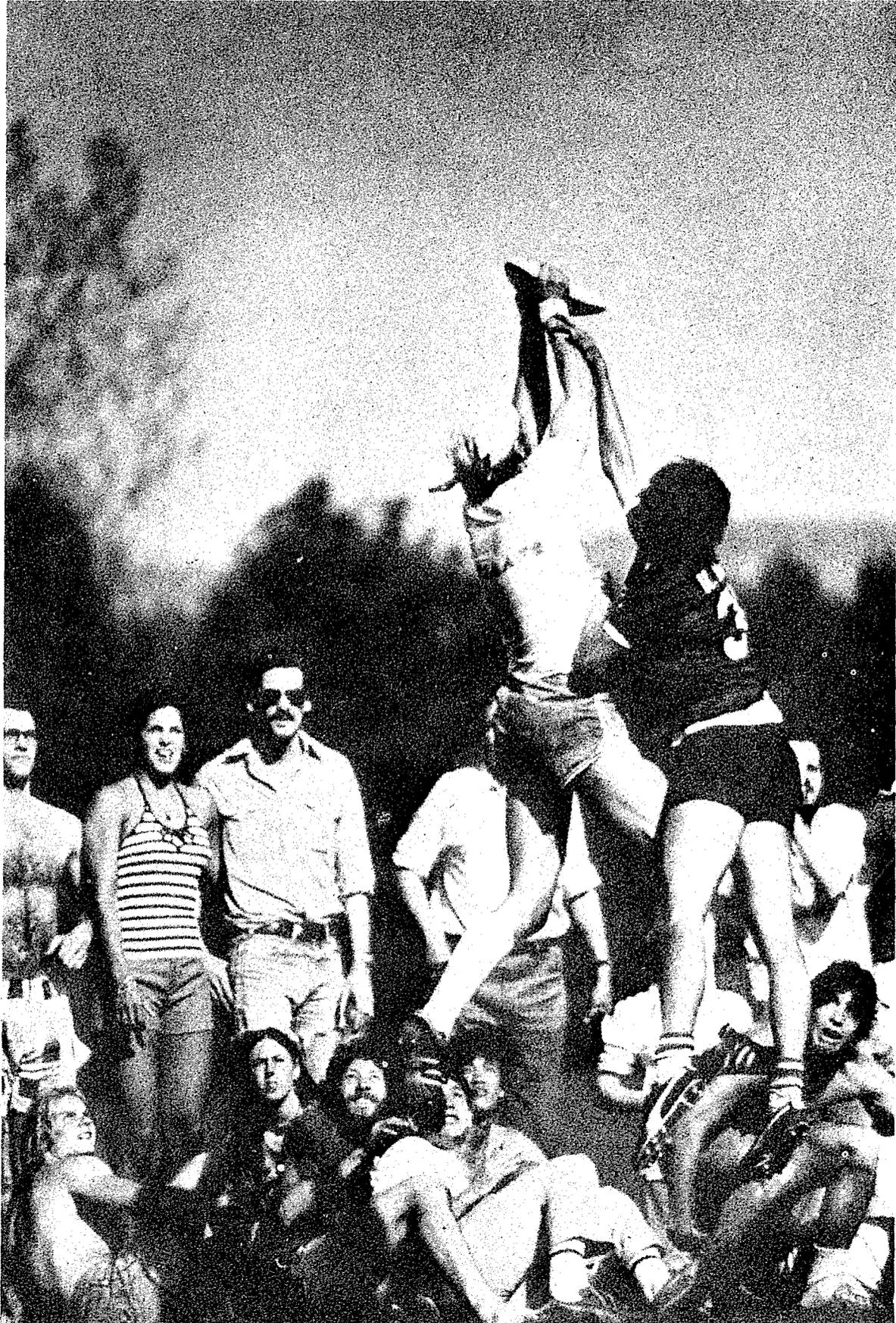


Australian Delay



autumn '83

..from..the..editor.....

Firstly, apologies for the delay (sic) in producing this magazine. What should have been an Autumn edition is now nearly a Winter one judging by the weather outside. However here is N°3 of the new Australian Delay format and it will also be the last one you receive unless you renew your subscription (see opposite page for details).

Many items of interest have occurred in the past few months, both on the national & international scene. In America, Whamo, the sponsors of the IFA, have been taken over by a company called Kransco and the new company has announced it will not be managing the World FRISBEE disc Championships. If we are to have a WFC, then the organization will have to come from the players themselves. Following the success of OZ FRIZ CHAMPZ 82 and FLYING FREE 83 the idea of the 1984 WFC being held in Australia could bear some consideration.

Closer to home, the AFdA held a truly representative AGM in March. Stewart Robertson announced that TOLTOYS PTY. LTD. no longer wished to be committed to the running of the AFdA. However, they are hopefully prepared to continue sponsorship of the association and of course, this magazine. (Hence all the more reason for the early renewal of your subscription). The AFdA constitution was amended at the meeting and has been reprinted in this issue. Any one requiring a copy of the minutes of the AGM is asked to contact the Executive Director, Rob Hancock.

Finally, and on the lighter side, the one thing our sport is lacking, is humour. Not that there isn't enough of it watching friends miss 3metre putts or dropping 12 second MTA's, but jokes similar to those concerning cricket, footy, etc. In between cracking up at your friends FRISBEE frailties, apply the grey matter and send us any disc oriented jokes, cartoons and one-liners for publication in further issues.

God knows, we need a laugh or two nowadays.

Nick Smith

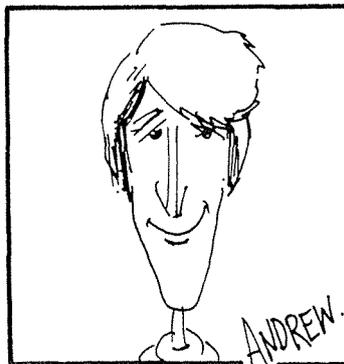
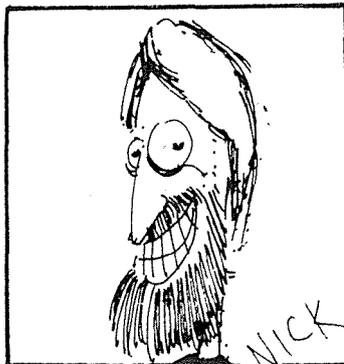
NICK SMITH

EDITOR IN CHIEF



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AUSTALIAN DELAY— VOL.IV AUTUMN 1983

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Direct all subscption inquiries, article submissions, photos and changes of address to, the Editorial Offices C/O this magazine. Copy deadline for the next issue August 20th 1983. Printed, Produced and Posted in Western Australia.

A.F.D.A.

AUSTRALIAN FRISBEE disc ASSOCIATION

The 1983 Australian FRISBEE disc Championships held in Sydney in March, yielded more than an exciting competition and several records being broken. The most significant event was the first truly national AGM, in which many sections of the constitution were updated and amended and where 4 Directors, instead of the previous 3 were elected. The 4 new Directors are:-

1. Rob Hancock 6 Whittlesford Street, EAST VICTORIA PARK W.A. 6101, (09) 3611760
2. Brian Allen Flat 4/6 Woids Avenue, HURSTVILLE N.S.W. 2220, (02) 5707134
3. Andrew Morris 83 Osborne Street, JOONDANNA W.A. 6060, (09) 4444018
4. Ian Whitehead 1175 Riversdale Road, BOX HILL Victoria 3128, (03) 2884139

The A.F.d.A. is now at a critical crossroad, it must quickly establish an organized national programme of development via the promotion of FRISBEE disc activities as well as becoming an autonomous body that can maintain itself financially. To achieve these aims we require that all interested disc players support the Executive Committee by subscribing to your magazine, the 'Australian Delay' and supporting the development of the State Associations and the local disc club. For too long, too few have been left to do too much, if we all give a little we will find FRISBEE disc throwing more enjoyable as well as developing a highly organized association.

The A.F.d.A. aims to achieve the following objectives in 1983/84:-

- i] to promote FRISBEE (R) flying disc activity as a sport, via all forms of media,
- ii] to produce and distribute the association's voice of communication, the 'Australian Delay' in the format that we are currently employing,
- iii] to promote and financially assist the organization of State Associations, to promote FRISBEE (R) flying disc activity by having organized, regular meeting venues, and
- iv] to organize the Australian championships and State tournaments.

NAME: _____

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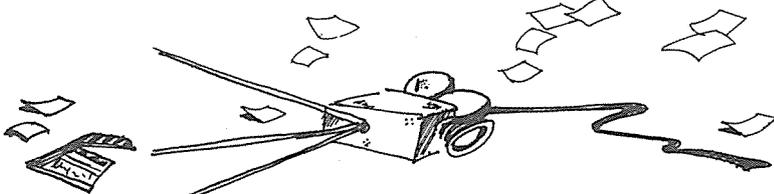
ENCLOSE \$10.00 IN CHEQUE

OR MCNEY ORDER.

The Annual membership subscription for 1983/84 is \$10.00. For this all members will receive a current membership card entitling reduced prices on Australian FRISBEE brand flying discs and reduced registrations in major tournaments. The support given by interested disc players in the next few months will determine whether the collector's series of FRISBEE brand 'Pocket Pros', hotstamped to depict each of the eight disciplines will be produced. One of the series will be issued each year until the series is complete.....no separate sales will be made. Active members will also receive 4 quarterly publications of the 'Australian Delay'.

