

TORONTO ULTIMATE CLUB

Presents

Spring Ultimate Frisbee Clinics for 2010

Over the past few years, the Toronto Ultimate Club (TUC) has proudly hosted many clinics for teaching the sport of ultimate frisbee to a variety of audiences, from brand new players to competitive, experienced players. In 2008, we significantly expanded our reach towards middle and high schools in Toronto through the RADD (Regional Athletic Disc Development) Tour, bringing students and experienced instructors together for a fun and challenging introductory session to the sport for over 50 schools in the GTA. In 2009 we continued to reach out to schools.

This year we once again proudly offer school clinics to Toronto-area schools! For our introductory clinics, our experienced instructors will spend each session teaching students the rules of the game, mechanics of throwing and catching discs properly through effective drills and exercises, and hosting a fun scrimmage at the end to put it all together. This year we are also offering more advanced clinics as well depending on the needs of your school that can focus more on advanced defensive and offensive strategies. In all clinics, we will also introduce students to the many opportunities outside of school that are available for continuing on to learn about and play the sport even after our sessions are completed.

Ultimate is a great sport to teach students for a number of reasons:

- It is a growing sport (our club alone has more than 3400+ members) and thus offers many levels of competitive play, from local leagues (including Juniors!) to international competitive levels
- The equipment needed is minimal (a few field markers, and a frisbee)
- The emphasis of the sport on teamwork, communication, mutual respect, and fair play as much as skill make it a well balanced, effective teaching tool for sport conduct

Below are our current rates for holding school clinics:

	Half day	Full day
Per instructor, per 20 students	\$50	\$100

Besides clinics, TUC offers disc sales to participating schools to help promote the sport to students outside of the classroom! For more information, please contact us at schools@tuc.org!

Gerald Quon

TUC School Clinics Committee

www.tuc.org



TORONTO ULTIMATE CLUB

The Toronto Ultimate Club (TUC) is a not-for-profit sports organization that organizes Ultimate leagues and tournaments for players in the greater Toronto community. TUC was founded in 1980 and incorporated in 1995. TUC is a proud member of the Ontario Disc Sports Association.



Membership

TUC currently has over 3500 members playing on roughly 500 teams each year. The club is co-ed (44% women) and members range in age from 15 – 60, with the majority 19-34. However the sport has become very popular in universities and high schools; TUC has a rapidly expanding Juniors program (under 19) and supports local school phys-ed programs with instructional seminars, coaches, volunteers and equipment.

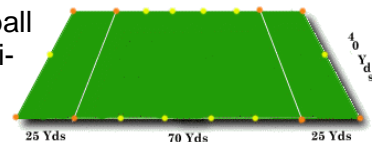
What is Ultimate?

Ultimate is one of the fastest growing sports in the world. It is a fast-paced, non-contact team sport that combines the throwing and catching skills required of football with the nonstop, open field movement of soccer. It is an exciting, inexpensive co-ed sport where players of all ages and skill levels can play together. Good sportsmanship (known as "Spirit of the Game") is fundamental - even at the most competitive levels there are no referees and teams reward their opponents with points for their 'spirit'.



Ultimate Fields

Games are played on outdoor fields similar in size to those of football and soccer. Many cities now designate their outdoor fields as 'multi-sport'. TUC also leases available indoor facilities to organize leagues year round.



Ultimate in Canada

There are Ultimate clubs and leagues in over 50 cities across Canada. Vancouver's club has 4000 players, while Ottawa has 4800. In 1998, the Ottawa club purchased and developed a 109-acre park dedicated to the sport of Ultimate.

Our national teams have won several World Championships including: Co-ed and Men's (2008), Co-Ed (2006), Men's, Women's and Junior Women's (2004), Junior Men's (2002), Master's and Co-ed (1998). Vancouver hosted the World Championships in August 2008, with Toronto players participating on all 6 teams that took home 2 Gold, 2 Silver, and 1 Bronze medal.

Player Development

Anyone can play in a TUC league. All of the TUC leagues are co-ed and are organized into skill levels (from beginner to expert). TUC runs free orientation and skills clinics to welcome new players into the sport. The Club also financially sponsors Junior and elite teams to attend regional and national tournaments.



TUC hosts major tournaments and events each year, attracting players from across Canada and the north-east United States.

Contact: Toronto Ultimate Club
3269 Bloor Street West - Suite #2, Toronto, Ontario M8X 1E2
Phone: 647-345-8105, email: GM@TUC.ORG, www.tuc.org