



OUR LADY OF LOURDES

**WANT TO PLAY A
FUN NEW SPORT
WITH YOUR
FRIENDS? TRY
ULTIMATE FRISBEE!**

Learn about the new co-ed ultimate frisbee team at OLOL community open to everyone in grades 5-8!

COME TO A ZOOM INFO SESSION OR REGISTER YOUR INTEREST BY AUGUST 29TH :



WHAT IS ULTIMATE?

Ultimate is a fun and exciting team sport that is **growing all around the country**. It combines the athleticism of running and quick changes of direction with the skill of throwing. This non-contact sport is self-officiated and has sportsmanship built into the rules via Spirit of the Game. First and foremost, ultimate is a community. **The sport belongs to everyone, and everyone is welcome!**

WHAT TO EXPECT?

- Committing to practices or games 2-3 days a week this Fall
- Costs of approximately \$120 over the season with scholarships available
- Developing **social and emotional skills** including: communication, conflict resolution, patience, teamwork, leadership, goal setting, mental toughness
- Growing **physical skills** including: running, jumping, change of direction, catching, throwing, spatial awareness, speed and agility

If you have any questions, send an email to nsmith@judgememorial.com