Old

Insert image #6

Totally up to you if you want to use one image or more

(replace the bottom text with ….)

Contact Qld Ultimate for any enquiries about Coaching, Competitions, Athlete Development, Professional Development or Disc Supplies

[www.qldultimate.com.au](http://www.qldultimate.com.au)

[officer@qldultimate.com.au](mailto:officer@qldultimate.com.au)

Insert image #4

(panel #6)

The Simple Rules of Ultimate Frisbee

(see attached flyer – use same text and images – if it suits you - for this section.

**(panel #5)**

**SCHOOL HOLIDAY CAMPS**

**The “ULTIMATE FRSIBEE ACADEMY”**

In 2017 Qld Ultimate will run a series of 1 day school holiday camps aimed at beginner and intermediate junior players between the ages of 12 and 18 years old.

The focus of these camps will be to provide an enjoyable and active Ultimate Frisbee experience to students during the school holidays.

It will teach the basic skills and principles of Ultimate and provide the opportunity for SE Qld youth players to participate in competition games.

The camps will be run by Queensland’s most experienced coaches and will feature guest coaching by National team players and coaching staff.

Cost: $50.00

Includes:

* all coaching and activities,
* snacks, lunch, drinks,
* Disc

**Camp Dates:**

**Tues. June 27 – Brisbane (venue TBA)**

**Tues. Aug 19th – Brisbane (venue TBA)**

**Wed. Dec. 13th – Brisbane (venue TBA)**

Contact: [officer@qldultimate.com.au](mailto:officer@qldultimate.com.au)

www.ultimatefrisbeeacademy.com.au

**(panel #4)**

**Why you should play ULTIMATE in your school.**

Ultimate is an easy game to learn and play and is played in Boys, Girls and Mixed competitions. It can be played socially and informally for fun, or it can be physically demanding and highly competitive.

The basic rules and skills are simple, and are easily picked up by students as young as 9 years old.

The physical elements of running, jumping, passing and catching are common to many sports. and the strategic elements of using space, passing to team-mates and defensive positioning are highly complementary to other common team sports (eg: Netball, Soccer, AFL, Touch).

Ultimate is self refereed – meaning that players themselves adjudicate the game. It requires that players participate with integrity and sportsmanship; a code known as “Spirit of the Game”.

Ultimate players learn:

* Sportsmanship
* Integrity and Honesty
* Personal Responsibility and Self Control
* Negotiation, Communication and Conflict Resolution

Athlete Development Pathway

Players can play in weekly social and competitive leagues, State clubs and National Championships and also representative Australian teams at World Championships.

OLYMPIC DREAMS to OLYMPIC REALITY!

In 2015 Ultimate was formally recognised as eligible for full inclusion in the Olympic Games and the World body for Ultimate is working towards inclusion at the 2024 Olympics.

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