MAKE A DIFFERENCE

“It was inspiring to see a huge diverse group of girls engage with a new sport and overcome the challenges it presented. They had a blast with the encouragement of their Heist coaches.”

- Nate M., GUM clinic organizer
  Madison, WI

“Some girls are nervous to try something new when they first arrive to the clinic, and it is incredibly rewarding to see how quickly they gain confidence. By the end, they don’t want to leave!”

- Katherine L., GUM clinic organizer
  Washington, DC

“GUM helped me meet new people who are passionate about the same sport. Being surrounded by the ultimate community makes me the happiest person in the world.”

- Nina A., GUM clinic participant
  Seattle, WA

HOST A GUM CLINIC IN YOUR AREA TODAY!

Stay Connected!

gum.usaultimate.org
719-219-8322
girlsultimatemovement@usaultimate.org
GUM: Girls’ Ultimate Movement
@GUMUltimate
gumultimate

GIRLS’ ULTIMATE MOVEMENT

Join the Movement
What Is GUM?
The Girls’ Ultimate Movement (GUM) is a community-wide outreach program designed to increase girls’ participation in the sport of ultimate.

Why Do We Need GUM?
Ultimate is built on Spirit of the Game™ and its tenet of equity and inclusiveness. Through these beliefs, young girls can become not only amazing ultimate players and athletes, but contributors to society.

By the Numbers

- 24% of USA Ultimate youth members are female.
- GUM’s goal is to increase this number.

Get Involved
GUM brings the ultimate community together around creating opportunities for girls to play ultimate.

Run a GUM Clinic!
GUM clinics are a low-barrier way to introduce girls to ultimate.

1. Sign up to run a clinic at gum.usaultimate.org.
2. Receive free materials and organizational support from USA Ultimate.
3. Teach girls how to play ultimate!

“Whenever a parent of a daughter asks me what ultimate did for my daughter, I say three things: it gives her a voice, gives her a body and gives her a tribe.”
- Stefani L., Ultimate Mom, Bay Area, CA

Youth Outreach Opportunities

- Develop girls’ middle school teams, high school teams and leagues in your area.
- Become a GUM Ambassador for club, college or high school.
- Volunteer as a USA Ultimate State Coordinator.
- Spread the word about GUM!

For more information, email education@usaultimate.org or visit gum.usaultimate.org