ATTENTION
ULTIMATE FRISBEE
BOYS & GIRLS

AGES 11-16 WELCOME!

Tuesday Nights
Session 1: Jan 21 - Feb 25, 5-6pm
Session 2: March 3 - April 7, 5:30-6:30pm
Cost: $90 per session, $170 for both

Schafer Sports Center, Ewing, NJ

If in need of financial assistance, please contact: MCUDLBOARD@GMAIL.COM

YOUTH INSTRUCTIONAL WINTER LEAGUE

These two 6-session instructional leagues will include skill-building, drills, and scrimmages. We will focus on learning the fundamental skills and rules of the game. We will play specific skill-oriented games as well as full scrimmages. The league is open to boys and girls. This league is aimed at new and intermediate players, but it is open to any kid who wants to learn or improve skills. We will cover skills including throwing and catching, offensive and defensive strategies, and general athleticism and agility. By the end of the league players will be game ready and ready to compete.

Register at MercerUltimate.org