

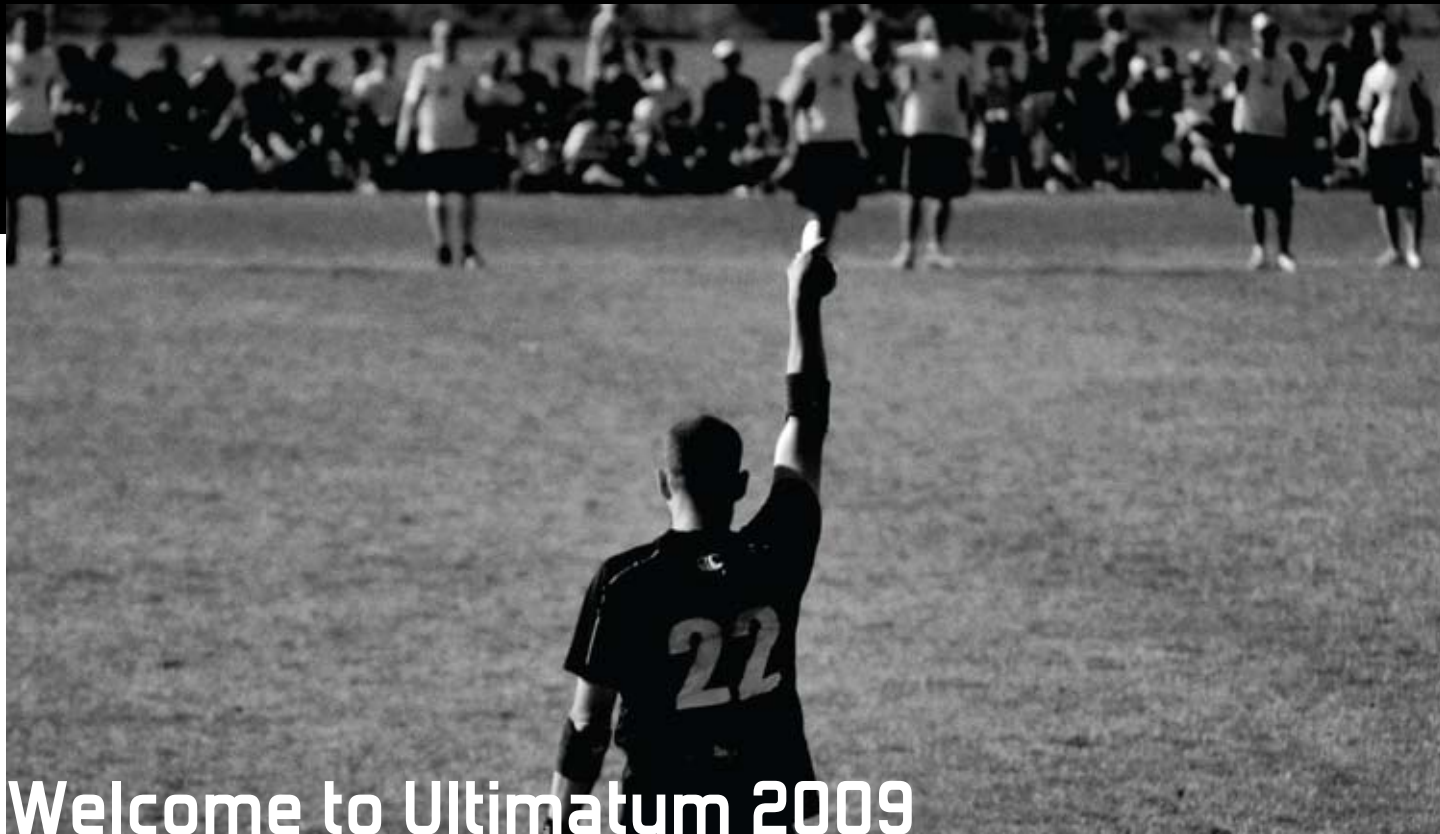


ultimatum2009

annual UK ultimate magazine







Welcome to Ultimatum 2009

As ever this edition is the result of contributions from across the UK Ultimate community and abroad which have once again produced a fascinating, informative and visually memorable/spectacular magazine. My thanks to all of you and in particular Dan, Jack and the rest of the production team.

Two big events stand out as particular highlights of the year and reflect the continued growth of our community. Qualification for the 2009 World Games in Taiwan, following GB's best ever performance at WUGC2008, saw a GB team play at an international multi-sport event for the first time. That Team USA's winning point made it on to Sports Centre's Top 10 plays of the day shows the increased profile World Games has brought to Ultimate.

Both the athletes and their support team, in particular Usamah Jannoun, UKU Medical Advisor, and Jeff Jackson, who worked directly with the squad on fitness and training, put an unbelievable amount of time and effort into preparing for the event.

Thank you. I know the event was an incredible experience, and the team should be tremendously proud of an historic achievement. I am sure they will not mind the rest of us feeling that our contributions, either as players who were part of the pre-selection squads, who went along to trials, played against the team on Tour, or watched our computer screen refresh with "Goal for GB" while sending good karma, were part of that success.

On home soil, XEUCF – the European Club Championships to the layman – run by the UKUA for the first time was a great showpiece for Ultimate. CEO Simon Hill led a small army, and as I thank a few notables I know many others who made it the great success it was will be missed, particularly the many smiling white-shirted volunteers that either had what I wanted, or knew where I could get it: great work. So take a bow Simon, Benji Heywood, Dan, Matt Smith, etc. Will Parker asking if we minded him producing an extra newsletter to wrap up the tournament was typical of the levels

of support received. Congratulations to the many UK teams that enjoyed success: it is going to be difficult to top that set of results.

Finally, I spent a lot of time this year speaking to people who without preamble said, "You are Chair of the UKUA". As the year went by, I realised that the number of ways that people had found this information out was the direct result of the many initiatives that Simon has ensured the UKUA is involved in and makes happen. I just sign the certificate! Whether it be the coaching courses that many of our members attend, or the leader award courses - bringing Ultimate to an ever-increasing number of schools - or the many committees that support or make Ultimate happen for you, there is a lot going on that makes a difference. There is much more to do though, so keep an eye on the website for ways you can get involved.

Enjoy the issue.

Jaimie Cross, Chair, UK Ultimate

[Cover] Jeremy Meyer of One Trick Pony gets a layout block in the endzone on a pass intended for CLX's Kurt Brorsen in the finals of the UPA Central Regional Championship in October, 2009.

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xEUCF (London). Chevron Vs. Skogshyddan. Dave in his normal Ultimatum pose. © Dave Sanders 2009
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xEUCF (London). Clapham Vs Chevron. Jaimie Cross explaining his tenets of spirit to young Joshua Smith.
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Open Tour 2 A (Brighton). Clapham Vs Chevron. I think this disc went to ground © Graham Bailey 2008
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xEUCF (London). Open Finals. Chevron Vs. Skogshyddan. Dave Barnard checks if the opposition are ready.
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Ultimatum is designed by Jack Goolden
www.malago.co.uk



Editor's note

This year at Mixed Nationals, I found myself in a half-time talk where my team were eight-nil down in the plate final. After a rousing pre-game chat about how this would be a climactic end to the season, we got hammered for every single first half point. It was grim.

As I stood there and tried to make up some sentences that didn't involve only swear words, I saw a blank set of faces staring back at me. All of us were dreaming of being in the car, roaring away from this tragic end to the season and racing towards a roadside zinger burger. I saw that same look in every single face. Why have you made me come here? Why do we bother? What was the point of that training session in December when it sleeted so hard it hurt my eyes? Why have we done all this? I hate this sport!

