



Girls 2025 Benilde-St. Margaret's High School Ultimate Information

Goals:

1. Have fun and learn the sport of Ultimate
2. Field 2 full teams for games throughout the season, one varsity, one JV.

Captains:

- Captains on the High School Girls Team for the 2025 season are: Audrey Pohl, Bridget Wickner, Anya Seppela, and Kate Meyer.

Practices:

Practices will begin March 3rd, Mr. Groess will keep you posted, but we will need to be flexible with using the Gym and outside space based on what the Athletic Director says is available. Once the grass is set for the year (April) we will move to practices that will be Monday, Wednesday, and Thursday from 3:00 - 4:30. Normally on Field 5 (between softball and baseball field). Games will be on Tuesdays.

Games:

Regular Season games take place on **Tuesdays at 6 pm (arrival at 5 pm)** beginning in April. You can view our schedule, results, directions to games, and standings at minnesotaultimate.org. Mr. Groess will share the schedule with all of you as soon as I get it.

Tournaments Schedule:

- **May 3rd - Round Robin at BSM on the turf field. 12 - 6pm**
- **May 10/11 Hustle Tournament - Blaine, MN - All Day both days.**
Or
May 17/18 Goeke Memorial Tournament - Apple Valley, MN
 - We will pick one of the above tournaments to go to depending on player's schedules and availability.
- **May 31/June 1 (Graduation weekend) State Tournament - Blaine MN - All Day both days.**
 - Seniors if possible, please don't have your grad party that weekend. If you have to due to family travel or other conflicts we understand, but if avoidable that would be great to have you with us for the final tournament.

Communication:

- GroupMe - Players will be added to team groupme during our first practice. Parents will receive an email if they would also like to join.
- Google Calendar - [here is a link to it.](#)

Equipment:

- Athletic clothing (bring a **dark shirt and a white shirt** to every practice)
- Water bottle
- Cleats (soccer or lacrosse are the most common)



Required gear:

Cleats - you need cleats to play in, soccer, Lacrosse, or football are the most common types.

Jerseys - Same as last year, if you have one no need to order new ones. This will be a separate order, they are reversible pinnies that players use for all four years unless they want a new size/number.

Shorts- There will be optional shorts in the team store, otherwise any grey and black shorts are good.

The Captains and coaches are working on finalizing the team store and sun hoodies for this season, Mr. Groess will email you when it is complete.

Traveling to games/tournaments:

BSM will not be providing any transportation. Traveling to games and tournaments is the responsibility of the individual player, their family, and their teammates. If you need a ride, let the coaches know and we will do our best to help get you in contact with someone who can give you a ride. Parents, this would be a great area that we would love to help with. If you are willing to give rides to other girls on the team, please let us know. We will try and arrange carpools with people who live in close proximity.

MEMBERSHIPS: Minnesota Ultimate:

ASAP register with Minnesota Ultimate - this will automatically also sign you up for USA Ultimate. USAU is the governing body of the sport of Ultimate, a partner of Minnesota Ultimate, and provider of our liability insurance. **You cannot play unless you are registered.** Instructions for registering with Minnesota Ultimate please use the link provided to sign up!

<http://www.minnesotaultimate.org/p/high-school-player-registration-instructions>

7th & 8th Grade Team:

BSM has a Co-ed Middle School Ultimate Team of 7th and 8th graders. This program will emulate the High School plays, strategy, and feel. As High School players, we expect you to support, mentor, and coach our young players. They are part of the program and will be the natural pipeline to the High School programs. They practice from 3-4 so directly before our practices. It would be a great help for you to come and coach these players.

Coaches contact:

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