



City of Los Angeles Department of Recreation & Parks

SILVER LAKE RECREATION CENTER

1850 W. Silver Lake Dr., Los Angeles, CA 90026
Tel. (323) 644-3946 Fax (323) 644-3949

Ultimate Frisbee League

FEE: \$30

(Fee includes: T-shirt, disc, and participation medal at the end of the season)

June 8th to July 25th

8 - 13 yrs. old

Evaluation: Sat. May 30th 2:00pm @ Silver Lake Rec. Center

What is *Ultimate*?

Ultimate is a non-contact field sport that combines elements of soccer, football and basketball in a fast-paced, high action game, played with a flying disc, where everyone is a quarterback, receiver and defender. The object of the game is for a team to pass the disc from player to player until a pass is completed to a teammate in the end-zone resulting in a score.

How is *Ultimate* different from other sports?

Self-Officiating separates Ultimate from many other sports. Ultimate was conceived as a sport where fair play replaces a 'win at all cost attitude. It is a sport of finesse, athleticism and respect. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players. This bond of mutual respect is called the "*Spirit of the Game.*"

Why a Youth League?

Besides just plain "being fun", Ultimate emphasizes conflict resolution, teamwork and self-control. It allows the players to regulate themselves with positive peer pressure to do the right thing. It is also a great way to get or stay in good physical condition, as well as, boost skills and confidence.