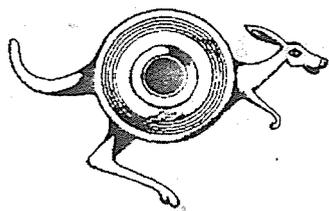


AUSTRALIAN DELAY

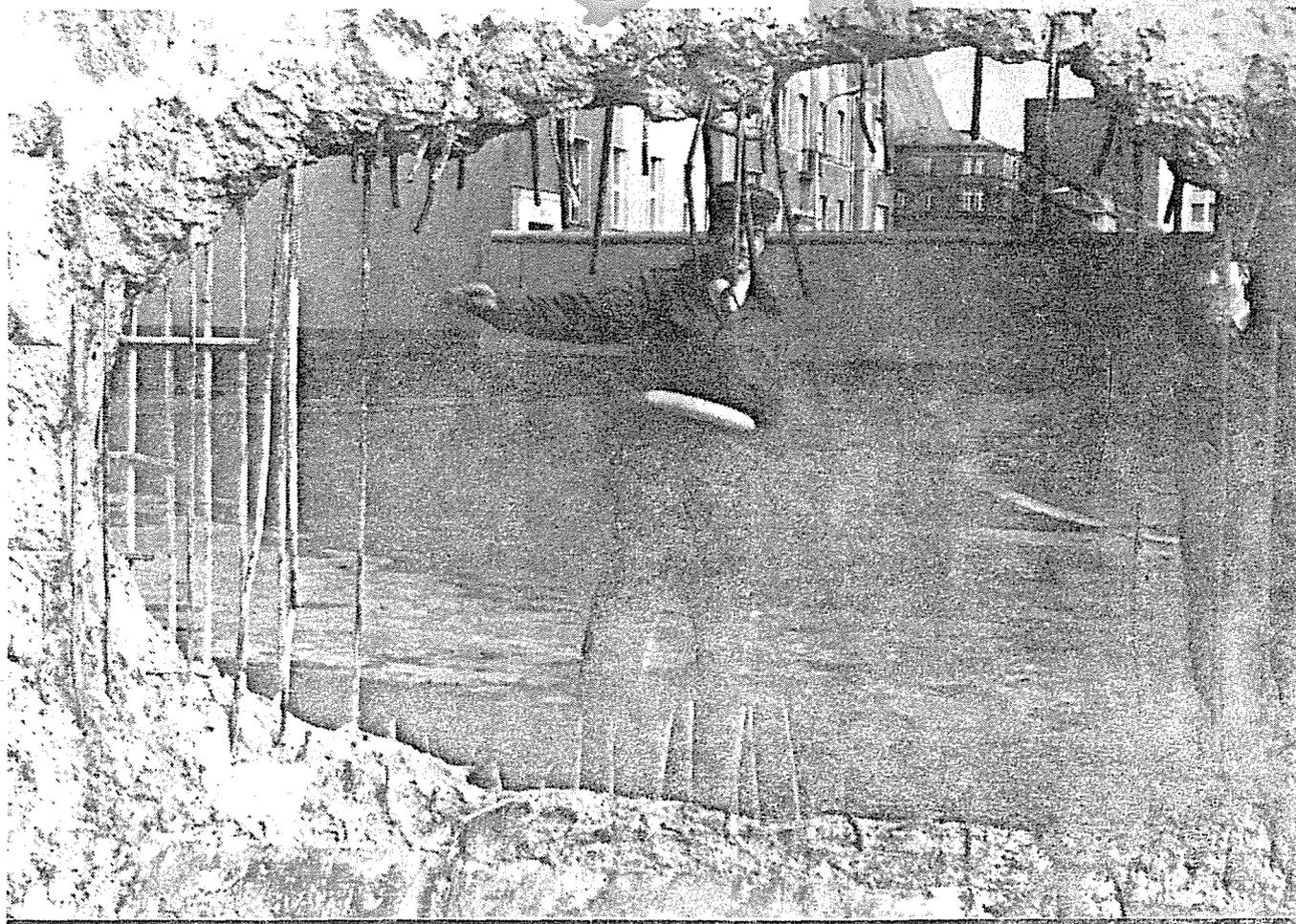


THE OFFICIAL PUBLICATION OF THE
**AUSTRALIAN FLYING DISC
ASSOCIATION** Inc.

The magazine dedicated to the advancement of Flying Disc Sports.
A.F.D.A. P.O. Box 149, Osborne Park, W.A. 6017

DECEMBER 1990 - MERRY CHRISTMAS TO ALL AFDA MEMBERS

VOL 4/1990



The ULTIMATE Endzone - Through the Berlin Wall

East German guards relax on the 'border'. - Photo courtesy (and copyright) Ralf Dentzer
Deutscher Frisbeesport Verband

inside..

**AN INTERVIEW
WITH**

- Australia's
Party Captain
Party Ultimate!!

**WHAT
HAPPENED?**

- A detailed look
at the British
Ultimate Team's
performance in
Oslo

PLUS -

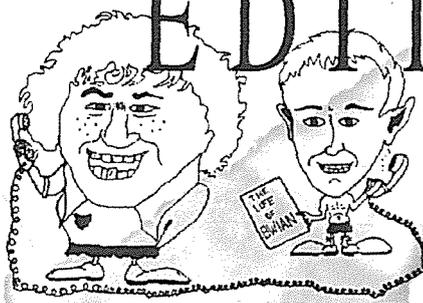
A.F.D.C. '91
UPDATE

DISCS IN THE
U.S.A.

STRETCHING
AND MORE...

EDITORIAL

By BALLEN



The 1991 Australian Flying Disc Championships are just around the corner, the 14th Annual Championships.

Right about now the organising committee are running around doing the last minute fine tuning to what promises to be a great tournament. Full details are enclosed in this edition of AD although much of the information has already been dispersed via the Eastern States Ultimate network.

