



2013 SUMMER ULTIMATE CAMPS

Ultimate Frisbee is one of the fastest growing team sports in the world. A combination of Basketball, Soccer and Football; Ultimate Frisbee has it all. Learn from players from Team Canada about many aspects of this amazing game, including:

- "Spirit of the game"-The games intrinsic emphasis on sportsmanship.
- Variations of throws: backhands, flicks, hammers, and scoobers.
- Game strategies: Zone, man to man, offence and defence.

LEARN FROM THE BEST TO BE A CHAMPION ULTIMATE PLAYER!

CAMP	LEVEL	GENDER	ENTERING	DATE	TIME	COST	LOCATION
UL1	All Levels	M/F	Grades 5-7	July 22-26	9:30-12:30	\$130	Cap U Field
UL2	All levels	M/F	Grades 8-10	July 22-26	1:30-4:30	\$130	Cap U Field
UL3	Elite	M/F	Grades 8-10	August 26-30	9:30-12:30	\$130	Cap U Field
UL4	Elite	M/F	Grades 10-12	August 26-30	1:30-4:30	\$130	Cap U Field

For more info or to register visit www.capilanou.ca/blues
or contact Ryan Lenarduzzi at **604-990-7805** or rlenardu@capilanou.ca