

# About us - La Bamba Ultimate

## Who we are

We play Ultimate and we're officially named La Bamba Frisbee Förening.  
We practice twice a week in the evenings, throughout the year, outdoors and indoors.  
We compete in tournaments in Sweden and sometimes nearby countries.  
We welcome players of all levels, including complete beginners.  
We have 3 teams: a senior team (aged 17+), and two junior teams (8+ and 14+). All are mixed teams.

## Learn Ultimate

What Ultimate is in 2 minutes: <https://www.youtube.com/watch?v=PrinnxHyWlo>

Our introduction courses are here to cover the very basics, through a series of 3-4 sessions in a row (once a week). If you're never played, this is where we invite you to meet us. We highly recommend you attend every session to learn the basics. Experienced players are also welcome to join these sessions to serve as examples for others. The introduction course is free.

## Joining the team

When you know how to play, you can apply to join our practices for a trial period. These are 3 additional weeks (in a row) where you practice with us, for free. This gives you an opportunity to see whether you want to play Ultimate with us on a regular basis. If you feel ready to commit, you then become a member of our association, which costs 400 kr yearly.

## What we look for in you

Above all, we value the spirit and commitment of our players: it is not essential that you are very good at this sport when you start playing with us. Whether you are a beginner or an expert, it is more important to us that you aim to attend practice as regularly as you can, so that we can be a stable and tight-knit team that plays regularly and improves constantly.

We encourage players to join tournaments, where we learn, give our all, bond and have fun. We expect our players to read and know the [Rules of Ultimate](#), and to respect the [Spirit of the Game](#).

We also encourage – and depend upon – our members to help out in keeping the club running. We always need help on one-off occasions, but also with background work. It takes work to make things happen like practice, coaching, recruitment, organizing events and get-togethers, and more... and we welcome your own initiatives too :)

## Contact us:

<https://www.instagram.com/labambaultimate/>

<https://www.facebook.com/labambafrisbee>

labambafrisbee@gmail.com