



ISLANDER MIDDLE SCHOOL 2026 ULTIMATE FRISBEE FAQ

How do I become eligible to compete? You must complete the IMS athletic forms on the IMS Athletics website (including athletic registration and health forms and payment of fees) and the DiscNW registration forms at DiscNW.org to participate in practices and games. Attendance at practices is important to ensure the team is fully prepared to compete in league games. The team is mixed gender so all interested athletes are welcome to join the team. Both the IMS and DiscNW registration forms must be completed before a student is allowed to participate in practices and games.

How do I register for DiscNW? DiscNW is a 501(c)(3) nonprofit organization based in Seattle, WA that supports recreational youth and adult ultimate in the Puget Sound region. DiscNW organizes games for the middle school ultimate frisbee league.

- Go to DiscNW.org and select 2026 Spring MS Mixed Team League at [Overview - 2026 Spring MS Mixed Team League - DiscNW](#).
- Select Event Menu and Register.
- Create an account (if new) or Sign In if you already have an account.
- Register a Family Member/Select who to register (Register the student not the parent).
- Select a Team: IMS Gators (C-Mixed).
- Pricing/Pay What You Can Pricing: Select \$0.00 My school pays the fees.
- Review and sign all required waivers.
- If all is done correctly, you and the coaches will receive a confirmation email that your child is registered.

What do I do with the IMS athletic forms and how do I pay the school fees? Provide the completed athletic forms directly to the school, to either Alison Monen (in the front office) or Stephen Rennie (the IMS Athletics Director). To pay the school fees, go the IMS Athletics website and click on the link to pay the \$100 sports fee. You will be directed to the MISD Online Payment System where you can pay both fees.

When and where are the practices? Practice begins promptly 10 minutes after school is out on the IMS turf field. Please be at the field, in appropriate workout gear, cleats laced (cleats are strongly recommended), water bottle full. We practice outdoors and rain/cold weather are common in the spring – dress appropriately! Practices are three days a week and will run from:

3:00 - 4:30 pm on Mondays from 2/9 through 3/27 (no activity bus available on Mondays until 3/30)
3:00 – 4:10 pm on Tuesdays and Mondays starting on 3/30 (activity bus available).
3:00 - 4:30 pm on Fridays (no activity bus available).

What if I have to miss a practice? Team Snap is the primary communication method for team updates, including practices and games. Please RSVP your availability in Team Snap for practices and games so the coaches can track attendance. You may also email one of the coaches if needed. Our contact info is listed below.

How do I get home after practice? If you do not have a parent picking you up, or you live too far away to walk, you can take the IMS Activity Bus on most days. It will pick up athletes in front of the school 10 minutes after practice ends. There is NO Activity Bus on Fridays. As noted above, the activity bus on Mondays will only be available starting March 30. Parents/guardians may use Team Snap to communicate with other families about potential carpooling options.

How do the games work? The team plays in the DiscNW middle school mixed team league, competing against other Seattle area middle school teams at fields across the Seattle area. Games will take place on Saturdays starting on March 7 through May 16. The games last about 2 hours and the game start times and locations will vary. Playoffs will occur in early May.

As a team member, you are expected to regularly attend practices and be available to travel to and compete in the games. Please send a message to everyone on Team Snap or contact one of the coaches if you need help with carpooling for the practices and/or games.

How can my parents help out? Parents are encouraged to attend games, help players learn the rules of ultimate (<https://www.discnw.org/rules>), and volunteer to help support the team games and tournaments. If your parent or guardian can help out, please have them email one of the coaches.

Who are the Ultimate Frisbee Coaches? The ultimate frisbee coaches are parent volunteers with many years of experience playing and coaching ultimate frisbee.

Coach Angie Chung → akinseattle@gmail.com

Coach Justin Deng → jayisee@gmail.com

Coach Klaus Goodrum → klaus.goodrum@gmail.com

Anything else? Ultimate is a fast moving, non-contact, self-refereed team sport played with a plastic disc thrown by hand. The objective is to score a goal by catching the disc in the opponents' end zone. Ultimate relies on "the spirit of the game," in which the athletes take personal responsibility to play fairly, reinforcing mutual respect between opponents and enhancing communication and conflict resolution skills. For more information, visit DiscNW.org.