Every now and then I have these moments. When I'm stood in some god-forsaken field in the middle of nowhere, wondering how it all came to this. Fifteen random people, a Frisbee and someone throwing their toys out of the pram about a drop or a throw away. Is this it? Has it really come down to this? It's times like these when I wish I had never emailed Paul Hurt to see if his webpage, about this sport called Ultimate, was for real.

And then in the second half we scored the first point and everyone smiled with pure relief. Then we scored another and soon we were actually laughing and joking. Suddenly we were enjoying it as a team and had put a couple more on the board while the opposition took on that fateful look of a group of people who can't stop something happening. We knew that look all too well. It got to twelve all, game to thirteen and I don't think I have ever seen people so excited. The chat before the final point was buzzing with belief. This was going to be the greatest comeback ever. We pulled, they caught it, they hucked it and they scored. It was all over in a cruel moment and all that was left was the promise of a zinger burger and the inevitable blaming of Wayne Retter that must follow any defeat.

In the post-game huddle, everyone was laughing. We were a bit disappointed but no-one was thinking those same things anymore. All those horrible doubts and forsaking thoughts were gone. Where else would you find such camaraderie amongst your teammates and the opposition? What else would I have done with my weekend? When is the next training session again? I love this sport!

I hope this issue includes some interesting stories, some reflections on successes and failures, some tips on how to play the game and gives you a good round-up of the year just gone. Most importantly though, I hope you enjoy it.

I just want to thank a few people. Firstly, Rich Hims who is instrumental in getting this all done and also able to work around my failed scheduling. His efforts cannot be appreciated enough. Similarly, a huge thank you to all the authors and photographers who submitted their fine work for us to use. Without you there is nothing. As you all probably know, Jack is the driving force behind all this and his hard work is immense. On top of all his efforts, he had to put this together while awaiting the arrival of his first child. Congratulations Jack. Our best wishes to you and your new family.

My last thank you is to the volunteers from xEUCF. With the medals hanging on people's walls and the photos of glory filling this magazine, spare a thought for those who scored your game, silently filled up your pitch water and drove your team mate to the hospital. It is to these hardy souls that we dedicate this issue of Ultimatum.

Dan Berry.

If you would like to help with Ultimatum2010, please email dan@ukultimate.com

Top 16 compared to 2008

Clapham Ultimate	↑ 2
Chevron Action Flash	↓ 1
Fire of London D	↓ 1
Brighton 1	↑ 1
Fire of London O*	↑ 12
EMO 1	↑ 1
Fusion East	↓ 3
Tooting Tigers	New Entry
Team Shark**	↑ 1
LeedsLeedsLeeds	↓ 1
The Brown	↑ 9
Limited Release 1	↑ 1
Fully Charged	New Entry
BAF 1	↑ 5
Devon 1	↓ 4
Strange Blue	↑ 7

*Compared to 'Fire 2', 2008 although 'Fire O' 2009 was not, strictly speaking, a second team.

**Compared to Discuits 2008



xEUCF (London). Show game. Clapham Vs. Skogshyddan.
© Dave Sanders 2009 ultimatephotos.org

Paganello (Rimini). Open Final, Los Ox (USA) Vs UTI (UK/International)
© Graham Bailey 2009 grahambaileyphotography.com

Open Tour 1 (Chiswick). Peter 'Rodders' Wright, Fire D.
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playing away

The ultimate scene in Africa



When we arrived in Maputo in August 2008, we naturally assumed that opportunities to play Ultimate in Mozambique would be limited, at best. So it's pretty astounding for us to look back at our experiences of playing disc in Africa over the last year.

It all started on our first night when we met Wendy, an irrepressible American aid worker and driving force behind the local Ultimate team. Somehow our arrival in Mozambique was already common knowledge and she persuaded us that, despite our jetlag, we should attend the training session happening the next day. The Mozambican Ultimate scene was made up of about half a dozen regulars, plus various people trying the game for the first time. Although there were a few Mozambicans playing, this was largely

an ex-pat affair. Grass is a scarce commodity in Maputo so Ultimate is exclusively a beach sport. But when you're playing on the shores of the Indian Ocean with a view of Maputo clinging to the hills in the distance, this seems like the way Ultimate should be played!

We quickly became involved with the Ultimate scene in Maputo and joined the organising committee for the Xefina Hat Tournament 2009. Being held for its second year, the tournament brought together seventy Ultimate players from Mozambique and across Southern Africa. Xefina, home to a former leper colony and prison, is an island two kilometres off the coast of Maputo. With no transport links, competitors were ferried across on a specially hired boat. The indigenous population of Xefina welcomed us with

open arms and the local women even cleared the pitches of debris before each day's play. With the pitches set on a spit of land jutting into the ocean and glorious uninterrupted sunshine, this could easily be the best tournament venue in the world. For those passing through Southern Africa next year, we would highly recommend it!

Xefina was a good opportunity to meet the players from the growing South African Ultimate community. With around a dozen established teams, Ultimate in South Africa is maybe in the state of development that the UK scene was around fifteen years ago. But the vast size of the country limits opportunities for competitive tournaments. So we were particularly pleased to be asked to send a team from Mozambique to the South African Mixed Nationals in Johannesburg.

We were determined to increase the number of Mozambican players in our squad ahead of the tournament and we wanted to be a competitive team, not just make up the numbers. The first part was easy enough. The Xefina tournament had increased appetite for Ultimate in Maputo and the club now had an even mix of locals and ex-pats, with half a dozen Mozambicans hooked on the game.

The unadulterated joy that these guys get from playing Ultimate is inspirational and a great reminder of the reason we started playing in the first place. However, for our Mozambican players, finding the funds to play in any tournament, let alone an international tournament, would have been impossible. On top of the travel costs, you have to buy the kit and boots. Through a combination



of sponsorship from the international team members and much-appreciated donations from the Discs for Africa scheme discforafrica.free.fr/spip.php?rubrique10 we were able to offer full funding for six Mozambican players. Selection for the team was based on attendance (including arriving on real time, not "Mozambican time"!), ability and, most of all, willingness to learn. It was a tough decision but the five guys and one girl that we picked were all super keen and scarily talented.

After a few months of intense training, including a friendly tournament in Swaziland (and finally nailing the end-zone drill!), the team headed in convoy on the seven hour drive to Johannesburg. We played better than any of us could have expected. With a combination of cool heads from our international players and limitless energy from the Mozambicans, we achieved third place. We took some established teams by surprise, winning two games in sudden death and only losing to the eventual finalists. The highlight came just

All photos © Stef Stevens 2009
www.mozultimate.com



after our final game. While most of us were thinking only about a cool beer and a hot bath, our youngest Mozambican recruit asked "What time is our practice next week?"

The Ultimate scene in Maputo is now officially buzzing! We have just come back from a practice where, for the first time, Mozambican players out-numbered ex-pats, and it's not just growing in Maputo. Last week we travelled to the provincial town of Xai-Xai where some US Peace Corp. volunteers are training student teachers to play and coach Ultimate. With over thirty future teachers learning how to play and coach the game in schools, the future for Ultimate in Mozambique is looking good.

Playing Ultimate in Africa has given us an entirely different perspective after a combined fifteen years playing on the UK and European scene. The opportunity to meet a new community of players has reminded us that, no matter where you are in the world, Ultimate people are generous, hospitable and generally great people to know. Furthermore, witnessing the development of the game in Mozambique has been a reminder that, at its heart, Ultimate is a simple and hugely enjoyable game. Best of all, with a little help it can be accessible to all, regardless of background or financial means. Seeing a Mozambican team at WUGC might be some way off but, then again, who would have predicted The Football World Cup taking place in Africa?

Steph Lees and Joe Bolton

junior high

"Junior ultimate - what's the point?"

During my two-year stint as a Junior, I was confronted with this question more than once. Regarded by many as snotty-nosed, arrogant and expensive, it would seem Juniors are the root of all evil – from blaspheming the good name of Ultimate with their childish play, to destroying the planet through rainforests-worth of child protection forms. As for those adults who willingly sacrifice their time, money and energy to train and travel with these spawn of Satan, they cannot be described as anything other than, well, odd.

