

Women's Ultimate

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Without Limits

withoutlimitsultimate.com



About Me

- Founder of Without Limits: foster relationships in the Ultimate community, promote and further the growth of the women's division
- 2-time USAU College Nationals Qualifier, 5-time USAU Club Nationals Qualifier
- 6-time captain
- Organizer of 50+ tournaments and clinics over the past 8 years

Why get women involved in Ultimate?

- The Women's Sports Foundation says
 - Higher levels of confidence and self-esteem, lower levels of depression
 - Teamwork, goal-setting, pursuit of excellence
- Why Ultimate?
 - Fun
 - Accessible
 - Builds character

Where do we stand?

- USA Ultimate Overall Membership

Year	2005	2006	2007	2008	2009	2010
Total # Members (F)	6671	7570	8351	9001	9744	10928
Total # Members (M)	15408	17063	19045	20310	21844	24073
% Male	70	69	70	69	69	69

- USA Ultimate College Membership

- 2010: 249 college women's teams, 460 college open teams (+16%, +5%)

Source: USA Ultimate

Factors affecting female participation in sports

- Lack of access
- Cost
- Decreased quality of experience
- Lack of positive role models

Source: The Women's Sports Foundation

How does this relate to Ultimate?

- Without Limits survey (1800+ respondents) backs WSF findings
- A few more factors:
 - Community
 - Access to different levels of play
 - Experiences playing mixed

What can we do?

- Start young!
- Target resources toward women's growth
- Create a mix of coed and single gender playing opportunities
- Build coaching infrastructure
- Develop relationships between youth-college-club-league

Without Limits Projects

- Women's College Centex
 - Competition, Community, Empowerment



Without Limits Projects (Cont.)

- Team clinics
 - Multiple focused sessions with team (Man Defense, Horizontal Stack Offense, Handler Session, etc.)
- Skills clinics
 - Offered at 5-7 college tournaments per season
 - Two 30 minute back-to-back sessions
 - Recruit high caliber players
 - Big names draw people in
 - Outstanding teachers keep people coming back

Without Limits Projects (Cont.)

- Captaining 101 Clinics
 - Captains and leaders-in-training
 - 1:8-10 coach to player ratio
 - Teach team leaders how to TEACH
- College Women's Ultimate Resources Manual
 - FREE download on the Without Limits website

Without Limits Projects (Cont.)

- Roundup Division
 - Each team matched with guest coach
 - Weekend is mix of 3-4 games, 2-3 development sessions, plus skills clinic / team leadership sessions
 - *“Everything that was done went above and beyond anything I’ve ever dreamed of for a tournament: the coaches, the special care and thought going into the pools, the clinics, the endless information I received, and just the fact that a lot of women came together for nothing more than to play ultimate. I wish this was the norm at every tournament!”*
 - *“This has been the most positive ultimate experience I have ever had... this tournament brought me back to the love of playing ultimate and made me remember why I started the women’s team in the first place.”*

How do we start?

- Look for “easy” opportunities
 - One-day women’s hat tournament
 - Weekly one-hour clinics before league
 - Prizes for players who get a new woman to sign up for league
- Find allies
 - Club players
 - Organizers