

World Flying Disc Federation 2015 Development Program Report



A report on the World Flying Disc Federation
2015 development program projects
with the support of

the International Olympic Committee (IOC) and
the Association of IOC Recognised International Federations (ARISF)



Table of contents:

	Page
1. Introduction by Robert “Nob” Rauch, WFDF President Discraft Disc Missionary Program	3
2. Completed Development projects 2015:	
WFDF Asia/Oceania Development Coaching and High Performance Leadership Clinics, Hong Kong China	4
WFDF PanAmerica Development Coaching Clinic, Mexico	7
WFDF Africa Development Coaching Clinic, Uganda	11
3. Completed Development grant projects 2015:	
Venezuela: Venezuela Ultimate Program 2013-2017 and Beach Ultimate of the Aragua Coast	17
Hungary: Hungarian Frisbee Association School Cup grant 2	19
India: Bridging the Gaps: Ultimate Frisbee Youth Camps grant 2	22
Nicaragua: Sport development project	23

The WFDF Disc Missionary Program – supported by DISCRAFT

The WFDF Disc Missionary program aims to providing flying disc athletes travelling to areas where disc sports are not actively practiced or where the sport is under development with a package of 10-20 discs to distribute or bigger sets for distribution to developing countries.

In 2014/2015 the program supported projects in Nicaragua, Haiti, Uganda, Kenya, Tanzania, Rwanda, Portugal, India, Burundi, Philippines, Venezuela and USA.

Further information on the WFDF Development projects: <http://wfd.org/sport-development>.

DISCRAFT is the official WFDF Ultimate Disc partner – www.discraft.com.



Introduction

by Robert L. "Nob" Rauch
President, World Flying Disc Federation

In the year 2015 the World Flying Disc Federation (WFDF) has conducted the second global edition of its Development program.

With the support of the International Olympic Committee (IOC) and the Association of IOC Recognised International Sport Federations (ARISF) the program consisted of three parts which complemented each other:

- the WFDF Coaching and Development projects
- the WFDF Development Grant projects
- the WFDF Disc Missionary program

A thorough selection process was conducted by the WFDF Sport for All / Development Commission proposing six projects out of a proposed total number of 21 projects for the development grants project part featuring projects from all continents, showing the true global direction of the WFDF development policy. Projects in Africa, America, Asia, Europe and Oceania benefited from the grants.

As is a WFDF policy the Board of Directors has reviewed all development grant applications received and finally awarded the grants. Again the Board did not only focus on areas where member associations are established but also encouraged the application from new countries.

The WFDF Board has decided to continue the WFDF Development Program in 2016 in a broader scope, implementing the three program parts as mentioned above. With the ongoing support of our partners IOC and ARISF we will be able to support Flying Disc sport development in all corners of the World again in the current year.

This report serves as a documentation of the success of the 2015 program. Writing this report I would like to thank everybody who was involved in the 2015 program, including our WFDF Development Director Gabriele Sani, WFDF Event Manager Karina Woldt, WFDF Board member and chair of the Sport for All / Development Commission Brian Gisel, the members of the said Commission and particularly the Flying Disc enthusiasts who have conducted and executed the successful projects.

WFDF is looking forward to receiving more interesting project applications and also expresses its gratitude to all people working on Flying Disc development around the World.

Thank you to the IOC and ARISF for their great support!

We also thank our partner Discraft for providing the equipment for development.

Very truly yours,



Robert L. "Nob" Rauch
President, World Flying Disc Federation

Hong Kong China: WFDF Asia/Oceania Development Coaching and High Performance Leadership Clinics

Post Event Reporting by Giovanni Lion and Luisa Zhou, HKUPA

Goals of the Development Coaching and High Performance Leadership Clinics:

The main goal for this event was to develop coaching and leadership skills in the Asian Ultimate community. We pursued this goal by empowering members to design and bring forward their own programs according to their specific context. We identified two main target groups as our audience:

- High-school teachers and community members intending to develop and support beginner programs
- International players and coaches looking to improve their existing club or national team programs

In collaboration with RISE UP we developed the program for the two clinics to match the audience needs and expectations.