I'll admit these views might be a little extreme, but sadly the general feeling that Junior Ultimate shouldn't be taken seriously is not uncommon. That being said, heading off to play in my own first ever Junior-only tournament in August, I remember contemplating the week ahead with mingled curiosity and, dare I say it, doubt. Despite having experienced the fun and sheer skill with which Junior Ultimate is played, a small part of me was convinced that an exclusively teenage tournament just couldn't be as good as other tournaments; tournaments full of players with degrees, and jobs, and kids and stuff. I should have suspected then that I'd be proved wrong (unfounded prejudice often is), but I had no idea how wrong.

The European Youth Ultimate Championships in Vienna, August 2009, changed everything. The first night's opening ceremony was enough to dispel any secret scepticism I may have been harbouring. Fifteen national flags lined the floodlit show pitch, and the balmy air buzzed with excited chatter and eruptions of chants in foreign tongues. As swarms of brightly-kitted teams flooded the playing fields, three thoughts raced continuously round my head: we are all under twenty; we are all

from different countries right across Europe; we are all here to play Ultimate. It was fantastic.

If the opening ceremony had trampled on that tender shoot of doubt, then the first day of playing dug it up by its roots, threw it on the bonfire, and sprayed the whole ground with bio-kill. Wherever you looked, lay-out Ds, pitch-length hammers and gravity-defying grabs were flying left, right and centre. I actually dropped my breakfast watching a brick-mark to endzone scoober by a twelve-year-old whose tufty hair would barely reach my navel. Frisbee was being played with passion and ferocity; calls were being sorted out quickly and maturely. It was only the garbled snatches of "Let me see your funky chicken!" that reminded me I was at a Junior tournament.

From a player's point of view, I was playing some of the best Ultimate of my life. There is something unique about marking up on that endzone line and knowing that your opponent is almost exactly the same age, build, and experience level as yourself. It fills you with a confidence and determination unequalled by anything I have encountered at university or Tour. My teammates, too, were clearly feeling the benefits of this levelled playing-field (no pun intended), and pulled off some truly spectacular 'rock-star' moments that I'd wager in other teams they simply wouldn't have had the guts to attempt.

Perhaps what impressed me most was the Spirit and sense of fair-play that prevailed over the whole competition. I've seen grown men throw hissy fits over a mid-match travel, yet here sudden-death turnovers were being contested with steady voices and a handshake. My proudest moment as captain came after losing an unusually bitter and extremely intense



semi-final to Finland. It had been our custom during the tournament to give our opponents a small 'thank you' performance at the end of games – but this game had been something of a grudge match and emotions were running high. Very few actually wanted to say thank you, and far fewer to the beat of Dizzee Rascal. Yet, despite wanting to do little more than weep in a corner with some serious Schokolade, my girls put all their frustration and disappointment behind them to give the Finns a cheery, athletic, and truly admirable 'thank you' routine. Ultimate at its very best.

So, what's the point of Junior Ultimate? The point is seeing a pint sized skinny-minnie throw a pitch-length side-arm huck, and her teammate cut long to receive it. The point is watching an U20 Open final played with skill and intensity enough to rival the hardest-fought final at University Nationals. The point is standing shoulder to shoulder with the best in Europe and knowing you've got a fighting chance.



The point is bringing kids together from all over the world and letting them grow into the best Ultimate players of the future. Now that's worth taking pretty seriously, if you ask me.

*Anna Lisa Stone.
GBU20 Women's Captain.*

junior ultimate

A brief overview

In the 2008 edition of *Ultimatum*, Kev Lowe described it as “another great year” for Junior Ultimate. In 2009 I have been asked to write the annual overview for our loyal readers, so I will start with a brief summary. It's been another great year for Junior Ultimate, but this time, for entirely different reasons.

Firstly, our GB Junior Programme has been followed with interest by those who keep a close watch on UK Ultimate and this is putting more emphasis in development than ever before. Great Britain was on the world stage in Vancouver 2008 and the trend of interest in our domestic scene that started there has continued. BlockStack-TV has helped take International Junior Ultimate to the computers and DVD players of competitors and spectators across the globe. So this article is going to shelve the medals for now, and talk about what is important to the UKU and to the future development of our game.

As I mentioned before, this year has been different. New demands on our governing body, a large proportion of which come from the ambitions of those in the committee, have led to the UKU making changes to accommodate those dreams and ambitions. At the most recent conference, the UKU announced the first steps in a long journey. These steps are intended to help us spend less time “fire fighting” and put more effort into being more proactive in areas that will then make the biggest impact - like helping people play Ultimate at school.

This year has seen the UKU deliver more Sports Leader Awards than ever before. This is in response to the growing demand for Ultimate as a viable alternative to traditional sports for young people. For the first time we are seeing many schools take up the sport, without Ultimate players



as teachers, and this is leading to an acceptance of Ultimate and a greater participation domestically.

Government policy towards alternative sports has changed over the past few years. Combining this with increased media coverage, the recognition of the game by UK Sport and the inclusion of Ultimate at The World Games has helped the UKU push the sport forward. Si Hill's view is that Ultimate's popularity will grow within schools regardless of whether or not the existing Ultimate community gets involved. This is exciting but it also raises some obvious risks with regards to Spirit of the Game. The UKU aims to ensure we are part of this growth so that we can influence and monitor how it happens.

The UKU's desire to keep setting the benchmark in Ultimate is a work in progress. A large part of this lies in a constant improvement of Junior Development and this is where much focus is placed. However, there is so much more to this than meets the

eye and it is these details that require much work. On top of just promoting the sport and teaching it to a wider audience, the UKU also needs to ensure that these new young players are protected, given high quality tournaments and leagues, proper exit routes into local clubs and a coaching framework that ensures they are taught the sport the right way. It is these areas that will determine how successful the development angle really is.

Junior participation has increased dramatically and now we are beginning to see the direct results of our work. As more schools take up Ultimate and the university scene expands, we are seeing a growing pool of Junior players entering the sport. Soon enough this will trickle all the way down to the Tour, maybe even as early as 2010.

So this article seemed to end up more as a brief biography of what has happened in the last year to the governing body rather than an

informative “what's happening” in the world of Junior Ultimate. But there are plenty of things that are going on. Indoor Nationals was in Wolverhampton again with even more teams than last year. In the future regionalisation may be introduced but for now the Junior Committee decided that one big weekend event was best for the Junior scene. More changes are likely to follow, such as changing the age of domestic juniors to fall inline with the academic year rather than the calendar year.

So here is to another good year and many more to come. Thank you to all those who are involved in domestic and international Junior ultimate. The seemingly tireless efforts of the few will reward the masses.

Here's to the dream.

Liam Kelly
Youth Development Coordinator UKU

European Junior Championships, Vienna.
All photos © Kev Lowe 2009

higher learning

University ultimate



There are over eighty institutions of Higher Education across the UK that compete in Open, Women's and Mixed Ultimate divisions, with wide ranges of tournaments that cater from the complete beginner to the highest levels each year. University Ultimate is becoming more competitive than ever before and 2009 saw Ultimate join the BUCS Championships. BUCS is the National Governing Body for "British Universities and College Sport" in the UK and currently boasts over 100,000 students regularly competing in leagues and events across the country. Coming top in any BUCS event will earn points for your University, all of which are collated and Universities are then ranked by how many points they have earned throughout the year.

Last March over five hundred student players descended on Sheffield for Open Outdoor Nationals, not only to fight for the title of National Champions (and those elusive BUCS points), but to collectively raise awareness and push for greater acknowledgement of

our sport amongst the heavyweights such as Hockey, Football and Rugby. Winning BUCS points often wins extra funding from Universities' Athletic Unions who, it appears, are now more willing to provide investment towards alternative sports that are likely to help raise the status of the institution.

