

Ultimate Frisbee After School Club!



Why Ultimate Frisbee? Ultimate Frisbee has several defining features that differentiate it: it's self-officiated, can be played mixed-gender at the highest levels, and it is non-contact. Most importantly, it's incredibly fun to play. Our coaches put a heavy emphasis on small-sided and creative games to ensure athletes are constantly touching the disc and engaged the entire session.

Why bring ELEVATE Ultimate to your school? We are the first and only Ultimate Academy in Canada, and are the first to bring this wonderful sport to students under the age of 12. Our team is made up of passionate coaches and physical education teachers, and our founders, Ari and Danie, have a combined 19 years of playing experience. After our after school curriculum-based programming, your students will have learned the FUNdamentals of Ultimate.



FUNdamentals include:

- basic throws, including backhand and forehand
- learning how to throw to a moving target
- learning how to catch while stationary and moving
- Jumping, running, and agility
- Rules and Spirit of the Game



We have worked in hundreds of schools across the Lower Mainland, bringing the Spirit and Sport of Ultimate to students of all ages. We have received amazing responses from the clinics and workshops we have led with teachers and students, and our most common feedback is that we should bring it to more schools!

Our after school programs also build teacher capacity to continue teaching Ultimate by providing every school that books us with resources and lesson plans, as well opportunities for the school to participate in district play days and tournaments.

School Program Details:

- 1-1.5 hour sessions
- 1 – 2 times a week after school (depending upon your school)
- Groups of up to 30 students per club
- Flexible on location (prefer to go outdoors but can make use of gymnasium and covered areas)
- *Option to add discs to the package (we carry regulation discs in two sizes for smaller students)*

Program Fees:

- \$15/athlete/session
- Minimum of 10 athletes to run the program

Let us show you why Ultimate is changing the game @ www.elevateacademy.ca

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Testimonials:

Our daughter has joined in a number of Elevate Academy sessions, both Summer camps and Spring Sessions. She regularly comments on how fun it is and feels like she gets better and better each time. She loves her coaches and how they use fun games to help kids learn and build confidence with skill development. The coaches work hard to ensure every child is noticed and nurtured in an inclusive, positive environment.

- Parent of athlete

The coaches at Elevate Academy, Ari and Danie, were engaging and professional. They adapted their program appropriately to the various age groups and made great connections with the students.

The sessions were accessible to all of the students in our diverse population. Ari and Danie made sure that every student was included, and easily adapted their activities to students of different abilities. Throughout the sessions, the field was filled with our students running hard, having fun, challenging themselves, and cheering on their peers.

The program itself goes beyond teaching athletic skill. Ultimate Frisbee builds confidence and personal accountability in athletes, and stresses worldly values such as community, sportsmanship, and open-mindedness.

- Principal of KGMS School



Feel free to contact us with any questions.

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