The Organizing team included Lead coach: Mario O'Brien, Assistant coach Alex Snyder and as Logistic support Giovanni Lion and Luisa Zhou.

Attendance on 25/26 November 2015:

Attendance included 32 participants for the Development Coaching Clinic and 36 participants for the High Performance Leadership clinic coming from the following 12 countries:

- Australia
- Canada
- People's Republic of China
- Chinese Taipei
- Cambodia
- Hong Kong China
- India
- New Zealand
- Macau, China
- Philippines
- Singapore
- USA



The WFDF Coaching Clinic in Hong Kong, China.

Content of the Clinics:

Development Coaching Clinic: the topics covered during the first day were:

- "Falling in love" with Ultimate
- Identify barriers for development in your country or school
- Teaching backhand, forehand, basic drills. Focus on how to create a progression from simple to complex
- Program development
- Spirit of the game, teaching the rules during drills
- Drills demonstration (go-to, throw into space, mini)
- Final wrap up discussion

High Performance Leadership Clinic: the topics during the second day were:

- Team goal setting
- Developing a season program (identify needs and practice schedule)
- Addressing spirit and attitude
- Drill demonstration, focus on how to present and lead
- Practice planning and drill design
- Simulated practice
- Final wrap up discussion



Audience feedback:

Both clinics received extremely positive feedback. Discussion and participation was encouraged and generated a great amount of insight from within the group. The RISE UP coaches served as facilitators for the discussion and provided examples from their past experience to support their ideas. This was identified as one of the most valuable aspects of the clinics.

Worth noting, the time planning for both days was very detailed and fast paced, without being overwhelming. A lot of content was covered and delivered with passion and professionalism.

Discs:

The 250 discs were distributed among the participants, but we explicitly encouraged to let members of developing countries have priority. About 80 discs were distributed to the participants from India, 50 to participants of remote areas of the Philippines, another 50 for Hong Kong high schools and the rest was spread out across the remaining participants.

Please find pictures made at the Clinics as an attachment to this report.



The WFDF Asia/Oceania Development Coaching and High Performance Leadership Clinics under way in Hong Kong, China, conducted on 25/26 November 2015.

WFDF Coaching & Leadership ... X

www.hkupa.com/wfdf-coaching-leadership-clinics/

HKUPA
Hong Kong Ultimate Players Association
香港飛盤總會

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CALENDAR

Back June 2016 Next

M	T	W	T	F	S	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

Tuesday, 7 June

Disc @ So Kon Po

WFDF Coaching & Leadership Clinics

25th - 26th November
Hong Kong

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WFDF Coaching & Leadership Clinics
presented by RISE UP

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The WFDF Sport for All Committee, in partnership with AOUC Tournament Organizing Committee (HKUPA), will be holding 2 full day clinics for players and coaches immediately preceding the AOUC event. Mario O'Brien (RISE UP founder) and Alex Snyder (Fury, Team USA Player and Coach) will be the leading coaches for these clinics.

The clinics will take place in Hong Kong the 25th and 26th of November 2015 and they are organized in collaboration with RISE UP. All participants will receive a free season pass for RISE UP.

Clinic #1: Coaching and Leadership Clinic

Date: Nov 25th 9am-5pm

Target Participants: Coaches who want to encourage growth in their community

Areas of Focus: Program Development, Best practices in working with new players, Planning, Player Development

Clinic #2: High Performance Leadership Clinic

Date: Nov 26th 9am-5pm

Target Participants: International players, captains, and coaches aspiring to be great leaders and want to encourage growth in their community.

