

PIEPLITE: N

THE OFFICIAL MAGAZINE OF THE TORONTO ULTIMATE CLUI

What's inside!

Full Circle - 20 Years of Humble Pie

Ultimate Warm-up

Divine 9's

Ultimate Show of Support

Spirit of the Game

Choices

2003 Standings

& More!

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Well, what a long strange road it's been. After a one year hiatus Pieplate is back, and here to stay. TUC has undergone a makeover, and Pieplate is changing too. Some of our changes are old, some are new; all of them are designed to make this little publication as relevant and exciting as it can be. I hope you enjoy the fruits of our labours.



Letter from the Editor

his is my first issue of Pieplate as editor, and in some ways it has been over a year in the making.

I took this job a long time ago with no experience and no expectations of the challenges ahead. In that time I've lost a co-editor to buying a home (and later populating it with a child), a boss, and a whole lot of time logged into my email account. What I've gained is a new appreciation for the people who devote their time and energy to making this league, and this game, as exciting as possible.

Now, how does a twenty-three year old with no publishing experience end up running the show? If I knew the answer to that I'd be running Maclean's. What I can tell you is that thirty nine months ago I noticed a message on the BBS indicating that the league needed someone to run inTouch, the league mailing list. Fast forward a few years and here I am, editor of this slick production you're holding in your grass-stained hands. Getting here hasn't been easy, but I wouldn't have it any other way. Along the way I've had a lot of help. This article is dedicated to all the people who have helped me along the way, from John and Ali all the way on down Danny and Christopher, and even my grandmother who still keeps everything I write on her fridge.



A special acknowledgement goes out to John Harris. He's been playing Ultimate longer than I've been alive, and he's been helping out the league almost as long. He got me started in this and I think we all owe him a collective "Thank You" for the time and

effort he has put in. Thanks John. Good luck with that non-ultimate stuff you're mixed up in!

I hope you enjoy reading this as much as I enjoyed putting it together.

Joseph Krengel



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Message from your Board of Directors

here does all the club money go? Why do we have to play at this crap field? How can our league parties be better?

Sound familiar? It does to your Board of Directors. We are members from all divisions across all nights who ask tough guestions like these and have a desire to see an improved result. In asking these questions and challenging convention, we are able to identify what is truly important to the members and set a vision for improving the club on all fronts. For those who may not be aware, the function of the Board of Directors is to assume responsibility for the financial and legal activity of this not-for-profit corporation and set both short and long term priorities that benefit the membership. We are elected by you the members at the annual General Meeting and are fully accountable for all our decisions. This is a responsibility we take very seriously and you will see throughout the year that the Board's top priority is to improve value to the T.U.C. membership while ensuring the long-term health of the club. This is part of a strategic plan that we've implemented to ensure all activity remains in the best interest of all our members regardless of what night, tier, or season they play. This year we are fortunate enough to have the largest Board ever with 11 members. This gives our Board a larger cross-section of players from beginners to elite, men and women, across all nights and divisions. With a larger Board, there are more volunteer hours available to make a positive impact on our organization, and are excited to see the improvement.

We started 2004 with a new General Manager for the club, and the Board is happy to welcome back Christopher Lowcock to managing the club which he was integral in starting in 1984. Already Christopher has begun to take the club to new levels, having secured more fields of better quality, building a large and motivated Executive Committee, and having brought corporate partners to the table to reduce costs. Christopher has begun to integrate the T.U.C. with other leagues and sports communities, both ultimate and otherwise, to find new ways of helping the club operate. We look forward

to more of Christopher's ideas being realized this year. Of course, this is all possible thanks to the infrastructure that was championed by our previous GM John Harris. John's tireless efforts leading this club for years have provided a foundation from which our club will truly prosper. The Board is grateful to John for his vision, effort and amazing attitude and we look forward to seeing John and his family at T.U.C. games and events throughout the year.

The really important people however are the Executive Committee, who volunteer zillions of hours to make the day to day operation of our club and its expansive leagues run smoothly. Without them nothing would happen. This year's Executive is also a large group, with many new faces who fairly represent a broad spectrum of members. They have done an outstanding job already this season in getting the league up and running throughout a difficult transition period with new leadership at the Board and GM level. The priorities of this committee are not simply to run the league – but find ways of improving the league and club experience for all members. The return of this publication, the Pie Plate, is an example of how this group is committed to improving the sense of community within the T.U.C.

