

COME CHECK US OUT!

Why Ultimate Frisbee is the Best Sport to Learn and Play:

Safe

Ultimate is a no contact sport with low injury risk.

Spirit

We play to win, but we also support & respect our teammates and our opponents (Spirit of the Game)

Travel

We have fun local tournaments and opportunities to travel too!

Year Round

Pick and choose your seasons! You can stay active and train during the football, soccer or lacrosse off season!

Low Cost

The cost is significantly less than other competitive sports and there's no equipment needed!



NV ULTIMATE

www.NVUltimate.com



Learn more!

Join a NV Ultimate Team this Spring!

Middle School (5th-8th)

Mondays & Thursdays 4:30-6:00 pm
@ Ashbury Park

High School

Mondays, Wednesdays & Thursdays 4:30-6:30 pm
@ Ashbury Park



**Distribution of information and materials
through the school district does not imply District 204 endorsement.**