



Girls' time-out in a qualification match against Odense



Nearly making a block



Warming up



Up-field pass



The coach giving some pointers during the match



Summer party at Århus Ultimate

COME AND TRY OUT THE SPORT

We have engaged coaches ready to welcome new players and we will help you to get off to a good start. You are always welcome at our practice sessions.



CLOTHES AND ATTIRE

Ultimate is a sport without tackles and so there is no need for protection. We play in regular sports clothes like the ones you would go for a run in – because of swift changes in direction while running, it is an advantage to wear soccer boots while playing outdoors. Indoors we wear handball shoes.

PRACTICE SESSION SCHEDULE

See the practice session schedule, practice fields and gymnasiums, and other practical information on our website: www.aarhusultimate.dk.

MORE THAN ONE PLAYER STARTING?

We are very willing to specialise the practice session if you are group of people wanting to try a practice session, so send us an e-mail if this is the case.

CONTACT

Do you have additional questions, contact: info@aarhusultimate.dk

The girls' team can be contacted directly at: pigerne@aarhusultimate.dk

THROW PLASTIC IN THE NATURE PLAY FRISBEE



WWW.AARHUS-ULTIMATE.DK



**INTRODUCTION TO THE
FRISBEE SPORT ULTIMATE AND TO
HOW IT IS PLAYED IN ÅRHUS**



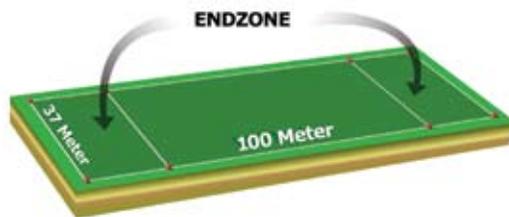
ABOUT THE SPORT OF ULTIMATE

With a frisbee as the centre, Ultimate Frisbee contains elements from basketball, football, and American football.

Ultimate Frisbee is a high intensity non-contact sport that demands great physical as well as technical skills. Outdoors the sport is played seven against seven on grass. The field about the size of a football field and it is shaped like an American football field: 100 meters long and 37 meters wide. Players score by catching the disc in the other team's end zone.



Special about ultimate is that it is played without referees, even at the highest level, for instance at tournaments like the Danish and World championships. Each player has a responsibility for making sure that the match goes smoothly and fairly, and if a disagreement arises about a specific situation, it is most often played over again in order to ensure fair play. This sounds quite impossible to a lot of people but it works!



FOR BOTH BOYS AND GIRLS

Århus Ultimate has both a men's and a women's teams. Both teams get new players regularly, giving regular opportunities for beginners in our practice sessions.

JUNIOR FOCUS IN ÅRHUS

It is the wish of the club to start a junior team (U21), which can be shaped from the start. Århus belongs to the elite of Danish ultimate and we want to keep it that way. We have energetic coaches who eagerly await the establishment of a junior team.



PRACTICE SESSIONS

The club's practice sessions are split up, so that the women and the men each have a regular weekday for practice. Furthermore there is a common practice session for everybody; girls, boys, new, and experienced. The practice sessions are divided into physical exercise, drills, throwing, catching, and understanding of the game. We always end the practice session by playing a real match. A session is about two hours and we practice all year round.

The outdoor season runs from April until October. In the wintertime we go indoors from October until March.

Practice schedules and other practical information are available on the web site:

WWW.AARHUSULTIMATE.DK

