

The Alternate Season



Do what's possible!

CRUXIOM

COVID-19 Virtual Reality V1.0
crux.ultimate@gmail.com



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- Tyler Ouwendyk - Owner Momentum Fitness
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- Nicole Dubuc-Charbonneau - Mental Performance Consultant

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The Alternate Season - COVID-19 - Virtual Reality V.1.0

This document outlines “The Alternate Season” offering, providing knowledge and expectations for participation in the virtual season. Things will evolve and change over the season and having a common starting point will help us know what to do and grow together quickly.

For this COVID-19 time, we asked and this is what you told us you wanted:

- Value health and safety
- Practice physical distancing
- Do what’s possible
- Have a clear plan
- Provide consistent practices and drills

Ultimate related

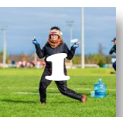
- Play some ultimate (if / when it’s possible)
- Focus on understanding of systems and strategy

Community related

- To continue to grow and foster the culture around the team shaping it for the future
- Team bonding, shared challenges, coping strategies, looking to the future for next season.
- To share in a community for group hangouts
- To have some fun
- Do things online like Zoom meetings and other stuff
- See friends / teammates again and work on our relationships outside of ultimate

Our Commitment

Per our April 6th announcement, we are committed to keeping our practice field booking for as long as is practical and financially feasible. See the Canadian Sport Institute Ontario’s [Update 15 Advisory COVID-19](#) for an idea of what needs to be in place for a safe “Return to Training in Groups.” In the meantime....



Introducing

“The Alternate Season – COVID-19 – Virtual Reality V.1.0”

Do what’s possible! During the COVID-19 time, a lot of things are out of our control, like if and when we’ll get to play on a field together again soon. So we’ve decided to concentrate on what is in our control – **a short, virtual season**. This is our response to what you asked for – an organized, ultimate offering promoting our community connection and working together to do what’s possible at this time.

As this is new for all of us, please be kind to each other. We are working hard to provide an ultimate offering and dealing with regular and COVID-19 stressors. We will do our best and appreciate your understanding and kindness at this time.

Also, we value your health and safety. **Please know that COVID-19 is not a game and follow all your local public health rules.** At the start of this season, there should be no gatherings, meet-ups, practices, throwing sessions, or videography by anyone who is not in your home. Follow your local by-laws, regional requirements, and trail, field, or facility closures and openings. At no time do we want you to do something that conflicts with public health and emergency measures, or the law. Stay healthy, stay safe!

We really hope you like what we have to offer and will spend some time with us on Wednesday nights!

Our mission is to mimic as much of a regular ultimate season as possible in a virtual and stay at home environment. We will have some judgement free try-out activities, a full body workout once a week to sweat together (but apart), a chance to connect and learn something about ultimate, and a framework to guide some activities and self-development.

What is “The Alternate Season – COVID-19 – Virtual Reality V.1.0?”

It is 8 weekly sessions meeting on Wednesday nights from 6:45 pm ~ 9 pm. We will workout, think and chat about ultimate, work on ourselves, and practice some relaxation together. We are providing a supportive structure for a shortened, virtual ultimate season.

Details

Season: May 13th – July 8th, 2020 (no practice on July 1, Happy Canada Day!)

When: Wednesday is practice night!

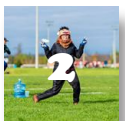
Time: 6:45 pm – 9:00 pm

Where: Zoom of course!

When you logon for Zoom, verify your GearBox weekly updates and join the meeting 10-15 minutes before hand. This will be unstructured social time and technical trouble-shooting time. All athletes should be in the meeting and ready to start practice at 7 pm sharp.

Socials

Cruxiom will also look at hosting 2 extra purely social sessions during this time.



“The Alternate Season” Outcome Goals:

By the end of “The Alternate Season,” we hope you will feel good physically and mentally, stay connected to your ultimate community, and have learned something new about ultimate.

“The Alternate Season” Process Goals:

- 80% team attendance during the 8-week season.
- Commit to creating 1 Personal SMART Goal during the 8-week season.
- Commit to maintaining and/or moderately increasing your personal mental & physical fitness.
- Rules: 100% team completion of both the basic and the advanced WFDF rules quizzes during the 8-week season. So you must pass the two rules quizzes and you can try as many times as you like.
- 100% team completion on the “Communication Preferences Worksheet.” Details to come in season.
- Each team member is to provide 1 new ultimate resource to share with the team on a topic that is new to you. You will be asked to add your resources to a team list.
 - Optional: for those that want to share an activity with their resource you are welcome to sign-up and present some interesting part of your resource to the larger group during our “Resource Sharing” segment.