Also featured is an interview with the Australian Party Captain from the recent World Ultimate Championships. This interview was sent to AD by Sally Basten, thanks! In fact it was great to receive some overseas mail for AD, including the World Club Championships article.

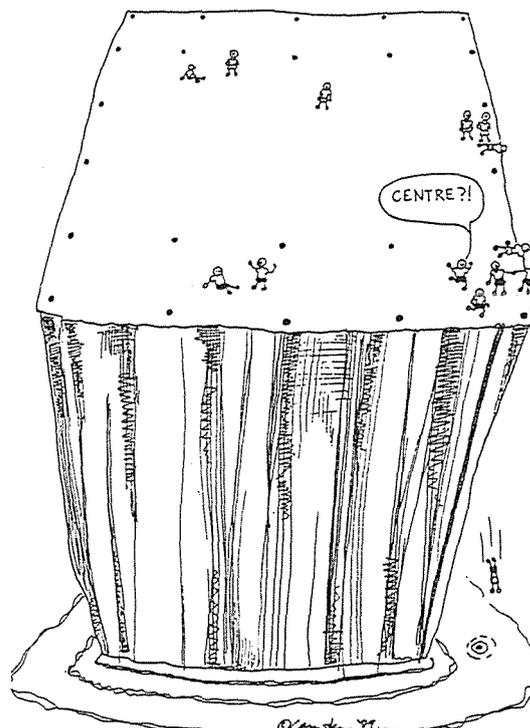
Whilst on the topic of interviews, I received belated feedback from the interview done with Gary Epps prior to the Men's Ultimate team leaving for Oslo. You may recall that the front page of AD included the quote from Gary, "I'm not a very fit person." My source says that Gary was not very happy with this quote, saying 'It was completely out of context!'. I know Gary, that was the whole point!! When Gary was asked why he didn't respond to AD over the issue he said 'Oh I can't be bothered, it wouldn't make any difference.'

Unfortunately the unfit Mr Epps is now overseas so he won't read this little account. Yes, the quote was taken out of context and I hoped it would create at least a laugh or two. (I also quoted Martin Ryland-Adair out of context when I said he 'picked up things from people'!!) It was actually an attempt at humour, but passed way over Gary's head and through the back of the end zone.

I suppose that is one advantage of being Editor. I can say just about what ever I want. The comments do not reflect the AFDA's opinion. I will try and make comment that expresses an opinion that I hold no matter how controversial (e.g. observers) and I will try and raise issues that need discussing.

All it takes is response from the players to give an indication of how they feel. As I stated earlier, it is pleasing that in the last few issues of AD input from players around the Country (and the World) has been healthy.

May I take this opportunity to thank all those who have assisted in putting Australian Delay together throughout 1990 and to wish all members a Merry Christmas and a happy and safe New Year. And remember **don't drink and dive!!**



STATE FLYING DISC ASSOCIATIONS

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FLYING DISC ASSOCIATION
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WILLOUGHBY NSW 2068

WESTERN AUSTRALIAN
FLYING DISC ASSOCIATION
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OSBORNE PARK W.A. 6017

TASMANIAN FLYING
DISC ASSOCIATION
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SANDY BAY TAS. 7005

QUEENSLAND FLYING
DISC ASSOCIATION
P.O. BOX 1257
TOOWONG QLD. 4066

AUSTRALIAN FLYING
DISC ASSOCIATION
P.O. BOX 149
OSBORNE PARK W.A. 6017

Contact your Association NOW!
and be a part of
Flying Disc Sports

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EDITORS: M.RUBOCK &
BALLEN

Rush your article, photograph or comments to:
Australian Delay
P.O. Box 149
Osborne Park 6017

Next issue deadline:
February 22nd 1991

Stretching

HOW TO STRETCH

Stretching is easy to learn. But there is a right way and a wrong way to stretch. The right way is a relaxed, sustained stretch with your attention focused on the muscles being stretched. The wrong way (unfortunately practised by many people), is to bounce up and down, or to stretch to the point of pain: these methods can actually do more harm than good.

If you stretch correctly and regularly, you will find that every movement you make becomes easier. It will take time to loosen up tight muscles or muscle groups, but time is quickly forgotten when you start to feel good.

The Easy Stretch

When you begin a stretch, spend 10-30 seconds in the *easy stretch*. No bouncing! Go to the point where you feel *mild* tension, and relax as you hold the stretch. The feeling of tension should subside as you hold the position. If it does not, ease off slightly and find a degree of tension that is comfortable. The easy stretch reduces muscular tightness and readies the tissues for the developmental stretch.

The Developmental Stretch

After the easy stretch, move slowly into the *developmental stretch*. Again, no bouncing. Move a fraction of an inch further until you gain a mild tension and hold for 10-30 seconds. Be in control.

Again, the tension should diminish; if not, ease off slightly. The developmental stretch fine-tunes the muscles and increases flexibility.

Breathing

Your breathing should be slow, rhythmical and under control. If you are bending forward to do a stretch, exhale as you bend forward and then breathe slowly as you hold the stretch. Do not hold your breath while stretching. If a stretch position inhibits your natural breathing pattern, then you are obviously not relaxed. Just ease up on the stretch so you can breathe naturally.

Counting

At first, silently count seconds for each stretch; this will insure that you hold the proper tension for a long enough time. After a while, you will be stretching by the way it feels, without the distraction of counting.

