



# Texas, Ultimate!

Ultimate is a non-contact, highly aerobic, self-regulated team sport, played with a flying disc. **Boys and Girls who have completed 5<sup>th</sup> grade through 8<sup>th</sup> grade** are invited to *Play Indoor Summer Ultimate* in 78704! Middle School aged boys and girls, including those incoming and outgoing, are invited to participate in one (or all four!) sessions of Summer Ultimate in the Air Conditioned Gymnasium at Fulmore Middle School

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

Participants will learn the rules and physical skills of Ultimate Frisbee and be exposed to the responsibility of self-regulation. Ultimate is highly active. Cardiovascular fitness is inevitable. The gym is air-conditioned!

*Week-long sessions will meet from 1pm - 4pm... Monday – Friday each week:*

**SESSION I JUNE 6 - JUNE 10    SESSION II JUNE 13 - JUNE 17**  
**SESSION III JUNE 20 - JUNE 24    SESSION IV JUNE 27 - JULY 1**

*Free Lunch will be served in the cafeteria at noon each day.*

## Ultimate and the Spirit of the Game

*Ultimate relies on a spirit of sportsmanship, which places the responsibility for fair play on the individual. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players; and, never with an intention to abuse the agreed upon rules of the game. Actions such as intentional fouling or belligerent intimidation destroy the pure joy of play. Ultimate shall remain a sport where each of us is free to decide what fair play means to him or her. Remember, no set of rules can replace a players Respect for others and the*

*Spirit of the Game.*

**More information and registration is available at:**

<http://www.UltimateSpirit.org>