By signing up you are committing to our team process goals, our team expectations, and to do your best at this time! Things will happen and that’s ok! We are providing a framework that will have many options and hope you will participate. It is also important to know your limit at this time. You do not have to do everything and if you need a break, take it and know that’s ok.



How to sign-up



To go to the Sign-Up form

1. Complete the [Sign-Up Form](#) – due by Tuesday May 12th at 6pm.
2. Send \$55 payment Michael Lincoln Abrametz <mike.abrametz@gmail.com> by Tuesday May 12th at 6pm.
3. Add a note with the player name if you are paying for multiple people or a different person is paying than is playing.
4. After signing up, your participation needs to be confirmed by the Crux / Axiom Leadership.

In case we have a lot of sign-ups, athletes will be prioritised like this:

- Returning Cruxiom system players from 2019
- Crux Alumni
- New recruits and players interested in joining our system – we want you! We will fill out to our maximum availability.

Please note: Your participation in “The Alternate Season” is NOT mandatory in any way and will NOT affect consideration of you as an athlete whenever a regular season might resume. We do hope that you will like it and want to join us.

It is our sincere hope to accommodate all athletes that want to participate in “The Alternate Season.” **Please reach out if you are in need of financial support to participate – we want to hear from you to see how we can help.** We will do our best to fit in everyone that we can!

Contact us if you have any questions: Crux Ultimate - crux.ultimate@gmail.com.



Things you will get!

“The Alternate Season” Starter Pack

- Cruxiom Skipping Rope!
- Cruxiom Gears!
- The first 25 athletes to sign-up will also get a Clif Bar

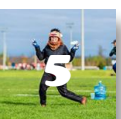
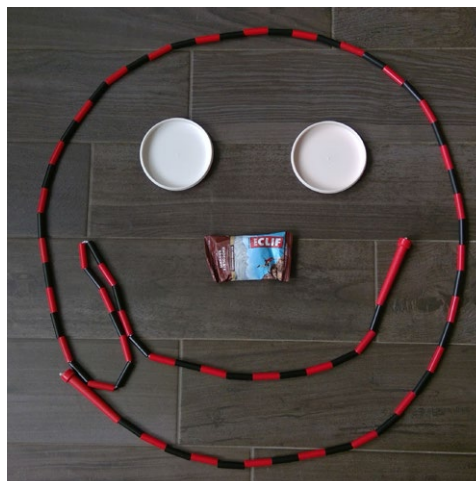
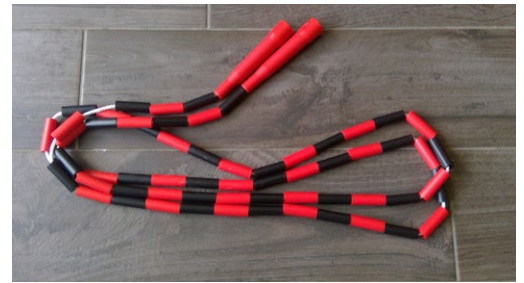
Practice Sessions will have:

- A 30-minute full body group workout by a certified trainer (see Tyler’s bio below).
 - » You will have access to this video and can repeat this workout on your own during the week.
 - » Get ready for a 3 min skipping warm-up and mini cooldown.
- Welcome to practice visualization scripts. This will introduce some types of visualizations.
- Ultimate content including topics like rules discussions, guest speakers, and more!
- Team and/ or individual activities.
- Journal / reflection activities for athlete development and personal growth.
- A progressive muscle relaxation script. This will introduce a relaxation technique.
- 20-30 minute yoga / stretching cool down (see Ariane’s bio below).

We will also provide a framework for extra’s like some workout ideas, a team tally for throw’s and workouts as motivation, and bonus ultimate-related activities you can do on your own.

Upon completion of “The Alternate Season” you will get

- A brand new Cruxiom ultimate frisbee disc!
- Official Cruxiom stickers!



Costs

Cost for the season per player

- \$55 per player – this is a great deal of \$6.88 per session!
- You will be getting a \$65 value (calculated based on 20 people signing up)
- Donations beyond the \$55 cost are welcome and will be used wisely per below.

Please reach out by email (crux.ultimate@gmail.com) if you are in need of financial support to participate. We want to hear from you to see how we can support your participation.

Funds will be used to pay:

- Accessibility for anyone that needs financial assistance.
- For our services (personal trainer, yoga plus possibly a sports psychologist session or two) and products (skipping ropes, discs, stickers).
- Bulk purchases of equipment.
- Motivational Prizes!
- Note: This is not for anyone's personal gain – all funds will be used to support Cruxiom Ultimate.

