

Aug 1st, 2011

SESSION C - ISSUE NUMBER 3



THIS JUST IN... CAMPER VS. COUNSELOR GAME IS TONIGHT!



Word of the Day:

Third - three equal parts into which something is or may be divided.

In ultimate terms - it is the portion of the field in which you should not throw into unless a) you are in a different third of the field; b) a cut is coming from a different third.

Trainer Tip # 1

In order to be in tip-top shape for a full day of Ultimate make sure you eat a breakfast containing protein and carbohydrates. A single bowl of cereal will not sustain you throughout the morning. Try some eggs, PB & Toast, bacon, oatmeal, or pancakes.

Weather Outlook



Monday

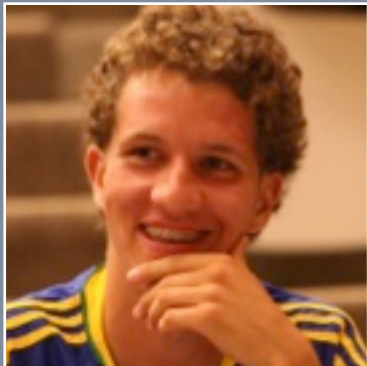
Chance of Rain.
Otherwise Sunny.
30% Hi 90° Lo 57°



Tuesday

Foggy then Sunny.
Hi 85° Lo 61°

NUTC FACES



TODAY'S SCHEDULE

6:45am	Wake Up
7am	Breakfast
8-11:30am	Play Ultimate
11:45am	Lunch
1:15pm	Play Ultimate
4:30pm	Rec Hour (Swimming, Disc Golf, etc.)
5:30pm	Dinner
7:00pm	Meet Outside of Coolidge to walk to field
7:30pm	Camper vs. Counselor Game
9:15pm	Make Your Own Sundaes Outside of Dorms
10pm	Suite/Floor Meeting
10:30pm	In Rooms and Lights Out

Quotes of the Day:

If you are going to be a champion, you must be willing to pay a greater price. – Bud Wilkinson

The Six W's: Work will win when wishing won't. –Todd Blackledge

