

# ULTIMATE FRISBEE CLINICS



THE TORONTO ULTIMATE CLUB, ALONG WITH WILL BE HOLDING A SKILLS CLINIC FOR ALL LEVELS AT CHERRY BEACH SPORTS FIELDS ON MAY 5TH FROM 4:00 PM TO 6:00 PM. PLAYERS OF ALL AGES AND SKILL LEVELS ARE INVITED TO REGISTER FOR THIS EVENT AS WE WILL BE COVERING EVERYTHING FROM THE BASICS OF THROWING A DISC TO ADVANCE TECHNIQUES OF MAN COVERAGE. COME AND LEARN THE GAME FROM THE TOP ULTIMATE PLAYERS IN THE CITY.

THERE WILL BE 3 SEPARATE CLINIC GROUPS, EACH WITH A PROGRAM GEARED TOWARDS A SPECIFIC LEVEL OF PLAY:

BEGINNER/RECREATIONAL  
INTERMEDIATE  
COMPETITIVE

DATES: **MAY 6TH, 2012**

TIME: 4:00 PM TO 6:00 PM

LOCATION: CHERRY BEACH SPORTS FIELDS

COST: TUC MEMBER - \$20 / NON-TUC MEMBER - \$25



WORK ON YOUR SKILLS:

THROWING  
CATCHING  
CUTTING  
MARKING

LEARN THE STRATEGIES:

OFFENSE  
VERTICAL STACKS  
HORIZONTAL STACKS  
ZONE 'O'  
MAN DEFENSE  
ZONE DEFENSE

REGISTER ONLINE AT [WWW.TUC.ORG](http://WWW.TUC.ORG)

FOR MORE INFORMATION OR HELP WITH REGISTRATION

CALL: 647-345-8105 OR

EMAIL: [CLINICS@TUC.ORG](mailto:CLINICS@TUC.ORG)