

Word of the Day:

**Effusive-**  
unrestrained or  
excessive in emotional  
expression.

Sometimes it's good to  
be effusive in  
cheering your  
teammates on from  
the sidelines.

# NUTC

*Bring it in!*

Quote of the Day:

I've got a theory  
that if you give  
100% all of the  
time, somehow  
things will work  
out in the end.  
-Larry Bird

**\* Welcome to the 12th annual, 2012 season of NUTC \* Follow us on the web! Content updated nightly! [WWW.NUTC.NET](http://WWW.NUTC.NET) \***

## Signs of Dehydration

- Early to Mild Signs:** Thirst - Lack of Hunger
- Irritability - Flushed Face - Warm Skin
- Decreased Urine Output - Dark Yellow Urine
- Moderate to Severe Signs:** Leg or Stomach Cramps
- Fast or Weakened Pulse - Dizziness - Headache
- Nausea - Fainting - Vomiting



# Today's Schedule

6:45am	Wake Up!
7:00am	Breakfast
7:55am	Walk to the Fields
8-11:30am	Play Ultimate
11:45am	Lunch
1:00pm	Walk to the Fields
1:15pm	Play Ultimate
4:30pm	Rec Hour
5:30pm	Dinner
7:00pm	Slideshow
7:45pm	Meet Outside
King Dorm	
8:00pm	Team Night

**MUST HAVE FULL WATER BOTTLE!**

9:30pm	Floor Meeting
10:00pm	In Rooms
10:30pm	Lights Out



## Weather



**Sunday:**  
Mostly Sunny  
10% Chance of Rain  
Hi 86° Low 64°



**Monday:**  
Isolated  
Thunderstorms  
30% chance of Rain  
Hi 85° Low 68°

