

Schedule - Ultimate Frisbee Beginner and Youth Clinic

Date: Wed 25 April, 10am - 4pm (that's Anzac Day)
Venue: Main Oval, La Trobe University, Bundoora, Melbourne
Who: All beginners aged 10-18!
Cost: Free for students and their teachers/parents!

Time	Activity
10:00am	Welcome and intro
10:15am	Basic skills of ultimate <ol style="list-style-type: none">1. Throwing and catching2. Cutting3. Rules of Ultimate
11:15am	<i>Morning tea break (food not provided)</i>
11:30am	Games of ultimate
12:30pm	<i>Lunch break (food not provided)</i>
1:00pm	Watch Women's final of Australian National Championships
2:40pm	Watch Youth Exhibition Match
3:20pm	Watch Open final of Australian National Championships
4:00pm	<i>End</i>

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