



Texas, Ultimate!

Ultimate is a non contact, highly aerobic, self-regulated team sport, played with a flying disc. **Boys and Girls in 3rd grade through 8th grade** are invited to *Play Summer Ultimate* in 78704! Students will receive a healthy snack and a nutrition lesson each day, as well as an Ultimate disc at the end of the session.

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.

Cost: \$125 per player, includes a disc

*checks should be payable to *Texas, Ultimate!* **Scholarships are available for those who qualify.**

Camp meets Monday through Friday in two sessions: June 6 - 10, 2011 and August 8 - 12, 2011

Classes will meet at Big Stacy Park. Campers who have completed grades 2 - 4 will attend camp from 9am-noon. 5th- 8th Graders will meet from 10 am – 3pm. After lunch we will walk/jog to Fulmore Track to scrimmage. The day will end with Swimming at the Stacy Pool. Drop off on East Side Drive. Pick-up at the pool.

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>
