

ULTIMATE DAY in COLUMBUS

SATURDAY, November 14th, 2009 9am-4pm

**Location: Beason's Park on the Colorado River in beautiful
Columbus, TX**

9:00 am	Players will gather, Teams present rosters and waivers
9:30 am	Warm-up Activities
10:45 am	Game # 1
11:45 am	Game #2
12: 45 pm	Game #3
2:00 pm	AWARDS and Closure (PIZZA!)
3:00 pm	Game #4

- ✓ All eligible players must **download the registration form** from the website and have it completed with a **parent or guardian signature** prior to participation in this Ultimate Event. Cost per player is **\$9.00**.
- ✓ Teams will develop rosters of **nine** players. (Captains, please download and complete a team roster)
 - All players should bring a white shirt, and wear your school colors as a dark shirt.
 - It is recommended that players wear soccer cleats.
 - It will be a long day of physical activity; a change of clothing is recommended, especially extra socks. Also, bring a water bottle and a snack.
 - Arrange parent sponsored transportation to avoid driving while tired. Ultimate is...Ultimate!
- ✓ Games will be played to **nine** points (half at 5 points).
- ✓ Parents (especially those who are carpooling) are invited to observe. Ultimate is exciting to watch. To be comfortable, please bring a chair, an umbrella for shade, snacks for the day, and perhaps reading material.

Ultimate! *Play the Game...Live the Spirit.*

Please contact txultimate@yahoo.com with questions regarding this Ultimate event.

<http://www.UltimateSpirit.org>