

The Ultimate Week of Summer

The Ultimate Week of Summer is a proposal for a week-long summer camp running 8am to 5pm for youth aged 7-15 focusing on the sport of Ultimate. The camp will include games, drills, and lessons from top athletes in the sport as well as other activities.

Proposed Ideas

- Cheap as possible. Parents only cover cost
- Free T-shirt and disc for each participant
- Provided meals (Partial or Full)
- Exhibition Game by top players
- Early (7am-8am) and Late (5pm-6pm) release program for a fee

Proposed Schedule

Monday

- Introduction to the sport
- Ice-breaker games
- Basic play
- Throwing Practice
- Lunch
- Scrimmage
- Video
- Games

Tuesday

- Re-Introduction
- Basic Drills
- Strategy
- Throwing Practice
- Lunch
- Scrimmage
- Video
- Games

Wednesday

- Throwing Practice
- Drills and Skills
- Mini Scrimmage
- Lunch
- Disc Golf
- Games

Thursday

- Throwing Practice
- Advanced Skills
- Mini Scrimmage
- Exhibition Game w/ Pizza
- Games and Videos
- Scrimmage

Friday

- Throwing Practice
- Mini-Tournament
- Games and Videos

To-Do's & Updates

- Look up regulations and permits needed for day camps