Areas of Focus: Player and Strategy Development, Drill design, Season planning, Team Culture

Tuesday, 7 June

Disc @ So Kon Po

Starts: 7:30 pm
Ends: 9:00 pm

Location: So Kon Po Recreation Ground, Caroline Hill Rd, So Kon Po, Hong Kong

Description: WUGC Practice
[More details...](#)

League Finals @ So Kon Po

Starts: 9:00 pm
Ends: 10:30 pm

Location: So Kon Po Recreation Ground, 55 Caroline Hill Road, So Kon Po, Hong Kong

Description: Spring League Finals
[More details...](#)

Wednesday, 8 June

WUGC & Junk Practice

Starts: 9:30 pm
Ends: 11:00 pm



WFDF Coaching & Leadership Clinics
presented by RISE UP



Mexico: WFDF PanAmerica Development Coaching Clinic

Post Event Reporting by Karina Woldt, WFDF

The World Flying Disc Federation in partnership with the Tournament Organising Committee for the WFDF 2015 Pan American Ultimate Championships (PAUC) event held in Quintana Roo, Cancun, Mexico hosted a Development Coaching Clinic on the 16/17 November 2015.

The Coaching Clinic focused on training participants to become effective coaches, especially in the area of long term sport and athlete development and how to encourage the growth of ultimate in each local region. WFDF invited coaches and organisers from member organisations from the North, Central and South America region.

The RSVP to attend was high with over 35 people indicating their planned attendance – however there were no-shows and the clinic operated with a smaller class of 12+14 people.

The course was hosted on-site at the PAUC fields and combined theory covered in the classroom and practical training sessions out on the fields. WFDF supplied discs 200 discs for distribution to the Development Coaching Clinic Participants.

Coaches hosting the clinic were provided by USA Ultimate including Dan Raabe (Level 1 - USA Ultimate Manager Youth & Education Programs) and Tina Woodings (Level 1 - USA Ultimate national team player).

Content covered in the Development Coaching Clinic was as follows:

Day 1:

Icebreaker. Work on getting to know the participants and making them feel comfortable with each other. (30 minutes)

Goal setting – a small group exercise to create goals, we talked about types of goals and measuring goals, benchmarks, culture. "Classroom" - Tina (45 minutes)

- Reference to the level II guide to create goals for the two day clinic
- Talk about goal setting strategies and have them make goals for the weekend. .
- Balance between too much pressure and expectation and not enough focus/drive

Professionalism (including ethics and legal responsibilities under this as one short bit to hit a bunch of topics). "Classroom" - Dan (30 minutes)

- Individually: what makes ultimate fun.
 - As a coach you can take all of these away. How do you prevent this?
- Lecture based covering three things:
 - Legal responsibility.
 - know your relationship to the team. What is expected of you. Are you associated with a larger organization? What do they expect of you?
 - Ethical responsibility.
 - Safe.
 - No dual relationship.
 - Players wellbeing above winning.

- Professional.
 - on time
 - prepared
 - organized
 - if you have help, make sure they know what to do.

How to coach spirit of the game (small groups answer what is spirit, how do you coach it) "Classroom" - Dan (60 minutes)

- Small groups: what is spirit of the game? (5 minutes, read answers)
- Small groups how do you coach this?

Organizing an effective practice. "Classroom" - Tina

- Big picture- pull from season goals pyramid. Sketch the season out.
 - Early- focus on fundamentals, potentially more drill heavy
 - Middle- focus more on scrimmages, specific plays
 - End- focus on mental toughness, fine tuning plays
- What are some important components to a practice?
 - Warmup
 - Throwing
 - Scrimmaging
 - Drilling
 - Cooling down
- lecture
 - organized
 - efficient
 - things set up ahead of time
 - let players know what they are going to be doing ahead of time
 - Don't talk too much
 - Don't introduce new drills every time.
 - Use the whole time. Shorter, more efficient practices are better.
 - At least one focus per drill.
 - Every practice should build upon team goals. Mention frequently at practice
- Learning styles
- Personality preferences- which ones might be fed and what might turn them off during practice
- Big group discussion

Drill Progression - Taking one drill and building on it to teach many skills "Outside" - Dan (60-90 minutes)

