

## Ultimate Day 2011 Event Schedule

Saturday April 30

L'Ecole Jules Verne at corner of Willow and 37th Ave

<http://maps.google.ca/maps?q=5445+Baillie+Street,+Vancouver&z=14>

	Foyer	Theatre	Room A	Room B	Courtyard	Field 1	Field 2
9:00-9:30	Registration						
9:30-11:00		Captains Meeting					
11:10-12:10	Trade Show	Captains Clinic 1	Horizontal O&D	VUL Future 1	BBQ	Throws you wish you knew	Break that Zone
12:20-1:20	Trade Show		Zone O&D	Injury Prevention and Taping 1	BBQ	Effective Handling	Women's Clinic
1:30-2:30	Trade Show	Captains Clinic 2	VUL Future 2	Injury Prevention and Taping 2	BBQ	Cutting and Defending	Women's Clinic (continued)
2:40-3:40	Trade Show	Coaching Workshop	Nutrition for performance			Endzone O&D	Pickup games
3:45-5:00						Pickup games	Pickup games

### Note:

This schedule is accurate as of April 15, but will likely change.

Please check the website for the latest version

<http://www.vul.bc.ca/v3/calendar>