

ULTIMATE FRISBEE

JUNIOR REC LEAGUE



Ottawa Carleton Ultimate Association



**COME AND LEARN ONE OF THE
GREATEST SPORTS EVER INVENTED!**

ULTIMATE

ul-ti-mate [**uhl-tuh**-mit]

-noun

The "ultimate" game that not only embraces athleticism, endurance, and strength of sport, engrained in Ultimate is a true respect for sportsmanship and spirit of the game.

Throughout the summer participants will learn some of the essential rules about Ultimate, catching, throwing, breaking the mark, how to set up a simple offence and how to play defence.

Each week, players will apply what they have learned in a scrimmage and will be encouraged to play with the highest level of spirit and respect for their opponent.

Season runs May 24-August 16

Mondays 6:30 pm–8:00 pm

**Field Location: Lynda Lane
Cost: \$157.50 (\$150 +GST)**

TO REGISTER

Visit www.ocua.ca OR
Call 613-860-6282 OR
Email registrar@ocua.ca



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