

BRING IT IN

Tiina Booth's Camp Championship

Pool A

- The Dreamicles
- Coal Train
- The Blue Truck Titans
- The Hunt of the Red Wolf Squad.
- Verdecal

Round	Field 1	Field 2	Bye
Tuesday 2:45 - 4:00	9 - 5	3 - 9	5
Wednesday 8:45 - 10:00	1 v. 5	2 v. 3	4
Wednesday 10:15 - 11:30	1 v. 4	3 v. 5	2
Wednesday 1:45 - 3:00	3 v. 4	2 v. 5	1
Wednesday 3:15 - 4:30	1 v. 2	4 v. 5	3

Games to 9; Half at 5 or 30 min; 1 time out per half;
Soft cap at 65 min; Hard Cap at 75 min



Word of the Day:

Moxie - Courage, Aggressiveness and Nerve.

Let's all embrace our moxie during the tournament today!

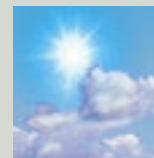
Trainer Tip # 2

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



Wednesday:
Mostly Sunny.
Hi 83° Lo 60°



Thursday:
Partly Sunny.
Hi 84° Lo 67°

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
5:30pm	Dinner
7pm	Slide Show!
7:45pm	"Talent" Show (Meet out in the quads)
9:30pm	Suite/Floor Meeting
10:30pm	In Rooms and Lights Out

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

