



GIRLS' ULTIMATE MOVEMENT LEADERSHIP PROGRAM FACILITATOR'S MANUAL

GUM CURRICULUM - MIDDLE SCHOOL

On behalf of the USA Ultimate Girls' Ultimate Movement (GUM), thank you for bringing ultimate to girls in your community. The mission of GUM is to increase the number of girls playing ultimate. We believe that this high-energy, self-officiated team sport is a unique tool for building confidence, fostering leadership skills, and promoting self-advocacy.

Over the course of 8 sessions, groups of girls come together to learn the fundamentals of the sport, create a team, and grow as young leaders. The curriculum culminates in a community project, providing an opportunity for participants to work together to serve their wider community and demonstrate what they have learned about ultimate and leadership.

The first portion of each module includes a leadership component followed by a skill-building lesson. Each session takes roughly an hour and a half, but can be altered based on schedule and needs of the team. No prior athletic or team-sport experience is required, the only requirement is that participants are excited to try something new! Ideally, your team will attract at least 10 participants, with a maximum recommended number of 20 participants. We recommend that there be 1 coach or assistant coach for every 10 participants in the program to ensure quality curriculum delivery.

We've developed this curriculum in a logical progression, attempting to deliver skill-building activities in a clear progression. Our emphasis was on simplicity within each curriculum session, and we've built in a natural flexibility for coaches to customize the curriculum if they opt to do so. No single activity is essential for the overall success of the program, however, we recommend teaching the modules in order and pairing the leadership activities with the corresponding skill-building activities as suggested.

Thank you for bringing ultimate to girls in your community! More GUM curriculum and girl-centric ultimate disc resources can be found on our website at gum.usultimate.org.

#playlikeagirl

Heather Ann Brauer
GUM Chair and Co-Founder

Zara Cadoux
GUM Co-Founder

Laura Magnotta
GUM Curriculum Working Group Chair

Rachel Johnson
Girls' National Outreach Director

Mike Lovinguth
USA Ultimate Youth and Education Manager



Development Committee

Curriculum Team Writers

Heather Ann Brauer
Zara Cadoux
Elizabeth Calkins
Alex Capestany
Meg Duffy
Valerio Iani
Rachel Johnson
Laura Magnotta
Amanda Maxson

Curriculum Editors

Miranda Roth Knowles
Jason Parker
Jason Macchia
Sarah Powers
Dan Raabe
Stacey Waldrup

Curriculum Youth Editors

Stella Biehl
Abby Hecko
Claire Hodges

Photo Credit: Tino Tran Photography

Design Credit: Katie Irons Dyer

Statement

Purpose: To introduce girls to the sport of ultimate.

Goal: To use ultimate as a leadership development tool.

Objectives:

- To encourage girls to be active and try something new.
- To connect on-field experiences with leadership development.
- To create a sense of belonging within the team.
- To share lessons learned about ultimate and leadership with a broader community.

Pre-Test and Post-Test Statements

To use this list as a worksheet, refer to page 23.

- I am unique.
- I am athletic.
- I am smart.
- I am a leader.
- I am a good listener.
- I am strong at communicating.
- I work well with others when there is a conflict or problem.
- I understand what it means to be a worthwhile teammate.
- I feel connected to my community.
- I will play ultimate in the future.

Answers: strongly disagree, disagree, neither disagree or agree, agree, or strongly agree.

Facilitator Resources

- GUM Rules (page 27)
- Pre- and Post-Test (page 23)
- Videos—See GUM Resources at gum.usultimate.org
- SMART Goal Worksheet (page 25)
- Material List (page 24)

A special thank you to the USA Ultimate staff and board of directors who were major supporters of this initiative.

To apply for a GUM kit, please visit gum.usultimate.org!