- Run through two drills showing how a base drill can be used to teach/practice many things
 - X-Box
 - Short back-hand throws
 - drop step on cut
 - drop step on t hrow
 - all forehands
 - Lefty backhands
 - Cutter's choice
 - scubbers
 - Grinder
 - 10 throws
 - with defense
 - turn and throw
 - huck
 - hucks with mark closing



Running a tryout - Drills to put players in uncomfortable situations. "Outside" - Dan (60 minutes)

- Teach something and then see if they do it later
- Make them uncomfortable
 - 2 v 2 full field
 - 3v3 very small field
 - 3v3 stall 3
- Do drills that accentuate different roles
 - Handler swing drill
- Exhaust them and then have them run a drill you already taught them

Look for attitude.

- positive
- high fives
- if the drill seems unfair they don't complain.
- leadership
- willing to be coached

Evaluating offenses: small groups with presentations. - Tina (90 minutes)

- Small groups. Each group given one offense (vertical, horizontal, side stack, split stack). If we have too many people we could duplicate some offenses.
- Evaluate:
 - What is the open space?
 - What is the strength of the offense?
 - What type of player/athlete would you want for this offense?
 - What is the weakness of this offense?
 - What is the worst cases scenario for this offense?
 - Create a drill to overcome the weakness of the offense.
 - What are your team's strengths/weaknesses and the opponents. Is there one or two key players to take out of the game?

Day 2:

How to scout another team. "Classroom" - Tina

- Assess who you are going to be playing. You can make a pretty educated guess after pool play
- Figure out where to get information
 - Youtube
 - Other teams that may have played them recently
 - At a tournament
 - Statistics from another tournament- not very reliable. May only tell you who scores or threw assist. Doesn't tell you touches on disc.
- Get a roster with numbers
- Depends on film
- Identify key players. Whether they are a handler or cutter. Front or back them? Offense and Defensive players if they have stricter lines. Leftys. For major throwers, find frequent release points and favorite throw.
- Identify other characteristics:
 - Swing the disc horizontally
 - Aggressively throw deep
 - Break the mark (inside or around)
 - Move the disc quickly?
 - Pull play strategy
 - Defensive strategies

- Every point- mark O or D
 - what type of offense/plays for O. Mark first 3 players that touched the disc. Who scored.
 - Defense- what the force was. Man or zone. Sag?
- Assign teammates matchups. Look up photos online.

Evaluating defenses: small groups with presentations. - Tina

- If they do this, then we do that.

The Mental game: How can your team deal with and overcome different situations.

- leadership protecting attitude
- this is how we respond to challenges
- control the controllables
- only think about your team and how you are reacting to things. You do you.

Teaching a backhand - Knowing what each part of the body is supposed to so you can teach and evaluate it. Teaching a variety of different throws (3 most important parts)

Injury prevention

- lifting
- flexibility
- fitness
- warm up and cool down
- proper form



Warm up, Agility, Hydration and Nutrition, Rules - “Outside” Tina

Gender dynamic: how to support women’s girls ultimate

Resources



Uganda: WFDF Africa Development Coaching Clinic

Post Event Reporting by Brian Kaswa, Nick Handler, Pamela Abonyo and the UUFA Committee

Introduction:

At the beginning of the year 2015, the Uganda Ultimate Frisbee Association (UUFA) had a meeting with our national coaches and agreed to have some coaches from USA to help mentor players to become better players and more importantly to learn how to be coaches. The coaches were contacted and they agreed to gather funds to come. It was agreed that this clinic would take place in November 2015.

UUFA got supported from WFDF who proposed to send two coaches for a three day clinic just before the All Africa Ultimate Club Championships (AAUCC). Since these two events had the same goals when it comes to development of Ultimate in Africa, we agreed to combine them to have a four day clinic that ran from 12 to 15 November 2015.

The schedule was drawn to maximize the four day training and impart as much knowledge to the attendees in the limited time.

We had over 120 participants from Burundi, Rwanda, Tanzania, Kenya, South Sudan and Uganda.