A final note — with the exception of one paid person, this club operates entirely on volunteer effort. The more of it we have, the more likely our leagues, events, and operations will improve. We encourage all T.U.C. members to identify their talents and make them available from time to time to help the club.

Have an incredible summer, and look for articles on Board initiatives in future Pieplates.

Your T.U.C. Board of Directors:

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his summer marks the 20th anniversary of the first time a Canadian Ultimate team competed at the 1st World Ultimate & Guts Championships, which took place July, 1984, in the beautiful town of Lucern, Switzerland, I was and still am a proud member of that team—a rag tag bunch of nine guvs that took on the world.

In a tournament made up of 15 countries with a round-robin format, we found our selves playing at least two and sometimes three games a day along with a game of Guts. This was an exhausting task but we felt were up for it. We'd spent the previous fall conditioning and preparing for the journey and event of a lifetime. We practiced endlessly, playing as much Ultimate as our bodies could take, and when we weren't playing we studied sports psychology. We traveled as a team, partied as a team, and were a team— Canada's Team.

Most weekends found us in the northeastern United States, where the best teams of the time were from: Zoomass—better known as University of Massachusetts, with 70,000 studentslocated in the town of Amherst, along with Amherst College, and nearby Hampshire College, was a popular stop, as was Burlington, Vermont, home to UVM—University of Vermont. Aside from being college (read: party) towns, they boasted some of they best Ultimate teams and competitions within reasonable proximity to our team's home base, Montreal. Although I was located in Toronto. the core of our team were

McGill University students exposed to Ultimate through the intramural program. McGill has always had a large number of American students, and it was they who brought the game north.

It's too bad we couldn't bring a little of the game back south with us, but in the early days at those events we got waxed continually, with lopsided scores like 19-0 and 17-1. Later, as our conditioning improved and we learned each other's nuances, we'd be happy scoring 5-6 points a game. I often look back on that as a great growing point in my Ultimate career—the continual humbling experience of getting trounced over and over built character. I was used to winning. having grown up and played with most of the giants of Canada's professional disc community. I had a well-rounded disc sports background, and when I wasn't at an Ultimate tournament, I'd be at a Guts competition or Disc Golf tournament on the PDGA circuit. So it was hard to be humbled in Ultimate, but we loved the game enough to go to Switzerland fully prepared to get waxed again.

To our surprise, we were unbeaten for the first three days playing much larger teams comprised of 14 to 21 players. We also were



unbeaten in Guts—a game I had literally just taught everyone with sort of a crash course. It was like Savage Seven for us. If one of our guys had an injury it had to be pretty bad to take a turn on the sidelines. Only something broken or hanging out of its socket counted; a sprain, twist, missing toenail, or bad cut just wouldn't work. We needed everyone to survive this event. As a result of our tenacity in the face of overwhelming odds, we became the "tournaments team" and everyone looked at us in awe. When they weren't playing, they'd come and watch the Canadians then watch us win the party every night too. We may have been the smallest team, but we attracted the most women.

It was an odd happening. We'd started playing the game with such humbling experiences, and to suddenly be glorified by a world Ultimate community was a big surprise, and a little too much. What happened next was somewhat predictable: we got full of ourselves, thought we were unbeatable, partied hard that night and crawled onto the fields on Day 4 only to be beaten by 1 or 2 points by both Germany and Austria. Reality had caught up, but it hadn't overtaken us. The next day we had

a Commonwealth match: nine Canucks versus 28 Brits. Watching the men from the British team cry on the sidelines after we beat them was also moving.

In the end we finished 7th overall and made the best of friends from around the world—associations that would continue to feed our Ultimate frenzy for years. I played again at Worlds in 1986, 1988, 1989, 1990, then hosted the WFDF Club Championships here in Toronto in 1991. All this ignited by the motivation and fire that burns inside me to this day from attending that first Worlds.

After returning from Switzerland that summer, I officially started the Toronto Ultimate League and DISCANADA, a national association to represent Canada at the WFDF roundtable and disseminate info to a growing scene across the country. Other teammates like Marcus Brady, an Ottawa native, were also motivated to give back in their respective communities to help Ultimate grow. As a result of this early seeding by our first Canadian National Ultimate Team members, we now have one of the strongest Ultimate nations in the World. Now that's humbling.