Support your sport, join the Australian FRISBEE disc Association now. Address all applications to Ian Whitehead, 1175 Riversdale Road, BOX HILL Victoria 3128, who is the Director in charge of membership. Come on! let's stand on our feet.

Rob Hancock (W.A.) Executive Director



Dear Editor,

It was interesting to note that the writer of the 'Distance Throwing' article did not sign his/her name (p14 Summer 1983). If he/she had, thousands of distance throwers would have been pelting his door with 70 molds.

Right hand curve on a 70 mold!!! May the author have his FB6 cracked, and his 80 molds warped!!!, not to mention the breaking of his 70 molds!!

The move from throwing 40 molds to throwing 70 molds in distance is tricky because of the different flight paths that they take. The 40 mold is generally a stable disc, meaning that the angle that it is released at, it will hold throughout most of its flight (Of course as they get old they loose this stability). Because of this they need to be released almost flat to enable a good distance. If they are released with too much skip angle or too much right hand curve, they will follow that angle all the way to the ground - there goes the distance record!

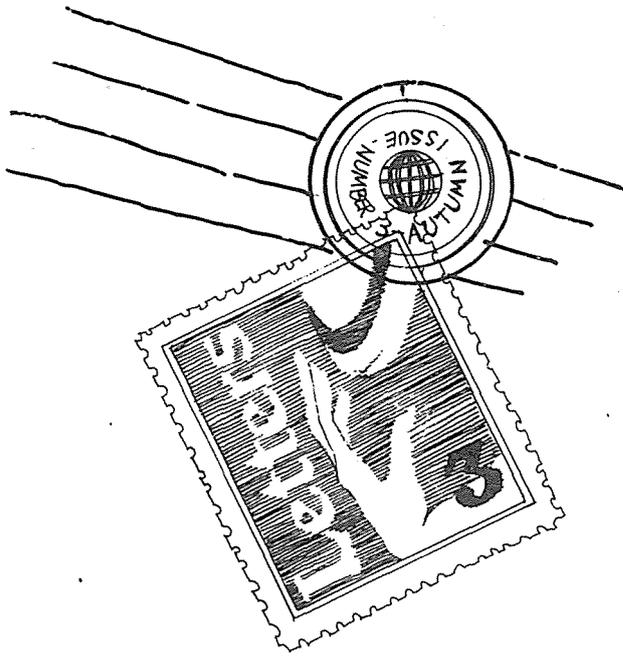
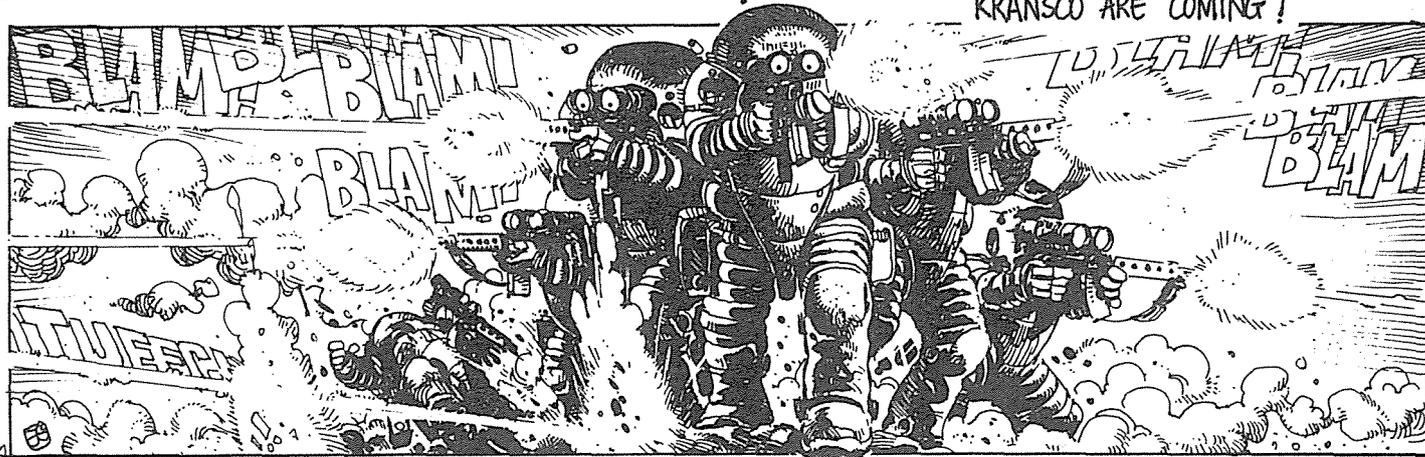
The 70 mold, however is unstable, meaning that it will not hold the angle that it is released at, but will turnover - that is turn to the right for a right hand back hand throw. To enable a long flight you need to avoid this turnover early in its flight, so you release the disc with plenty of skip angle, i.e. left hand curve. It will then begin its turnover, flattening out during the middle of its flight, and turning further to the right towards the end of its flight path. Ultimately, for the loooongest distance you want the disc to turn back to the left at the tail of its flight. This

S curve action can only be achieved with a high flight path - downwind, with plenty of hyzer on release.

Maybe now our author of 'Distance Throwing' will be able to stop his discs plummeting into the ground, metres in front of him.

In long flights,
Brian Allen (N.S.W.)
(1980 open indoor distance champion)

KRANSCO ARE COMING!





HEAVY PLASTIC CRACKED

...OR, ZEN AND THE ART OF FRISBEE MAINTENANCE

In these days of economic regression it is worthwhile recalling the times of yore when to see a new disc was to buy it. I remember certain characters owning a matched set of 70 molds, just for distance throwing and others who had to log-in on a small computer that they kept, just to keep inventory of and catalogue their immense disc collection.

Well it seems those heady times have passed for most of us (unless the WAFAs \$1,000,000.00 golf tournament pays off) and a cracked or damaged disc will rarely be thrown away, or indeed cut into the Bellesini Sun Visor [pat. pend.]. Rather than forking out another \$10.00 for a new disc, a lot of players now are attempting to repair their damaged FRISBEE.

And so the problem starts. Whamo, or whoever makes these things, has chosen as their main ingredient a plastic that is just about immune to any form of chemical glueing or bonding. When you consider the vast quantity of different adhesives etc. at your local handyman bar, you could be forgiven for thinking that at least one would work on FRISBEE plastic, but no.

A limited amount of success can be had with non phosphorescent discs, such as fastbacks and 165G's, by sloshing on a dab of Araldite but this tends to flake or fall off even when the parts to be joined have been roughened up with sandpaper. As for heavier discs, i.e. FRISBEE golf discs, with the dollop of phosphorus built in, it's easier trying to balance a blob of mercury on top of a billiard ball than convince most adhesives that their job is to join that which you have torn asunder, i.e. a FRISBEE.

The most easily damaged disc appears to be the 70 mold FRISBEE golf disc. Leaving your hand at a phenomenal velocity but with less than phenomenal accuracy, often causes the disc to collide with a tree or similar immovable object. In most cases the disc will bounce off, but a direct hit often causes a split or tear, especially around the flight rings. Rather than throwing the disc out, Rob Hancock of the WAFAs, has pursued a novel method of repair.

Clean the disc with acetone or a similar solvent and rough up the torn part with sandpaper. Then use a needle & thread to sew the tear together. Now apply a thin layer of epoxy resin (Araldite) to the sewn area and allow to set. The solvent makes the job of the resin easier and the thread allows the resin to get a better grip as well as reinforcing the join.

I have several discs repaired in this manner and each is as good as new, a far better idea than spending another \$30 to replace them.

Maybe this is not the only way of fixing discs. I realize the better alternative is not to break them in the first place, but if you have found a glue that works or a method that is better, please write and tell us.

Nick Smith (W.A.)

(W.A. record holder for the most number of broken FRISBEES on one round of golf.)

FLYING FREE

'83



(This special report was found in B. Allen's disc bag. One of his 70 molds took it into its head to give us the disc's point of view of AFC'83. Discs are called by owners surname.)

I sat in darkness, waiting expectantly for the start of the championships. Past weeks of practice would soon be put to the test, and as I heard the footsteps heading forward my body tensed. Zzzzip! Daylight! Wow, what a great day! Quickly the sunshine warmed my phosphorus body. I was pulled from the bag and looked around noticing all my old friends. Once the formalities were out of the way we were off. Players love rules and we had to sit around listening to the same old 'garb' - falling putts, foot faults and O.B.'s. O.B. - yuk!, usually gravel and trees. I hate trees! As we arrived at the eighth hole, ready to begin, I heard a faint call. Players turned around too, hearing a foreign voice approaching. "Hold on we made it, No Dams," he yelled. "No Dams!!!", I thought, yes it was! Rubock had arrived. "I thought you'd been taken by a Tasmanian Pine", I said, as his owner came running over. "No, no we've been..." I missed the rest of his statement as I was picked up and thrown.

Crack! Bloody trees! Players are so inconsiderate - couldn't even wait till we'd finished chatting. The round continued, with all of us having to fly (or roll) more times than needed. The course had proved harder than they thought and as the groups came in, the players talked about various difficulties. We heard talk of 70's, 80's, high scores. We figured it must have been the trees and much of the talk between us was about the 7th and 8th holes. Trees, trees and more trees. The cut to the next round was 75 and those that missed out breathed a sigh of relief, as the rest battled on. The semi was hot....a great 31 was reported by Whitehead, the best of the day. Other scores came in around the 35 mark, making for a final five of Whitehead, Adair, Hancock, Powers and Allen. Just missing out was Rubock. I guess he just hit one tree too many.

