Come join Jr. Meat, Alameda’s middle school Ultimate Frisbee team!

- Open to all middle school students
- Fun, inclusive, non-contact, CO-ED sport
- Beginners welcome!

**First practice:** Monday, September 24, 2018, 4:00-5:30 pm, Bayport field in Alameda (next to Ruby Bridges school)

**Season:** September 24-end of May

**Practices:** Mondays & Fridays, 4:00-5:30, Bayport field in Alameda

**Games:** We play in four one-day weekend tournaments (one in November, one in February, two in May) and four Sundays in April.

**Waivers:** Players are welcome to join a couple of practices before committing to the team, but parents must fill out the Liability Waiver and Medical Authorization forms and bring them to the first practice your player attends. Waivers found at: [https://bayareadisc.org/youth-ultimate](https://bayareadisc.org/youth-ultimate)

Questions? Contact Amy Garcia at amyj33@yahoo.com or (510) 915-4747.