The Stretch Reflex

Your muscles are protected by a mechanism called the *stretch reflex*. Any time you stretch the muscle fibres too far (either by bouncing or overstretching), a

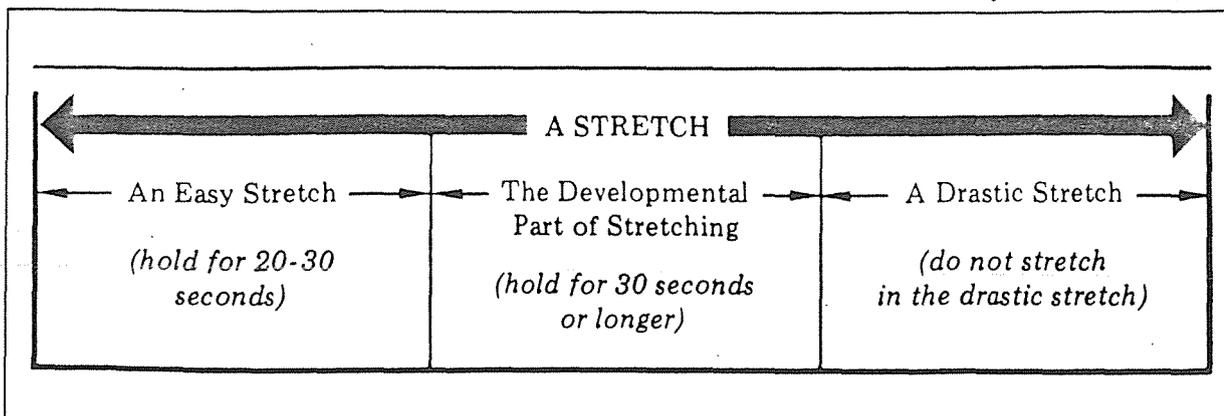
something hot; before you can think about it, your body quickly moves away from the heat.)

Holding a stretch as far as you can go or bouncing up and down strains the muscles and activates the stretch reflex. These harmful methods cause pain, as well as physical damage due to microscopic tearing of muscles, with a gradual loss of elasticity. The muscles become tight and sore. How can you get enthused about daily stretching and exercise when these potentially injurious methods are used?

Many of us are conditioned in high school to the idea of "no gain without pain". We learned to associate pain with physical improvement, and were taught that "...the more it hurts, the more you get out of it". But don't be fooled. Stretching, when done correctly, is not painful. Learn to pay attention to your body, for pain is an indication that something is *wrong*.

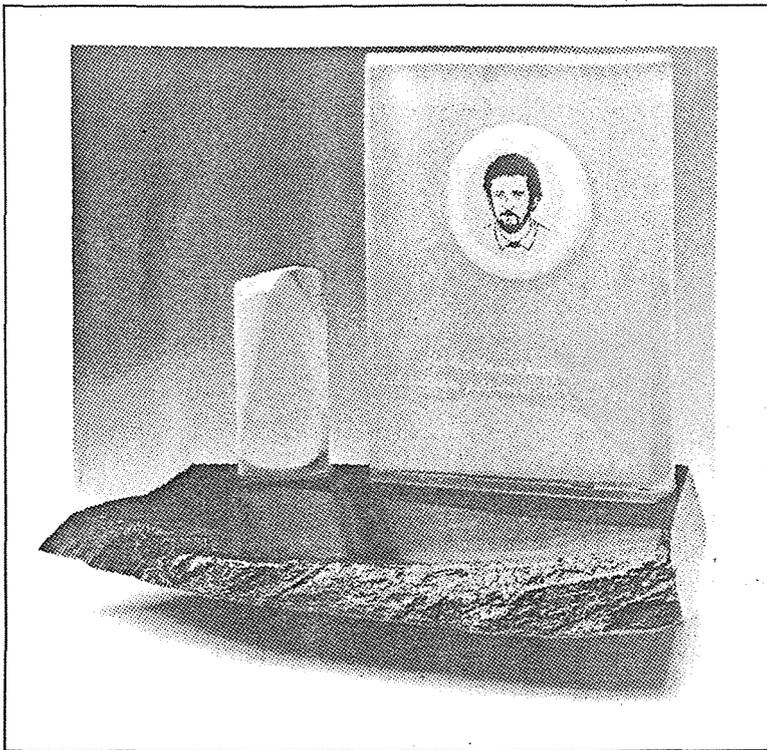
The easy and developmental stretches, as described previously do not activate the stretch reflex and do not cause pain.

The straight line diagram represents the stretch which is possible with your muscles and their connective tissue. You will find that your flexibility will naturally increase when you stretch, first



nerve reflex responds by sending a signal to the muscles to contract; this keeps the muscle from being injured. Therefore, when you stretch too far, you tighten the very muscles you are trying to stretch! (You get a similar involuntary muscle reaction when you accidentally touch

in the easy, then in the developmental phase. By regularly stretching with comfortable and painless feelings you will be able to go beyond your present limits and come closer to your personal potential.



The Rob Hancock Memorial Award for the Most Outstanding Achievement in Flying Discs

The Rob Hancock Memorial Award for the Most Outstanding Achievement In Flying Discs was instigated in 1985. Rob passed away in December 1984, his untimely death being a great loss to his family and the Flying Disc community. The award commemorates Rob's outstanding achievements in Flying Discs, hence the title.

It is Australia's highest Flying Disc honour.

Rob was involved in the sport from the early days of 1979 and was instrumental in the development of both the Western Australian and National bodies. His organisational skills were outstanding, shoring up the National association during its early autonomous period. He also excelled on the field taking both National and State titles.

The award is not annual and in fact, was not awarded in its first year, 1986. It is only to be given if a nominee of high enough standard is found. Nominations will come from the players, being forwarded to the AFDA prior to the 1991 Nationals. The winner, should there be one, will be announced at the awards ceremony of AFDC '91. Nominations should include full details, including name and address of nominee and a full account of their efforts.

The judging panel will consist of the Directors of the AFDA.

Below are criteria for the Award, based around Rob's own fine attributes. The winner will be decided upon by fulfilling one or all of these criteria. However, it would be essential that the winner had the advancement of the sport and the Spirit of the Game closest to heart.

