

Riverbend Ultimate Frisbee Club

 **COME PLAY WITH US!** 



 www.rpcusa.org/RiverbendUltimate

What is Ultimate Frisbee?

Ultimate is a fun, fast-paced, team sport that's a mix of soccer and football—played with a flying disc (NOT disc golf!). It's self-refereed and mostly non-contact.

One of the coolest parts?

“The Spirit of the Game” – players value honesty, respect, teamwork, and good sportsmanship while building confidence and communication skills both on and off the field.

Who Can Play?

- ✓ Middle school students (Grades 6–8)
 - ✓ Co-ed – everyone is welcome!
 - ✓ Open to students from Brookfield, Riverside, Lyons, Berwyn, and beyond
 - ✓ No experience needed—we'll teach you everything!
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Practices

Wednesdays & Fridays after school

@ the field in front of George Washington Middle School in Lyons (on Ogden)

(Cleats recommended but not required)

Games & Events

- Play friendly competitive games vs. nearby teams (Western Springs & Oak Park)
 - Optional weekend tournaments (when enough players are available)
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Team Spirit

Mascot: **The Flying Sasquatch!** 

Bonus Experience


End-of-season trip to Evanston to watch a professional Ultimate team: **The Chicago Union**

Summer Opportunities

Camps and clinics available throughout the West Suburbs for continued play and skill-building

Sign Up or Learn More

Contact **Mark Zimmerly**

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Grab a friend and come give it a try—you might just love it! No need to register or RSVP ahead of time.