The main theme was to - KEEP IT SIMPLE! - progress on fundamentals, plus a few simple concepts on Offence and Defense. Since even some of the more experienced players needed to grow on fundamentals. There was a wide range of abilities. For that reason, participants were split up into beginner and intermediate/experienced groups to make the sessions more manageable and effective.

Location:

- Thursday coach training - Fenix International offices
- Friday-Saturday - Gems International School in Luzira, transport was arranged for all players from Lugogo to Gems International School
- Sunday – Kyadondo Rugby Club in Lugogo

Schedule:

Each day, activities started at 8:30am and ended between 4pm and 5pm. Participants were provided with fruit, lunch, and water.

- Thursday 11/12 - Coach and leader training
 - Liam Kelly from UK Ultimate (coach who represented WFDF) led a classroom session for the whole day on being an effective coach/captain of an ultimate team
- Friday 11/13 - Clinic day #1
 - Clinic: Offence/Defence session mix, plus some playing
- Saturday 11/14 - Clinic day #2
 - Clinic content: Offence/Defence session mix, plus some playing
 - Showcase game: The day ended with a showcase game, featuring mixed squads of the coaches plus top East African players
- Sunday 11/15 - Recap, Hat tournament, wrap-up
 - Review: Quickly reviewed through what was learnt on Fri/Sat.
 - Hat tournament!
 - Closing ceremony, Some awards were given out to people who were outstanding, certificates for all participants, and say goodbyes

Coaches:

We had 7 coaches, one was sent by WFDF and the others were from USA from some of the best teams in the world:

- 3 coaches were from SF Revolver, who won US Nationals in 2015
- 1 is from Seattle Riot - national finalists in 2015
- 1 is from Seattle Sockeye - national finalists in 2015
- 1 is from Chicago Machine - national competitor in 2015

Coaches' details:

- Josh Wiseman (SF Revolver) - O-line cutter; on Revolver since the beginning
- Nathan White (SF Revolver) - D-line cutter
- Zach Travis (SF Revolver) - D-line cutter
- Dom Fontenette (SF Fury, Seattle Riot, Boston Brute Squad)
- Will Chen (Seattle Sockeye) - D-line handler
- Andy Neilsen (Chicago Machine) - currently coaches Machine
- Liam Kelly (UK Ultimate) - works for UK Ultimate now doing coach development

Contents of the Coach Education & Leadership Workshop overview that took place on the first day:

- Spirit of the Game and Self officiation
- Understanding how it works, helping others understand how it works (new players, those outside the sport)
- Role of leaders
- Role of the coach
- Knowledge
- Coaching
- Can apply to any sport
- Roles and skills you fulfill as coach
- Plan – do – review
- How to plan ultimate sessions, design drills and solve problems
- How to deliver to diverse groups, differing experiences
- How to use review and reflection to make better practices next time
- How to teach the fundamental skills of ultimate
- Throwing, catching, marking, forcing, cutting
- How to teach the fundamentals of;
- Offence (from a coaches pov)
- Moving the disc, stacking, resetting, swinging, scoring, pull plays
- Defense (from a coaches pov)
- Man-to-man, difference forces, pressure



Challenges and Overall Comments & Thoughts:

It was hard to get playing space, the options available were expensive and many players found it hard to take time off from work especially on Thursday and Friday.

These are the highlights and main themes that have been brought out from organizing the coaches' clinic:

WFDF support of the clinic: Overall, the extra endorsement by WFDF of the first ever ultimate clinic in East Africa solidified Ultimate as a sport worth of recognition. This has had immensely positive effect on the Ultimate Frisbee community, specifically in East Africa.

Some of the notable positive impacts which can be attributed to the impact of WFDF recognition, in no particular ranking, included but not limited to:

- More coaches in East Africa specifically in Uganda, this goes hand in hand with the national development plans of UUFA.
- Better understanding of Spirit of the Game and how it is important in the sport
- Improved skill level in the region
- Strengthened relationships between our players and international players
- More players are volunteering to take up leadership roles
- Better understanding of the game

UUFA highly appreciated the support we received from WFDF and the coaches who travelled from across the world to help in strengthening the game of Frisbee. UUFA therefore suggest that these kinds of clinics should continue happening probably on an annual basis to help engrave the game in the East African region.

