



WITHOUT LIMITS

VIRGINIA IS FOR LAYOUTS WEEKEND SCHEDULE

WITHOUT LIMITS | MISSION

Our goal is to foster relationships within the women's ultimate community at the youth, college, and club levels, as well as promote and further the growth and development of the women's division.

VIRGINIA IS FOR LAYOUTS | OBJECTIVES

- To provide a high-quality, at-level, accessible playing and development opportunity for D-III, B-level, and new college women's teams.
- To engage club ultimate players and encourage them to invest their time, energy, and resources into the next generation of ultimate players
- To create meaningful opportunities for interaction between players in the college and club divisions
- To raise money for Smith College LunaDisc, a D-III college women's team

WEEKEND SCHEDULE

- Each team will:
 - Play 5-6 games
 - Participate in 2-3 development sessions with their guest coach (or regular coach)
 - These will be mini practice sessions focused on elements of your team's game—guest coaches and team leadership will plan these sessions before the weekend.
 - Each team will have ½ field for these sessions.
 - Attend ONE classroom session during the day on Saturday (players may choose their own session)
 - Full listing is on the next page as well as here: <http://withoutlimitsultimate.com/projects/virginia-is-for-layouts>
 - These sessions will focus on program building components essential to your team's growth!
- Individuals will also have the opportunity to attend TWO skills clinic sessions at the end of Saturday.
 - Focus will be on a mix of on-field skills and team and program building components.
 - Online pre-registration will be required and will be emailed to you two weeks before the event.

WITHOUT LIMITS | VIRGINIA IS FOR LAYOUTS | WEEKEND SCHEDULE

	1	2	3	4	5	6	7	8	9	10	11	12	CLASSROOM SESSION	NOTES
8:00-9:30	G1vG3	G2 FIELD DEV	B1vB3	B2vB4	C1vC3	C2vC4	H1vH3	H2 FIELD DEV	E1vE3	E2 FIELD DEV	F1vF3	F2 FIELD DEV	-	
9:30-11:00	G2vG3	G2 FIELD DEV	POOL B FIELD DEV	POOL B FIELD DEV	POOL C FIELD DEV	POOL C FIELD DEV	D1vD3	D2vD4	E2vE3	E1 FIELD DEV	F2vF3	F1 FIELD DEV	A,H	
11:00-12:30	A1vA3	A2vA4	B1vB4	B2vB3	H2vH3	H1 FIELD DEV	POOL D FIELD DEV	POOL D FIELD DEV	E1vE2	E3 FIELD DEV	F1vF2	F3 FIELD DEV	C,G	
12:30-2:00	POOL A FIELD DEV	POOL A FIELD DEV	C1vC4	C2vC3	H1vH2	H3 FIELD DEV	D1vD4	D2vD3	G1vG2	G3 FIELD DEV	FIELD AVAILABLE	FIELD AVAILABLE	B,E,F	
2:00-3:30	A1vA4	A2vA3	C1vC2	C3vC4	D1vD2	D3vD4	POOL B FIELD DEV	POOL B FIELD DEV	FIELD DEV DIVISION B	FIELD DEV DIVISION B	BOTTOM 4 RR	BOTTOM 4 RR	-	FIELD DEV DIVISION B = Additional on-field development time for teams playing crossover games
3:30-5:00	A1vA2	A3vA4	B1vB2	B3vB4	E1 v H2	F1 v G2					G1 v F2	H1 v E2	C,D, BOTTOM 4 DIVISION B	GRAY = Re-seeded teams
5:15-6:45	SKILLS CLINICS											SKILLS CLINICS		
8:00-9:30	FIELD DEV 1-4	FIELD DEV 1-4	FIELD DEV 5-8	FIELD DEV 5-8	FIELD DEV 9-12	FIELD DEV 9-12	FIELD DEV 13-20	FIELD DEV 13-20	FIELD DEV 13-20	FIELD DEV 13-20	BOTTOM 4 FIELD DEV	BOTTOM 4 FIELD DEV		
9:30-11:00	SEMIS	SEMIS	5TH SEMIS	5TH SEMIS	9TH SEMIS	9TH SEMIS	13TH QUARTERS	13TH QUARTERS	13TH QUARTERS	13TH QUARTERS	BOTTOM 4 RR	BOTTOM 4 RR		
11:00-12:30	FIELD DEV 5-8	FIELD DEV 5-8	FIELD DEV 21-24	FIELD DEV 21-24	FIELD DEV 9-12	FIELD DEV 9-12	FIELD DEV 13-20	FIELD DEV 13-20	FIELD DEV 13-20	FIELD DEV 13-20	BOTTOM 4 FIELD DEV	BOTTOM 4 FIELD DEV		
12:30-2:00	FIELD DEV 1-4	FIELD DEV 1-4	21ST SEMIS	21ST SEMIS	5TH	7TH			13TH SEMIS	13TH SEMIS	T-17TH	T-17TH		
2:00-3:30	FINALS	3RD	21ST	23RD	9TH	11TH			13TH	FIELD AVAILABLE	BOTTOM 4 RR	BOTTOM 4 RR		
CLASSROOM SESSIONS (Each session will start 10 min after the round time and end 20 min before the start of the next round)														
9:30-11:00	"Practice Planning" (Brian Dobyans)													
	"Recruiting and Building Team Camaraderie" (Cate Foster)													
11:00-12:30	"Recruiting" (Lindsey Cross)													
	"The Shape of a Season" (Cara Crouch)													
12:30-2:00	"Getting the Most out of the Players You Have" (Raju Prasad)													
	"Practice Planning" (Mike Natenberg)													
	"Being an Effective Team Leader" (Chelsea Murphy)													
3:30-5:00	"Tools for College Captains" (Allison Snow)													
	"From Team to Program" (Lindsey Hack)													
	"Tools for Effective Leadership" (Dennis Tarasi)													
	"How to Build a Winning College Program" (Christian Foster)													
SKILLS CLINIC SESSIONS (Players will choose to attend two of the following stations. Online pre-registration will be required.)														
	"From Team to Program" (Lindsey Hack / Brian Dobyans / Raju Prasad)													
	"Practice Planning" (Mike Natenberg)													
	"The Shape of a Season" (Cara Crouch / Katherine Wooten)													
	"How to Build a Winning College Program" (Christian Foster)													
	"Building A B Team" (Chelsey Burrows)													
	"Mental Toughness" (Brett Matsuka)													
	"Building A Team Without A Coach" (Megan Tarasi / Dennis Tarasi)													
	"Fundraising and Recruiting" (Allison Snow / Chelsea Murphy / Lindsey Cross)													
	"Drills for Defensive Skills" (Steve Meyer / Robyn Fennig)													
	"Downfield Defense" (Michelle VanHandel / Josh Mullen / Claire Chastain)													
	"The Art of Laying Out" (Cate Foster / Frances Deschenes)													
	"Fitness: Thinking Outside the Box" (Janna Coulter / Laura Wehlitz)													
	"24/7: How To Get Open" (Rana Kannan / Katy Harris)													
	"Breaking the Mark" (Kate Morrison / Jessi Jones)													
	"Hucking" (Sara Casey / Sasha Resnick)													
	"Skills and Drills for Teaching Your Rookies" (Casey "Dale" Krone)													