



Become a GUM Ambassador!

What?

- Ambassadors are the club team contact for all things GUM.
- It's a role that connects our GUM volunteers with more community members and ideas!

Why?

- Because the more people thinking about GUM, the more girls we get playing ultimate!
- Our youth look up to club teams as role models and an example of SOTG.
- Connect with other volunteers and teams around the country!

How?

Reach out to your Girls' Regional Outreach Coordinator -

Central: grod_central@usultimate.org

South: grod_south@usultimate.org

Northeast:

grod_northeast@usultimate.org

West: grod_west@usultimate.org

Ideas for what you could do:

- Run a clinic.
- Buy team [GUM headbands](#) or [bags](#) from Five Ultimate.
- Shout out GUM on social media with hashtag - #stuckongum
- Volunteer as a team at a girls' league or tournament.
- Coach a team.
- Incorporate a girls showcase, fundraiser or other opportunity into your next tournament or event.