There are many longstanding UK University teams who shape the backbone of University Ultimate, yet promisingly, every year sees new teams forming. This year sees the University of Exeter team, Uriel, celebrate their 20th Anniversary. With a record sign up to the club, better funding and recognition from the Athletic Union and a solid behind-the-scenes support network of committee members, life in the team seems very different from when it was first founded back in 1989. Kev Lowe, the first ever Captain of Uriel, spared a few moments to explain how in the club's infancy, he had to fulfil every role, 'I had to organise home tournaments, away tournaments, kit, AU affiliation and be the on-field Captain.' Nowadays Uriel





has a devoted committee of eight, ranging from Publicity Officer to First team Captain, who share the burden of running the club. Craig Redmond, Uriel's present Club Captain says: 'Already, within the first seven weeks of term we have entered five different tournaments, sending up to four teams to one event- you simply couldn't organise the logistics of that by yourself'.

As current Captain of Exeter's Women's team- Urielle - I too can see how the club has grown over the past couple of years. From just having enough players to enter Women's Regionals, to this year being oversubscribed and so entering two teams, it shows how Women's Ultimate is also expanding.

The balance between the social and competitive side of playing at University level is essential, as this is



where a large majority of players begin their Ultimate love affair. Without the amazing fancy dress socials and friendly community, how many of you who began at University could say that you would have carried on? University Ultimate is a completely different experience to anything else. One of our freshers this year was shocked that we were going to stay in our rival's house and actually go out and party on the Saturday night with them! So many are pleasantly surprised with the camaraderie that surrounds Ultimate, as often they come from other sports where it is completely unheard of to even smile at your opponent, let alone be welcomed into their house! It is the same at whatever level of Ultimate you play at, inside or out of University, but it is in and amongst University teams that some of the strongest and longest friendships are born.

The future of Ultimate looks bright. Not only is every intake no longer full of beginners, but more increasingly

large numbers have heard of, if not already played, Ultimate. With increasing numbers of schools across the UK now including it on their curriculum, and a nationwide Junior division growing in strength every year, it means Universities are now increasingly likely to have 1st years competing for a first team spot right from the beginning of Freshers' Week. This, alongside improved recognition and funding will only improve the force and power of University Ultimate.

Jennifer Hart. Urielle Captain

Mixed Tour 1 (Cardiff). Devon Ultimate, Peter Matthew Müller.

Open Tour 2 B-C (Birmingham). Burro Electrico, James Cooper.

Nationals (Cardiff). The Brown

Open Tour 2 A (Brighton). Tooting Tigers

*All photos © Graham Bailey 2008
grahambaileyphotography.com*

the huddle

Embracing the digital age

If you are like me, then you are absolutely loving all of the Ultimate media currently available. A decade ago though, the landscape was much different.

Ten years ago I was in my dorm room, pouring over the few internet essays that I could find about Ultimate. My college team-mates and I probably read each one ten or twenty times, then started running drills in practice that we drew up on dining-hall napkins to work towards styles hinted at in the articles. At the University of Oregon, we built an offense largely based on Jim Parinella's math-based principles of efficient scoring. Unfortunately for Mr. Parinella's aesthetic sensibilities, our application of that math brought about the most abject and ugly "Huck and Hope" Ultimate ever devised. Though, it worked pretty well; we did reach the 2003 UPA College Championship Finals.

Today's college freshman or high-school sophomore can watch YouTube, buy UltiVillage DVDs, read blogs, and find new content almost daily about the sport. Want to see how a flat-stack works? Google it. Is your team captain right that you should be balanced on the mark? Do your own research. Andy and I hope that The Huddle—the-huddle.org is a helpful part of the media and resources that these young and developing players find and use.

Our target audience consists of players and coaches that are interested in raising their level of tactical and strategic understanding of the game. This includes developing players of any age and coaches at any skill level looking for ideas and focuses. We average approximately 3,000 page visits per day, and we've put up nearly fifty Issues (focused on strategy) and Features (focusing on other parts of the sport) combined.

Our vision for growing our site and readership boils down to three main points: first, that the web democratizes teaching and learning in cities and towns without strong Ultimate communities. Second, that the multitude of voices heard on each issue allows for differences of opinion, and fosters the notion that there is not a single correct way to do things. We find, though, when ideas are repeated or rhymed, it usually builds a healthy consensus. Thirdly, that the strength of the website is due to the calibre of players and coaches who write for us, and the time and effort they put forth.

We are completely indebted to our roster of authors. They are current and former players with high-level experience that want to give back to the game, and we've tried to give them a respectful and useful platform to do that. We'll continue to expand our panel of authors, trying to bring in top players and minds of the game from around the world.

For the future we want to continue to focus on high-level fundamentals, but we are always looking at delving deeper into larger issues, and addressing them in different ways in different forms. What that might look like, we don't know. Some of our best suggestions come from our readers! We hope to be utilising different forms and mediums, other than articles or blog posts. Audio, video, photo essays, and interviews are all in The Huddle's future.

We hope you like the articles included. If you'd like to see more, you can find The Huddle at the-huddle.org. Luck and time willing, we'll have even more coming in our third year!

For Andy Lovseth, this is Ben Wiggins, Editors of The Huddle

Go get it

An Extract From The Huddle.

In the deep-D scenario, the disc is already in the air. But let's rewind just a bit. As a defender, my goal is for the "up" call to be the second sign that the disc is coming. The first sign should be my anticipation of the play as it develops. The more I am aware of what is happening with the disc, the mark, and the other cutters, the easier it is to anticipate. As my man cuts on the field, I want to see the possible throws before they happen. Most of the throws I see will never go up, but when one does go up, I'm already on it.

Have you ever sat a stoplight and watched the light for the other direction turn from green to yellow to red? When your light finally turns green, it's just a confirmation of what you already knew was about to happen. How much quicker are you off that line if you're peeking at the other light versus waiting for yours to change? That's the difference between reacting and anticipating on D. When I hear that "up" call, I want to already know what throw is coming and already be poised to jump on it.

Once I hear that "up" call, my first action is to explode with three or four hard steps toward the cutter. I need to accelerate and start closing that gap between him and me. Especially if we're similar in speed, every step counts. I've got to get there in order to make the play.

Next, I take a quick look at the disc. Ideally, I've anticipated the throw that's coming, and I know about where to look. The quick peek gives me a general read on the disc, usually falling into one of three categories: 1. too low or too short, and I'm going to pick it off easily; 2. long and cruisy, and it's going to be a straight-up footrace; 3. something in between that

will demand a good read on the disc and good positioning for the D.

Now, I can adjust based on my quick read of the disc. If the disc is short, I've found out soon enough to grab it before my man can cut back in. If the disc is long, I'm going to make like it's track practice and blow by him. If it's in between, as most throws tend to be, it gets more complicated.

My goal on a disc that's hanging is to get myself right next to the cutter as quickly as possible. On D, I don't want to read the disc and drift toward it, because I'm playing defense on the cutter, not the disc. Even if I don't have a perfect read, if I'm next to my man I'll be in position to make a play.

Everyone loves the vertical game in Ultimate, but most hanging discs are won and lost in the positioning more than the jump. I know that if I get myself in the right place, I'll probably get the block. Most cutters will read and drift toward the disc, and so want to keep off their back hip and away from where the disc is heading. If we're running deep for an open-side forehand huck, the cutter wants to keep me off his right hip and catch with his left hand. The best way for me to get the block is to run past the cutter so I can take position right where he doesn't want me to be. Suddenly, it's a whole lot harder for him to read the disc, position himself to make the catch, and box me out all at the same time.