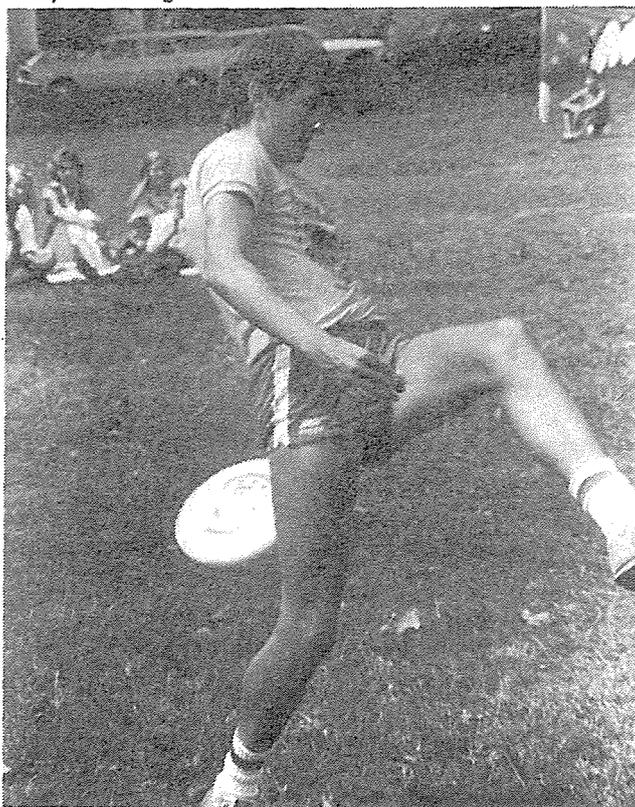
The ladies, of course, had their own tale of woe. I heard Lynch and Jarvis



fought out first place with scores that put a few men to shame. Third spot was taken by Chapman, with Jang and Wishart taking up the rear. (They claim that with the number of throws that they had throughout the course they should be experts next time around.)

"Wong does what?", I exclaimed. "He does, no kidding, he slicks his distance discs," said Adair. "Oh well, if it works for him."

Yes, Distance time, and as a 70 mold I must say I have a preference for Distance. I love those lo...ng flights. It proved pretty well a one disc flight, Adair! He showed that many hours of practice paid off and launched himself way over the 115 metre mark, to steam his way through to the final. We were all



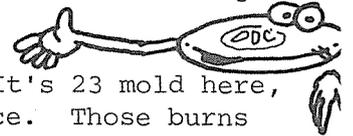
BRIAN ALLEN (N.S.W.)

impressed with a couple of flights that made it to the semi's; Smith from Newcastle, with 86 odd metres (in his first tournament) and a local lad Mullens with an astonishing 90.9 metres. Great efforts. The final, however, was made up of some predictable cranks. Nesci, with his infamous 'Nesci Angle' got through as did Hancock. Both these discs didn't perform to expectations, keeping Adair very happy. Good 'ol 'No practice Benjamin' made it through as well as a surprise package, Crowther. Crowther, a New Zealand disc, proved his potential and made his first Australian championship final, well done. I just sat around and dreamed of lo---ng flights. During the men's round, reports had come from the ladies station of some great throws. Chapman, with absolutely no form, had simply stepped up to the line and tossed a 79.7 metre throw to set a new Australian record and get into the final. Jarvis also made the 70 metre mark to get through. Other finalists were Lynch and Burton. All ladies had tried hard and proved the growing force in ladies play.

"Where have they all gone, its getting hot lying here?" "I'm not sure Morris said something about Discathon." "Discatha...what?" It wasn't long before we found out. It was Discathon actually, the newest FRISBEE disc event, and players had been taking a walk around the course. We will never understand why players drop us DGA discs for those obviously inferior 'non-glow' discs, and run themselves into the ground around a 1 kilometre course. Anyway they do it. I suppose the only good thing that comes out of it is someone else gets to be thrown into a tree I chatted with my player's WFC 100 mold, after the prelim's and semi's and he said it wasn't too bad. What he couldn't understand though was the fact that the players would always get so upset when they missed a tree! And a lot of players did that. My 100 mold friend said it was pleasing to see many new discs do well. McNeil from Newcastle did well, posting a 4'17" at his first tournament. Mullens also did well with a 4'07". The cut to the final though was a tough 3'30" and the runners to make it through were Hancock, Adair, Rubock, Nesci and Whitehead. The ladies found the course a little tougher, but all got through the hilly Centennial Park course. Lynch and Jarvis (Sandy) finished 4/10ths of a second apart and went through to the final with Chapman. The other ladies, although tried, enjoyed the challenge and vowed to be back next year. Exhausted, the players packed us away for the night. We heard talk of players heading off to hot baths, long sleeps, Annual General Meet-

ings and restaurants. We were placed tightly in a bag, and dropped in the back of a car, till the morning.

Shade at last. The players' had kindly erected a lovely tent for us 70 molds to sit in and watch the many games of Double Disc Court that were to be played. And there were many games. Unfortunately my player zipped my bag up and I sat in total darkness throughout the whole day. All I heard were screams of 'Dquble' or 'that was in' or 'Nice shot', so for the report on DDC I turn you over to what's his names 23 mold. Before I do go though, a quick thought, 'Why do players like throwing us into things. We were made to fly, yet they throw us into chains, trees and now grass.'



Yes I agree! It's 23 mold here, talking from experience. Those burns hurt. Not only that but what about the player who catches a hot burn, slap - into his hand - now that stings. And then he often has the cheek to throw us straight into the ground because his partner threw the other one of us out of the court. You would think it was our fault. Enough of that, back to the games. There were some great ones. In group 2 the Rubock/Bird team had a close one with Lehane/Mullens, eventually winning out 15 - 12. Only Bird's 'rubber bouncing' ability saved them. Also the Jang/Crowther team pushed past DDC champions Allen/Benjamin to a 16 - 13 game. In group 1, the games weren't as close, although the Newcastle boys did put up a good fight at their first attempt at DDC. Predictably though, 1982 champions Powers/Nesci, made their mark again and got through to the final with relative ease. Other teams to get through were Hancock/Adair, Allen/Benjamin and the new combination of Manning/Whitehead.

The ladies DDC was also exciting, w less burns, but more tight rallies. On top was the bi-state combination of Burton/Lync although they did get pushed in a couple of games. The Jarvis/Jarvis team was the other strong combination to get through to the final. The new combinations of Jang/Allen and Chapman/Wishart showed potential, but DDC is obviously a game of practice and partners. Wow, what a long morning! Thankfull I was being placed back into the bag, giving me time to contemplate my grass rashes and creases. I heard from my FB3 mate, that the venue was good for MTA and some great times were expected. Surprisingly, only a few people managed over 10 seconds.

A notable effort was Jarvis with an amazing 10.26 seconds. This was later acknowledged as the new Australian Women's record. Well done, Jarvis. The 1981 Australian Women's champion, Lynch was a surprising omission from the final. She had failed to make the MTA cut of 5.56 seconds and her spot was taken by a newcomer, and newlywed, Allen. Jarvis also dominated the final, throwing 8.09"/28.2 metres to take first place ahead of a 3 way tie for second between Chapman, Allen and Jarvis (Lynne). The men, in one word, DISAPPOINTING. Only three players got above 10 seconds, with Hancock a great 11.59", Adair and Whitehead, the other 10 second breakers, threw 10.83" and 10.10" respectively. The semi-final wasn't much better. Maybe it was the threat of running into the fence, I know Adair's player agrees with that. Well the final was run in almost darkness, so I'm told, and proved a fairly close tussle. Adair managed to keep ahead with some fine throws, again proving his ability with 10.45"/61.2 metres. Although, a little below his best he showed all the other fastbacks a thing or two about MTA and TRC. Of course Adair's player said it had nothing to do with the fastback, a typical player reaction. Second place was a four way tie between Hancock, Powers, new Dad Heatherley and our 'No Dams' Rubock. It was good to see these new faces in the final.

DAY 3

Rumours were flying around about floodlights being ordered for today. After last night's finish, and the screams from lost and stranded discs as players walked past them in the dark, the talk was floodlights! But it seemed power was the big problem, in fact the lack of it to be exact. We all sat in our bags and laughed ourselves silly watching players try to break into the kiosk....anyway to the finals, and its over to our friendly 23 mold for the DDC.

