

JUNIOR GIRLS ULTIMATE PROGRAMME



Indoor Winter Clinic Series for Girls

For the second straight year the Toronto Ultimate Club (TUC) will be hosting a Junior Girls Ultimate Programme (JGUP) which will run indoors this winter at Central Tech. The primary goal is to increase the number of girls playing ultimate in Toronto by teaching Spirit of the Game, rules, basic skills and strategies in a single-gender setting. Participants will be equipped to become leaders on their school and club level teams. The program is aimed at beginners, and will run for 8 weeks, with separate sessions for middle-school (i.e. grades 6-8) and high school aged girls (i.e. grades 9-12).

Experienced coaching will be provided by players from Toronto's top women and mixed touring teams.

Session A: 11 to 13 yrs (ie. Grades 6-8)

Session B: 14 to 18 yrs (ie. Grades 9-12)

Dates: Saturday afternoons January 14th - March 3rd

Time: Session A 1:30 PM to 3:00 PM

Session B 3:00 PM to 4:30 PM

Location: Gymnasium at Central Technical School (725 Bathurst St.)

Costs: \$30 for Junior Member

\$35 for Non Member

Capacity: 20 participants in each session



To register just fill out the form below and bring with payment to your first session or visit www.tuc.org to register online. For registration assistance contact admin@tuc.org.

For more information about this programme, email juniors@tuc.org.

Junior Girls Ultimate Programme Registration Form

First Name: _____

Last Name: _____

Home Address: _____

City: _____

Postal Code: _____

Home Phone: _____

Mobile Phone: _____

Email Address: _____

Gender: _____

Height: _____

Are you a TUC Junior member: _____

Which Session are you Registering for:

___ Session A 11 to 13 years old (Grades 6-8)

___ Session B 14 to 18 years old (Grades 9-12)

Emergency Contact Information:

First Name: _____

Last Name: _____

Home Phone: _____

Mobile Phone: _____

Email Address: _____

Relation: _____

Health Card #: _____

Please note that all junior age participants must have an up to date waiver form completed and signed by a legal parent or guardian.

The waiver can be downloaded at
http://www.tuc.org/files/2011/TUCJuniorWaiver2011_FINAL.pdf

Please bring the waiver, application form and payment to your first session