As I'm catching up to the cutter, I look back for a second read on the disc in order to decide whether to run past his front side or back side. If the throw is fairly straight, I like to run by the front side (the side closest to the throw) because it's harder for the cutter to adjust and box me out. If the throw is tipping to the left (outside-in) and/or there's wind pushing it that way,



it's generally best to run by the back side, putting myself right between the cutter and where he needs to go to make the catch. Whichever side I choose, I want to make sure I am at least even and probably a half step past the cutter.

As the disc comes in and I'm getting ready to go up, I want to stay close to the cutter. If we both miss it, it's my disc. Once I take up position on the front side, I'm reading the cutter as much as the disc; I want to drift back with him so that if the disc jumps over me, it's over him too. Once I take up position on the backside, I want to hold my ground so he can't drift back and get under the disc.

At the right moment, I go up and grab it. Often, good positioning makes this easy. Sometimes, depending on the cutter and the situation, it doesn't. But going for the catch is almost always the best play. First, I avoid tipping the disc to the cutter or another opponent following the play; losing a sweet D to the trash pick-up is more than disappointing. Second, if it's close, I'm more likely to make a fair, clean play on the disc, as opposed to if I'm chopping away at it. Third, if there's some contact between players, especially incidental arm contact, it's a lot harder to justify a foul call when I come down with the disc.

Fourth, the fast break is on.

That's my deep D. To recap:

0. Always peek at the light.
1. Sprint first.
2. Quick read.
3. Get close.
4. Run by.
5. Stay close.
6. Catch it.

Andrew Flemming.

*xEUCF (London). © Simon Crisp 2009
www.photoboxgallery.com/simonc*



world games 2009



The World Games
2009 Kaohsiung

高雄世界運動會

A view from the dugout

In July 2009 GB Ultimate competed at the World Games for the first time. This article isn't about what happened or how we did but is about the World Games and how Ultimate fits into that competition. Is it the highest level ultimate event in the World, will we be there in 2013 and what are the implications of our continued involvement?

The World Games (WG) was first held in 1981 in the USA, to provide an international multi-sports event for the International Federations of a number of sports that were not part of the Olympics. Ultimate was first included in 2001. The 2009 event was held in Kaohsiung, Chinese Taipei and as it was only one year on from the Beijing Olympics, this was a very big deal for the country and the local people. The hosts built an incredible new stadium and, as far as I can tell, our opening game with Canada was the first competitive sport to be staged there.

Ultimate at the World Games has always been Mixed. In 2009 there were six teams of thirteen players. The competition lasted three days with the teams playing two games per day in a round robin, plus a final game. (1v2, 3v4, 5v6).

So, how did we qualify? Both the World Games and the WFDF World Ultimate Championships (WUC) are staged on a four year cycle. WUC occurs the year before the WG and so at this event countries win ranking points according to where they finish in the Open,

Women's and Mixed divisions. These points in turn decide who makes the cut for the World Games. In Vancouver 2008, GB finished very comfortably in the top five countries along with the US, Canada, Japan and Australia. The hosts Chinese Taipei were given an automatic place. Results-wise things did not go well for GB. We came fifth after losing close games to Canada, Japan, Australia and the US. No doubt all of the people involved have their view of what went right and what went wrong but that's not the subject of this article.

From a World Games' perspective Ultimate went down well at the event. There were several thousand spectators in the stadium for most games, and the audience clearly enjoyed themselves. Apparently the total ticket sales were over 35,000 across three days and this was actually slightly higher than the total sales for the rugby sevens, who took over the stadium when we left.

Ultimate's position within the World Games has not been completely straightforward since our initial introduction in 2001. Prior to this year's Games there seemed to be some doubt about whether we would be invited to WG 2013. There have been ongoing concerns about "fairness" (no referees!) and the spectator experience – specifically that the lack of referees can mean there is not enough information about what is happening on the field being passed to those watching.



However, Ultimate was an undoubted success in the eyes of the 2009 WG organisation and when we left it seemed likely we would be invited to Colombia 2013. I hope so. The key areas that seemed to help this acceptance were:

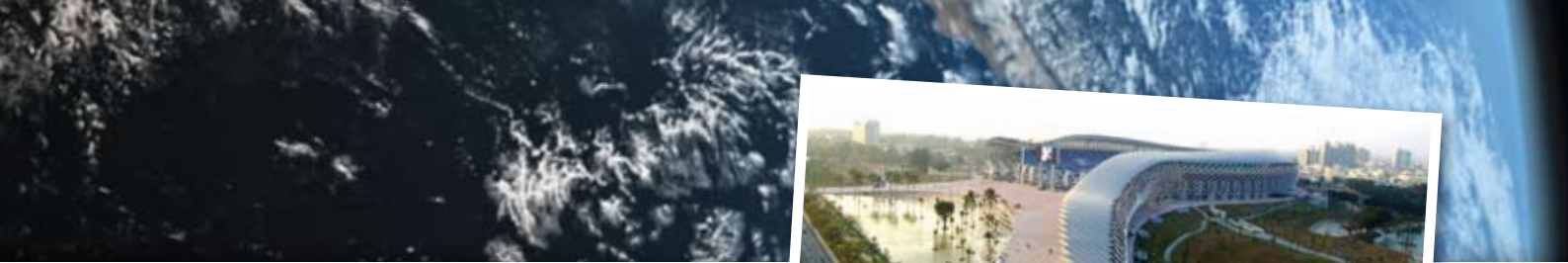
- A stadium does a lot to improve the view and general experience for the spectator.
- WFDF introduced line officials to relay information about calls on the field using hand signals. The officials were not able to make calls in the game.
- Players were very strictly kept more than 5m back from the sideline.
- Players were strongly encouraged to minimise discussions when it was clear neither side was likely to change their view. There was no attempt to discourage reasonable discussion between players that were working together to make the best decision on any disagreements.
- Teams were strongly encouraged to focus on staying onside at the pull as this is an area where the sport can look particularly disorganised to the casual observer (not to mention

the advantage the D gets if they are offside).

The sports' biggest spectator issue is almost certainly "the Pick" and I think it's fair to say this was probably the case at WG 2009. No doubt many of us have suffered the pain of watching a big game fail to live up to its potential as a spectator event for this very reason and I'm sure it is an aspect of the game that will evolve further in the coming few years.

So what are the practical implications of "staying in"?

Anti-Doping: WFDF signed up to adopt the World Anti Doping Code in 2003. Whilst players at WFDF events have been subject to these rules ever since, World Games is the only WFDF event at which Ultimate players have been tested. It seems likely that involvement in WG 2013 will result in Ultimate needing to improve its level of compliance with the Code – i.e. introduce more situations where competitors are subject to testing. This will put additional requirements on elite players and, in turn, onto the National Governing Bodies like UKU. The difficulties we experienced in 2009 were all about making sure



nobody was eating/taking anything that would leave them accidentally testing positive, and working out if specific medical documentation was required for any of the players. This was challenging with a squad of 16 players. In most WFDF World Championships we have between 100 and 200 players involved! Any country with a large number of players is likely to face the need to tackle this question at some point of course but ideally each National Federation would be able to receive some support and that won't always be the case for now.

So, does all this help put Ultimate in the Olympics? Successfully integrating Ultimate into the World Games cannot hurt in this respect, but as far as I can tell the short answer is "no"! Worldwide, Ultimate doesn't satisfy the Olympic criteria for levels of participation and neither do we have the commercial appeal of golf or rugby sevens.

So is the World Games the pinnacle of our sport? It was great to be involved and I hope I get the chance to do so again. I certainly hope we improve on our current ranking position in 2013 and ensure qualification to the World Games, as I think it's a fantastic opportunity for our very best players to compete on an international stage. This in turn has a positive knock-on effect for other players and their clubs. There is absolutely no doubt that the GB WG team was the toughest GB team there has ever been in terms of just getting in and it looked like that had probably been the case in the other competing countries.

