

Monday, July 9th



Ultimate Peace:
Mutual Respect
Friendship
Non-Violence
Integrity
Fun



ONE DAY COMPLETE. A LIFETIME OF ULTIMATE TO FOLLOW!

"Day 1 felt like Day 3!" - Tomer



Yael Sinai is from Sde Boker. It is her first year at Camp UP and she is on the green team, team Froggy Froggy! She has two older sisters who both play ultimate frisbee. Even though it is her first year playing frisbee she is on the Israeli Junior National Team!

Today's Schedule:

- 7:30 to 8:00 - Breakfast
- 8:00 to 8:30 - Auditorium time
- 8:30 to 12:30 - Practice/Team Time
- 13:15 to 17:00 - Pool/Free Time
- 17:00 to 18:30 - Practice
- 18:30 to 19:00 - Clean up
- 19:00 to 20:00 - Dinner
- 20:00 to 22:00 - Capture the flag
- 22:00 to 23:00 - Dorm time
- 23:00 - Lights out



George is sixteen years old and it is his first time at Camp UP! George came to camp to make new friends with people from other cultures and within one day he feels part of his team, SpongeBob Frisbee Pants, and a family! When asked for something strange that his coach John does, George said that John smiles all the time and at everything.



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WEATHER

Tue Jul 10	 Sunny	32° 23°
Wed Jul 11	 Sunny	32° 24°
Thu Jul 12	 Sunny	32° 24°

Yup, it's still hot!

Remember to drink **LOTS** of water and have fun!

Quiz questions of the day answers

- 1) How much does a standard Ultimate disc weight? **Answer: 175g**
- 2) Who is credited to have invented the modern disc? **Answer: Walter Frederick Morrison, "Pluto Platter", 1955**



UP FACES