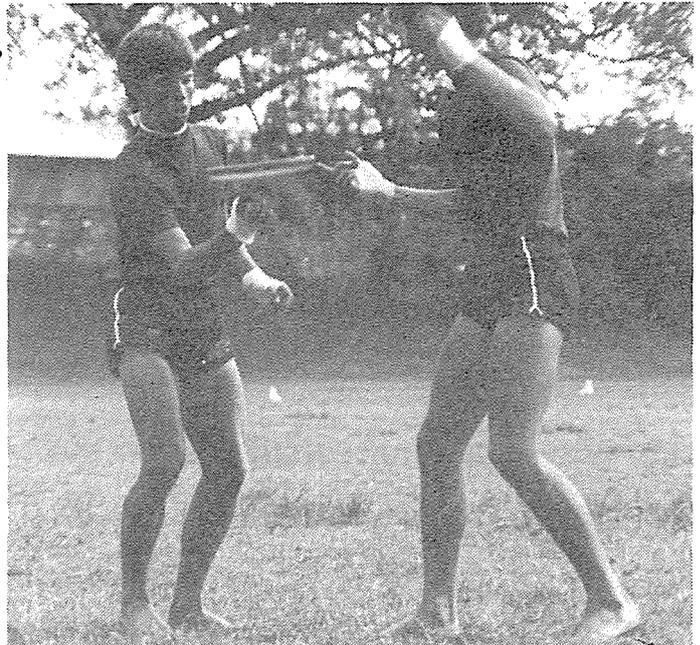


Thanks. What a great final! The lead up games, although entertaining, were totally overshadowed by the amazing 2 game win to Powers/Nesci. They held off the relentless attacks from Adair/Hancock to win 15 - 13, 16 - 13. The games had it all. Some brilliant burns by the Perth team, and some equally brilliant defensive, double-avoiding efforts by the Victorians. The discs who took part said it was the best game of DDC they had played, and paid credit to the players involved. Third and fourth spots were battled out by the Allen/Benjamin and Manning/Whitehead teams with the latter squeaking through to third.

8.

But to the final again - wow! Powers/Nesci have now won two years in a row, a fine effort, but watch out for Hancock/Adair.

Thanks 23 - but what about the women - too late he's off practising. From what I heard it was a great game also with the Perthons coming out on top 17-15, 15-10. The Jarvis/Jarvis combination seemed too consistent for the Burton/Lynch team, and after winning the very close first game, got their tails up to take the second. Again, a fine performance from both teams, and it looks like those 23 molds will be getting more games in the future.

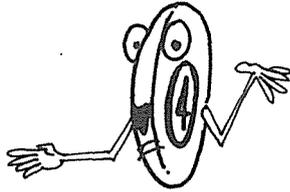


STEVE MANNING & ANDREW MORRIS (W.A.)

The ladies Freestyle was dominated by the flowing Lynch. Overseas experience showed and her routine was great with lots of flow and some difficult moves. Lynch regained her Freestyle title this year. Second spot was taken by Jarvis, showing heaps of potential. Watch out next year. Jarvis (Lynne), Burton and Chapman tool up the rear and showed what fun Freestyle can be. The open event became a two team battle I'm told. The Powers/Whitehead versus Manning/Morris battle. Both teams had differing styles with Powers/Whitehead showing great flow and Manning/Morris some difficult moves. The Powers combination won through and this now gives Powers his sixth successive Freestyle title, a supreme effort. Special mention should be made of two other performances. The Jang/Lynch/Allen routine of non-stop flow, although low on difficulty was an inspired performance.



Disc Golf finals were next. The Open was probably the best ever held in Australia with all players showing some great shots. As usual though the putting sorted the players out. Two easy misses by Allen saw him miss his chance to catch Adair, and one crucial putt on the eighth hole by Powers gave Adair a clear one stroke lead. Adair, on the previous hole had sunk a great 15 metre putt to hold onto his first place. The result was Adair 28, Powers 29, Allen & Whitehead 30 and Hancock 31. Hancock still says the course was too short, after overthrowing many of the holes. The ladies event was won by Jarvis. She powered her way through the course, as was evident on the last hole as she threw a great roller to land under the basket. Jarvis finished a clear 4 strokes ahead of Chapman (35) with Lynch taking 3rd on 37.



Discathon was the final event to be held. The discs were all pretty tired but still performed well on the tight Rushcutter's Bay Park course. The ladies were off first all trying to do well. Lynch fell exhausted across the finishing line, 7" ahead of Jarvis and 30" in front of Chapman. In the Open, the discs performed well with Adair in front in 3'33" and the Tasmanian, Rubock 40" behind him, an exceptional effort since he had only seen the game after crossing the Bass Strait.

So that's about it. All in 3 days of fun and competition. From all the discs that I talked to, it seems they all enjoyed themselves, although a couple of my golfing mates have hit their last tree. I hope I'm back next year, and I wouldn't take that threat by the DDC disc too seriously players, they are just a little wimpish. So till AFC'84 it's bye from a 70 mold and friends.

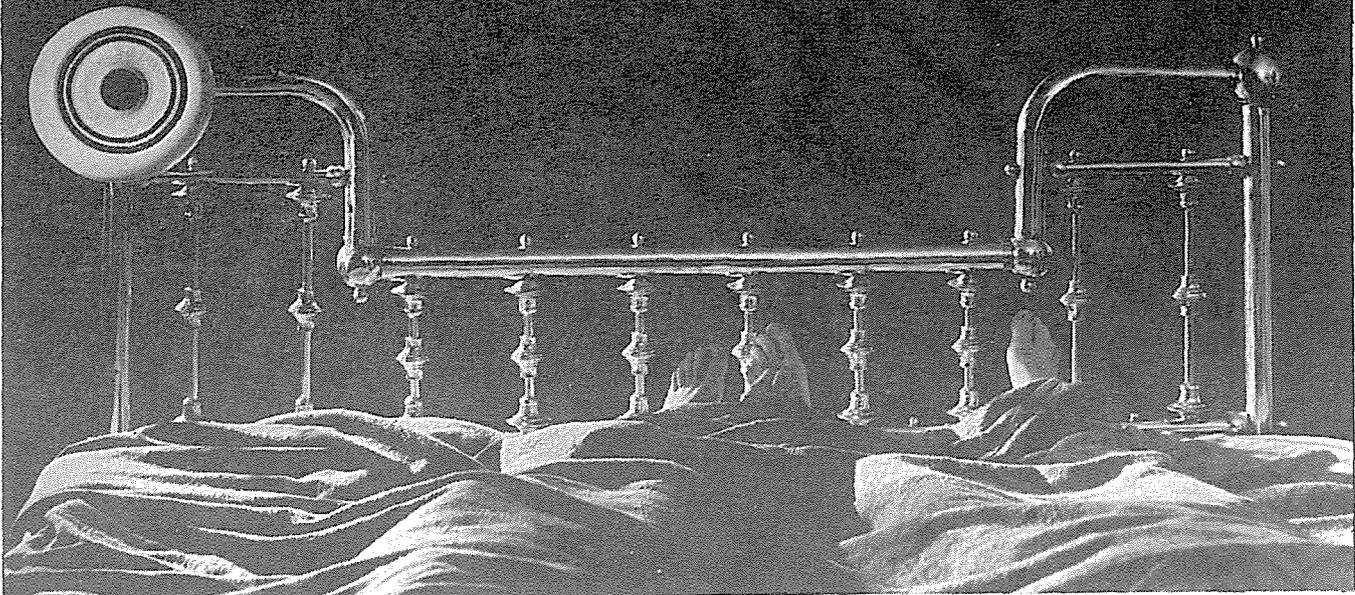
Some special thanks.....

A tournament of the type held in Sydney a few weeks back is more than players and results. It's also about co-operation and friendship. Without the help of many people FLYING FREE 83 would never have succeeded. Without mentioning individuals, I would personally like to thank all those people who helped out over the three days. Things like setting up and taking down the golf course, assisting with DDC game scheduling, tent erecting, packing the van, marshalling during the golf finals....and the list goes on. And friendship, it's great to be involved in a sport, a competitive sport, that doesn't have the illnesses of other sports. Players in Flying disc events still share ideas, still assist each other, still congratulate good throws (even if it just put you out of the final) and players are still all friends. Let's work at keeping Flying Discs, a unique sport.

*B. Allen & R. Jang (N.S.W.)
(FLYING FREE 83 DIRECTORS)*

Did you Frisbee today?

If it's not by Wham-o, it's not a Frisbee



Authentic advert from Playboy 1972. (trivia-yeah!)

