

TASMANIA HIGH SCHOOLS ULTIMATE FRISBEE GALA DAY 2007

Ultimate Frisbee is a very new sport in Australian schools. Teenagers instantly love frisbee whenever they are introduced to the sport. The Tasmanian Ultimate Association (TUA <http://www.afda.com/tua/>) is wanting to promote the growth of this sport amongst school students.

Ultimate has the following benefits:

- **Non-contact** - as a non-contact sport it is a great, safe sport for students of all ages, sizes and abilities.
- **Self-refereed** - the self-refereeing aspect of Ultimate encourages a mature response to competitive situations.
- **Dexterity** - the inherently complex task of throwing a frisbee accurately and catching it successfully is great for the development hand-eye co-ordination
- **Fun** - playing frisbee is so much fun that they will want to throw at the beach, in the park, at family BBQs, in class...

When: Friday, 23rd November 2007, 9:00am-1:00pm

Where: Wentworth Park

Who: High school students are welcome

What to bring: wear comfy clothing, sport shoes, hat, water, bring food snack.

The aim of this inaugural Gala Day is to:

- Expose the sport of Ultimate to students and their teachers.
- Learn skills, rules and "Spirit of the Game".
- Have some friendly interschool games.



To register your schools interest please contact Tania King taniamking@yahoo.com.au 0403 765757

Hope to see you all there!