

BRING IT IN



Trade Night!

Hope
You All Made
Some Great
Trades!

TODAY'S SCHEDULE

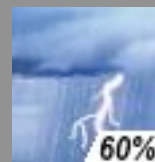
6:45 am	Wake-Up!
7 am	Breakfast
8 am	Tournament Begins!
12 - 1pm	Lunch at Valentine
1 - 4:30pm	Tournament Continues!
4:45pm	Rec Hour - Pool, etc.
5:45pm	Dinner at Valentine
7 pm	SLIDE SHOW IN DAVIS!
7:45 pm	"Talent" Show (Meet outside Davis)
10 pm	Suite/Floor Meeting
10:30 pm	Lights Out!



Quote 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

Weather Outlook



Today
(Wednesday):
Showers Likely
Hi 89°



Tomorrow
(Thursday):
Chance of Showers
Hi 88°

How to go about winning a tournament by Micah Flynn

*Be on time.

*Take care of yourself and make sure to constantly monitor your health. Ultimate tournaments are a long event and require you to put your body through a TON of work. So, in order for you to be 100% at the end of the day (when we need everyone the most). That means constantly eating, drinking water and gatorade or some other sodium replacing drink, staying loose and warmed up. Once your body starts to fail from neglecting any of those things, it's 10 times harder to recover than to just spend the effort preventing.

*Cultivate and maintain focus and intensity. Basically, the idea is that the tournament should be a long building of focus, effort, and intensity. At no point does the team get too high or too low and we're constantly building up to our highest point at the end of the day on Sunday. Also, keep yourself and your teammates pumped up. Even if you're not into the game for whatever reason, you need to fake it so your lack of focus doesn't spread to others.

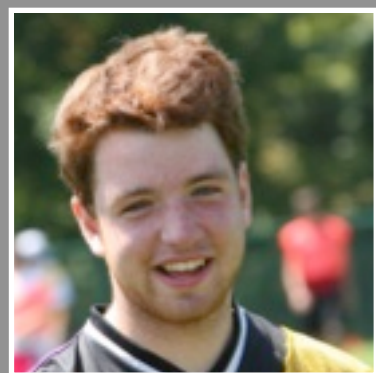
*All 10+ people need to be "on the field". Never let the 7 people on the field be out there without your help... that means talking from the sideline, leading cheers, and just generally being a good supportive teammate. If you are one of the 7 people on the field, you need to be busting your butt to justify the support you're getting from the sideline guys. Also, when our team scores a goal (particularly a break) guys need to get on the field and support the 7 that just got it done.

*Be respectful of every opponent. You don't ever need to show anyone up or act disrespectful to anyone or get into arguments with people over calls to prove it. There are lots of teams that play better when you aggravate them... do not give them that chance.

*Dominate. Attack every disc, get the blocks you can, and always be prepared to just blow by someone.



NUTC FACES



**Congratulations
Emmett on
being an Uncle!**