AWARD CRITERIA

- 1) Outstanding performances in the athletic and/or administrative aspects of the sport.
- 2) Assistance in the running of the AFDA, State Associations or local bodies.
- 3) A primary interest shown in the growth of Flying Discs.
- 4) Good will shown to others in the Flying Disc community.

Rob Hancock 28/9/57 - 16/12/84

Physical Education Teacher:

Tuart Hill Primary School
Perth, 1979 - 83
Newton Moore School
Bunbury, 1983 - 84

W.A. Frisbee Disc Association
Co-ordinator, 1979
President, 1980 & 82

Western Australian Awards
Freestyle Champion, 1984
Disc Golf Champion, 1984
State Champion, 1984

Australian Flying Disc Association
Executive Director, 1983 - 84

Australian Awards
Distance record holder, 1982
TRC record holder, 1984
DDC Champion, 1984

Australian representative at
World Championships,
U.S.A., 1983 - 84

PAST WINNERS

Brian Allen (WA)
Martin Ryland-Adair (WA)
Leigh Bird (TAS)
Gail Lynch (VIC)

CHAMPIONSHIP ROUND UP

TAS.
W.A.
QLD.

The 3rd Queensland Flying Disc Championships - QFDC '90

What a weekend!

Held over the weekend of 29/30th September (way back then) at the University of Queensland campus, QFDC '90 proved to be a bigger and better show than ever before. I know I was just one of many players who tried to claw their aching bodies out of bed Monday morning. (As it happens, I didn't make it!)

Many highlights spring to mind - too many to list. It was really a case of 'you had to be there'. Excellent support from the Sydney teams brought competition and comradery levels to new highs. Then there were the juniors competing for the first time, massage tents and much more.

This is how I saw it.

QFDC '90

Lots of Ultimate... hard working, helpful committee... sore bodies... massage tents by the field... overcast weather (thank god)... playing under lights... awesome layouts on defense and attack... those wild and welcome Sydney 'roadtrippers'... new players doing great... juniors excelling in their first tourney... Women's match - bigger and better... top class State of Origin match... another tournament coup to Sydney (we'll get 'em next year)... party Sunday night... good food, cold drinks, plenty of both... friendships made... friendships renewed... Spirit Of The Game alive and well!

The more factual stuff looks like this.

State Champion
Doug Bryers

Player of the Tournament
Kane Ransom (Jnr)
Nominated for amazing horizontal layouts and persistence in his first tournament.

Ultimate Winners
Paddington Street Refugees

Womens Ultimate Winners NSW

State of Origin Winners NSW

(Who invited these guys anyway??)

Doug Bryers

1990 Tasmanian Flying disc Championships

A day of torrential rain put a stop to the 1990 Tasmanian Flying Disc Association's State Championships.

Held over the weekend of December 8th and 9th the tournament saw some fine performances. However Sunday was all but washed out with only two events being held, Accuracy from underneath a verandah and K9.

On Day 1 Golf and Discathon were held with Leigh Bird bouncing back after his bout with pneumonia to take both titles. Mathew Henderson won the Junior Golf, Jenny Hamilton the Womens and Keith Bird the Masters. The Tasmanians also award a handicapp trophy to give all players a chance at winning and this was won by Adrian Richardson.

In Discathon, that old stager Scott Hunt ran a close second to Leigh with Melissa Sharpe taking the womens title.

Accuracy was held on the second day in cyclonic rain conditions. Under a novel format (that only Leigh Bird could devise) the Accuracy throwing station was placed under a veranda to shelter throwers from the rain, and the target moved about! Careful trigonometry assured the correct throwing angles and distances.

Michael Rubock excelled in these

conditions to win with 14/28 and a new State Record. Liz Lebski also set a new State Womens record to win with 3/28 and in the Junior the State inaccuracy record of 0/28 was equalled by Nigel Richardson.

Finally the first State K9 Championships were held with a high class field. Kenny with owner Scott Hunt took out the title, with Sadie and Frank 'the crank' Kerruish taking second and Jessie with Barry Duggan finishing third. It is a shame that none of these top performers will be able to make the trip to Queensland for AFDC '91.

W.A. Flying Disc Championships

Over the sunny weekend of November 17th and 18th the Western Australian State Championships were held.

A small but dedicated band of players competed in all individual events and followed the tournament with the now traditional Juniors vs Seniors Guts game.

Martin Ryland-Adair won his umpteenth title, but only after withstanding a concerted challenge from Chris Himing. (Chris, of the infamous \$100 disc controversy at last years AFDC - see article this issue of AD - is now in the USA working aboard the 'Love Boat')

On day one Chris took the Disc Golf title after 18 neat holes and followed up on day two to beat Martin in both MTA and TRC. This was no easy task as Martin is the current USA Open Self Caught Flight Champion.

Martin showed his all round ability though to take Discathon, showing skills picked up in the US, Distance, Accuracy, and DDC.

In the end Martin took the title comfortably as he gained many points in the Discathon and Accuracy.

In the Womens division Sandy Jarvis showed impressive form to take out the title. Sandy has started her World Championships campaign and her performance showed she will certainly do well in Santa Cruz. Junior winner was Chris Finn from the local Cockman Flying disc Club.

Indoor Ultimate came to an exciting close for 1990. The final, played between Gritty Spinach and Bad Billys, went firstly to extra time following tied scores, and then to a points cap following tied score once again in extra time. It was a fantastic game of Ultimate, played 5 a-side on the smaller astro turf surface. Bad Billys came out eventual winners and congratulations goes to them.

