

Ultimate Frisbee

FREE SUMMER CLINICS!



Sat, June 19th: Throwing & Marking
Sat, July 17th: Man Offense/Defense
Sat, Aug 7th: Zone Offense/Defense

9am-12: morning session
12-1pm: lunch (provided)
1-4pm: afternoon session

****Clinics are for youth players ages 15-19. Location is Columbus, OH. Field sites TBD****

Clinic Goals:

- Teach high school players important fundamental concepts that they can practice and build upon throughout their ultimate careers.
- Take advantage of large clinic attendance (compared to typical high school practices), which makes full-field 7v7 scrimmaging possible, and also increases the amount and variety of drills that can be run.
- Have 8 experienced volunteer coaches at each clinic to share knowledge and provide quality demonstrations.
- Provide a social atmosphere and develop the Columbus youth ultimate community.
- Give players an option for playing summer ultimate without having to commit to summer league or a club team.
- Improve overall skill level, participation, and awareness of Columbus youth ultimate.

Further Info / Sign-Up / Contact Us:

We will be sending all further info to the CHSUL (Columbus High School Ultimate League) email list. Please contact any of us if you want to receive email updates & are not on this list, to sign up for a clinic, or if you have any questions.

- Heather Waugh (Organizer): hhwaugh@gmail.com, 720.839.4163
- Cassie Swafford (Organizer): cswafford14@gmail.com, 614.582.5641
- Bryan Gordon (CUDA Youth Coordinator): gordon.432@osu.edu, 614.496.0294

Additional Notes:

- Depending on the success of these summer clinics, we will tentatively also be hosting shorter once-a-month afternoon clinics *during* the school year. Stay tuned for more info.
- Saturday time schedule is the same for all three clinics. Sessions will be ~2/3 skills & drills, ~1/3 scrimmaging. Locations TBD. Aug 28 is a weather backup date.
- Coaches/experienced players: this is a heads up that we'll be looking for volunteers for these dates. Please check your schedules and help out when you can. Good coaching turnout at the clinics will do great things for next year's season.