

Day 1 Camp Skills:

- Throwing & Catching Techniques
- Defensive Marking
- Pivoting and Faking
- Cutting and Offensive Positioning

Day 2 Camp Skills:

- Stack and Horizontal Offense
- Handler Movement
- Long Throws
- End Zone Plays



30 SPOTS AVAILABLE!!

This camp is designed to be engaging for 6th to 8th graders who are just learning Ultimate as well as those who are playing at an intermediate level. Both days will have lots of games and drills that are both fun and energizing!

The Camp is run by Caitlin Cordell who is the Teen Programs Coordinator for the Dale Turner YMCA. Caitlin has played Ultimate for the past ten years all over the world. She has coached Ultimate at the North West School as well as the Salmon Bay School.

**IN HIGH SCHOOL AND LOVE ULTIMATE?
NEED COMMUNITY SERVICE HOURS?
COME VOLUNTEER! E-MAIL
CCORDELL@SEATTLEYMCA.ORG**

REGISTRATION :

**1 DAY.....\$30 FOR YMCA MEMBERS
\$45 FOR NON-MEMBERS**

**2 DAYS.....\$50 FOR YMCA MEMBERS
\$65 FOR NON-MEMBERS**

***PLEASE MAKE CHECKS OUT TO SEATTLE
YMCA AND BRING THEM AS WELL AS THIS
REGISTRATION FORM TO:**

**DALE TURNER YMCA
19290 AURORA AVENUE NORTH
SHORELINE, WA 98133**

What to Bring:

Youth will need to bring a sack lunch. There will be some snacks provided.

Other items:

- Cleats
- Athletic Clothes (shorts or athletic pants, non-cotton tops, warm clothing, rain gear)
- Water Bottle



For more information contact
Caitlin Cordell
Teen Program Coordinator
ccordell@seattleyymca.org
206.363-0446 ext. 7048

The YMCA is a membership organization open to all people. If you cannot afford the full cost of a YMCA program or membership, please ask for a confidential scholarship application. Financial assistance, to the extent possible, is available to those in need.

YMCA TWO DAY 6th-8th GRADE ULTIMATE FRISBEE CAMP



**April 2nd and 3rd
9-3pm
HAMLIN UPPER FIELD 6**



YMCA
OF GREATER SEATTLE

We build strong kids,
strong families,
strong communities.