DISCS AND TECHNIQUES

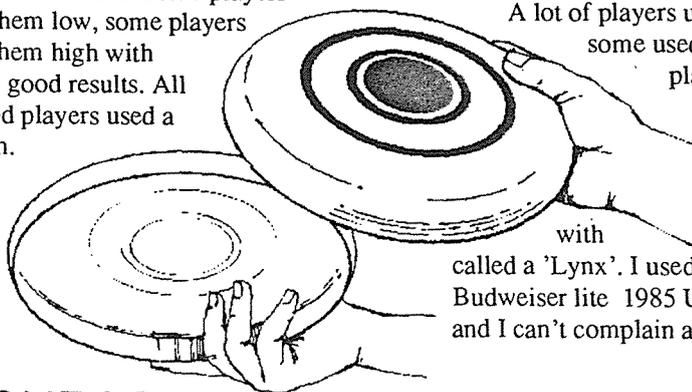
USED AT THE 1990 US OPEN

By Martin Ryland-Adair:-
Australian Overall and
USA Open Self Caught Flight Champion

With the number of different discs available on the market today, it is difficult to decide which discs to use for each event. I have compiled a brief summary of the discs and techniques used at the 1990 US Open.

DISTANCE

95% of players threw Phenixes in the weight range 170-185g. The discs were thrown to the right of the wind with a slight turn-over and the natural skip-curve of the disc would bring them back with the wind. Some players threw them low, some players threw them high with equally good results. All the good players used a full turn.



were used by the majority of players and roller shots played a large part in the games of the good players.

Putting; Aviar putter and 86 mold Softies were the putters of choice. It was interesting to note that the good golfers never missed below the basket. When they missed it was to the left or right of the chains above the basket.

SELF CAUGHT FLIGHT

A lot of players used FB #3's and some used FB #6's. Some players threw light ROCs and several players experimented with a new disc called a 'Lynx'. I used a light blue Budweiser lite 1985 US Open FB #6 and I can't complain about the results.

ACCURACY

The disc of choice were the Innova Apples and to a lesser extent Ultimate discs. A variety of throws were used by different players but in all cases discs were thrown very firmly towards the target.

DISCATHON

The disc of choice were Apples. When ever possible players would use an MTA throw to cut down their running distance. The 1.5m foot placement rule was used to improve the angle on many mandatories.

DISC GOLF

General play; Innova Champion discs

The throwing techniques were the same as those already in use in Australia.

DOUBLE DISC COURT

Wham-O DDC brand discs were used. Players would throw burns, even on the serve and would tip to escape doubles situations. The key to good play was good communication.

FREESTYLE

Skystylers and discs of that type were popular. Air brushing with different parts of the body and body rolls were popular as were turns.



An open letter from:

Dennice Perry
19 Cameron Road
Pymble NSW 2073

Dear AFDA members,

I would like to inform you of my intention to play for the Victorian team at the next AFDC in Brisbane, January 1991.

Having played as a member of the Victorian team at a number of tournaments over the last few years (AFDC Sydney '90, Sydney Easter and June tournaments '90 and '89) I would once again like to play for them at the next National Championships.

The executive of my association, NSWFDA, have approved of my playing for the Victorians, however if there is anyone else that has any objections to my playing for Victoria as a Victorian could they please put it in writing and forward it to me by January 4th, 1991.

Yours Sincerely,

Denice Perry

CANADA : JULY 1991 to TOKYO: AUGUST 1992

AUSSIE WOMEN ULTIMATE PLAYERS lend us your ears! - and your disc skills!! Any one of you could be playing in Tokyo at the World Ultimate and Guts Championships in 1992. Oslo was a blast! Tokyo will be bigger!! So get psyched NOW - keep playing and refine those overheads! But, why wait until Tokyo to enjoy an overseas tournament?? Gain invaluable international playing experience (and have a ball of course!!) at the **World Club Championships in Toronto, July 22 - 28, 1991.**

This is a club competition, as opposed to the Oslo tournament, where representative teams from each country compete. In other words the Tourists from Sydney or the Red Eyes from Brisbane, could compete in 4 categories; Open, Women, Junior and Master.

Subject to invitation, we have two options regarding this tournament...

- 1/ Send an ALL AUSTRALIAN Women's team!!
- 2/ Make an international team of players from several countries. We have a core of Aussie Women players in Europe at the moment who would be able to recruit British, French, Dutch etc players (subject to tournament rules...)

Final expressions of interest must be sent to Canada by the 31st January 1991. We need to know of ANY expressions of interest/commitment by the end of December 1990. Drop us a line which includes a description of your playing and tournament experience - this is not for our benefit, but we believe that those 10 teams will be selected via "on-paper experience" (but don't let this deter you!!) Canada promises to be GREAT so don't miss this opportunity!

Write now to:

Sally Basten
c/- Ann Woolcock
154 Blvd. Massena
Porte d'Italie
Paris FRANCE 75013
Ph: (1) 45 84 1086

See you in Toronto.....
Helen Achurch, Sally Basten & Jane Mc Adam



1991 WORLD FLYING DISC FEDERATION WORLD ULTIMATE CLUB CHAMPIONSHIPS JULY 22nd to 28th, 1991

SITE - TORONTO

The Championships will be held at the beautiful Metropolitan Park, Sunnybrook Park Sports Fields. The site offers easy access by public transit and is accessible by foot, bicycle or motorized vehicle. It is centrally located in the 'heart' of the City of North York, north of Eglinton Avenue on the west side of Leslie Street. The site is adjacent to the host hotels - The Inn On The Park, and near to the Radisson Hotel, the Prince Hotel and York University's Glendon College.

The playing fields will number 15 in total, 14 of which would be laid out on the mass of flat field space. In addition court #1, the main stage area, would be set away from the flats. This court would lie adjacent to the pavilion and be surrounded by facility tents - medical, food and beverage, media, V.I.P., bleachers and field advertising.

