



**SIGN UP FOR THE 2016-2017 ULTIMATE FRISBEE SEASON BY EMAILING MR.KERN**

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Ultimate Frisbee is a great sport for kids. It teaches hand eye coordination, team work, field awareness, and provides a great outlet for aerobic exercise! Anyone can sign up for the club no matter what your experience or skill level is with Ultimate Frisbee. The league is very relaxed and much more interested in putting emphasis on fun and not winning or losing.

Cost for joining is \$40.00 per student. Every student that signs up will get their own Ultimate Frisbee Disc and Mountain Phoenix Ultimate Frisbee T-Shirt. The Mountain Phoenix Ultimate Frisbee Team will compete in the Ultimate Frisbee Charter School League and games will be held during the month of May. (Dates and Times for games will not be determined until the end of March)

Below is a complete schedule listing all the practices for the year. Practices are held weekly on Fridays from 1:30 PM until 3:30 PM at Fruitdale Park. All participants must meet Mr. Kern on the field at Mountain Phoenix Campus and walk to the park as a group. Pick up will be at the Fruitdale Park Parking lot. Students are encouraged to wear comfortable athletic clothing and shoes appropriate for running during practices.

Month/Day	Friday	Friday	Friday	Friday	Friday
September	No Class 9 <sup>th</sup>	16 <sup>th</sup> First Class!	23 <sup>rd</sup>	30 <sup>th</sup>	
October	7 <sup>th</sup>	No School 14th	21 <sup>st</sup>	28 <sup>th</sup>	
November	4th	No School 11th	18 <sup>th</sup>	No School 25 <sup>th</sup>	End Fall.
<b>CLASSES NOT IN SESSION DECEMBER/JANUARY/FEBRUARY BECAUSE OF WINTER WEATHER</b>					
March	3 <sup>rd</sup>	10 <sup>th</sup>	17 <sup>th</sup>	24 <sup>th</sup>	No School 31st
April	7 <sup>th</sup>	14 <sup>th</sup>	21 <sup>st</sup>	28 <sup>th</sup>	
May	5 <sup>th</sup>	12 <sup>th</sup>	19 <sup>th</sup>	26 <sup>th</sup> Final Class!	End Spring.