

**Word of the Day:**

**ornithologist-**

A zoologist who studies birds

**It would be interesting to hear what an ornithologist**

**would have to say about the NUTC Hawk.**

# NUTC

*Bring it in!*

**Quote of the Day:**

“If we’re good, and that’s something that we desire to be. Things like game location and climate and things need to be irrelevant. Good teams are great at making those variables irrelevant and that what we strive to do, that’s out of our control and we really don’t care.”  
-Mike Tomlin

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



## Tips For Success

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. Try some eggs, peanut butter and toast, bacon or oatmeal.

Tip #2: Make sure to change your socks frequently and use baby powder in order to prevent blisters.

Tip #3: Don't be afraid to see the trainer if you are showing signs of dehydration.



# Today's Schedule

6:45am	Wake Up!
7:00am	Breakfast
7:55am	Walk to Fields
8:00am	Play Ultimate!
11:45am	Lunch
1:00pm	Walk to Fields
1:15am	Play Ultimate!
4:30pm	Rec Hour
5:30pm	Dinner
6:30pm	Slideshow
7:00pm	Trade Night
8:15	Team Meetings
10:00pm	Floor Meetings
10:30pm	Lights Out



# Weather



**Tuesday:**  
Partly Cloudy  
10% Chance of  
Rain  
Hi 83° Low 60°

**Wednesday:**  
Isolated T-Storms  
30% Chance of  
Rain  
Hi 85° Low 66°