The Ultimate Warm-up

The warm-up is generally used to prepare the cardiorespiratory and musculoskeletal systems to meet the demands of exercise. It is in place to physically and mentally prepare the ultimate player for optimum performance while reducing their risk of injury. A warm-up consists of 3 components. A basic warm-up, static stretching and a specific warm-up.

A basic warm-up for ultimate consist of a brief 5-10 min. low-intensity jog around the field. This is primarily done to increase core and muscle temperature which improves neuromuscular function by increasing the muscle's temperature so to will its suppleness increase.



Static stretching would generally follow the basic warm-up. This would consist of stretching the specific muscles involved in ultimate. Some players spend anywhere from 5-30 minutes stretching before games. There arc many types and ways of static stretching that will not be discussed here but arc thoroughly discussed in many texts.

The last component of the warm-up that usually happens is the specific warm-up. This warm-up is most often done by gradually increasing the intensity of the movements done in ultimate. An example of this is team sideline runs that start off at 50% on the first width and by the sixth width the team is running all out. This warm-up

is used to recruit the muscle fibers that will be used during the game or practice as well as increase ultimate specific joint mobility.

Now having a grasp of what usually happens and why, we will piece together the ULTIMATE WARM-UP. In the ULTIMATE WARM-UP the basic warm-up will remain as is. The reasons for the light jog are crucial to being successful on the field. The increase in temperature alone has shown amazing results when trying to decrease muscle stiffness. Hot muscles equals hot D. Although static stretching has been found to increase range of motion at a joint (flexibility), research has also found that it can decrease both strength and power production and may possibly increase the risk of injury if done before an activity. These findings have led many professional strength and conditioning coaches to eliminate static stretching from their warm-ups. For these reasons combined with supporting research against static stretching during warm-up static stretching will also be removed from the ULTIMATE WARM-UP. In place of static stretching will be dynamic stretching followed by the specific warm-up. Dynamic stretching will be used to further increase ultimate specific muscle temperature and to isolate the specific joints used so that the range of motion can be dynamically increased. The dynamic warm-up will use different drills to "loosen" the player up while bringing in all the movements that will be used in the game or practice. With the reasoning in our pocket, the ULTIMATE WARM-UP can finally be put together. It will be broken up into exercises, time and distances to give you an idea of how you should warm-up.

The **ULTIMATE WARM-UP** will look something like this:

Basic Warm-up

• 5-10 min. low-intensity jog to increase muscle temperature

Dynamic Warm-up (done across the width of the field)

- A's 1/2 the width of the field then a light skip for the remaining distance (x2)
- B's 1/2 the width of the field then a light skip for the remaining distance (x2)
- C's 1/2 the width of the field then a light skip for the remaining distance (x2)
- Right Shuffle full width (x2)
- Left Shuffle full width (x2)
- Carioca Run (cross-over front and back) full width (x2)
- Angled Lunge Walk full width (x2)
- 2 Foot Hops for distance 1/2 the width of the field then walk
- Power Skip with Ann Swing full width (x2)
- Backwards Run 1/2 the width of the field then a light skip for the remaining distance (x2)
- Hip and Upper Body Rotation run fall width (x2)
- High Knees Gradually increasing foot speed 1/4 width then a run for the remainder (x2)
- Run and Jump 6 times for the fall width (x2)
- Increasing Sprints 50%, 70%, 80%, 90%, 100% fall width.
- Out and Back Run 4 times for the fall width (x2)

Specific Warm-up (done with team)

- Throwing with a partner (2 min.)
- Marking drill (4 min.)
- Long throwing drill (4 min.)
- Flow drill (4 min.)
- Individual Preparation (1 min.)
- Team talk (1 min.)

It is very important to be aware of your readiness during the specific warm-up. If the muscles feel tight, the basic and dynamic warm-up haven't been done properly and should be done again in order to maximize your playing level while decreasing your risk of injury.



















