

# Ultimate frisbee

- It was started in the 70's by some guys in New Jersey and originally called it something silly like the ultimate sports experience, then changed to ultimate frisbee
- It couldn't be called frisbee because of a copyright battle with another company
- It's being considered to be another sport for the summer olympics in 2028 because of the popularity of the sport

# How its played

- The two teams when playing outdoors there are 7 v 7, when playing indoors it 5v 5, then when its on the beach is 5 v 5
- The field for college is half of a football field cut in half the long ways, so that two games can be played on one football field
- The two teams start off on the endzones and one team throws the disc to the other side of the field for the opposing team to receive
- The other team can catch the disc before it falls but if they drop it the team who threw it gets the disc where it drops
- They need to throw the disc down the field and make it into the endzone without dropping the disc

# Different types of play

There's different levels of play from high school to professional play

Professional play is the most intense and if you're good enough you can get called up to worlds which is the national team that goes against other countries

There's also leagues for people to play in that have no experience and want to just meet people and learn how to play

There's also mixed leagues of pros and intermediate players and the players are chosen through a draft so that the teams will be close in fairness

# Chat GPT slides for music theory

## Understanding Music Theory

Music theory is the foundation of understanding how music works.  
It involves concepts like rhythm, harmony, melody, scales, and chords.  
Understanding music theory enhances musicianship and allows for deeper appreciation and expression in music.

# Mastering the Violin

- The violin is a versatile and expressive instrument with a rich history.
- Basic techniques include holding the violin and bow correctly, positioning the fingers on the strings, and producing a clear tone.
- Advanced techniques include vibrato, shifting positions, and bowing techniques like spiccato and staccato.

# Bridging Music Theory and Violin Performance

- Music theory provides a framework for understanding the structure and patterns in music, which can be applied to violin playing.
- Knowing scales, intervals, and chords helps violinists to interpret musical pieces, improvise, and compose.
- By integrating music theory into practice, violinists can enhance their musicality, expressiveness, and overall performance skills.