Payments will be prioritised like this:

- Payment is required at time of sign-up per the deadline.
- If for some reason we need to limit participation, we will let you know and will return your payment to you. If we reach our logistical capacity, decisions will be based on our player prioritizations in the "How to Sign-Up" section.



Physical Journaling



Logistics

Equipment you will need for each session

- Reliable device to connect to Zoom meeting recommended to be laptop or desktop as the mobile phones and tables.
- Space about the size of a yoga mat or a little bit more to do the group workout
- Cruxiom Skipping Rope
- Cushiony work-out shoes
- Water bottle with water
- Disc
- A small post-workout nutritious snack
- Layered athletic clothing to keep you hot or cool
- Physical journal and pen or pencil
- A physical mini-whiteboard, stack of scrap papers, or notebook that you can do your mental reps with.

Equipment that might be nice to have:

- Yoga mat
- Extra weights if you want to add in during the body weight sessions



Practice Format

- Welcome to Practice & Intro Visualization ~7 min
- Workout with Tyler ~30 min (includes a 3 min skipping warm-up / cool down with your Cruxiom rope!)
- Rules Focus Short ~5 min
- Guest Speaker Short ~5 min
- Long Segment(s) ~30 min or ~2x15 min (this will vary - leadership / guest / team led)
- Pod Activity Short ~ 5 min
- Team Resource Sharing Short ~ 5 min
- Skill of the Week Short ~ 5 min
- Yoga cooldown with Ariane (including a body scan / progressive muscle relation) ~25 min

The very first practice will follow a different format with introductions and check-ins taking precedence after the workout. The above format is the approximate plan for the remainder of practices. We'll re-evaluate as we go to see what's working and what's not. Again this is new for us and we're hoping you'll enjoy it!

Communication

Cruxiom leadership can be reached at crux.ultimate@gmail.com.

Important information for logistics, practice, and season details will be sent via email. We will also use our Gear Box spreadsheets to help us set-up and track season information.

New this year, we will be piloting a team Slack system for social, chatter, rules discussions, links, and letting the team know you'll be late or missing practice. As this will be new for us this year, please bear with us through the season as the details get sorted out.

Of course, you can also always follow our team accounts on Facebook, Twitter, and Instagram.



Expectations

Attendance Requirements

- We value your participation and time.
- Per our process goals, we are striving for 80% team attendance during our season.
- You will be asked to identify your expected attendance for Wednesday nights from May to July 8 (8 sessions) at the beginning of the season in our Gear Box.
- This information will then be locked. It will be used to plan practices.
- For any last minute changes, you will need to notify the team (not just leadership) via the Slack channel. We get it things happen and will change. We just ask that you notify your team.

Practice Rules

- Be kind, be calm, be safe.
- Discs in Hand - Have a disc in hand as much as possible.
- Mental Focus - Bring your best focus that you can by listening actively and applying focus to each activity.
- Growth – Bring an open mind and willingness to try new things.
- Compassion – show compassion by staying positive and remembering that everyone is bringing their best intent on any given day.
- Disc in the Air - Means the leadership wants your attention, please echo this and be ready for the next thing.

Technical Rules

- Please do not share the Zoom password.
- If you need to turn off your camera that is fine.

Be aware of online fatigue and how you are feeling. Check out this National Geographic article: [Zoom Fatigue](#). There is a lot going on right now and its ok to just do what you need to do.

We know that writing, drawing, and colouring are good for the brain. If you find it hard to focus or even if you just want to, consider doodling, drawing out some plays, or colouring a Cruxiom themed mandala.

Personal Goals

As part of our season, we are asking you to set 1 specific personal SMART goal that you will share with the team. You will work on this goal throughout the season and the leadership and team will support you to achieve your goal. We'll be using a SMART goal template and details will be provided in the Gear Box.



WFDF Rules Quizzes

As part of our Process Goals we are looking for a 100% accreditation rate on both the Standard and Advanced WFDF rules quizzes. The WFDF Rules Accreditation process for the Rules of Ultimate 2017 is designed to allow players to demonstrate that they have read and understood the Rules of Ultimate. Accreditation on the Standard Quiz is 8 correct questions out of 10. Accreditation on the Advanced Quiz is 43 correct questions out of 50. The quizzes are open book.