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Divine 9's

Stepping out of the car on a cold, gray Saturday morning in March, I looked across the wet, half frozen fields of Churchill Park in Hamilton. The wind swirled around me chilling me to the bone and I wished I were back in my warm bed sleeping instead of preparing to chase a disc around. I had never believed that wet, muddy and cold was a recipe for a fun day. And so I took a deep breath and prepared myself to meet Velvet Jones, the team I was to play with for the two-day Divine Nines tournament.

y first impression of Velvet Jones was that we were a really friendly team, and pretty damn good-looking, too. That's a good start. Our captain, Graham, seemed organized and had a few simple zone defenses drawn up on a whiteboard. He told us we were ranked 8th out of 25 teams, pretty arbitrary considering that we had never played together before.

Our first game of the tournament was against the 18th ranked team, so we figured this would be a good chance to warm up, get used to playing together and develop some strategy. We underestimated the opposition. After giving up a few unanswered points, we reviewed as a team where everyone was supposed to be in both offence and defense. This paid off. We began to gel on the field and won a hard fought 6-5 victory. That was a wake-up call. We discovered afterwards that the schedule had gotten mixed up - we had just played the team ranked 3rd, not 18th. That gave us a huge boost of confidence.

Armed with momentum from our first win and great coaching from Graham, we never looked back. We got hot play from everyone: Arthur's Energizer Bunny impression chasing the handlers, our amazing wall of women, Graham

and Dime taking turns hucking and chasing, great layouts on offense and defense. We won all four games on Saturday! And let me tell you, the best schedule when you're cold, wet and covered with mud is to play 4 games in a row then head straight to the pub!

Our first game on Sunday was played on what was probably the worst field in the park (who says the top tier gets the good fields?). Half of the field was a swamp. With each step, we sank ankle deep into a thick, half-frozen, molasses-like mud. Velvet Jones pulled off the victory in a hard fought battle!

Our next game was a rematch against the 3rd ranked team. We either ran out of steam or didn't remember how to play on a dry field. Sadly, we were outrun and ultimately defeated.

Our last game was a short game and we lost that too.

The bottom line is that we finished 4^{th} ! Not bad for a team that had never played together. So I guess wet, muddy and cold can be fun if you are with some good people chasing a plastic flying disc.



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lost my mother to Leukemia in June 2000. She was an amazing person who inspired me to reach out to the ultimate community to help carry on her commitment to fund-raising.

With the help of a group of friends and the staff at Princess Margaret Hospital we were able to turn a small idea into a big reality. I wanted to



create awareness about Leukemia and raise the research bar so that one day no daughter would feel such an incredible loss.

The idea of asking my friends to support this cause while playing some ultimate was a logical one. With the initial help of 8 teams and many sponsors we were able to hold an unprecedented one-day disc golf/ ultimate tournament that rocked! The result was an outpouring of generosity and overwhelming support that has now grown into a huge annual event.

In 2004, the Toronto ultimate community made this event possible by helping raise over \$75,000 to support Leukemia research at Princess Margaret Hospital in just one day!

We are keeping the fund alive and well and looking forward to L4L 2005 to keep building on our total of over \$150,000. Until this cancer is conquered your support is needed. Thank you all for such an amazing gift of generosity and kindness.

Together we can make sure that no one we love is lost to us.



ome players say that it is easy to play with Spirit – all you have to do is follow the rules. But I believe SOTG is way more than this, and is quite difficult to do all the time. Here is my list of 5 steps needed to fully play with Spirit. Each step is challenging, and Step 4 is by far the hardest.

I have phrased all the steps in the first person "I will ..." to emphasize the point that only an individual player is able to change his or her own actions and attitudes. When all players in a game are following steps 1 to 5, then the game will truly be Spirited.

Step 1. I will try not to break the rules

- I will try not to drag my pivot foot when I pivot (travel)
- I will try not to cross the goal line before the pull (offside)
- I will try not to cause significant impact when going for the disc (foul)
- I will try not to count faster than 1 second intervals (fast count)

Step 1 is more difficult than it sounds. First of all, you must know the rules before you can be sure you are not breaking them. Unfortunately, some of the rules are a bit ambiguous and interpretations are debated by even the most experienced of players. My overriding philosophy is that "whatever is the most fair" is usually the correct interpretation of a rule. Secondly, you must make the decision to watch yourself all the time to make sure you don't accidentally break a rule.

Step 1 is absolutely necessary before you can go to Step 2.