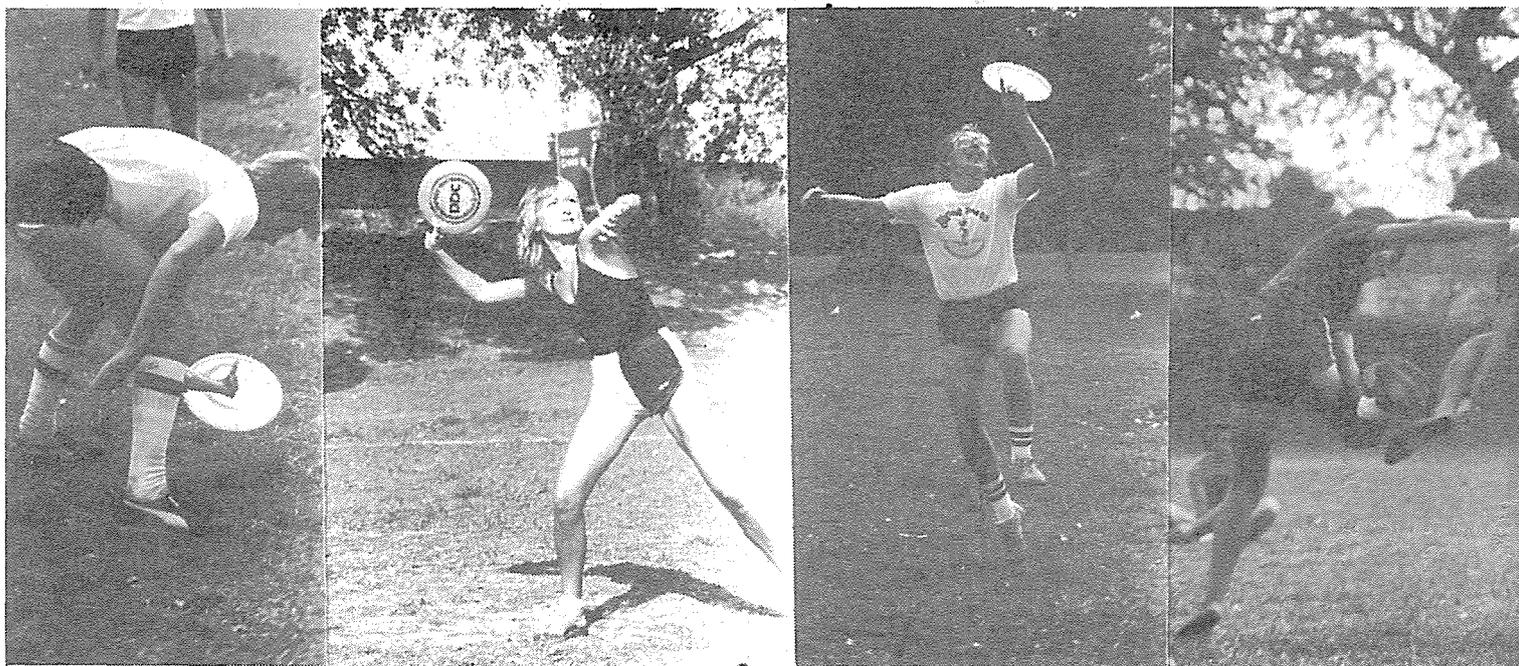
OPEN RESULTS

NAME	DISTANCE	D.D.C.	FREESTYLE	GOLF	S.C.F.	DISCATHON	TOTAL	PLACE
M. ADAIR (WA)	27	24.5	13.5	27	27	27	146	1st
M. POWERS (Vic)	20	26.5	26.5	26	24.5	22	145.5	2nd
R. HANCOCK (WA)	25	24.5	19.5	23	24.5	24	140.5	= 3
I. WHITEHEAD (Vic)	21	22.5	26.5	24.5	21	25	140.5	= 3
V. NESCI (Vic)	26	26.5	13.5	19.5	22	23	130.5	5th
M. RUBOCK (Tas)	16	16.5	13.5	22	24.5	26	118.5	6th
S. MANNING (WA)	22	22.5	24.5	21	16	9	115	= 7
B. ALLEN (NSW)	19	20.5	22	24.5	13	16	115	= 7
A. MORRIS (WA)	12	16.5	24.5	19.5	11	19	102.5	9th
L. BIRD (Tas)	13	16.5	13.5	12.5	20	21	96.5	10
N. O'FLAHERTY (NSW)	15	16.5	13.5	17	18	11	91	11
M. BENJAMIN (Vic)	24	20.5	-	17	3.5	20	85	12
L. HEATHERLEY (WA)	9	16.5	-	15	24.5	17	82	13
P. CROWTHER (NZ)	23	9.5	13.5	6.5	17	6	75.5	14
J. JANG (NSW)	8	9.5	13.5	14	15	13	73	15
MULLENS (NSW)	17	3.5	13.5	12.5	7.5	18	72	16
R. JANG (NSW)	4	6.5	22	9	12	10	63.5	17
SMITH (N.S.W.)	18	16.5	-	4.5	10	7	56	18
D. LEHANE (NSW)	6	3.5	13.5	2	7.5	14	46.5	19
A. BATES (NSW)	3	3.5	-	9	19	8	42.5	20
G. McNEIL (NSW)	5	12.5	-	4.5	3.5	15	40.5	21
MILAT (NSW)	-	12.5	-	11	3.5	12	39	22
P. VAURA (NSW)	10	9.5	-	3	14	-	36.5	23
ALVES (NSW)	11	3.5	-	6.5	9	5	35	24
HURRELL (NSW)	14	-	-	17	-	-	31	25
D. VRUBEL (NSW)	7	9.5	-	9	3.5	-	29	26
P. HYLAND (NSW)	-	6.5	-	-	6	-	12.5	30
G. LYNCH (Vic)	-	-	22	-	-	-	22	27
S. JARVIS (WA)	-	-	19.5	-	-	-	19.5	28
A. PALUMA (Vic)	-	-	13.5	-	-	-	13.5	29

STATE AWARD: (Determined from the combined two highest points scorers for each State.)

OPEN: 1st - W.A. (286.5); 2nd - Vic. (286.0); 3rd - Tas. (215.0); 4th - N.S.W. (206.0);
5th - N.Z. (75.5).

WOMEN: 1st - W.A. (78.0); 2nd - Vic. (48.0); 3rd - N.S.W. (35.0).



WOMENS RESULTS

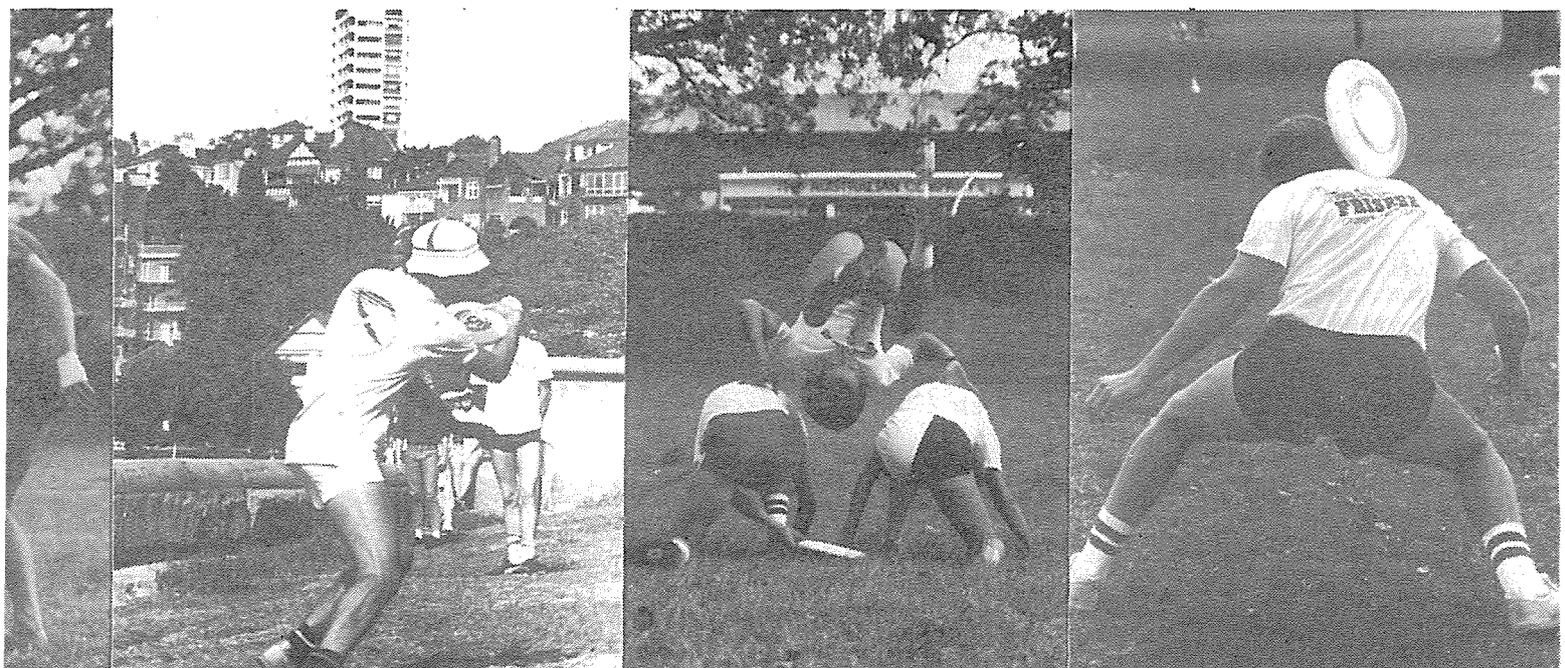
NAME	DISTANCE	D.D.C.	FREESTYLE	GOLF	S.C.F.	DISCATHON	TOTAL	PLACE
S. JARVIS (W.A.)	8	7.5	7	8	8	7	45.5	1st
G. LYNCH (Vic.)	6	5.5	8	6	3	8	36.5	2nd
L. JARVIS (W.A.)	4	7.5	6	5	6	4	32.5	3rd
B. CHAPMAN (W.A.)	7	1.5	4	7	6	6	31.5	4th
K. BURTON (N.S.W.)	5	5.5	5	-	4	-	19.5	5th
W. JANG (N.S.W.)	3	3.5	-	4	2	3	15.5	6th
C. ALLEN (N.S.W.)	2	3.5	-	-	6	-	11.5	= 7
J. WISHART (Vic.)	1	1.5	-	3	1	5	11.5	= 7

