Carleton Ultimate Summer Program (CUSP) is a week-long residential summer experience held at Carleton College in Northfield, MN.

**Cost**
- $625 before May 14, 2015
- $700 after May 14, 2015

**Dates**
August 2 - 7, 2015

Participants will be housed in Carleton residence halls. All meals, activities, and equipment are included in the registration fee.

**Sample Program Schedule**
- Morning "fun" fitness
- Breakfast
- Classroom and Ultimate Training
- Lunch
- Classroom and Ultimate Training
- Dinner
- Evening Large-group Classroom session

**SUMMER@CARLETON.EDU**

Summer Academic Programs
One North College Street
Northfield, MN 55057

(866)767-2275

Make your summer ULTIMATE @Carleton College

go.carleton.edu/summer/ultimate
The goal of CUSP is to help student athletes learn to:

- Be proactive, focused/fully engaged and rational in their thinking no matter what adversity they may face before, during, or after performance.
- Think beyond the status quo and go beyond the comfortable and accepted thoughts of current belief systems formed throughout athletic careers via past/present coaches, societal/culture pressures and norms, and past/present roles on various teams.
- Fully understand the concept of teamwork and what it means to be part of a fully functioning, synergistic team rather than simply a member of a productive group.
- Apply the basics of the above concepts/skills to their individual athletic performance during the program, to other current athletic teams and to the many other areas of their lives.

Why Carleton?

Ultimate frisbee has existed within the Carleton community for over 30 years and, over time, has become part of the College's culture.

Much like students approach learning with enthusiasm, respect, energy and a uniquely Carleton brand of playfulness, the overall ultimate community approaches the sport in the spirit of the game.

"The unique curriculum at CUSP is designed to help student-athletes think differently about various aspects of training and competition ultimately using these skills as they apply to sport, functioning in team environments, and most importantly to the other areas of their lives outside of athletics as they prepare for college." Jessica Mueller, CUSP Instructor

Ultimate players are often working on big-picture team-wide strategies rather than just X's and O's.