Having said all this, it is not, to my mind, the #1 Ultimate event. At least not yet and here's why:

Firstly whilst I am supportive of changing the rules to reduce maximum squad sizes, thirteen players is not



enough, and that affects the quality of play on the pitch. The reason for limiting the teams like this is cost. Players do not pay for their entry fees, accommodation, in-country transport or food at the World Games. This means that team sports seem expensive to the organisers and puts downward pressure on squad sizes.

Secondly, and I might upset some people by saying this bluntly, I think the choice of a Mixed division also means that for now, the World Games is not the pinnacle of the Ultimate calendar worldwide. To be clear, I absolutely support the decision that we have chosen to play Mixed at WG as it's very sensible for all sorts of reasons, but the truth is the vast majority of players at WG would choose to play in the Open or Women's divisions if given the choice. Despite this, based on what I saw this year, I'm pretty confident that the teams at WG would

beat most "specialist" Mixed teams across the World, simply because the players selected to play at WG were so exceptionally good. Whilst this apparent contradiction remains, I think it's tough to argue that this event is the very top of our sport.

I hope you don't misunderstand what I'm saying here. Being part of GB's World Games team was a very big deal to all of us that were involved. And I know we all adopted the position and mindset that this definitely was (and is) the highest honour for an Ultimate player in the UK. For those lucky enough to be involved the World Games, the process is a great journey culminating in a brilliant event, alongside athletes competing in diverse sports from all around the World. I very much look forward to the next one.

Simon Hill. World Games GB Coach.



world games 2009



The World Games
2009 Kaohsiung
高雄世界運動會

A view from the pitch

The World Games was in the back of most peoples' minds during the build up to WUGC 2008. Long flights and off-pitch chats were filled by discussing the various combinations of players we thought would be competing with one another to make the final cut. So when I arrived at the trials with forty other players also out to earn a spot on the team, I was met with many familiar faces and the thirteen players I had picked in my dream team.

My energetic, care-free attitude pre-trials was soon destroyed. Given a quick break early during our first session, I was well aware of a heart pounding, leg burning feeling of being well and truly out my depth. Coming from a season of University Indoors, I quickly realised that the presence of the Open men altered the pace and intensity of play I had become accustomed to. Leaving trials I felt totally broken. It had been a long time since I'd been in so much pain from training and although I had gone into trials with little expectations of making the final team, any possibility I may have had was well and truly dampened. However with one more trial to prove I deserved a chance to remain in the group I became really determined to up my game. Going into the second trials I was much more prepared, and simply aimed to get stuck in and try to show I offered something that the team might need.

As the numbers were dwindled down, we had to wait for a phone call from Si

Hill that sealed our fate. Just seeing his number appear on the call register left me shaking and close to tears and I hadn't even heard the results yet. Never an optimist I always feared the worse and by the time I received the final call, news of the final seven boys had already done the circuit amongst the squad. As I answered the phone I just prayed I'd done enough. Never one to shy away from a little contact I hoped that a bit of natural talent, athleticism and a dash of aggression would make me someone GB might just need to face the top five nations. As Si tried to explain that he'd like me to be part of the team, I'm sure he could have easily confused me with someone that had received quite the opposite news. I was a blubbing mess. To say I was happy to have made the final line-up would have been an understatement.

The first day at a big tournament is always the most exciting. I love walking into the venue and taking in the atmosphere. The day before this tournament started we were given a tour of the stadium. It was a surreal experience. Not only had most of us never played in front of more than a few thousand people, most of whom are normally fellow Ultimate players, but the stadium we were being guided through had been built specifically for just two sports: Rugby sevens and Ultimate. It was these things that I got really excited about. Standing high in the two tier stadium, looking down onto the pitch on which we would be playing, the words "World Games



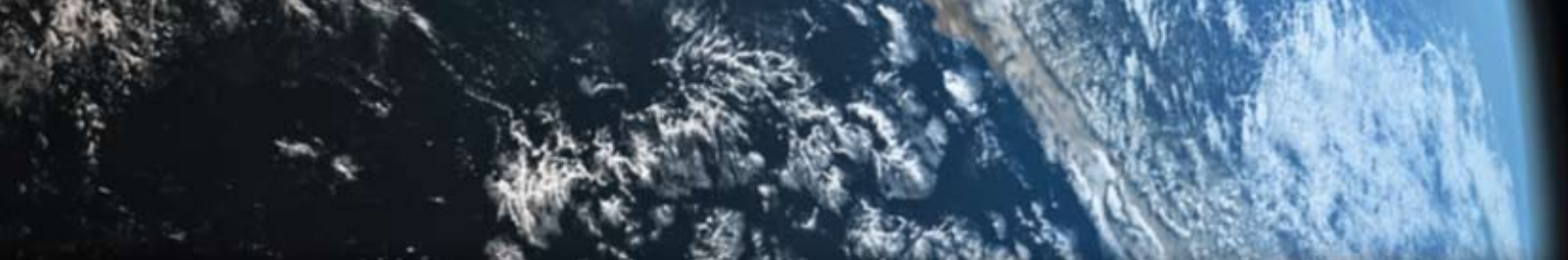
Kouhsing 2009, ULTIMATE" adorned the green grass.

As we were guided down the long corridors and into one of four changing rooms there was an excited buzz among the team. We rushed to sit in our own personal cubicles, just as you would see a football team feel pre-game. I can remember our first match so clearly. Before each game, the team and each individual player was called onto pitch. I felt a real sense of pride, hearing my name announced as we were called on to represent our country in this tournament.

The first game was a fast and hard introduction to the demands of playing in the intense heat of Taiwan. With the sun quickly stealing the shade from the pitch, each point was a battle and with the game in full flow, every now and then I found myself taking in the stadium. Pre-tournament I had

wondered how many people would come to enjoy this relatively unknown sport and so it was cool to see that, even for the first early morning game, the crowds had gathered, hiding in the last remaining shade of the stands. Our game against Canada was such an exciting way to start, battling it out with neither team willing to let their opponents run away with the contest. However, we were to take the first blow with Katie Forth being left injured from a collision with one of the Canadian handlers. It was only in the last few points that Canada got a break and won the game 13-11. Standing in the sun looking up at the final score board I couldn't feel disappointed. Our team came out firing and grew in strength and confidence throughout the game.

I knew that facing Japan in the second game was going to be tough but it also turned out to be the most eye-opening for me personally. As a relatively



inexperienced player in WUGC 2008, I think I played about two points against the Japanese women. I had asked so many of the team what to expect, but nothing could have prepared me for the first point. I'm not convinced anything I did during those first few points did anything to slow down the lightning quick offence I was to face in the next ninety minutes. The Japanese were a remarkable team and I was blown away by the unity within their team during play, not to mention a few outstanding individuals. We were slow off the mark in this game and they were only too happy to punish us for it. However, we soon regrouped and all of a sudden we were no longer bewildered by our fast, efficient opponents and really dug in our heels. There was no way we were going to go down without a fight and suddenly the spectators had a game on their hands. We were willing to do anything to claw back the lead we'd given away and it didn't have to pretty. The second half was our time to show that GB were the type of team that embraced a challenge. Scoring several points in a row to even the score line, it came down to the last few points, with Japan managing to grab those much needed winning goal. Nonetheless, even with another loss beside our names, the fighting spirit we showed in that game left our remaining opponents with an image of a team not to be underestimated, and one that wouldn't give up until the final point had been scored.