Step 2. I will not allow myself to get away with breaking the rules

If I realize that I've dragged my foot to pivot around a marker, I won't throw since I would have gained an advantage. Instead I will pivot back to my original position and ensure that both the marker and myself are in legal positions before continuing the play

- If I cross the goal line before the pull, I will take a few slow steps before going into a sprint to nullify the advantage I might have
- If I foul someone I will call the foul on myself
- If I start the count too fast, I'll stop counting for a few seconds to nullify the advantage

Step 2 really tests your personal integrity. You might be the only player who realizes you've broken a rule. Force yourself to admit it (at least to yourself). Don't allow yourself to get away with breaking even the smallest rule. In some sports, breaking the rules is allowed; players might even be convinced that "if the referee didn't see it, it didn't happen". In Ultimate you are referee. So if you saw it, then you did not get away with it. Part of being a Spirited player means being an honest player.





<u>Step 3.</u> I will encourage my teammates to follow steps 1 & 2. I will tell them when I think they are not.

- A teammate always travels when they throw a hammer. Tell them, and follow through by helping them practice throwing legally
- My teammates often cross the line before the pull is released. Ask them to "hold the line" when your team is pulling
- Your teammate fouls an opponent hard and decides to contest. Talk to this teammate; say something like: "Wow, that was a hard hit, maybe you shouldn't contest"
- Call fast count if your teammate is counting too quickly. It might surprise your opponents, but they will probably appreciate it

Here things get a little tricky. I am not saying that you have to jump on your teammates for every little infraction. If they do break a rule without realizing, it is helpful for someone to let them know. This will allow them to improve their game. This goes against a common belief that you should support your teammates in every situation. But if your teammate is wrong then you should make it your responsibility to tell them. They are more likely to respond well if they hear it from you, than if they hear it from an opponent.

Step 3 is more important than you think. The most effective way for improving Spirit is peer pressure and this pressure works better when coming from teammates than when coming from opponents.

Now is Step 4, which in my opinion is the hardest of all.

Step 4. I will believe that ALL players (myself, my teammates, and my opponents) are doing their best to follow steps 1, 2, and 3

- I never travel, but my mark says I traveled on my pivot. I get the disc back, and make smaller pivots to avoid whatever it was that my opponent saw. After the game I ask him or her to show me what it was that I was doing that constitutes a travel.
- My opponents occasionally get 10 or 15 yards across the line before they pull. I kindly
 ask their captain to check this and to mention it to his/her teammates. He/she does and

- their team is much better about off sides for the rest of the game.
- My mark slaps my arm every time I pivot. I ask him to be more careful and/or I call a
 foul. We both try to be more careful he doesn't mark so close, and I don't reach out so
 far on my throws

Step 4 is what SOTG is all about. When everyone on the field is following Step 4, it is fantastic. There still might be rule infractions, but the players involved will resolve situations quickly and amicably.

Step 5. I will accept that different perspectives will see different outcomes

Step 5 doesn't work unless you believe Step 4. Even when you believe step 4 there will still be disagreements. Line calls are a perfect example of differing opinions on the field. A player catches a disc close to the sideline – in or out? Sometimes these calls can be very close. Even with linesmen and professional referees (e.g. pro football), line calls are sometimes unclear.

I catch a disc on the sideline and I'm 100% sure I was in, my opponent with equal
perspective is 100% sure I was out. Since I accept Step 4, I have to believe that the
opponent really saw that I was out — he saw something different than I did. Since I
know I was in and he knows I was out (and neither of us is breaking the rules) it must
be too close to call. The Rules of Ultimate include a solution for this situation: disc back
to the thrower — Play On!!!

OK, this was pretty long winded, but I hope that it makes a little sense to somebody. In some ways, playing with SOTG is more difficult than playing without (e.g. where referees make the calls so players don't have to). However, I believe the extra effort is well worth it.

"Spirit of the Game" — Always play with Spirit!







eams and especially team captains are forever in search of the elusive "Ultimate strategy" for playing Ultimate. They are constantly expressing and re-expressing strategy ideas and concepts as well as coming up with new ones. Somewhere in all of these outpourings of heart, mind, and spirit, they hope to somehow elevate their team to a new level of play.

Unfortunately, the stream of strategic consciousness (or unconsciousness - because, yes, team captains also dream about the game) does not provide team members with clear starting points, building blocks for development or an end goal in team strategy.

