (Provincials, HS Nationals, prior team MB, indoor, etc.)
3. Information on athletes from other sources (references, other coaches, etc.)

Tryout Schedule

This is a tentative schedule for each of the days and is dependent on the number of athletes as well as a number of other factors. Coaches and athletes are asked to be flexible as we may need to make changes on the fly.

GIRLS

Wednesday, June 1, 5:00pm-7:00pm (AP)

- 5:00pm ~ warm-up
- 5:20pm ~ Progressions
 - Up line
 - Out and under
 - deep
- 5:40pm ~ water
- 5:50pm ~ Offline
- 6:20pm ~ 3v3 scrimmage

Saturday, June 4, 11:00am-2:00pm (IJLUP)

- 11:00am ~ warm-up
- 11:20am ~ progressions
- 11:35am ~ break force
- 12:00pm ~ water break
- 12:10pm ~ Defensive Drill
- 12:30pm ~ 3v3, 4v4 and 7v7 scrimmages
- 1:45pm ~ sprints

Tuesday, June 7, 5:00pm-7:00pm (AP)

- 5:00pm ~ warm-up
- 5:20pm ~ drill TBD
- 5:40pm ~ water
- 5:50pm ~ drill TBD
- 6:20pm ~ scrimmages TBD

Thursday, June 9, 5:00-7:00pm (AP)

- 5:00pm ~ warm-up
- 5:20pm ~ drill TBD
- 5:40pm ~ water
- 5:50pm ~ drill TBD
- 6:20pm ~ scrimmages TBD

BOYS

Wednesday, June 1, 5:00pm-7:00pm (AP)

- 4:55pm ~ introductions and announcements
- 5:00pm ~ dynamic warm-up
- 5:20pm ~ break into fields by grade/skill. Athletes will be moved around as the tryout progresses; these are not final decisions but rather part of the process of figuring out where you belong based on your abilities. Excel at whatever field we put you at and you will get noticed.
- 5:25pm ~ throwing progression with mark (break backfield, break up field, under, deep)
- 5:45pm ~ 3v3 scrimmages (teams of 4, endzone sized field, 2m deep endzones, 7 stalls, play out the point, fast subs after goals, winner stays and starts with disc)
- 6:50pm ~ closing remarks from coaches, cooldown/stretch

Saturday, June 4, 11:00am-2:00pm (ILJUP)

- 10:55am ~ introductions and announcements
- 11:00am ~ dynamic warm-up, 3-person
- 11:20am ~ break into fields by grade/skill. Start at the field you ended at the previous tryout (if applicable) unless otherwise directed
- 11:25am ~ throwing progression with mark (break backfield, break up field, under, deep)
- 11:45am ~ 4v4 scrimmages (full field, each team gets one possession to score unless otherwise directed)
- 12:45pm ~ 7v7 scrimmages
- 1:50pm ~ Closing remarks from coaches, cooldown/stretch

Tuesday, June 7, 5:00pm-7:00pm (AP)

- 4:55pm ~ introductions and announcements
- 5:00pm ~ dynamic warm-up
- 5:20pm ~ break into fields by grade/skill. Start at the field you ended at the previous tryout (if applicable) unless otherwise directed
- 5:25 ~ throwing progression with mark (break backfield, break up field, under, deep)
- 5:45pm ~ 4v4 scrimmages (teams of 4 or 5, full field, each team gets one possession to score), 7v7 scrimmages if time permits
- 6:50pm ~ closing remarks from coaches, cooldown/stretch
- Majority of MOFO roster finalized following third tryout (target), any remaining decisions made during final tryout

Thursday, June 9, 5:00-7:00 pm (AP)

- 4:55pm ~ introductions and announcements
- 5:00pm ~ dynamic warm-up
- 5:20pm ~ break into fields by grade/skill. Start at the field you ended at the previous tryout (if applicable) unless otherwise directed
- 5:25pm ~ sky-battles (1v1 and 1v2 bigs vs smalls)
- 5:45pm ~ 4v4 full field (similar as previous tryouts)
- 6:50pm ~ closing remarks from coaches, cooldown/stretch
- Manitou roster finalized during (target) or shortly after final tryout, Spitfire to be finalized following the final tryout

*This document and all of its contents are accurate as of May 31, 2022,
and may be subject to change.*