

August 3, 2010

SESSION C - ISSUE NUMBER 3



## THIS JUST IN... 'TRADE NIGHT' IS TONIGHT!

In order to be in tip-top shape for a full day of Ultimate make sure you eat a breakfast containing protein and carbohydrates. No, that single bowl of cereal will not sustain you (and no frosted flakes!). Try some eggs, PB & toast, oatmeal, or pancakes. Remember to bring fruit or a granola bar with you down to the fields in case you get hungry in the middle of the session! Also 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!



### Word of the Day:

**Contrivance** - A thing that is created skillfully and inventively to serve a particular purpose.

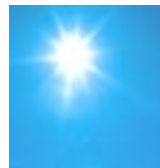
Make sure to work on your contrivances over the next couple days, whether it be on the field or for the talent show!



### Weather Outlook

*Wear Sunscreen!*

Tuesday



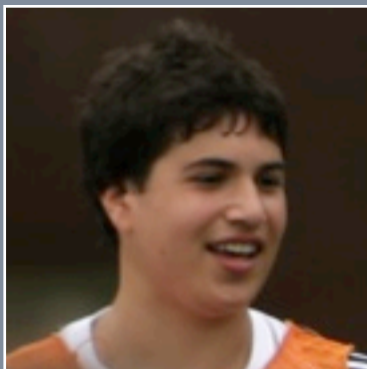
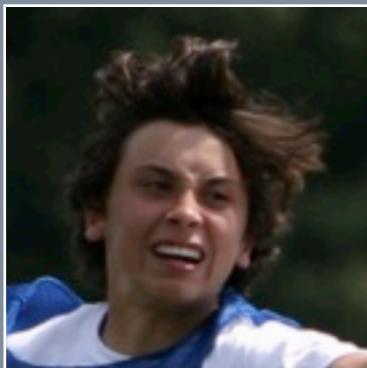
A slight chance of showers and t-storms after 1pm. Chance of rain plus more: 20%  
Hi 87° Lo 67°

Wednesday



Another chance of showers and t-storms after 10am. Otherwise, mainly just cloudy.  
Hi 90° Lo 68°

# NUTC FACES



## TODAY'S SCHEDULE

6:45 am	Wake-Up!
7 am	Breakfast
7:50 am	Walk to fields
8am - 11:30 am	Play Ultimate
11:45 am	Lunch
12:50 pm	Walk to fields
1pm - 4:15pm	Play Ultimate (and Disc Olympics)
4:30 pm	Rec Hour (pool, disc golf, etc.)
5:30 pm	Dinner
7 pm	Trade Night!
8 pm	Team Meetings with Coaches
10 pm	Floor Meeting
10:30 pm	Lights Out

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

