



Attention: Primary School aged youth groups (grades 2-4)

Summary

Cincinnati Ultimate Players Association [CUPA] offers **free** instructional sessions that teach Ultimate to primary school aged children. In about 90 minutes, these sessions teach basic disc throwing, through to playing a game of Ultimate.

To bring the sport of Ultimate to your group, simply contact CUPA's Primary School age out-reach program coordinator, William Cilley at Cilley@fuse.net with your contact and organizational information.

Additionally

CUPA understands that many organizations recognize the value of teaching children a variety of sports and activities. For example, Cub Scouts recognize Ultimate with a Belt Loops, and Brownies have Fitness badges.

If you are not familiar with the sport, Ultimate is a fast moving, high energy, non-contact sport played with a 175 gram sport disk [aka Frisbee]. The object is to score points by passing the disc between teammates until completing a pass to a teammate in the end zone. Players do not travel while holding the disc, rather establish a pivot foot while the defense starts a 10 second stall count in which the player has to throw the disc to a teammate.

The type of group does not matter. All groups welcome, including, but not limited to, Cub Scouts / Brownie troops, Church groups, Community Recreation Centers, or birthday parties.

<http://cincyultimate.org/>