

REGISTER TODAY
OCUA AGM
 VIRTUAL on ZOOM
TUESDAY, APRIL 29 | 6PM

Register for FREE to OCUA's Annual General Meeting

Date: Tuesday, April 29th
 Time: 6:00pm EST
 Location: Virtual (link to be sent to registered participants)

For more information, please click here: <https://www.ocua.ca/aggm>.

Summer Adult League | Registration opens April 6, 10pm

Get ready to play! Be sure to update your [OCUA membership](#) before registration opens at 10pm on Sunday, April 6th. Once you register your spot is held for 48hrs. OCUA will again have the WFDF Gender Ratio Rule A in place for all mixed leagues. If you have any questions, contact OCUA'S league manager, Dave by [email](#). Thank you, and let's have a great summer.

- *New 5v5 Monday Turf
- *New Wednesday GM League

Summer Programs!
 YOUTH & JUNIOR ULTIMATE
 10U | 13U | 15U | 17U

Summer Youth Programs | Registration opens April 6, 10pm

Get ready for an exciting summer of Ultimate with OCUA! Our [Summer Programs](#) are designed for Youth & Junior players aged 7-17 of all skill levels, offering a dynamic mix of skill development, teamwork, and spirited competition in a fun, safe and inclusive environment. If you have any questions please contact OCUA's program manger, Janice by [email](#).

Britannia Beach
 Ultimate Tournament

June 22

Registration opens April 6th at 10pm

Britannia Beach Ultimate

This annual one-day mixed tournament will take place Sunday, June 22, 2025 from 9am-5pm. All levels are welcome!

FORMAT: 5x5 | Teams typically have 10 people on their team. Playing in the sand is hard work!

GAMES: 4 games guaranteed. Gender Ratio A of 3:2.

TEAMS: 16 teams max

PRICE(HSTincl.) EARLY BIRD: \$250 per team (rate ends June 10)

PRICE(HSTincl.) REGULAR RATE: \$300 per team

[Registration opens Sunday, April 6th, 10pm.](#)

OCUA Partners with official Hotels and Convention Centre

The Ottawa-Carleton Ultimate Association is pleased to announce our [official Hotels and Convention Centre](#) providers of OCUA. OCUA has agreed to a strategic hotel partnership with: Residence Inn by Marriot (Ottawa Airport), Homewood Suites by Hilton (Ottawa Airport), Hampton Inn by Hilton (Ottawa Airport), and Holiday Inn Express & Suites (Ottawa Airport by IHG). These hotels are managed by one group and will provide consistent, diverse accommodations for all members and guests of OCUA. Additionally, OCUA has agreed to a strategic partnership with the Infinity Convention Centre. This partnership will provide an award-winning facility for any future OCUA events & galas as well as tournament events. This hotel partnership will be in effect for our (3) major tournaments of 2025. More information about partner rates and room availability to be announced shortly.

Welcome to FACES of OCUA

The players and members of OCUA are truly special. Not only because they play this inclusive and exciting sport, but also because many have interesting jobs, hobbies and interests.

Because of that, we will publish this regular section in each issue of Ultimate Happenings and through our social media channels to share more about the unique members of OCUA. Enjoy.



KAREN KAVANAGH
 (Pepper)

OCUA SPONSORS & PARTNERS

Follow us on [Facebook](#), [Instagram](#), and [X](#) for all the latest news, photos, and contests.

This email has been sent on behalf of the Ottawa-Carleton Ultimate Association (www.ocua.ca). It has been sent to all active members. If you have any issues with this communication, please contact OCUA staff at info@ocua.ca.