You will need to login and create a WFDF account. <https://rules.wfdf.org/accreditation>

There will be a WFDF tab in our Gear Box where you can enter your WFDF # and check off once you have met the Standard and Basic Accreditations. Please forward a copy of your certificate to crux.ultimate@gmail.com. You can complete the quizzes multiple times and accreditation must be achieved by week 7 of our 8-week season.

Team Roles

Every individual has the opportunity to shine with their own personal leadership that can be brought to the team every day and every practice. We will have team roles where you can sign-up. They will be available as part of the Gear Box spreadsheet. Taking on these responsibilities will help to ensure the season runs smoothly. Sign-up will be on a first come, first serve basis in the Gear Box released after our first session. If you don't sign up by the deadline (TBD), leadership will assign you a role. Of course, we will work to see what fits into your life right now.

Spirit of The Game (SOTG)

Our system emphasizes playing with [Spirit](#) on and off the ultimate field. We do this by knowing the [Rules](#) and bringing the best version of ourselves to ultimate and life. Check out WFDF's recommendation for how we can practice [SOTG COVID-19 style](#).

Self-Care

While COVID-19 remains a risk in the community, maintaining a healthy immune system is the #1 ultimate training priority at the moment. Practicing exceptional personal hygiene and reducing your risk(s) is paramount. As a player in our system, we ask you to model and follow all the public health guidelines for your area. Ultimate will come back in a while and when it does, we want everyone to be healthy with a good base ready to get back on the field.

Links

[Public Health Ontario](#)

[Public Health Agency of Canada](#)

[World Health Organization](#)



COVID-19 Training Considerations

- **De-training will happen.** Accept it. You will de-train – somehow, someway, somewhere. That's ok. We can't do our normal thing right now, and it's ok. Sometimes de-training can actually be really useful to you being able to build back stronger and better than ever before!
- **Strive for a Superhero Immune System.** Your health is your priority right now. With COVID-19 around, you want your immune system to be strong and healthy so it can fight off anything that comes across it's path. This includes mental and physical well-being so take care of yourself!
- **Drink water and sleep.** Strive for being really well-hydrated and well-rested.
- **Get into a new routine** with what is in your control and what you can do now.
- **Maintain.** Work on maintaining what you have right now. Get back to basics and focus on general, all-round fitness that will be helpful to the sport(s) that you play. Think about your mobility and flexibility. Work on a strong core. Work out some imbalances.
- **Moderate, incremental gains.** No work-out should take you to the wall or take you 2 or 3 days to recover from. STOP before you get to that point. It's a different mind-set. You can still get a good sweat-on. Do things in moderation and at your normal feel good level. This will be different for everyone. If you are looking for some gains, plan your goals to be moderate, longer-term gains at this time. Training is a stress-response and so gains should be smaller and more incremental.
- **Put your cleats** on if you can and if possible (follow all public health rules and closures) find a green space to just play around that is open. This will help keep a little bit of the sport specificity and remind your body of what you will ask it to do later. This can be just in your backyard while you throw.
- **Find your balance.** Work out for mental and physical health. Avoid hard core training for hard performance.
- **Make it fun!** Physically and mentally, have fun to keep your motivation.
- **Remember the goal is to stay healthy with a really strong immune system!!**

Links

1. Canadian Sport Institute Pacific presentation: [Physiology: Detraining and Performance Residuals: Minimal Effective Dose?](#) Dr. Trent Stellingwerf and Dr. Stuart Phillips – Summary at 50:10
2. Canadian Sport Institute Ontario: [Update 14 Advisory COVID-19](#)



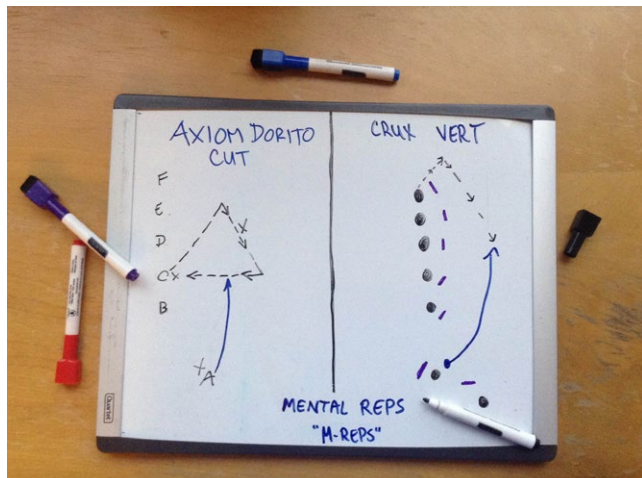
Mental Reps

With training in groups being a challenge during lockdown and for the foreseeable future, this is a great time to emphasize and give time in your training to Mental-Repetitions (M-Reps). This is using your mind to practice specific skills and it takes practice! Create a specific goal to practice and use techniques that work for you.

