

Pikesville Youth Ultimate Frisbee gears up for Spring leagues

By Staff Reporter

Wave goodbye to Winter and warmly welcome the arrival of Spring with fun weeknight kids sports! Pikesville Ultimate/JCC boys and girls ultimate frisbee leagues start in late March. The Pikesville Ultimate Disc Association (PUDA) single-gender youth leagues are jointly sponsored by the JCC and Greater Pikesville Rec. Council and do not conflict with Shabbos or Yom Tov. In 2016, over 60 young athletes participated in PUDA leagues and pickup games. This year PUDA will be adding middle school play divisions to accommodate the many players who have aged-up into that group and want to stick with the sport.

Moshe Berry, whose daughter Rikki played in the Fall and Spring 2016 girls leagues, remarked that the training and scrimmages led by expert coaches was a “great place for girls to feel comfortable playing sports, helping girls be more physically active and develop a positive self-esteem. It also helps girls learn to work and play with one another and learn and build upon many skills around ultimate. I loved the individualized attention that was



given to each girl as they worked on building their skill level.”

Mike Myers, said that his daughter Ariel “would not have given Ultimate a shot if not for the girls-only clinic. Ultimate may or may not be her sport, but she was definitely interested in playing with other girls and having female coaches/instructors and it was a boost to her confidence. She won’t admit it to me, but she definitely had a lot of fun! And I think that was in large part due to the energy positive attitudes and style of the young women who came to work with the girls.”

Debbie Vogelstein, mother of player Elan Vogelstein, remarked “at the end of every game Elan is soaked in sweat and has a big smile on his face. It’s very competitive, and the coaches are totally immersed.”



There is plenty of instruction and complete newcomers to the sport are welcome and enthusiastically accommodated. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. As the 2017 Pikesville ultimate league approaches, the focus will be on continuing to model effort, character and sportsmanship with a team of experienced, competent and talented coaches, who are local competitive players who have passed background checks and personal interviews.

Ultimate is a fun team sport and a great way to get outdoor exercise. It improves hand-eye coordination and athleticism, and above all, the empha-

sis on Spirit of the Game encourages honesty, fair play, and resolving conflicts in a respectful and productive way.

The Spring 2017 leagues (ages 8-13) will be held over 7 sessions on a single weeknight from the weeks Mar 27 – May 22, with no play during Passover. Boys on Wed nights 6:15-7:45 PM, likely at Pikesville M.S. Girls on Tuesday nights 5:30-7:00 PM, likely at Wellwood E.S. More information about both leagues with registration links is at pikesvilleultimate.com. Questions about either league? Please contact ultimate@pikesvillerec.org or 410-262-6136. A special thank you to sponsors M&T Bank, SportsBoosters of Md. and Five Ultimate.