EVENTS

The official events to be held in Metropolitan are:

Ultimate: Open, Women, Juniors, Masters

The event will consist of seven days of tournament pool play. The Quarter finals will take place on the Saturday and the Finals will finish off the event on Sunday.

Number of teams per division

| | |
|---------|----|
| Open | 40 |
| Women | 20 |
| Junior | 16 |
| Masters | 16 |

Total 92

Court one will also stage the top seeded teams each day.

Each day will provide various disc sports, such as:

Day one: Disc Golf
Day two: Accuracy
Day three: Double Disc Court
Day four: Guts
Day five: Maximum Time Aloft
Day six: Freestyle
Day seven: Ultimate Finals

For more information write to the AFDA.

1 4 T H A N N U A L AUSTRALIAN FLYING DISC C H A M P I O N S H I P S

19 - 27 January, 1991
University of Queensland, St. Lucia

*Most recent, hot-off-the-press,
everyone-wants-to-know-about-it,
UPDATE*

Qld is hosting Australia's premier flying disc event for the first time. By accessing the excellent University of Queensland facilities we have made available some of the best fields in Queensland (if not Australia).

Participants in this week long event are guaranteed to walk away with more than just their tangible players pack of goodies. New friendships will be made and for many it will be the first experience of a major tournament. A great experience! New Zealand are sending a team as are NSW, VIC, TAS, WA and ACT. And we have confirmation of international players as well.

So don't miss out on being part of the "flying disc fun in the sun" in '91! Read on....

AFDC '91 SCHEDULE

(subject to final confirmation)

| | | |
|-----------------|---|--|
| SAT 19th | Player registration | 7.00pm |
| SUN 20th | Discathon/DDC | All Day |
| MON 21st | Accuracy/Distance/MTA/TRC (Prelim's) | All Day |
| TUE 22nd | Disc Golf | All Day |
| WED 23rd | Freestyle/Dist/TRC/MTA (Finals) | All Day |
| | ULTIMATE players meeting | 4.00pm |
| | Start of Ultimate | 6.00pm |
| THR 24th | Ultimate | 5.00pm onwards |
| FRI 25th | Ultimate | 5.00pm onwards |
| SAT 26th | EXHIBITION DAY - part of Australia Day celebrations | Ultimate 5.00pm onwards |
| SUN 27th | PUBLIC DAY - "getting the public to AFDC" | Ultimate Final, End of Tournament Party! |

NOTES:

- Wherever possible, ALL EVENTS will be held on campus
- Final schedule to be confirmed but this is close approximation. Major items won't change.
- Ultimate will be played in the EVENING to avoid midday sun. Late finishes.
- A "Frisbee" Dog Competition is still being finalised with sponsor.
- PUBLIC DAY designed to get people watching our sport.
- Places for meetings, parties, registration are still being finalised.

Accom :-

18/27th

\$11.80/night

2km from University
Cnr. St Fred
School
Drive &
Gardley Rd

SPECIAL EVENTS

Apart from in-house parties, we are organising something with the Australia Day Council to highlight flying disc sports to the public on Australia Day (Sat 26th, Jan) in the City Botanic Gardens. The intention is to raise awareness for flying disc sports. We'd also like to get the public involved and have them turn up at our FINALS day on Sunday.

Keep ya' posted!

NATIONAL AFDC'91 LOGO COMPETITION

Hi! BLOB here.

I wanna know how many of youse budding artists out there can actually draw. Nah, not boring stuff! Exciting, eye-catching stuff - you know, makes ya' head turn to check it out again. Gotta fit the image tho' - an AFDC LOGO you understand.

Aw heck, this is your chance to become famous don't wimper out on me now. Tell you what - I'll give \$50 to the artist of the selected LOGO design. Dead set! Good value huh?! Yeh, I'm just that kind of nice blob.

So send ya' best efforts to:-

C/O The BLOB
P.O. Box 15
COOROY, QLD 4563

or youse can call me on (074) 476-433.
Me mate Kathy will help youse out.
(Just talk to her real slow but)

AFDC '91 PLAYER COSTS - TAKE NOTE!!

All Australian participants must be current financial members of the Australian Flying Disc Association (AFDA). Annual AFDA subscription is \$20 for seniors and \$10 for Juniors (under 18).

(A) Tournament entry fee Seniors \$50.00
Juniors \$25.00

(B) Event fee \$6 per event*

* Max. payment of \$18, Ultimate treated as one event.

Pay before January 4th for Super 20% Discount

All players paying before January 4th, 1991 will receive a 20% discount on their fees.

(A) Tournament entry fee Seniors \$40.00
Juniors \$20.00

(B) Event fee \$5 per event*

* Max of \$15

AFDC '91 Accommodation

For those players who have enjoyed the 'players camp' atmosphere of other tournaments we provide this info. First preference on bookings will go to out-of-state players who contact us first. By supplying your intention we can make a block booking and pass on possible discounts we may be able to generate.

(A) A college on campus at the University of Queensland

All single rooms, close to playing fields. Clean linen provided.

Bed and breakfast \$27 per night
Bed and full board \$35 per night

(B) 'Somewhere to Stay' - Highgate Hill

The hostel is a beautifully renovated and restored "Queenslander" with accommodation for 150. Management is happy to do a shuttle bus run to the St. Lucia Ferry for players. Otherwise a 20min. walk to the ferry. Also some party room capacity. The suburb of Highgate Hill is conveniently situated between the University and Brisbane City. Nearby are very affordable restaurants and shopping areas in the colourful, multi-cultural suburb of West End.

Share rooms (4 per room) \$10 per night
Single rooms \$21 per night
Doubles/Twin share \$45 per night
(or \$22.50 each)

**Please forward a 20% ACCOMMODATION deposit (or best fair guess) with your AFDC payments to confirm accom. booking.*



1991 World Individual Championships
Santa Cruz- USA
Sunday July 18th - Sunday August 4th 1991

As a result of the WFDF Championships being in the USA the US Open will not be conducted this year and no prize money will be awarded as WFDF is an amateur tournament.

