

Welcome to the 2019 Competitive Junior Ultimate Summer Season

Are you 13-18 and enjoy playing Ultimate frisbee? Want to experience the bonding that comes with being on a fun, travelling team? Come try out for one of Ottawa's five Junior Competitive Ultimate teams! The program is run by Ottawa Juniors Competitive Ultimate Program (OJCUP), in affiliation with the Ottawa-Carleton Ultimate Association (OCUA).

Wicked (women) and **Ignite** (open) are Ottawa's premier Junior teams, representing the city in local, regional, national and international (US) tournaments. Twice-weekly high-level coaching and multiple weekend tournaments along with team-bonding activities make this program a great part of your summer!



IGNITE

Interested in Competitive but can't commit to any weekend tournaments? Check out OCUA's Jr Competitive Development Program: www.ocua.ca/Junior-Competitive-Development

(If competitive Ultimate is not for you, try one of the recreational options that OCUA runs for Junior players. Visit: www.ocua.ca/Recreational-Junior to find out more!)

2019 Pre-Season Events

BRING A FRIEND SESSION

Wednesday March 20th, 6:00–7:30 pm

Carleton University Fieldhouse

Try a free evening of coached ultimate & bring a friend! (Must be 13-18 years old)

<https://www.ocua.ca/Recreational-Junior#development>

NEW PARENT INFORMATION SESSION!

Interested in finding out more about Juniors Ultimate, and the Ottawa Juniors Competitive Ultimate Program (OJCUP) in particular?

Whether you are the parent of a keen up-and-coming junior player, or a novice junior (or just curious about our program!), come to our New Parent Info Session to have all of your questions answered.

Wednesday, March 20th, 2019

6:00–7:30 pm

Carleton University Alumni Hall Studio (across from Ravens Nest Gymnasium, beside the Alumni Hall Welcome Centre).

www.carleton.ca/campus/map

All players must have, or register for, an active OCUA account. It's free to create one!

www.ocua.ca/user/login (Please create the account under the Juniors' name)



Tryouts for Competitive Juniors Teams

All Junior ultimate players (born 2001-2006) are encouraged to come to Tryouts—if only for the experience and fun! We are **always** looking for new players and fresh potential!

2019 Tryout Dates:

Jr Open – Ignite, Scorch and Blaze:

Tryout #1: Sunday March 31st, 2019
4:00–6:00 pm, Gloucester Superdome

Tryout #2: Tuesday April 2nd, 2019
7:00–9:00 pm, Gloucester Superdome

Tryout #3: Saturday April 6th, 2019
1:00–3:00 pm, Gloucester Superdome

Jr Women – Wicked (West & East):

Tryout #1: Sunday April 7th, 2019
7:00–9:00 pm, Gloucester Superdome

Tryout #2: Tuesday April 9th, 2019
7:00–9:00 pm, Gloucester Superdome

Registration Process

Visit www.ojcup.com/registration/tryouts to
a) fill out the Tryout Application Form, and
b) pay for Tryouts

Cost: The cost for Girls (two tryouts) is \$30, and the cost for Boys (three tryouts) is \$45 to cover the cost of the dome field rentals.

For more information on Ottawa Juniors Ultimate, email OttawaJuniorsUltimate@gmail.com or visit www.ojcup.com

*Join us this
Summer!*



Photo credits: M. Belanger, M. Brady and B. Michaud



**2019
Competitive Juniors
Ultimate**



Ottawa Juniors Competitive Ultimate
Program (OJCUP)
www.ojcup.com
OttawaJuniorsUltimate@gmail.com



Ottawa-Carleton Ultimate Association
875 Bank Street, Suite 1
Ottawa, ON, K1S 3W4
www.ocua.ca / 613-860-OCUA (6282)

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