HUCK, SPIKE, PARTY

Ultimate is a very simple game. It can be summarized as: run, throw, and catch (or as they used to say in Calgary, "HUCK, SPIKE, PARTY"). The easiest means of breaking down the strategic elements of Ultimate is to reduce the game into its component elements and then apply strategic CHOICES to each. Choice is the key word, and it is what separates Ultimate as it is now from professional sports. Players on the field are empowered to make choice after choice under varying circumstances.

Team strategy as it stands now is an overlay of the types of choices that players should make on the field — call them guidelines. Remember, if we had non-playing coaches and we were competing at the Olympics, there is little reason to believe that players would be allowed any choice at all. How many 1-yard passes does it take to move the disc 70 yards up the field? (For the answer please visit www.iamtoodumbtolive.ca) This would be a very boring yet potentially effective strategy if your ONLY goal were to win.

Readers of this article are from very and moderately competitive touring teams, competitive league teams, developing teams, individuals who needed something to read in the bathroom, and, at the other end of the spectrum, the house league team that really only uses their participation in the game as an excuse to get out with friends. If you are among those who simply needed something to read, I am sure there are pretty pictures on the next page. Otherwise, imagine the two scales - individual choice and team purpose. As individual choice decreases, team purpose approaches winning the Olympics, and conversely as individual choice is maximized so are the Sexploits of a team. The only common goal among all the types of teams is "scoring". Team strategy answers the question of "how". It's supposed to answer that question at least. no help here for hairstyles that are "so-lastrecess".

The focus of the team strategy should be a collection of choice guides that tell players what to choose all else being equal. At my last tournament, the captain provided team speech # 2846.23 - cold/rain variation, which, beyond saying the same thing all speeches from the captain's catalogue say, used the actual inspirational words "let's make smart choices and get this game over with quickly." I don't think I need to elaborate much, for those who know me, on the conflict that I felt (very briefly) before settling on the conclusion that the first part of his speech was for my teammates and

the latter for me alone, causing me to hear "everybody make short crisp passes to Gregory so he can huck it." Captains, please be careful with your message and your words.

Some of my favorite memories of Ultimate games start with my delivery of strategic direction on the line: "we've got the deep game down, let's cut back to the disc and use our short game" and then I would immediately

proceed to huck the disc down the field. Why does this occur? Well, since my teammates are all now stacked near the disc (okay, how about "gathered"). because let's face it, if we're throwing short why run long first, and since most of their names translate into "if-I-wanted-a-damn-workout-I'd-ioin-a-damn-gym", and there is always one person on the line who is too busy flirting to listen to the plan and goes deep anyway, but ends up alone and wide open so why wouldn't I throw to them (even my mother would throw that one). I am trying to nail down my point in this paragraph, and I think it's that captains should lie to their players and trust that someone isn't listening. Wait a sec: I think

it was actually that no matter what choice
GUIDELINE is employed all choices are worthy
of consideration.

It has been suggested that when I have a short cut and a deep cut equally open for me, I have made the choice to throw to the deep cut, perhaps as early as in the car on the way to the game or even earlier than that. Most players that I play with will elect to cut deep when I have the disc because they have grown accustomed to my propensity to huck. The lesson in this is that if we all pay close attention to each other's choices and demonstrable preferences, we will make it



Most players that I play with will elect to cut deep when I have the disc because they have grown accustomed to my propensity to huck.

easier for each other by accommodating those throws on the field by making the appropriate cut (choice). By example, beyond my initial hatred of those players who ALWAYS fake a throw before actually throwing, I will adjust my cut to accommodate such wasteful antics. If, for another example, in warming up before a game I am tossing with Melanie and she's putting up some beauty hammers, I will cut for the hammer when she has the disc because she

is more likely to choose that throw given her muscle and visual memory of exactly that throw to me.

If we focus on making use of the choice that the team has made about its purpose and remain cognizant of the elemental choices that each individual will make in certain situations, then we will be strategically stronger by doing not only what works, but also what our teammates prefer. I have never seen a player intentionally choose the wrong throw, nor have I seen a player intentionally throw poorly. I have seen situations, though, where in hindsight I would likely have made a different choice than that selected – occasionally it's even my own throw. So, captains and players alike need to understand that the issue of strategy is one of choices.