WFDF are producing winners medals which will be presented at all forthcoming championships similar in concept to the standardising of Olympic medals. The World Individuals in Santa Cruz and World Ultimate in Japan will be the first to see these medals.

The UPA has not been able to complete its full re-write of the Ultimate rules as it was first hoped and that has been deferred back to the 1992 edition.

Andrew Morris - WFDF Board

WORLD FLYING DISC FEDERATION SCHEDULE OF EVENTS

1991

- 19-27 January, Brisbane, Australia
14th Annual Australian Flying Disc Championships
- 19-21 July, Ottawa, Canada
No Borders Ultimate Tournament
- 19-21 July, Toronto, Canada
GPA Guts Championships
- 19-21 July, Toronto, Canada
20th Canadian Open Championships
- 22-28 July, Toronto, Canada
World Ultimate Club Championships
- 28 July to 4 August, Santa Cruz, USA
WFDF Individual World Championships
WFDF Congress
- 19-24 August, PDGA Championships
- October, Sydney, Australia
GAISF General Assembly

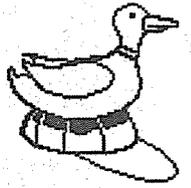
1992

- 19-25 August Tokyo, Japan
World Ultimate Championships



— 1990 VICTORIAN —

HAT TOURNAMENT



REFLECTIONS

By Simon Normand

I was pretty upset when I broke my throwing hand 2 weeks before the Second Annual Hat Tournament. Last year 44 people turned up to play and so when 70 people registered on Saturday morning I was pretty happy. Infact the inclusion of people from England, U.S.A., New Zealand, Qld, WA, SA, TAS, ACT and over 30 people from NSW alone made the weekend totally perfect. 25 people entered from Melbourne. We have never had 25 people turn up to training at once!

....18 girls played and played exceptionally well!

Seeing everyone actually liked their shirts and the fields were in perfect condition and it was sunny and no wind all weekend. I knew that the Saturday night Dance Inferno would be HOT. The Saddam Hussein Golf classic attracted 40 drunks with the exception of Mens winner Stu Marcoon who is now the subject of a protest! Sue Underwood (England) won the womens section with a new course record of 1 over.

Standing at the back of the end zone doing nothing all weekend with me bung hand meant I could actually watch the games. Three things impressed me;

- 1/ The fact that 18 girls played and played exceptionally well.
 - 2/ The high standard combined with the lack of foul calls.
 - 3/ The ability of all teams to play all the games on the first day and actually finish the tournament on time on Sunday .
- PARTY ULTIMATE

It will be a pleasure to organise the 3rd Annual Hat Tournament and Saddam Hussien invitational Golf Classic next year.

And finally the T-shirts printed by Andrew Stanley were fantastic.

GARYS LAST STAND

By Gary Epps

Congratulations to Simon Normand and Australian Ultimate for putting on another fantastic tournament. With players travelling from right around the country and even New Zealand this event has become a major highlight in the Australian Ultimate calendar.

Again, the hat gave us very evenly matched teams with 3 teams tied for 1st going into the semis. Although the fabled hat was AWOL for the opening ceremony a substitute was quickly found. We then received our "Who the hell is John Oldham" tournament T-shirts - in 6 great colours including 'VIC' black.

...I wasn't going to let anything short of death stop me from playing this weekend!

The teams finally took to the line for the 10am (Frisbee time) pull and we were off! Within 15 minutes we had our first blown ankle for the day (many more were to follow). Taking a day off work, driving 1000km over 11 hours, getting 5 hours sleep, paying \$20 entry fee and being the last tournament I play on

Australian soil for the next twelve months - I wasn't going to let anything short of death stop me playing this weekend! A quick treatment from Dennile and a roll of straping tape had me back on the field in no time (not quite as good as new though).

In the early games Denita (who has yet to catch a disc with 2 hands) made some great cuts for a lot of LGUM's (Lean Green Ultimate Machine) goals. Later on, Les also discovered the 'back of the endzone' cut and started to score heavily too. Meanwhile, established studs like the Temple, Joel-Daddy, Jamie Polson and the great Sam O-Lah showed their experience in the tight games. All 3 of our girls, Vicky, Fiona and Denita, very capably handled anything the opposition could give them.

Our Queenslanders, Tony and Jason (I remembered!) gave us a lot more depth and couldn't have arrived at a better time with 2 of our players down injured (Joe decided to tooth-block Ron's forearm - sending him to hospital for stiches).

At the end of the second day, with the heaters turned up to full, the final was played with Whites taking the coveted title for 1990.

This simply left the Saddam Hussein Golf Classic to be fought out by all the closet golf fiends (that means you Stu!) While the rest of us spent another glorious 11 hours (unshowered) driving in the pouring rain back to Sydney, arriving at 4am ready for work that day.

ED NOTE: Gary Epps has left now for work and play in San Francisco. We wish him well. P.S. He also said he would be available for TOKYO.



hats off!

Assessment from the Normand Bros.
School Of Ultimate

Surname: Nielson
Form: Average

Given Name: Sam
Date: 1-2 Dec 1990

Subject: Ultimate
Overall Assessment - D

Report - Flew in from London for the week-end. May stay as a 'guest' longer. Plays on English National Men's Team, played in winning final team, cleaned up all the swill throws in the end zone, ran fast, had a hot tournament - but got sunburnt which shows he is not such a bronzed Anzac after all.

