



Adult Co-Rec Ultimate Disc League Summer 2009

Registration ends May 22nd!

Experience the thrill with Ultimate Disc! Ultimate is a non-contact team sport combining elements of soccer, football and basketball into one fast-paced game. Played with a disc, everyone is a quarterback and a receiver. Participate in weekly evening league games and an exciting end of season playoff style tournament.

- ▶ Teams play 7 v 7 (two women/five men on field)
- ▶ Teams compete in at least 6 regular season games plus an end-of-season tournament.
- ▶ For official rules visit www.hcrpsports.com



Games will be held at Howard County Parks

Thursdays / 6:30 pm / June 5
\$350 / Team (6105.401)
\$35 / Individual (6105.411)

Fee includes tee-shirt and awards

For more information please call Susan Markovitz at 410-313-4674 or email samarkovitz@howardcountymd.gov or visit www.hcrpsports.com



To Register:	<u>Online</u>	<u>Walk-in</u>	<u>Phone</u>	<u>Fax</u>
	www.howardcountymd.gov/RAP	7120 Oakland Mills Rd. Columbia, 21046 Mon-Fri 8am-4:30pm	410-313-7275 Mon-Fri 8am-4:30pm	410-313-4660