AUSTRALIAN FRISBEE disc RECORDS*

EVENT	OPEN	WOMEN	JUNIOR
DISTANCE	M. ADAIR (W.A.) 127.25m (AFC'82)	S. JARVIS (W.A.) 84.0m (AFC'83)	C. CHARALAMBAKIS (Vic) 113.68m (AFC'82)
MAXIMUM TIME ALOFT	M. ADAIR (W.A.) 13.84" (AFC'82)	S. JARVIS (W.A.) 10.26" (AFC'83)	D. WILSON (Vic) 12.0" (1979)
THROW, RUN & CATCH	D. WILSON (Vic) 65.4m (AFC'81)	K. CROWTHER (N.Z.) 37.6m (AFC'81)	C. CHARALAMBAKIS (Vic) 56.15m (AFC'81)

OVERALL CHAMPIONS	OPEN	WOMEN	JUNIOR
1978 (Melb.)	M. POWERS (Vic.)	G. LYNCH (Vic.)	-
1979 (Melb.)	B. ALLEN (Vic.)	G. LYNCH (Vic.)	V. NESCI (Vic.)
1980 (Melb.)	K. HOLMES (W.A.)	G. LYNCH (Vic.)	D. WILSON (Vic.)
1981 (Melb.)	M. POWERS (Vic.)	G. LYNCH (Vic.)	A. THOMAS (N.Z.)
1982 (Perth)	M. POWERS (Vic.)	S. CONOS (Vic.)	D. BEWICK (W.A.)
1983 (Syd.)	M. ADAIR (W.A.)	S. JARVIS (W.A.)	-

* Australian records will only be recognized if they are set at a tournament scheduled on the A.F.d.A. calendar, as a State or Australian tournament. All claims are to be sent, immediately after the event, to the Executive Director - Rob Hancock.



The Principles.

Everything You Always Wanted to Know About S.C.F.*

* But Were Afraid to Ask

Self Caught Flight is perhaps the most frustrating of the major flying disc events. To combine the elements of wind strength, direction and constancy with the disc characteristics; trajectory, angle and spin with a 100% success rate is impossible. However, I feel that if you follow the principles and hints below with a fair degree of accuracy you may obtain a better than 50% success rate of good throws.

There are two sections in S.C.F.

§ M.T.A.: The aim being to keep the disc in the air for as long as possible between the throw and the eventual catch.

§ T.R.C.: The aim being to cover as much ground as possible before catching your throw.

M.T.A. and T.R.C. differ in only two aspects, and I will cover them both in the same passages and point out the differences at the appropriate times.

Due to the whining of Messrs.

O'Flaherty and Jang (left-handers), I will also cover S.C.F. in terms of a left-handers approach.

Firstly, however, I will define some of the terms I will be using and the throws to be used:

§ Right-handed backhand (For right-handers - basic throw)

§ Left-handed backhand (basic left hand throw)

Natural Curve (Roll curve)

§ Curving to the right for a right-handed backhand.

§ Curving to the left for a left-handed backhand.

Unnatural Curve (Skip curve)

§ Curving to the left for a right-handed backhand.

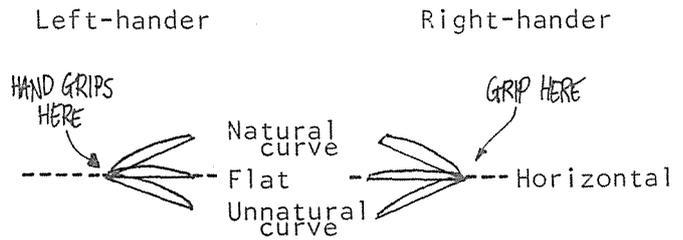
§ Curving to the right for a left-handed backhand.

1. SPIN: This is what governs how stable the disc is into the wind. The more spin, the more stable the disc is, hence the greater the disc's tendency is to "float" and the greater the disc's tendency is to keep its angle of release at the time of throwing. All good S.C.F. throws have large amounts of spin on them.

2. ANGLE of DISC at RELEASE: This is determined by the wind strength and it is this plus stabilizing spin that determines the eventual degree of natural curve that the disc descends with. All good S.C.F. throws descend with a slight natural curve.

Release Angles.

[Wind direction is up out of the page, therefore the throw is into the page.]



Throwing into a strong wind the disc has a large tendency to obtain an excessive amount of natural curve. In order to counteract this you must place unnatural curve on the disc at release and with luck, when it reaches maximum height it will have obtained a slight natural curve (Remember: 'lotsa spin')

Strong Wind Release Angle.



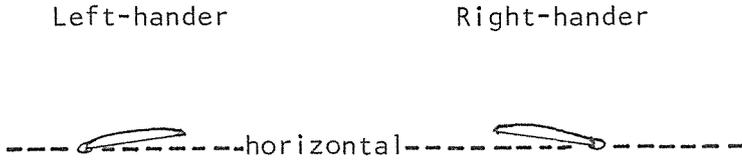
A medium wind still has a tendency to put excessive natural curve on the disc, but it is not as great as that for strong winds hence only slight unnatural curve is required on the disc or it may even be thrown flat.

Medium Wind Release Angles.



A weak wind or no wind has only a small tendency to put natural curve on the disc and it is often necessary to place natural curve on the disc at release.

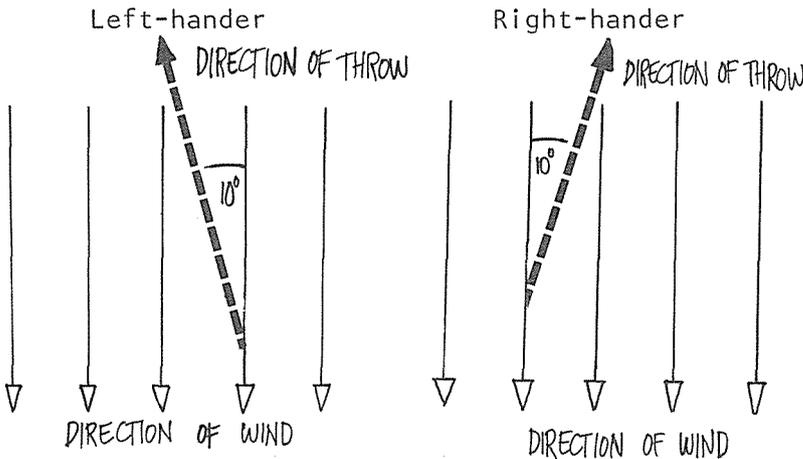
Weak or No Wind Release Angles.



Here we encounter the first difference between T.R.C. and M.T.A. A T.R.C. throw requires slightly more natural curve at maximum height than an M.T.A. throw under the same conditions, in order to obtain maximum benefit from the wind.

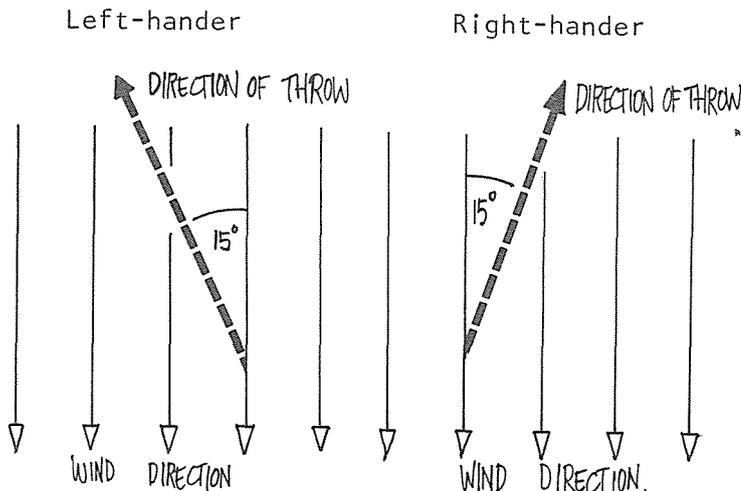
3. DIRECTION of THROW into the WIND:

M.T.A.: 10° to the left of the wind for left-handers.
 10° to the right of the wind for right-handers.



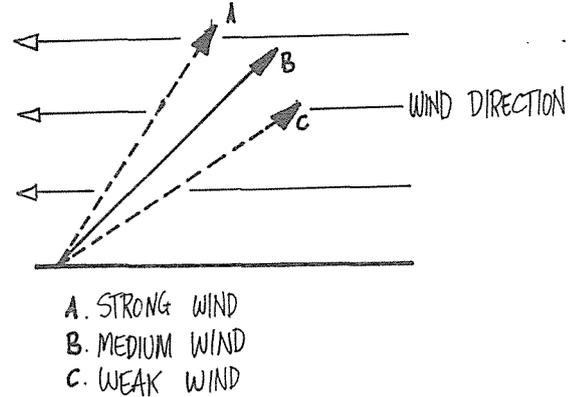
T.R.C.: Here we see the second difference between T.R.C. and M.T.A.

15° to the left of the wind for left-handers.
 15° to the right of the wind for right-handers.



4. TRAJECTORY of DISC at RELEASE: (not to be confused with angle at release.)

Most projectiles, such as shot putts, discs, javelins, etc. fly best when released at 45° to the horizontal. The same can basically be said for the disc trajectory at release in S.C.F. Perhaps a little lower than 45° in a strong wind and maybe a little higher in weak or no wind.