Teacher: Simon Normand

Surname: Underwood
Form: Pretty good

Given Name: Sue
Date: 1-2 Dec, 1990

Subject: Ultimate
Overall Assessment - A-

Report - Started off well being selected on the final Dregs team - With Sam travelled 3000km and ended up pulled out of the hat together. Probably the best performances at night - Saturday Dance Inferno totally out of control - Sunday winner Womens section Saddam Hussein Golf Classic with new course record 1 over. Not bad for a pom.

Teacher: Simon Normand

Surname: Ross
Form: Hot

Given Name: Tony
Date: 1-2 Dec, 1990

Subject: Ultimate
Overall Assessment - A

Along with the Guru Banana contingent arrived from Brisbane at lunch on the first day. Played well all tournament. Has now played in four finals out of a total of six entered. Runner up at 6 under to Stu Marcoon in the 2nd Annual Saddam Hussein Golf Classic. Dominated Dance Inferno Saturday night.

Teacher: Simon Normand

Surname: Kerslake
Form: Damn Hot

Given Name: Denita
Date: Saturday Night

Subject: Ultimate
Overall Assessment - A+

WINNER 1990 DANCE INFERNO. Described as an outside chance before the tournament started. Started strongly to be up with top seeds Rohan Normand and Stu Marcoon. As night wore on got stronger and stronger, Rohan left totally demoralized and missed Young M.C. dance mix. Played Ultimate as well.

Teacher: Rohan Normand

SO WHAT HAPPENED?

A report on the British Ultimate Team's performance in Oslo - by Toby Green
- reprinted from Ultimatum, British Ultimate Newsletter - October 1990

I got a little feed up with this question on my return from Norway. The question was directed at the result of the Open Team. Twelfth out of thirteen having come fourth in 1988 is one hell of a difference, so the questioners were well justified in their enquiry.

The answer is complex. It's got a little to do with the quality of player we took this year. It's got a little to do with the improvement other nations have made since 1988. Mostly, it's got to do with the attitude of the team itself, its preparation, its strategy, and its leadership.

This year's team had eight survivors from the 1988 side (out of 20), and eight from the 1989 side. But only three players played in 1988, 1989 and 1990. Obviously the GB team is going through a transition period, and it is arguable that we are now missing some of the quality players who we used to take for granted in the late '80's. A couple of key players couldn't make it due to financial problems - understandable, Norway was no cheap trip - but the squad wasn't that weak.

Other nations have improved, notably Australia who came to Oslo via a brief World tour (now, that's commitment) with a really organised side positively bursting with team spirit. Norway have improved. On their home patch they deserved their seventh place. Holland, not only prevented USA from scoring 21 goals, but scored 11 themselves. Japan are no longer a pushover. The only side really out of it was France, who didn't even come close to winning a game, and ended up with a goal difference of minus 132 after 10 games!

When it came to the crunch the GB Open team lacked punch. Our deficiencies became exposed in our second match against Australia. The team wasn't happy. We were trying to play the stack

system which we had practised in training, but it put pressure on ourselves, not the opposition. This strategy became our opponent as we sought to make it work, since we weren't good enough at using it we lost possession too often, and became impotent near the 'zone. We lost 12-18. This shows that our D can't have been that bad. The UPA Newsletter describes us as 'disheartened GB', it's right.

After that the team came apart. Leaderless, the players went through the motions but all the time one could sense the tension, the lack of team spirit. Our only strength was our zone D which so nearly rescued us against Holland. The comeback showed that we could play well, but it only came in fits and starts.

Individuals tried very hard, but sometimes simply did not connect with one another. Don't get me wrong, the players were not lazy, but it's frustrating to see players getting open, but not receive the disc.

I've used phrases and words which describes a team which was not a team. We never partied together, we didn't eat together, we didn't travel together. Come to think of it we didn't really ever all train together too much. Next time we must spend time thinking how a team works before we think of our playing strategy. The Aussies had a buddy-buddy system which paired teammates who were not friends before the tournament. Each was responsible for ensuring the other was ok, happy, had someone to eat and drink with. We ought to stay together; having half in tents, half in the hostel and our captain elsewhere is not conducive to building team spirit. That is one part of the problem, and not to be dismissed as a minor part.

The other is our playing strategy. This year we elected to centre our O around

the stack principle. As a theory it is sound. In practice it puts pressure on the thrower always to make the forward pass, and requires the receivers to have speed to get open. It is predictable if played too much without variation, and easy to defend against. Did we have the players with the right skills to use it? Did we practice it enough so that we could improvise in mid game? Was everyone comfortable with its principles so that they could play it blindfolded? The answer has to be no. How many times did our O stop dead ten yards outside the 'zone while the stack (and the stall count) set up? How often, when we won a turnover, did we lose the initiative as the stack set up? And then, how many times did we actually execute it properly? I think it must have amounted to about a dozen at the very most.

Ultimate is a game of possession. We had a team which could get it, but a team which contrived to tie itself in knots to use it. I've long been an advocate of organised O. It has its place, especially as a device to get the disc moving. Everyone should be free to concentrate on that, and not have a mind on wondering if it's their turn to cut or not. As the Boleros have proved with a team of moderate athletes, you can be very successful if you play to your abilities, and are not afraid of the dump.

It's not all sad, and it's certainly not a lost cause. And we have the soundest of bases to build on: for a team to be struggling and disheartened we never let it affect the way we played the game, and of that we should be proud. The other teams obviously thought so too, they awarded us the true prize in Ultimate, The Spirit Of The Game Award.

B.A.C. ON ULTIMATE

WHAT THE @!#*! WERE YOU DOING DOWN-FIELD ON A ZONE DEFENCE, FORCING SIDE GATE MANOEUVRE PUNCHING IT THROUGH FOR ALTERNATE END ZONE CUTS?



MAY I ASK A QUESTION?



GO AHEAD.

WHATEVER HAPPENED TO, * RUN LIKE HECK AND I'LL THROW YOU THE DISC?

