

BRING IT IN



TRADE NIGHT IS TONIGHT! POLISH UP YOUR BARTERING SKILLS!



Keep your pulls inbounds to avoid sore arms!

Word of the Day:

Nexus - a connection or series of connections linking two or more things

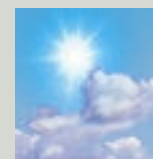
The swing is often the nexus between the reset cut and the deep endzone huck.

Trainer Tip # 2

Don't forget baby powder in your cleats if you are developing blisters. If you get anything taped (ankles, blisters, etc) take the tape off at the end of the day!

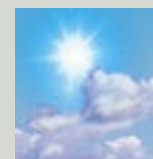
Always stretch sore muscles in between scrimmages and drills, and ask for ice after sessions if you are sore :) If you are injured or ill, don't forget to keep cheering your team on!

Weather Outlook



Tuesday

Mostly Sunny.
Hi 85° Lo 61°



Wednesday

Mostly Sunny.
Hi 78° Lo 60°

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 - DISC OLYMPICS
5:30pm	Dinner
6:30pm	Slide Show (Basement of Stone Dorm)
7pm	Trade Night!
8:15pm	Team Meeting with Coaches
10pm	Suite/Floor Meeting
10:30pm	In Rooms and Lights Out

Sign
Up For The
Talent Show!

Quotes of the Day:

There are only two options regarding commitment; you're either in or you're out. There's no such thing as life in-between.

-Pat Riley

The highest compliment that you can pay me is to say that I work hard every day, that I never dog it.

- Wayne Gretzky



NUTC FACES