Photos:









Venezuela: Venezuela Ultimate Program 2013-2017 and Beach Ultimate of the Aragua Coast

by Juan Julián Peña González

Management Report:

We appreciate the opportunity for the development of our projects massification and promoting Ultimate in Venezuela. It is important to tell that both projects VENEZUELAN PROGRAM 2013 -2017 ULTIMATE and BEACH ULTIMATE ARAGUAS'S COASTS are related to each other and by the ease of implementation in saving resources, we decided to develop a work plan that will allow us to achieve the objectives we have proposed for both projects. Which we have done so far:

1. Payment domain site of www.fvdv.org.
2. Content Design for the construction of the website which focuses on reporting the necessary steps for the establishment of the Venezuelan Federation Flying Disc.
3. WFDF institutional promotion through promotional videos youtube channel Play Ultimate for the promotion of sport in Venezuela. https://www.youtube.com/channel/UCJchn9eGgCYat4U_tS4hPNw. These is not included in the project but are developing and spread the image of the WFDF and BULA is a plus for the project, all activities that will be implemented will be recorded and edited in promotional videos.
4. Preparation of 90% of the content of of Formators Manual. We want to validate the Ultimate Trainers Manual before deployment, is why we take advantage of the Ultimate Playero clinics for verification and implementation.
5. The whole experience at clinics Ultimate Playero enrich the content of the Manual.
6. Purchase 30 Frisbee sports equipment ideal for the formation of new players.
7. Equipment purchase educational material acrylic board with studs, paper and toner.
8. We received 10 Discraft discs, which we use when we begin the college tour in forming Ultimate trainers.

Conclusions and Recommendations:

* For Hyperinflation of Venezuela living, we consider start Sports clinics Ultimate Beach to minimize transportation costs, lodging and food is therefore the modification of the project in terms of its implementation.

* With the experience we get for the development of sports clinics Ultimate Beach, we validate the methodology for the training of trainers of Ultimate described in the handbook and thus achieve value to our developing a practical method in the massification of Ultimate handbook.

* It is important to get sponsorship here in Venezuela to facilitate the work, and with the support we have received from the WFDF it will be easier to achieve.

* The development of the content of the website is a team effort and we have been evaluating different proposals for hosting and information architecture, so far we want to generate information that provide the process for the constitution of the Venezuelan Federation Flying Disc and now is being designed content.



Hungary: Hungarian Frisbee Association School Cup grant 2

by Peter Kramer, Hungarian Frisbee Association

Hungarian Flying Disc Association (HUFA) first received the WFDF Development Grant in 2014, allowing us to start a school ultimate program where participating schools received discs and mentorship in exchange simply for being willing to accept to take part in the program, and participate in the School Frisbee Cup youth tournament at the end of the school year. The start was slow and difficult, but the response, though limited, was positive, so we decided to continue and expand the program in the following academic year. The feedback was overwhelmingly positive from students and teachers alike and we also received many suggestions on how to improve.



With the help of WFDF, which again awarded us funds from the Development Grant to help complete the budget of the program, we expanded it for the 2015/16 academic year to include more schools and kids. Mentors were again deployed to new schools that joined, and 5 discs each were given to those schools that joined the program this year. The only obligation was the same as last year: commit to bringing at least one team in the spring Student Olympics ultimate tournament.

Interest grew from the previous year, and the mid-year tournament, organized in November 2015 and dubbed preOlympics was a success with over 250 students in 32 teams from 20 different schools. It was especially gratifying to see that in a very Budapest-centered Hungary, schools from 15 different towns had signed up.

Meanwhile in February, installing another important pillar of our youth development program, we conducted the first of several teacher training courses. We had concluded a months-long registration and accreditation process with the Ministry of Education, as a result of which HUFA now has the right to offer the elective course „Teaching ultimate” to physical education teachers as part of their compulsory career training scheme. Over 30 teachers were trained to teach ultimate in schools in the 2015/16 spring sessions and we plan to offer new courses in the next academic year.



