

the dregs

Welcome

Welcome to the dregs. The best of the rest. The unchosen ones. The bottom of the barrel. The bitter and twisted fat kids of ultimate. Warm, flat and bitter.

The aim of this document is to outline the plan for the dregs 2003 Nationals Campaign. It is both exciting and daunting in its scope, but please take the time to read through and ponder its nuances because...

this document is also an agreement.

It is an agreement between the players and the club. By accepting a spot on dregs you commit to your responsibilities both on and off the field.

Team Ethos

The ethos of the dregs can be summed up:

commitment - be true to your word

hard work - give everything on the field

brains - be smarter than the rest

fun - your teammates are your mates

Commitment

We will be asking players to make a solid commitment at the start of the season and all will be expected to stand by that. In return the team and the experienced players on the team commit to providing an environment where all dregs players can improve their standard of ultimate and learn the skills needed to play at Nationals.

Hard Work

I truly believe that you get out of something what you put in. If you have decided to commit so much time and money to playing at nationals then you'd better be passionate about it. Whenever you're out there on the field, dig deep. Ultimate tends to be dominated by a bunch of half-hearted games punctuated by those few where we really extend ourselves and can look back at fondly because we gave and received so much. Let's give more to our teams and ourselves in every game.

Brains

With so many people it is essential that we are smart about what we do. Our self-organisation needs to be excellent, we are trying something that has never been done in Australian ultimate before, and we believe it is the way forward, so let's do it well and set a standard for the future.

Fun

Winning games and playing well are very satisfying, but when you look back on this team it is the social aspects that you will feel warmest about. Make the effort to engage with each of your teammates. It will take a lot of effort by us all to keep everyone happy all of the time, but well worth it.

Summary of the Plan

The dregs is now committed to taking 3 teams to Nationals, based in (but not exclusive to) the northern suburbs of Sydney. That means something in the order of 45 players.

The teams will be structured as A, B & C teams. The teams will be announced before each tournament, including Nationals, but during and between tournaments there will be the opportunity to impress and move up.

During tournaments (including nationals), A team players will be rostered to actively coach the B & C teams during their games. That will mean missing A team games, but will only

happen once per player per tournament. It will exclude semis and finals. The B & C teams will have captains who will be selected to work with the coach during their games.

The plan is to attend 3 x 2-day tourneys and 2 x 1-day tourneys in the lead-up to nationals.

Tournaments

The dregs will attend the following tournaments:

1. Seeds of Doom - 26/27 January (that's Sun & Mon) at Macquarie Uni, Sydney
2. Maroubra Beach - 15 February at Maroubra Beach
3. Albury Tournament - 8/9 March in Albury NSW (approx 6hrs drive)
4. Banana Republic - 29/30 March in Coffs Harbour NSW (approx 6 hrs drive)
5. The Last Call - 13 April in Sydney or Wollongong
6. Nationals - 24-27 April in Canberra

Note: you will need to get the 24th of April off work/uni because it is not a public holiday.

Training

Training will be generally once per week. We will try to fix a day, preferably Wednesday, as soon as possible.

Esky of Ecstasy

After each training session and at the end of a day's play at a tournament, we will have an esky of goodies including beer, soft drink & munchies. It will be a chance to replenish your energy supplies and talk the talk with teammates.

Training Diary

Everyone will be required to keep a training diary recording the work they are doing outside of training towards fitness and skills for Nationals. You will be required to hand these in on a regular (fortnightly?) basis. Everyone is expected to do a significant amount of fitness work outside of training. Hopefully, we can have awards for the person with the best training diary in each period.

Track

We may institute a 8 week track programme leading into nationals which would be compulsory for A team aspirants, optional for everyone else. There would be an option to do it with the team, or otherwise in your own time. Each session would take about 1.5 hrs.

Selection

Why select?

We are structured as A, B, and C teams. We could choose the teams at the start of the season, but that would mean no-one has a chance to improve. By selecting for each tournament, players in the C team have opportunities to improve and move up to the B team and similarly B players can move up to the As. The downside of that is also that if others are improving faster than you, or you have injury problems, you may find yourself moving down a team. All Dregs players need to accept this reality and give their best to whatever team they end up on.

When will selection happen?

Selection for each tournament will occur as late as possible before the tournament. For most tournaments that will be after our last pre-tournament training session. For nationals it may be a bit earlier to allow player registration and team cohesiveness in the run up to nationals.

Who will select the teams?

There will be a board of about 5 selectors who will meet regularly and discuss players. They will also provide feedback to all players (on request) to let them know how they can improve. Ideally the selectors will include representatives from all of the teams. Apart from giving the selection panel more information, this will allow someone from the B and C teams to gain knowledge about analysing players and the selection process.

Financials

We will run a team fund to pay for uniforms, training equipment, the esky of joy and any other team expenses along the way. To start it off, we will ask everyone to contribute \$100. Once you have paid that money, the team is under no obligation to repay it if you decide to change your mind, but we of course will be understanding of extreme changes of circumstance.