There are many ways to get in some mental reps like actively watching game video with a purpose, practising visualizations, seeing yourself going through the motions of a more active skill, physically writing or drawing out plays, or just picturing how you would play in a specific situation. Use your imagination. We are hoping to introduce some techniques throughout our virtual season that you can take with you into all your seasons going forward. We also want to learn from each other what ways people find useful for mental techniques.

Support the Community

Our system always strives to support our community and local teams. At this time, we are also looking to support local businesses as best as we can. Our personal trainer ([Momentum Fitness](#)) and skipping ropes ([KangaRopes](#)) were obtained through local businesses in Dundas, Ontario and our discs were ordered through [VC Ultimate](#).



The Pros we're working with:



Wednesday Workouts provided by Tyler Ouwendyk

Owner at Momentum Fitness

CSEP, Canfit Pro, and Precision Nutrition Level 1

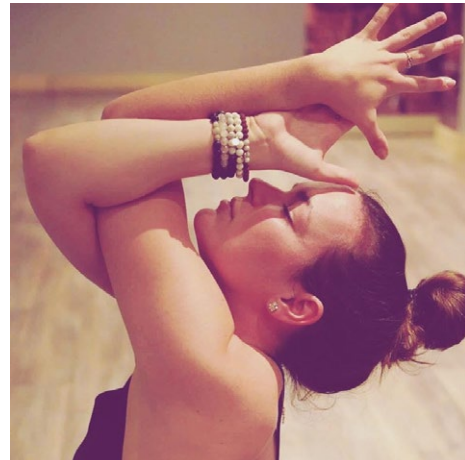
Tyler is the owner of Momentum Fitness, a boutique fitness club with multiple locations around Hamilton. Momentum Fitness was winner of the 2015 Business of the Year, runner up for 2017 Hamilton Business of the Year, as well as recipients of several other awards. Momentum focuses on providing a fun and fresh fitness experience for all fitness levels and abilities, and always keeps the members at the centre of everything that Momentum does.

Tyler has his CSEP, Canfit Pro, and Precision Nutrition Level 1. In his 8 years of experience in the Health and Fitness industry, Tyler has helped hundreds of people reach their goals; from athletes, to general pop, to special populations. Tyler has also worked as a rep hockey coach, power skating coach, and rep soccer coach.

Tyler sits on the Program Advisory Board at Mohawk College where they meet quarterly to adjust curriculums and key learnings, with the goal to set up graduating students with the most success for the workforce.

His sports background is deepest in hockey, motocross, and soccer, but grew up playing all sports. Currently, in his free time, Tyler enjoys competing in Ironman, Triathlon, beer league sports, and trying new craft beers.

Tyler Ouwendyk, Director of Sales & Operations
tyler@getmomentum.ca | 905.512.9934



Wednesday Yoga provided by Ariane D. Renaud

Propriétaire - Sunrise Yoga

Bsc Kinésiologue

Growing up as a competitive gymnast in Montreal, I have always been passionate about physical activity, which brought me into the fitness and personal training industry. I am now a Kinesiologist and physical therapy graduate, and proud owner of Sunrise Yoga. What I love the most is actually combining all of those spheres by doing Yoga for Athletes as a complimentary discipline to optimize their performance - I have worked with many professional hockey players (such as Anthony Mantha from the Detroit Red Wings), football, and soccer players.



sunriseyogachaud.com



Resources:

We will add to this section as we go.



Wednesday Main Topic TBD: We're looking at a Mental Fitness Workshop with Nicole Dubuc-Charbonneau.

B.A. (Sport Psychology), M. A. (Human Development), PhD (Physical Activity), CSPA Professional Member

Nicole Dubuc-Charbonneau is a mental performance consultant and has been a certified professional member of the Canadian Sport Psychology Association since January 2010. Driven to help athletes achieve greater well-being and reach their athletic potential, Nicole has worked extensively with introductory to national level athletes from various sports including gymnastics, basketball, hockey, curling, running, figure skating, swimming, among many others. She is also a sessional faculty member at Laurentian University where she teaches various courses such as motivation, growth and development, and stress management. Through her practice, she offers individual consultation sessions, team sessions, and workshops/presentations to various groups. Throughout these sessions, topics such as goal setting, confidence, motivation, team dynamics, emotional control, relaxation, imagery, pre-competition planning, burnout prevention, self-regulation and concentration/focus, etc. can be discussed.