Captains, be clear about the priority of choices that the team should follow, and please keep them simple and limited in number. Players, you must understand that whatever the captain says about strategy is about choices and priorities. All else being equal, why not follow the plan?

But feel free to play your own game if that tall cute guy you have a crush on happens by. No one cares whether you choose wisely, just choose conscientiously.

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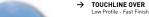




→ TOUCHLINE TRUE

Medium Profile - Medium Finish

Designed for Medium to long range drives that need to hold a line. This disc is a multi-purpose driver that can produce hyzer and anhyzer shots. The True is also a great medium to long approach disc. The True has a medium hyzer finish



Designed for distance and predictability when throwing extra long Hyzer shots. This low profile speed disc will help you get the length you want combined with a fast hyzer finish.



→ TOUCHLINE UNDER

Low Profile & Very Fast Finish

Designed for distance and predictability when throwing extra long anhyzer shots that need to finish hyzer. This low profile speed disc will help you execute those long turnover shots that need to finish with a fast hyzer.



→ TOUCHLINE BANK

Medium/Low Profile & Fast Finish

Designed for extra long anhyzer drives, the Bank will turn over [anhyzer] when released properly [quick snap and fast arm speed]. The Bank is also a great roller for the more experienced player. The Bank has a medium hyzer finish.





→ TOUCHLINE PUTTER

High Profile - Slow Finish

Designed for putting and short to medium approach shots, the Putter will hold a perfect line then drop to the target. This disc will help you execute those important putts and delicate approach shots. The Putter has a slow hyzer finish.

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2003 Standings

B1 METRO

B5 EAST

ABS

SPIN

Dead Dogs

Geezers

Degeneration-X

DRASTIC PLASTIC

THE Ultimate Frishee Team

Headcheese Ultimate

Rukus
Disc-Horde
Midget Plinko
Red Hot Choad
Huck Finn
You Are Dead at Recess

B2 METRO

Drop Dead Gorgeous Sex Farm Comic Hammered Penguins Redux Old Windmachine Crimson Tide Jim Rockford

Slip-A-Disc

Slip-A-Disc Throw No Evil Orange Sweet D Headless Chickens Green johnny

B4 METRO

B3 METRO

Plan B Banana Cream Pie Bongstar Dirty Ponies Litter in its Place

B6 EAST

Electric Mayhem Retro Rewind BuddhaFingha Come to the Disc Spin Doctors Monday Hat Team

B6 WEST

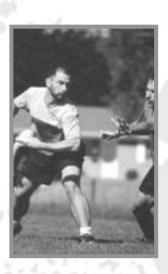
Blank I'm With Stupid The Other Team Jonathan Slap my Ass and Call me Wally Coalition of the Willing

C WEST

Hasty Retreat Slammers Slap my Ass and Call me Willy It Doesn't Matter Tighty Whities Ultimate Jackass

C EAST

Guy Lafleur Little Blue Hedgehogs Three blown wheels You spin me round Going Commando York Mills Team



2003 Standings Tuesday

B1 METRO

The Axis of Just-As-Evil Discoteque Wayout Layouts Lounge Lizards Vote Quimby Dirty Gerbil

B2 METRO

DVDs Sonar Smack Daddy Spinning Mules Smelt Warm Biscuit

B3 METRO

Flick This Ninjastars Killer Frisbees Green Eggs and Sam Benny's Back Shock N Awe

C1 METRO

Frank and Beans Team Sexy Discraceful Ultimate Lemmings Feed the Chicken Porn Flicks

C2 METRO

DiscGruntled Suck Our Discs Flick-Fu Shock and Awe Citizen Disc Diskohillia

C3 METRO

Big Kahuenas Roadrunners Atomic Fish Grumbleflick TEAM MANGO! The Flickstones

C4 SE

1-888-TAXIGUY Floppy Discs Queer as Flick Cool Skins Los Micos The Huckstables

C5 SE

Disc-Oriented
Mother Huckers
Plays well with others
The Full Monkey
Flying Purple People Eaters
Eastern Disc Race



2003 Standings Wednesday

A1 METRO

IMOD Pee Wee **Butcher is Still Standing** Resevoir Dogs Skunk Miss Sometimes

A2 METRO

Boogie Nights

Bug Red The Big Kahunas Warbudza

B3 EAST

A3 METRO Comfortably Numb Colonel's Secret Recipe **Huckin Crazy** Grimace

BFFR

Assume the Position

R3 WFST

wankers

Split Fingers

Old Tuckers

Bunk

Discology 101

Two Hands Kelly

The Afterthoughts

Herniated Discs

Hammer N Dump **Frizbots Funky Chickens** @ Play Big Honkin Mother Chuckers The Steamers