Fines

Past experience has shown that the only effective way of getting people to live up to their commitments is to fine them for turning up to training late or for missing training altogether.

Players will be expected to let us know at the start of the season exactly what events they can attend. That will be part of the application to join the team. Any other events you miss will be assessed a fine.

Also, if you are going to miss an event that you haven't indicated at the start of the season, then you need to let us know by calling someone beforehand.

Some people have indicated they will miss every third training session or something like that. If that is the case, you need to nominate how many you will miss and why and if it ends up being more then you will face a fine. Also you need to call when you miss those.

Fines will be:

\$5 for lateness

\$10 for non-attendance (per day)

\$15 for non-attendance without letting us know (per day).

Sorry it is not a very positive thing but it is essential to maintaining commitment and the expectations of the team.

Roles

Every player on The Dregs is expected to take on a role in the team. That will give everyone a sense of ownership as well as spreading the workload, which will be quite significant with over 45 players.

Within your roles you have complete autonomy, but it is suggested that you be consultative, but not bound by that consultation, if you could foresee any objections (eg uniforms).

Club Captain (1)

The captain of the club is the person responsible for all aspects of the club, and making sure that everyone is happy and everything is running smoothly.

Team Captains (3)

Captains of each of the A, B and C teams will be responsible for on-field tactics and game planning. The B & C captains will work with the coaches from the A team, but of course they will be changing each game, so the B & C captains need to provide continuity and use the coaches for support in the game plan.

Team Esky (6)

The role of team esky will be to ensure that we have sufficient refreshments at the end of each training session and at the end of each day of tournament play. Beers must be properly iced. (But it's not just beer). Money for the esky will come out of team funds, so the more you turn up to training the more you benefit from the esky. The team will provide the esky team with feedback on the quality of the esky each week. A budget of around \$100 per esky should suffice to start with. Will need access to a car to transport the esky, which might end up being quite big!

Social Committee (2)

Organise at least four social events before nationals.

Selectors (5)

Provide feedback to players. Select and announce teams before each tournament.

Team sub-captains (?)

Team sub-captaincy is a purely on-field role and will be announced before each tournament. The A, B and C teams will have different structures since B & C teams will have active coaches as well who can take a lot of the burden of calling subs.

Coaching coordinator (1)

Allocate training sessions to senior and junior coaches.

Senior Coaches (5)

Plan and run training sessions, according to a plan agreed by the captaincy, selectors and coaches.

Junior Coaches (5)

Assist senior coaches. Explain and run drills. Email out training session plans. Bring cones. Set up fields.

Attendance (2)

Keep a record of attendance. Keep track of fines for non-attendance or lateness. Put this on the web so all can see.

Training diaries (2)

Collect training diaries every fortnight and report on them to the selectors.

Phonelist (1)

Maintain team phone and email list. Hand out new phone/contact list at the start of each month. Put it on the web also.

Travel Agents (2)

Organise car-pooling to Albury, Coffs Harbour, Wollongong and Nationals. Organise accommodation at nationals.

Website (1)

Create and maintain team website.

Photographers (3)

Take photographs at tournaments. Email out to team or put on the web. Video finals that dregs are a part of.

Uniform Design (1)

Design tshirts.

Uniform Production (1)

Take orders for tshirts. Print tshirts.

Treasurer (1)

Collect and keep track of team funds. Operate bank account. Collect fines. Return excess funds to players at the end of the season and/or spend it on a party/social event (within reason).

Manager (1)

Take team lists produced by selectors and register teams in tournaments.

Costs

Uniform - about \$50 for 2 shirts

Eskey - will probably work out at \$50-\$100 per player, but that is for about 30 eskies of food and drink.

Tourney fees - about \$15 per day, usually includes food.

Nationals - about \$100

Travel - car pooling will make this cheap, petrol costs + car use. Remember, it is a bit of a holiday as well as a tournament.

Accommodation - cheap, eg camping, at Albury and Coffs for one night. At nationals we will try to stay as a team, but if you want a cheaper option you are free to do so.

All-in-all, the value you get from the experience will be far greater than the money outlaid.

What do I get out of this?

Well might you ask "what is the point of all of this commitment of time, money and effort?"

We aim to have well-run training sessions where our chances of learning and improving are maximised. The time that you spend at training and games will always be productive time.

By sharing around the workload, we avoid burning out a couple of players and we also all get the satisfaction that we are contributing off the field and are working together as a team.

By everyone making a clear commitment at the start of the season

Application Process

We are keen to accommodate everyone, but within limits. We don't necessarily expect everyone to turn up to everything, but at some point lack of attendance makes it unproductive for you to be part of the club. By filling out the application form both you and the club will be aware of your commitment.

We are aiming for 3 teams for a total of around 45 players. If we don't achieve this then we may have to reduce it to two teams of 30 players. In any case, places will be allocated on a first-come, first-served basis, although some people may not be offered a place if they can't commit enough time.

Please fill out the application form and return to Jonathan Potts (pottsy@kumquat.net.au) by 31st January 2003.