



# Junior Girls Ultimate Programme

## Indoor Winter Clinic Series For Girls

The Toronto Ultimate Club will be running a Junior Girls Ultimate Programme indoor clinic series this winter. The programme is aimed at beginners and will run for 8 dates, with separate sessions for middle-school (ie. grades 6-8) and high school (ie. grades 9-12) aged girls. The Primary goal of the programme is to increase the amount of girls playing ultimate in Toronto by teaching Spirit of the Game, the rules, basic skills and strategies in a single gender setting that is aimed. Participants will be equipped to become leaders on their school and club level teams.

All classes will be coached by some of the top female players in Canada and play for Toronto's top women's team Lotus.

For more information contact Thomas Meyers at [tjisl@tuc.org](mailto:tjisl@tuc.org)

[www.tuc.org/Juniors/Junior-Girls-Ultimate-Programme/](http://www.tuc.org/Juniors/Junior-Girls-Ultimate-Programme/)

Dates: Thursday February 3, 10, & 17;  
March 3, 10, & 31; April 21 & 28

Time: 1 Session For All Ages  
7:00PM-8:30pm

Location: The York School (1320 Yonge  
St. south of St. Clair)

Cost: \$40 per person

### Two Different Sessions

Session A: 11 to 13 Years Old  
(Grades 6-8)

Session B: 14 to 18 Years Old  
(Grades 9-12)

**Register online at [www.tuc.org](http://www.tuc.org)**