



**Atlanta Soul** is a part of the Premier Ultimate League (PUL), an international 12-team professional womxn's ultimate frisbee league working towards gender, racial, and economic diversity in ultimate.

**2020 Team Goals:** Soul's **competitive goal** in 2020 is to build the best team in the league in order to win the PUL Championship. Soul's **energetic goal** is to bring together the Southeast's best athletes to use the powerful force of striving to be the best to fuel a healthy approach to sport and life. Soul's **community goal** is to collaborate with the rest of the PUL and other professional leagues to redefine and build a sports culture where womxn and athletes of color are celebrated and valued.



### **2020 Team Identity/Values**

- 1. Team-first mentality:** Soul is actively recruiting players who prioritize team cohesion and success and enjoy praising their teammates over seeking praise themselves. Players will be encouraged to develop individual goals that support and align with team goals over the season. We're looking for teammates who are going to work hard outside of practices so that we can focus on team systems and strategies when we're together.
- 2. Professional attitude:** Soul is a professional organization. We do not seek to replicate a club ultimate experience. We will manage strategy in a way that players can focus on performance and are empowered to reach their highest potential, while coaches and captains focus on strategy development and implementation. We will open direct communication methods between leadership and players to help you perform to the best of your ability. We cannot guarantee equal active roster selection or playing time. Rather, those will be dictated by your skills, ability, attitude, effort, and fit to the team's needs.
- 3. Team Culture of Celebration:** We celebrate the fact that we are womxn. We're here to showcase athleticism and the game of ultimate. We celebrate the visibility and platform we have to highlight what it means to be athletes. We support each other and appreciate the effort, energy, and journey that we're on together. We expect teammates to give the full levels of energy, compassion, enthusiasm, and effort that they can every time they work for Soul to maximize our connection to each other, our community, and the game.

## **What We're Looking For at Tryouts:**

### **Athletes who excel in a fast-paced offense.**

We envision an offense that relies on quick disc movement and spreads out offensive responsibility. We want to see players quickly execute throws within designed scenarios at tryouts - retain possession against tough defensive pressure rather than forcing options that aren't there.

#### **Skills evaluated:**

- Recognizing and completing a pass to your first open receiver
- High-percentage shot selection
- Completing passes in the first few stall counts
- Ability to focus and execute when under pressure

### **Athletes who can utilize the full field efficiently and effectively.**

Teammates who can attack space with and without the disc in their hands while working to make space for our team offense will stand out. On defense, we want to see players who can limit space and apply pressure through athletic, physical defense in 1v1 lock-down scenarios and look for smart opportunities to communicate and switch.

#### **Skills evaluated:**

- On-field communication, verbal and non-verbal (on offense and defense)
- Using dump/swing principles to gain big yards downfield, especially on the break side
- Time cuts (without the disc) and fakes/continues (with the disc) to quickly move the disc
- Consistently superior defensive positioning that adjusts with every disc movement to actively take away cutting lanes and options
- Efficiency and agility in open-side, shut down person defense (aka defensive hygiene)
- Making athletic plays on discs that go up

### **Athletes who demonstrate and own their athletic qualities.**

We are a professional team, and we seek athletes who have speed, agility, endurance, and field vision to execute on offense and defense. We dictate the pace and intensity on defense, irrespective of opponent or situation. Smart, strong athletes make actionable adjustments on the ground and in the air to secure a disc, block, or defensive position. Soul players should have the ability to stay mentally and physically engaged until the end of every session to compete and push our teammates and opponents to showcase the very best that athletes can achieve.

#### **Skills evaluated:**

- Ability to use space and physicality to gain separation and win the battle for discs in tight or big spaces
- Using one's body and agility to dictate options on defense
- When fatigue sets in, we want to see players who can adjust to continue to execute

*Be a good teammate, strive for the best, challenge yourself, and have fun!*

## **2020 Leadership**

**Owners:** Maddy Frey and Angela Lin

**Captains:** Maureen McCamley, Caroline Taylor, Robyn Fennig

**Coaches:** Head Coach Joel Wooten, Assistant Coach Anraya Palmer

**Director of Operations:** Shanye Crawford

## What does the season look like/commitment?

### TRYOUTS:

- Dates:
  - Feb 1: Open tryout, 1-4pm
  - Feb 8: Open tryout, 10am - 1pm
  - Feb 9: Closed tryout, 10am - 1pm
- Location: Agnes Scott Gellerstedt Field; 225 E. Dougherty Street, Decatur, GA 30030
- Directions: [https://ascscotties.com/athletics/directions/directions\\_soccer](https://ascscotties.com/athletics/directions/directions_soccer)
- Cost: \$30 sliding scale with scholarships available
- Register here: <https://forms.gle/cpFu7hYoax38tRDe8>

To help you stay motivated throughout your tryout preparation, please join our tryout Groupme. This open group is for womxn interested in trying out for Soul, no matter where you reside!  
[https://groupme.com/join\\_group/56379369/L52wTYo2](https://groupme.com/join_group/56379369/L52wTYo2)

### PRACTICES:

Practices will be 3+ hours in length and focused on team systems and strategies.

- March 7-8
- March 21-22
- May 10
- May 30 or 31 (tbd)
- June 13-14

### GAME SCHEDULE:

April 11: at Indianapolis Red

May 2: at Milwaukee Monarchs

May 9: home vs Minnesota Strike

May 30 or 31 (tbd): home vs Medellin Revolution

June 6: at Austin Torch

PUL Championship Weekend will take place in the middle or end of June, location TBD.

Outside of games and team practices, each athlete is expected to work out, practice individual skills/disc work, and be ready to compete at their very best. For folx in Atlanta, pod practice/workouts will be held approximately every other week.



“Strive & Uplift is thrilled to be providing strength & conditioning resources for Atlanta Soul again this year! We've added some awesome clinics on nutrition and mental health, plus a new dynamic warm-up and an entire Gym-Free program for those who want to train for the sport but don't have regular access to equipment! Can't wait to root on the PUL and WUL this season!” - Ren Caldwell, Strive and Uplift

### Questions?

If they're organizational & operations in nature, email: [atlantasoulultimate@gmail.com](mailto:atlantasoulultimate@gmail.com)

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