During the lead up to the tournament my confidence and resulting enjoyment had continuously wavered. A bit of a head case, confidence was something that had always impacted my game. But faced with new challenges and a responsibility to keep the disc safe in my possession, it was time to get my emotions in check and get over myself. From the first moment I stepped on the field to play Canada I suddenly began

to believe I deserved to be there, and with each game I grew in confidence. Hours of travelling, trainings and pre-World Games tournaments fulfilled their purpose. I trusted my team mates and I wasn't going to let them down. With thirteen players on the roster there was nowhere to hide, and you had to be willing to leave it all on the field. I had a job to do, and when the pressure was on I had to do whatever it took to get free for the disc. Calm, composed and confident, that was the aim. Trying to explain all the emotions I experienced during those few days is tough. Yes I made mistakes, dropped the disc, threw away, and post-game that's what dominated my memory. But looking back now I'm so proud of how I played. I'm just so chuffed Si was willing to give me the chance to show what I am capable of. As a player I grew a lot during those three days. I began to believe that I deserved the opportunity to play with the best in Great Britain and I'm always going to grab opportunities like this with both hands.

The most special part of the whole experience was the Taiwanese people. As Janey and I walked off the plane in Koushing we were met with a crowd of smiling faces, head to toe in merchandise and waving flags. They were so lovely and only too happy to make our stay as easy and enjoyable as possible. I've never been photographed so much in my whole life. Out having dinner, people would politely ask us if we would mind being in a photo with them and their family. I only wonder where these photos now sit. Perhaps on the family living room mantle piece, a happy Taiwanese family and an anonymous ginger Brit?

*Jenna Thompson.
World Games GB 2009.*

Mixed Tour 2 (Manchester). GB Vs Hand of Cod., © Dave Sanders 2009 ultimatephotos.org
Open Tour 2 (Brighton). Janey Homes © Graham Bailey 2008 grahambaileyphotography.com



the spirit of mr jack



The MLU experiment

I tried my best not to be interested in it but having read the BritDisc debate with interest and actively looked up the teams, when I was offered the chance to replace a last minute drop out at The Rylands event, I took the bait. Described as “refereed Ultimate” the event used the Major League Ultimate (MLU) rule set showcased at Potlatch in 2006.

Major rule differences in MLU:

Referees make all calls.

Refs have additional discs to allow play to be restarted following OB pulls or turnovers (within 7 seconds, see below).

2-point line.

4 foul limit (or 2 technical fouls) per player.

7-second stall and 7-second delay-of-game (counted silently by ref).

Two 15 minute halves based on “disc in play”.

If MLU was conceived to make Ultimate more marketable or spectator friendly, then I think it would be fair to say it was a fun and worthwhile experiment. The sun, novelty value (not just that it was sunny in Manchester!) and use of regional all-star teams certainly made it an enjoyable event. The most obvious failing however was having game time based on “disc in play”, which meant that close games i.e. those that are generally more interesting/engaging to a fan, finished well before one-sided games. Post event analysis from both Potlatch and Rylands, showed that the most universally supported (and obviously transferable) “rule change” was the reduction in “down time” between points and following turnovers, OB pulls, etc supported by having a new

disc available at the relevant point on the pitch. It is interesting to note that the rules of Ultimate already allow alternative discs to be used for just that purpose and include a delay of game clause.

The UKU believes that we should actively support and promote Spirit of the Game as the cornerstone of the Ultimate rule set and Ultimate Community. Indeed, it is central to our mission statement, and so I am keen to reflect on my experience at the tournament.

UK Ultimate Mission Statement

UK Ultimate works towards the goal that everyone should have an excellent experience of Ultimate in the UK. We intend to lead and support the UK’s development into the World’s leading Ultimate community. We will maintain and protect the Spirit of the Game as the underlying principle in everything we do.

One outcome of having referees was the immediate sense of detachment formed between the teams. It appears that having to resolve infractions face to face actually helps form the mutual respect between teams and players that is essential to Spirit. Having a third party make the calls, allied to the fact that your marker spends at least some of the time grabbing your arm, bumping on the mark, pulling your shirt or holding on to the disc, made it very easy to form a dislike for the opposition during competitive play. Even against players who are both well spirited on an Ultimate pitch and friends off of it.

In 2009 I was also able to experience first hand both the observer system and probably the best tournament in the world at The Emerald City Classic (ECC). With each team playing three games in four timeslots it was

certainly the most intense competition I have faced. Playing for the most part against strangers and with the UPA rule set, it was another informative experience. One accusation I have often heard is that top teams exhibit less Spirit, or that high level Ultimate is poorly spirited. In general, I think this view comes from a belief that greater levels of physicality or more contact is a "bad thing", and not just the natural and accepted outcome of a higher level of athleticism. Another increasingly stated view is that observers are required for all games at this level.

My experience (and that of team mates from previous US tournaments) was that the players were well spirited and - given that only one game we played was "observed" - this was the result of nothing more than an understanding of the importance and value of Spirit.

Here are a couple of pertinent instances where the referees made (or failed to make) calls, and one where an observer was asked to make a call. At The Rylands the first example saw two players chasing a high disc into the endzone. The better positioned player was pushed in the back allowing the other to make the play on the disc. (As usual!) I saw it clearly from 60 yards away but the refs stayed silent, presumably because they missed it. The second saw two players jumping into the same empty space in the endzone resulting in incidental contact, but was called as a defensive foul. To be fair the referee involved had not been playing (Ultimate) very long so may well not have known the rules in great detail, but either way it is very difficult for someone not involved to be in possession of as many facts as the players.

At ECC, my final example regards a player making a typical up the line handler cut with his marker close

behind him. As the disc was thrown slightly high and required him to make an adjustment, his marker ran into him, resulting in a 'mac' on the first attempt, before catching it on the second but landing with his foot on the line. All of this took place in approximately one second. The Observer immediately (and correctly) called out, but was then required to make a further judgement on the force-out call. This a) happened very quickly, b) cannot have seen been clearly if the Observer was focused on and preparing to make a line call and c) the Observer had no real sense of the force of the contact, or what level of contact had been tacitly agreed between the players as being acceptable during the game.

Both referees and Observers are therefore just as fallible as players, and more often have less information and a worse perspective than the combined view of players, who can discuss it openly. My experiences with both MLU and Observers really brought home that the person(s) best placed to resolve disputes requiring judgement are those involved in the call: just ask the Irish football team. This assumes that both parties share the goal of achieving the best outcome based on a balance of probabilities, remembering that (certainly initially) the other player has made the call because they believe it to be true, and are able to discuss the situation in a mature fashion.

However, I do not think that that in itself defines Spirit; it is merely the logic behind self-refereeing. I believe there are three elements to Spirit.

The first is consistency in interpretation of the rules, i.e. creating an agreed framework that allows both sets of players to come as close as possible to making the same call in the same situation throughout the game.

Secondly, we must all recognise that the framework of interpretation will be different at different levels of play, all of which are equally valid, and therefore it is the responsibility of the individual to amend the way in which they play and the calls they make.

Finally, Ultimate is not a sport without referees. The players ARE the referees and just as many of us are player-coaches or player-treasurers, we are ALL player-referees and so it is incumbent upon all of us to take this responsibility seriously and be prepared to make calls honestly and with Spirit. We must also guard against an erosion of that responsibility and ensure its importance is retained for, and instilled within, the next generation of players.

Jaimie's key tenets in support of spirit

Coming to an agreed framework of interpretation.

Acting appropriately to the situation.

Everyone is responsible for refereeing the game and protecting Spirit.

WFDF has this year updated its Spirit scoring system. Widely used at UK tournaments, it provides frequent and detailed feedback to teams (and players) on their Spirit. As a further measure, the UKU has convened a Spirit of the Game committee. The role for this group initially will be to come up with a set of recommendations to help guide how we maintain and strengthen Spirit of the Game in the UK. This focus will put the UK amongst the leading nations globally in this regard.