5. KNOWLEDGE of DISC CHARACTERISTICS:

This is the most important aspect of S.C.F. How can you apply the other four principles I have outlined if you have no idea what the disc will do under different conditions? To facilitate this aspect of S.C.F. it is advisable to practice with only one disc and to throw it under as many different conditions as possible. With plenty of practice and persistence you will get to know your own disc's characteristics.

TYPES OF DISCS TO USE.

FB3's and FB6's are recognized as the best discs for S.C.F., although some other numbered FRISBEE fastback molds produce the occasional disc with desirable qualities, however, these are rare, so try to throw FB3 or FB6's (but experiment if you wish).

As a general rule FB3's tend towards natural curve a little more than FB6's hence they generally require a little more unnatural curve placed on them FB6's.

For what it is worth, I feel FB6's are better in strong winds than FB3's and FB3's are better in weak or no wind than FB6.

In medium winds they are both the same.



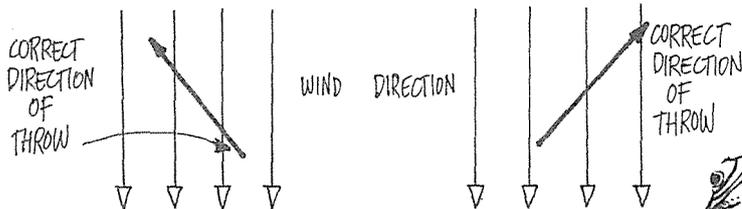
HINTS:

1. Watch the disc all the way into your hand, right from the time you release it.
2. Never give up chasing the disc, no matter how crummy the throw. The catching practice is good for you and even if you don't catch it, you will still feel fitter.
3. Run the first 20 metres, after you throw, at full speed. It is much easier to run hard first, then take it easy and catch the disc than it is to take it easy at first and having to try to catch the disc at full flight.
4. Don't leave your fastbacks lying in the sun for long periods of time.
5. Always find the direction of the wind before each throw, possibly by throwing up a few blades of grass.

Some Common Problems.

PROBLEM #1: *Disc reaches maximum height, but then fades back down with unnatural curve.*

Diagnosis A: Wrong angle to the wind. i.e. left-hander has thrown the disc to the right of the wind or the right-hander has thrown the disc to the left of the wind.



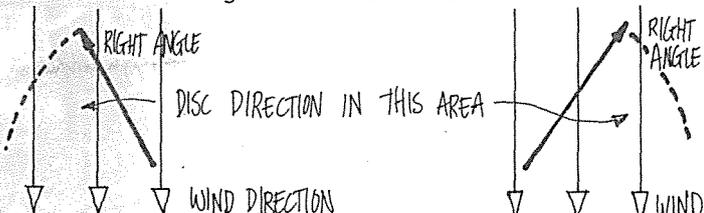
Remedy: Correct the angle of the throw to the wind.

Diagnosis B: Too much unnatural curve placed on the disc.

Remedy: Lessen the amount of unnatural curve placed on the disc.

PROBLEM #2: *Disc fades with slight natural curve, however it falls relatively quickly and is seemingly "pushed" down by the wind.*

Diagnosis: Left-hander has thrown the disc too far to the left of the wind or the right-hander has thrown the disc too far to the right of the wind.



Remedy: Correct the angle of the throw to the wind.

PROBLEM #3: *Disc falls too quickly with excessive natural curve.*

Diagnosis: A crummy throw; too little spin and too much natural curve at release.

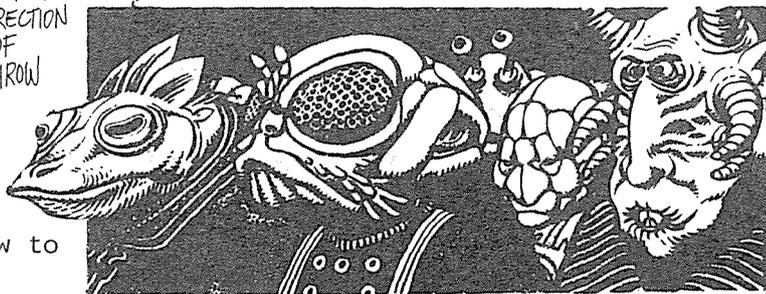
Remedy: More spin and place more unnatural curve on the disc.

In closing I would just like to say that these principles, hints etc. must be adapted to suit the conditions as I have not given wind speeds etc., hence common sense would dictate the rigidity with which you would follow these rules.

I, however, use these principles etc. when I take part in a S.C.F. competition and they work for me.

Martin Howell Ryland-Adair III
(1981 W.A. Open S.C.F. Champion; 1982 & 1983 Australian Open S.C.F. Champion.)

Any queries regarding this article or Self Caught Flight address to the editors and I will gladly see that your problem is answered.



our say

SOME THANKS FOR THIS ISSUE:

(i) RICHARD C. WHO LETRASETTERED OUR RESULTS HEADING..

(ii) ROB HANCOCK (WITHOUT A 'D')... FOR COMING OVER TO HELP OUT ONE NIGHT - AND FELL ASLEEP ... OH! AND THANKS FOR THE TYPING.. ROB; AND

EXTRA SPECIAL THANKS TO DIANNE FOR RETYPING HER RETYPING OF SOME BITS OF ROBS TYPING...

HOPE YOU ALL WILL SUBSCRIBE TO FUTURE ISSUES SO WE CAN STAY UP ALL NIGHT TO DO IT FOR YOU... AND BY THE WAY ...

Dianne Ferrier has a pet dog Fred he is a wonderful human being.....

HAPPENINGS

MY OPINION OF THE COMPETITIVE SIDE OF DISC SPORT FOR JUNIORS.

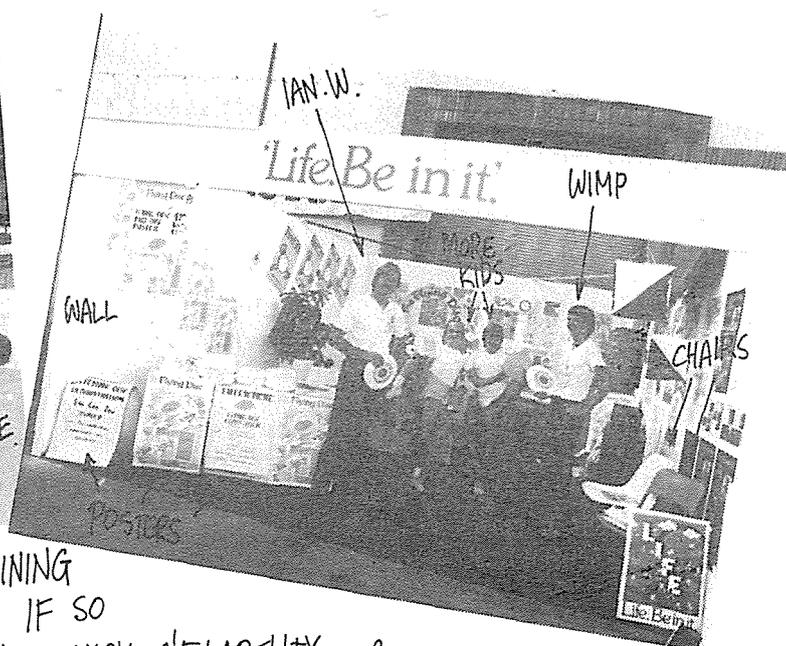
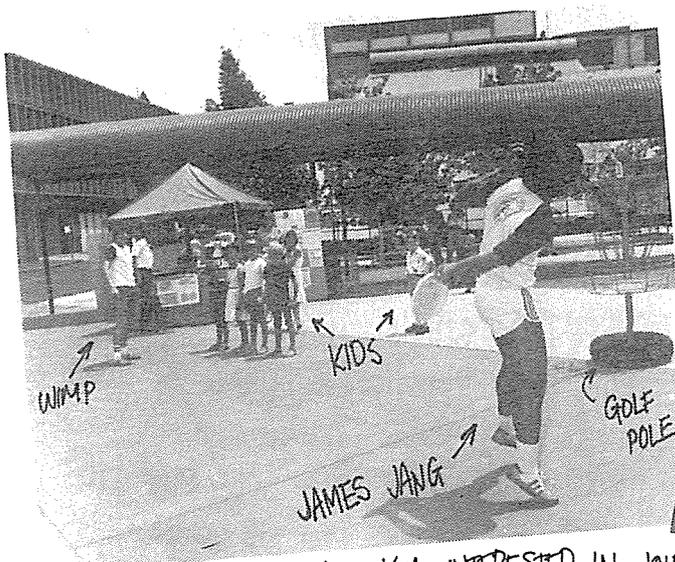
My first impression of the junior disc scene in New South Wales was one of enthusiasm on the part of most of the juniors involved with the sport. The first real look I had at the competitive side of the sport was at the Good Life Expo at the Sydney Showgrounds. There was a lot of juniors at the competition and most of them seemed very enthusiastic about the sport. There I met Ian Whitehead from Melbourne and Brian Allen from Sydney.

From there I became involved with the Sydney Frisbee Chukka's Club where I met Robert and James Jang. I was surprised that not many boys my age and around it were not in the club or involved with it.

I began to get involved with a lot of the members and Brian A. helped me a lot. He gave me discs and a lot of encouragement. I must admit I am disappointed that there is hardly any junior competitions.

