

# GIRLS LOVE ULTIMATE



Ultimate Victoria is passionately committed to providing an inclusive, healthy and active community and developing new opportunities to grow, through the sport of Ultimate.



VicHealth is working with Victorian sporting organisations who are providing tailored participation opportunities for women and girls to get involved in sport and physical activity.

## What is ultimate?

Ultimate Frisbee is a non-contact sport played with a frisbee (also called a disc). Two teams of seven players play on a rectangular shaped field with two end zones. The objective is for the team with the frisbee to pass it up the field without dropping it and catch it in an end zone to score a point. The other team tries to intercept the frisbee or knock it down. GLU plays a modified version of the sport on an indoor basketball/netball court with five players per side.

The game is self-refereed, which encourages a mature response to competitive situations. If the player committing the foul disagrees with the foul call, the play is redone. Ultimate Frisbee is currently played by seven million people from over ninety countries around the world.

Ultimate Frisbee is recognised by the Australian Sports Commission and the International Olympic Committee, and is shortlisted for inclusion at the 2024 and 2028 Olympics.

## What is GLU?

The Girls Love Ultimate program is designed specifically with the intention of providing a safe place for girls to socialise, develop and learn new skills, have fun and relax. Coaches, staff and other players, will work to create an environment that is free from judgement, to minimise any girls concern of not being good or competent at the activity as they learn.

The GLU program will provide all attendees that sign on for our weeks of the program with their own frisbee to allow them to continue their involvement in the sport outside of their formal GLU program involvement. This will allow all girls to find time to have a casual throw and catch of the frisbee with a friend in their local park, at a time outside of their study, work or other commitments.

## Benefits for participants

Through involvement in the GLU program, girls will learn to approach Ultimate Frisbee and life with great 'Spirit'. At GLU, girls will learn life skills such as leadership, conflict resolution, self-belief, mutual respect, non-violence, integrity, fun and friendship that will benefit them both on and off the field for years to come. GLU is a fantastic way to make friends and have fun. Girls will also love developing the new skills of throwing and catching a frisbee.

## Coaches

The coaches in the GLU program are qualified Level 1 Ultimate Frisbee coaches through the Australian Sport Commission National Coaching Accreditation Scheme, and also have experience coaching junior players and teams. Additional training is also provided in creating safe and fun playing opportunities for girls across a wide range of physical fitness and abilities.

If you have any further questions about the program, or specific concerns relating to your child's participation, please contact Simon Talbot (GLU Program Manager) – [simon@ultimatevictoria.com.au](mailto:simon@ultimatevictoria.com.au)

