

BRING IT IN



What's one change you would encourage in the world of ultimate right now? by Jason Chow

I would encourage our athletes to more closely resemble the top athletes and up-and-comers in other mainstream sports in the way we train and treat our mind and bodies. If you look at the top players in professional and NCAA sports, there is a certain level of respect and responsibility the athletes have for themselves, their lifestyle, and the way they represent their medium vehicle of success. Top recruits, athletes, and coaches not only have contractual substance-abuse policies, but they have self-discipline, respect, and ultimately more important overarching long term goals and understand what type of behavior hinders their physical and mental growth and development.

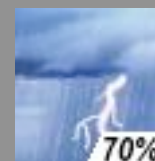
I believe that our sport can take an even greater leap athletically, competitively, and in society if more players at every level take themselves more seriously and carry themselves with more respect. There are many players who I feel embody competitive excellence, but more who do not. In particular, college players are said to be able to "balance lifestyles" well. Imagine how much better those players could be if they lived like professionals?

From taking warm ups seriously, playing to be the best you can be, not making excuses, and controlling your outside life, we can all learn and in the end benefit from the upper echelon of professional, collegiate, and high school athletes.

Remember to:

1. Drink plenty of water!
2. Wear sunscreen!
3. Drink more water!
4. Throw away from the tent!
5. Drink even more water!

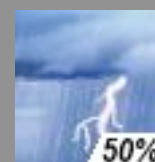
Weather Outlook



Today (Sunday)

Showers & T-Storms likely.

Hi 82°



Tomorrow (Monday)

Chance of Showers & T-Storms

Hi 85°

TODAY'S SCHEDULE

6:45 am	Wake-Up! (We know the best ways to get you up!)
7 am	Breakfast
8 am	Meet outside Davis to walk to fields
8:15-11:30am	Play Ultimate
11:45 am	Lunch
1 pm	Meet outside Davis to walk to fields
1:15-4:30pm	Play Ultimate
4:45-5:30pm	Rec Hour (Pool, Disc Golf, Pitch Nut, etc.)
5:45 pm	Dinner
7 pm	Slide Show
8 pm	Team Night at O'Connor Commons
	No Admittance Without a FILLED Water Bottle!
10 pm	Suite/Floor Meeting
10:30 pm	Lights Out

Turning the Tide by Joe Costello

Q: What do you say to your team when nothing seems to be going right? Your team keeps dropping discs, making poor throwing decisions, and getting beat on defense. On top of that, the other team benefits from every mistake, catching every swilly pass and 50/50. How do you turn the tide?

A: Understand that at any given moment you have ultimate power over the most important player on the field: you. You have the power to outrun, outlast, and outwork every mistake made on the field. If you and your team decide that nothing will keep you from working as hard as possible together, you will discover that you can create your own luck. Even if the end result is not the desired result, you have just learned a valuable lesson from the opposing team. The lesson is this: "I worked my hardest and so did my teammates, but we still lost. Now I know that I need to push myself in the gym, on the track, and at practice so that next time working my hardest will be even better than before."

Quotes of the Day:

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

I've missed more than 9000 shots in my career. I've lost almost 300 games. 26 times, I've been trusted to take the game winning shot and missed. I've failed over and over and over again in my life. And that is why I succeed. - Michael Jordan

NUTC FACES