To finish I'd just like to say that the sport has great potential for juniors who are interested in the sport and willing to work at it. I also hope that some junior championships can be held in the very near future. _____ PAUL HYLAND (NSW) _____

ed's note: Paul is a very keen junior who I have had the pleasure of meeting during AFC'83. During the coming year, with the players controlling the AFA I can see many more Tournaments for the juniors being organised, especially a junior category at AFC'84. (MELB?)



ARE YOU INTERESTED IN JOINING
THE N.S.W. WINDRIDERS... IF SO
CONTACT BRIAN ALLEN OR NICK O'FLAREHTY... GO TO IT TOSH!

On Sunday May 22nd, the W.A.F.d.A. staged its first \$1,000,000.00 FRISBEE golf tournament. A silver coin to enter and the 20 competitors contested the newly designed Yokine course, with the extra long holes. The 8 Open, 4 Women and 8 Junior competitors demonstrated that the longer course posed very few problems. The 9 hole qualifying resulted in pleasing scores in all divisions. In the Junior section Carl Bellesini scored +7, with Wayne Manning +8, Andrew White +9 (who has only been playing for 6 months) and Drew White +11 on his first appearance. Carl, Wayne and Andrew contested the 5 hole final with the result being +2, +3 and +6 respectively. Sandy Jarvis continued her fine form from the AFC'83 with +3 in the qualifying with Francoise Berlandier finishing with +9 and Anna Ferrante +13. Sandy & Franc contested the final with the result being +3 and +5. In the Open, Rob Hancock struck a purple patch to equal the course record of one over par, while Martin Adair and Lloyd Heatherley finished on +2. James Bellesini & Michael Canci (good to see him again) finished equal 4th with 5 over the card. In the final Rob scored +1, Lloyd +3 and Martin +4, who experienced one of his rare 'off' days.

Ed's note: The million dollar tournament was subject to the winning numbers on our lotto coupon.

p.s. It lost!

* * * * *

To all members of the W.A.F.d.A., don't forget the Annual General Meeting on July 13th, 1983 at the Yokine Uniting Church Hall in Golfview St., commencing at 7.30pm. Be early, bring a plate of goodies to eat afterwards and contribute to your association. Any nominations for the W.A. Executive Committee will be accepted at the latest at 7.30pm 13.7.83. The meeting will follow with films and videos.

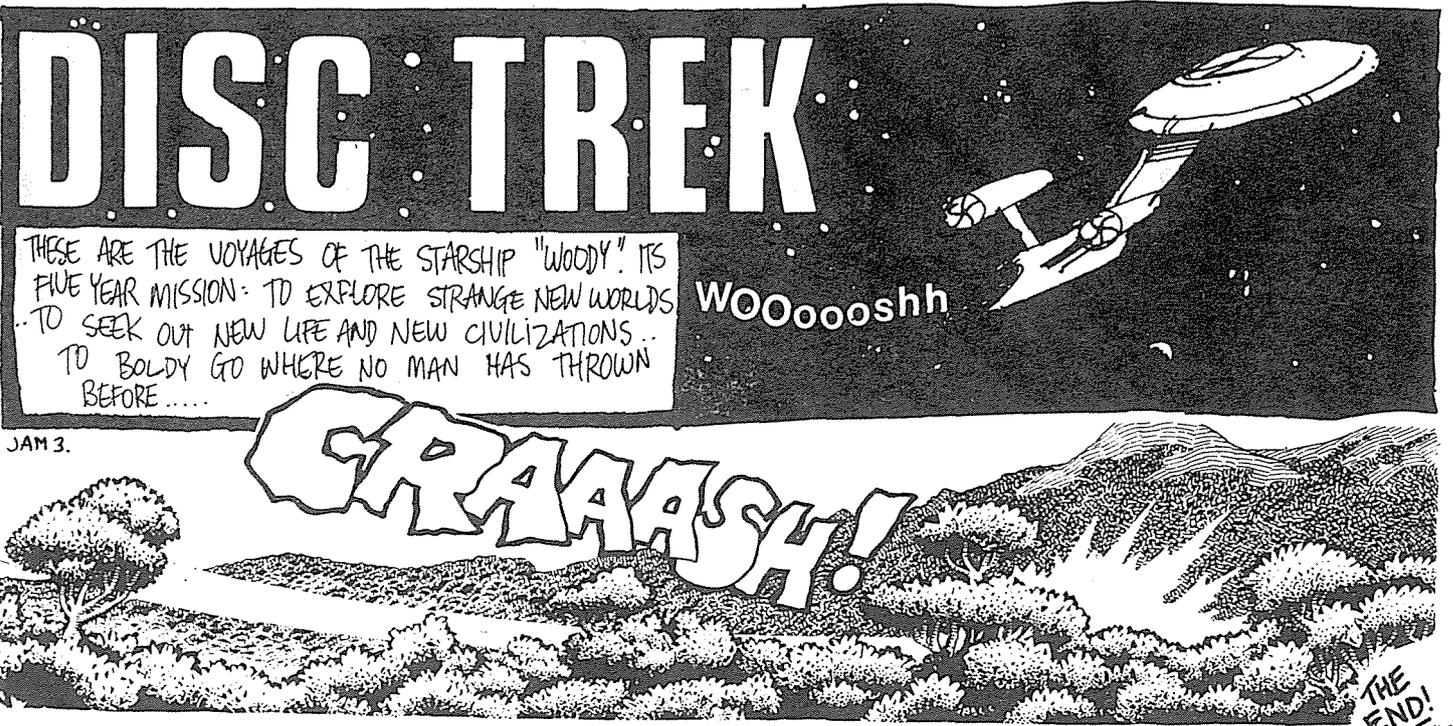
The W.A.F.d.A. recently applied to the Dept. of Youth, Sport & Recreation for an equipment subsidy and was able to obtain with this financial assistance an electric typewriter, DDC rope, dome marking cones, stopwatches and tapemeasures. The association greatly thanks the W.A. Government for their help in promoting the sport in this State.

* * * * *

Continuing to promote FRISBEE flying disc activities, the W.A.F.d.A. has carried out demonstrations in the City of Stirling 'Participark' programme; at Subiaco Oval for the W.A.F.L. league clash between Claremont and West Perth; and the 4 sessions for the Carousel Roller Skating Centre.

§§§ Don't forget to be in the STATE ULTIMATE CHAMPIONSHIPS on June 11th, the 'Day of Sport' in the W.A. Week and compete for the 'Kim Holmes Ultimate Trophy'.

* * * * *



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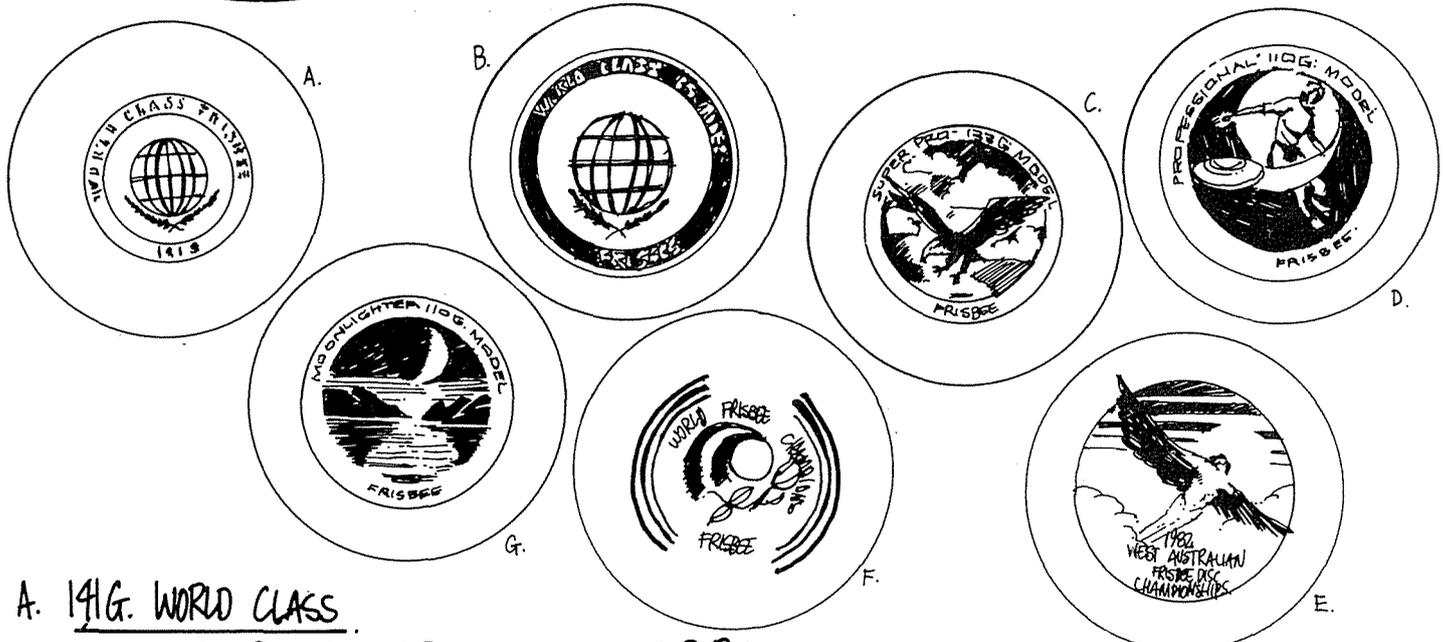


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N U M B E R

