

WE ARE HIRING

COACHES

- SUMMER LEAD COACH
- SUMMER CAMP COACH
- SCHOOL PROGRAM COACH

APPLY BY MARCH 15TH

OCUA is hiring Ultimate coaches!
 (APPLY BY MARCH 14 by emailing Janice@ocua.ca)

OCUA is excited to announce that we are hiring for (3) [summer coaching positions](#) to contribute to the growth and development of Ultimate in Ottawa.

1. Summer Lead Coach
2. School Program Coach
3. Summer Camp Coach

March 15th St. Patrick's Theme Tournament

March 15 St. Patrick's Theme Tournament!

Welcome to the **2025 St. Patrick's Theme Tournament**, brought to you by OCUA and Ottawa Mixed Ultimate (OMU). Grab some friends and come out and enjoy a tournament on March 15th. Players will have the ability to submit friend requests and we will do our best to honour them while maintaining a balanced tournament.

March 15th, 5-9pm at the Ben Franklin Dome
Junior-aged players must register with a parent or guardian
 6v6 Mixed Tournament | Cost is \$50 | [REGISTER HERE](#)

OCUA PRESENTS

TEAM CANADA CLINICS

FUNDRAISER

04	Algonquin, 10-11pm "Cutting Techniques"	EMILIE BEAUSSOLEIL
05	Algonquin, 10-11pm "Break Throws"	EMMA BEAULIEU
06	Ben Franklin, 10-11:30pm "Women's Pulling"	GEORGIA CAMERON
07	Ben Franklin, 10-11:30pm "Cutting Techniques"	LIL SHANNON
08	Ben Franklin, 10-11:30pm "Defense Footwork & Marking"	LOGAN KEILLOR
09	Algonquin, 10-11pm "All Gender Pulling"	MARTY GALLANT
10		MAX AYAD
11		NAOMI PETERSON

Support Ottawa Athletes

OPTIONAL TO REGISTER AS DONATOR AND NOT PARTICIPATE

Team Canada Clinics

OCUA is excited to have multiple athletes representing Team Canada this summer. We are pleased to announce a series of clinics coached by these athletes as a fundraiser!

Athletes: Emilie Beausoleil, Emma Beaulieu, Georgia Cameron, Kate Clement, Lili Shannon, Logan Keillor, Marty Gallant, Max Ayad, Naomi Peterson

- Women's Pulling (March 7)
- Cutting Techniques (March 14)
- Defense Footwork & Marking (March 21)
- All Gender Pulling (March 31).

[CLICK HERE TO LEARN MORE](#)

ADULT COMPETITIVE TRYOUTS

2025

3 DAYS TO GO

REGISTRATION CLOSES MARCH 9
 REGISTER TODAY ON OCUA.CA

2025 Adult Competitive Tryouts Open

- Senior, [CLICK HERE](#)
- Masters/Grandmaster [CLICK HERE](#)

Registration for tryouts will be done completely through OCUA's registration system with a goal of unifying teams, localizing tryout information and limiting player burnout. There will be (2) different registration links: Seniors and Masters/Grandmasters.

Based on their responses, players will be invited to attend tryouts for teams they are interested in. Registration closes March 9th.

Ottawa - Carleton Ultimate Association

FACES OF OCUA

Welcome to FACES of OCUA

The players and members of OCUA are truly special. Not only because they play this inclusive and exciting sport, but also because many have interesting jobs, hobbies and interests.

Because of that, we will publish this regular section in each issue of Ultimate Happenings and through our social media channels to share more about the unique members of OCUA. Enjoy.

MARCUS BRADY

OCUA SPONSORS & PARTNERS

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