



Dear Coach/Volunteer,

Thank you for your interest in the Youth Ultimate Development Program. The goal of this initiative is to improve physical literacy and build leadership for youth in BC through the sport of ultimate, more commonly known as "Ultimate Frisbee". We, at the British Columbia Ultimate Society, want to train eager coaches and volunteers to bring the sport of ultimate back to their schools or communities to recruit and retain young players throughout the province. At the high school level, teams are co-ed. Ultimate is an amazing sport that builds confidence, leadership, honour, integrity, communication, and most importantly, meaningful relationships between players, coaches and the community at large; ultimate highly emphasises the Spirit of the Game - a code of conduct that is firmly encouraged among all ultimate players. As well, it is a great cross-training opportunity; endurance, agility, speed, strength, and field of vision are important aspects of the game. Ultimate can also be a great way to reach out to youth who do not usually participate in sports.

Whether you are interested in introducing ultimate to physical education classes, or are interested in forming a team that will participate from the local level up to the provincial level, or want to get youth in your community more active, BCUS wants to see you at one of our Youth Ultimate Development Program workshops. The workshop is for leaders of the community only; it is not a clinic for youth.

Through a Viasport Grant, the BCUS is able to conduct free workshops for coaches and volunteers. Attendance of the workshop includes a Starter Pack which contains the following free equipment to take back to your schools or communities:

- the Starter Pack manual that explains the basics of Ultimate
- 5 Canada Ultimate approved 'Ultra-Star 175' discs
- a set of field cones
- a pack of ultimate drills cards
- an Instructional DVD

At the workshop, the BCUS representative will walk you through the Starter Pack manual. The Starter Pack Manual includes an introduction to ultimate, throwing, Spirit of the Game, common terms, how a practice is generally run with explanations on each activity and drill, where your team can play ultimate, and membership with the BCUS. The workshop will be engaging, and include live demonstrations along with the option to participate in ultimate techniques.

We look forward to seeing you at a workshop! If you require any more information, or would like to confirm participation in a workshop closest to your location, please contact development@bcultimate.ca or call **1.778.238.6536**.

Participants must confirm to receive the Starter Pack on scheduled workshop days.

Sincerely,
British Columbia Ultimate Society