These newly trained teachers also received the 5-disc pack, provided they committed to bringing a team to the spring Student Olympics ultimate tournament. This tournament is sanctioned by the Ministry of Education and administered by the Hungarian Student Sport Association, and was organized this year in 50 different sports. Ultimate was offered for the first time and our tournament surpassed all expectations: over 600 students aged 12 to 19, in 67 teams from 40 schools from all regions of the country took to the fields to battle it out in 4 age groups. The winners received more discs and extra points on their applications for state universities.



Our challenge for the next year will be twofold: it is beyond question that the School Frisbee Program must be continued and expanded to include further schools and keep increasing the number of students and, maybe more importantly, gym teachers who are introduced to ultimate.

The greater and more imminent challenge we now face is the future of new players: we must find a way to keep appealing to them and to provide a framework for them to keep playing ultimate in an organized way, be it schools or club teams.

We will continue the teacher training program to facilitate the creation of permanent new bases for ultimate in schools around the country but we need to find other venues for our potential new players as well.

The very low number of regular club teams that currently offer youth programs makes this extremely difficult and we will look to WFDF and other member federations for support and guidance.

Some of the most talented kids who started playing in last year's school program are on the national U20 team preparing for this year's WJUC, which makes us very proud and proves we are on the right track. We will continue to invest most of our yearly budget in youth ultimate in the next years as we see this as the only way to make ultimate the sport it deserves to be in Hungary.

We would like to thank WFDF for its continued support in awarding HUFA the Development Grant and helping HUFA sow the seeds of ultimate in our country.



Magyar Frizbi Országos Sportági Szakszövetség

Hungarian Flying Disc Association

India: Bridging the Gaps - Ultimate Frisbee Youth Camps 2

Post Event Reporting by Liz Haynes

In the year 2015, World Flying Disc Federation granted Bridging the Gaps a continued grant for the project Ultimate Frisbee Youth Camps (formerly known as Ultimate Players Association of India Youth Camps – UPAIYC). In a move to secure sustainability of the project WFDF added up financially to the grant allocated in 2014 originally allowing the continuation of the Camps.

The youth come from various NGOs and schools across India which could afford to pay for travel to and from camp but not food/accommodation. WFDF's grant allowed Bridging the Gaps camps to again offer a scholarship for these teens to attend camps.



Nicaragua: Sport Development project

by Chasen Brokaw, Breaking Borders

Breaking Borders was awarded \$1000 from WFDF's Development Grants Program and a collection of discs from the Disc Missionary Grant in fall 2015. The purposes of the grants are open to the needs of the community. It can include introducing disc sports into new countries, expanding current activities, teaching about spirit of the game, youth development, etc.

Breaking Borders used the money and discs received from the two grants to help implement some of its youth and community programs in Managua, Nicaragua. Before Breaking Borders came to Nicaragua, there were less than 50 people playing, with the majority of them being foreigners. Those that played didn't know many rules and didn't realize what Ultimate could be, if played correctly and developed correctly. Over the past 9 months we have almost doubled the amount of players by creating more playing opportunities and introducing the sport to locals.



We have also created a successful youth team, hosted Nicaragua's first Ultimate Hat Tournament, participated in weekly community outreaches, and begun to introduce Ultimate into the P.E. curriculum of several schools.

Ultimate is the perfect vessel for community and youth development in Nicaragua. Roughly 60% of Nicaragua's 6 million person population is under 25. We have a unique opportunity here in Nicaragua to take a virtually unknown sport and through our youth programs, catapult it to popularity over a relatively short period of time. We are excited to see how the sport continues to develop and in turn how it impacts, inspires, and equips the local communities.

Ultimate is growing here in Nicaragua and we are extremely appreciative of organizations like WFDF who help make it happen.





World Flying Disc Federation

WFDF

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