The Young and the Breathless Super Burger

B1 METRO

RUNT D Cup Wookin Puh Nub Boogie **Amsterdamagers** The Farth is Flat

C1 NE

Flying Woodies Long Bombed City Flickers **Bloor Velvets** Whats this Round Thing "Dude, Wheres my Disc?" Pinkie and the Prophets Yeepruls

B2 METRO

Lemonade Norge Les Vaches Oranges Deep Throw It Flicktease Zoydz

C2 NE

Just Here for the Beer Full Circle Pylon My Disc Castor Low Expectations Limpdisc



2003 Standings Inursday

B1 METRO

Airwaves Cutbacks Superfriends Wax on Wax off SPIDER MONKEY Disc-O

B2 METRO

Melting Popsicles
So Cut
Damaged Goods
Guns of the Night
Jabberwocky
Team 12

B3 METRO

Aerosol Headcheese Flick Tease 2 We Used to be Hotties Ichiban Obnoxious Yellow Schrödingers Catch

B4 METRO

Fugly Huckers The Terry Funk Experience Horizontal Hip Chuck and Chug Regime Change Ivana Huckalot

C1 METRO

Corporal Bill's Warrior Poets The Hurry Hards Disc Devils in Disguise (3D) Steffler's Mom Mad Flanders SteamHogs DAVEd and confusED Dirty Hands

C5 SW

Jibba Jabba Nickel City Slag HILO F.I.T. Flicky Flicky Flicky Flick

Team Pain

C2 METRO

Humber River Dirt
Delinquent Goldfish
Limp Disc-it
Ubiquitous They
Dance Contest Winner
Addicted To...

C4 SW

Faulkers Montezumas Revenge Go Deep Lick My Disc Once Hucked Twice Laid Ultimate Pretzel Benders

C6 SW

Last Ditch The Rockets The Wild Types Doug Discus Maximus Ultimate Superstars





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Up-coming Events

Jul 3-4 **11th Montreal Jazz Tournament** (Open, Women's)

Montreal, Québec

Jul 10-11 No Borders (Open, Women's)

Ottawa, Ontario

Contact Keith Whyte at kjwhyte@hotmail.com.

Jul 17-18 Mid season Tournament

Sunnybrook Park, Toronto, Ontario (4-3 co-ed).

All TUC summer league teams are invited to compete. The fee is \$0 for TUC members and \$5 for non-members. To register, send an email to **midseason@tuc.org** with your team name, captain's name and email, summer night and division and the approx. number of players (M/F) - let us know if you need extras.

Registration deadline is Thursday, July 10.

Jul 17-18 Comedy of Errors (Mixed)

Montreal, Québec

Jul 31-Aug 1 RUB - Rochester Ultimate Benefit (Open, Women's)

Rochester, New York

Jul 31-Aug 1 The Coed Jamboree (Coed)

Ultimate Parks Inc., Ottawa



Well, now that you've had time to digest what we've had to say, how would you like to do your part? Instead of sending out one issue every two years, our goal is to have a second issue coming out in the fall. That's right, we're doing two of these every year. I'm just as excited about the fall issue (which has barely been touched) as the one you hold in your hands. All I need is the people to make it work. If you have photos, ideas, talents, or just some time you can help us out. Look at me, two years ago I knew as much about editing as you do. We are always looking to inject new energy and enthusiasm into our work. Here are some of the ideas that are being worked on:

- Thoughts from the Sidelines: We need one intrepid individual to go around and collect the musings from players on the sidelines during league games. More details to follow.
- Touring Team profile: Know a team with a story? Want your team to get some press? Here's your chance. This will be a regular feature.
- Favourite Ultimate hotspots: Have you found a really great place to go after your ultimate games? Is there a restaurant/bar that caters to our particular brand of sweaty athlete? We're compiling a list and need suggestions!

If you can help us with any the above ideas, or have anything else you'd like to say or do to help us out just get in contact with us: pieplate@hotmail.com You can also check out the BBS.



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