A famous whiskey company utilises its continued use of its original methods of production as a key factor in its advertising campaigns. However, it



has adapted many other aspects of its business (not least its "need" for adverts!) to fit the changing world in which it operates. Ultimate too retains its founding principle Spirit of the Game and hence self-refereeing as its unique selling point and rightly so, for it has allowed us to create the inimitable community that we all enjoy. We too should be ready to adapt and change as Ultimate grows both globally and within the UK. It is something we should all feel honoured to be responsible for.

Now I will raise a glass to that, I hope you will all want to join me.

Jaimie Cross. Chair UKU

The Rylands - Finals, Midlands vs North
Christian Nistri getting slowed down by Daniel Furnell.

Tom Martin-Hall making shapes.
Referee checking for offside pulls.

All photos © Dave Sanders 2009
www.ultimatephotos.org

how to design your

A practical guide to getting it right

How often at a tournament do you see teams running drills as a warm up?

I'd bet fairly often. Of all the drills used, I'd say there are three that are used extensively:

- 1 the classic endzone drill.
- 2 a lead pass drill with one disc being sent between two stacks at opposite ends.
- 3 a "huck" drill of sorts where the cutter starts from level with the thrower.

I'd guess from the fact that they are the most commonly seen at tournaments, they are the most commonly used at training. And they are all bad drills. Unless you only have a single disc between you. In which case, get more!

Why?

(1) and (2) only have one disc in play at a time, meaning that the majority of players are doing nothing; OK if you want lots of rest, not ideal during training. (2) is also unrealistic; how often do you catch a lead pass from one direction, only to turn around and throw it back as a lead pass? Unless you were on D the first time!

(3) is just unrealistic; these cuts are rarely completed... teams will usually spot the cut and switch defenders. Hopefully these drills are used because they were copied. But do they really reflect how you play? If not, it's time to get some new drills!

Guidelines:

- Start simple. Your losses may be due to a lack of fundamentals or confidence.
- Break down the skill into components, and look at those individually.



- Make it realistic; have cutters starting in the same places they would during games.

• Seek help!

Get a more experienced player from nearby to visit and help you.

- Alternatively, look at articles on the-huddle.org or some of the UltiVillage.com tutorials.

Drills should come from a real-life problem your team is having. Let's imagine a few scenarios; later we can look at creating drills to help remedy these problems:

Example A: your defenders keep getting beaten to the open side and it's costing you games against weaker opponents because they never have to break the mark.

Example B: your team get trapped on the backhand sideline a lot, and your throwers just couldn't get their

forehand swings out against the marks. Even when you did manage to move the disc, it just got swung straight back to the trapped sideline.

Drills can be broken down into two categories: skill and tactical.

Skill drills should emphasise one, or at most two, very specific skills. Things like breaking the mark, or getting a continuation pass out. It's important to have a specific focus so you don't overload people with detail. Since you are trying to teach new skills, start simple and gradually build up the difficulty of the drill.

Example A:

- Explain the concept of an open and break side to your team, and about how it is OK to get beaten to the break side in protecting the open side.

- Run a simple drill with two offensive players and two defensive players; a handler and marker, and a single cutter with defender. Dictate the force in advance.

- The aim for the offence is to complete a pass; the aim for the defence is to not get beaten to the open side (including deep). Have the cutter make a single cut to start with, but as the defenders get the idea the cutter can throw in fakes by cutting to the break side and deep before coming back to the open side.

Example B:

- Set up a drill with a static backhand mark and a static receiver, throwing into the wind if possible. Get people confident at throwing those around forehands at high percentages and accuracy.

own ultimate drills

- As your team improves, increase the difficulty by making the drill more realistic. Have the thrower cut to the line to get the disc first, then the mark tries to stop them getting the throw out. Once they are fine with this, have the receiver make a cut too, rather than being static as done previously.

Tactical drills try to teach timing cuts off each other. This is where you run through certain plays or patterns that you might want to run on field. One simple example would be the classic endzone drill mentioned earlier. Make sure your drills mimic how you play! I think the key thing with tactical drills is that as soon as people are comfortable with the basic patterns – the movements, timing and options available – you should introduce defenders doing real defending. It encourages perfection in execution, not to mention that as soon as concentration drops the turnovers will flow! You'll soon end up having little games based around specific portions of your offence (maybe you practice your handler resets all marked up, 3-on-3), and, believe me, your players will benefit a lot more from this than some stale running drill. Obviously in order to get the most from these patterns your players will need to have the skill set to make the throws you want to see; because you're giving your players options about what to do – they might not be able to make certain throws because of how the defence plays –, and so you might not see specific throws. Therefore the goals in the drill have to be more about team effort; keeping the stall below five, for example, or gaining twenty yards in three throws from a dump. You may need to police your defenders if they "cheat" to keep them honest. At EMO we always give an option to go up the open side which results in press ups for defenders should they feel the need to poach.



I've expanded drills for A & B here:

A: split into two teams, and play O v D. Score points if the offence score, then switch places after everyone has had a few goes. If the defenders are "cheating" a little (by not really marking on the break side) then you can weight the scores a little; allow 1pt for any completed pass, and -1pt for the defence if they get beaten to the open side underneath.

B: Add continuation throws after the first one, aiming to string together several consecutive breaks. You can add defenders until the drill resembles the real game situation; likewise you can start with relatively slack defence, and build it up to 100% as the offence

gets more confident. Make sure your defenders start in realistic positions; again, you can "police" this. This kind of progression actually ensures that the drill is harder than in real-life, because in this drill your defender knows exactly what is coming!

There are plenty more ideas: if your D line just aren't bringing enough intensity, allow them extra rest compared to the O line. Struggling with your deep throws? Start with 10m lead passes, then 15m, 20m, etc. Building skills up piece by piece will instil confidence and allows skills to become attainable through small gains.

To summarise, the key principles in creating your own drills are:

- Identify the problem.
- Break it down into constituent components.
- Start simple and build it up.
- Make it as realistic as possible.

Good luck!

*Brummie. Sion Scone.
GB World Games 2009.*

Nationals (Cardiff). Open finals. Clapham Vs Fire D. Richard Harris letting rip.
© Dave Sanders 2009 ultimatephotos.org

Open Tour 1 (Chiswick). Icenis Vs Leeds, Mara Alperin. © Graham Bailey 2009
grahambaileyphotography.com



Brighton's most experienced player chats about his loud mouth, winning international honours and being sick in a tent.

How long have you been playing?

The first time I encountered Ultimate was way, way back in 1984.

How did you start and what in particular attracted you to the sport?

I started when a friend of mine, Adam Bennett, brought a frisbee back from America. A bunch of us went down to our local park in Cambridge and we just happened to bump into the Cambridge University team of the time (Slipadisc). They invited us to join in and it went from there. I suppose the attraction for us was that it was a game that we could all play, even if some people weren't natural sportsmen. In the end, seven of my friends ended up playing for GB juniors over the years.

What's your greatest strength on the pitch?

That's a difficult question and it's certainly changed over the years. I used to be an out and out defence player, laying out whenever I got the chance. In recent years I have become a sit at the back handler who throws crazy stuff. Along the way I've played most positions in between as well. I suppose one thing that hasn't changed much is my spatial awareness and reading of the game, so it's probably that, if not my desire to win every point.

And also your biggest weakness?

Just one weakness? It could be my desire to win, the amount of adrenalin pumping through my veins, my stubborn argumentative nature on the pitch or my loud mouth.

How much longer do you hope to keep playing and have you had to change your style over the years as you've got older?

I've been lucky with injuries over the years, so as long as my body holds up I'll keep on playing. Style? Turn up late and dig my team out of a hole. If they're in the lead then I might just stand and heckle.

I remember one winter league game where you continually threw hammers over my head, to my man, for a score, in very strong winds. I loathed you that day. What's your secret?

Well like most things in any sport, practice, practice, practice. Throwing around in the wind is crucial to learn to throw better in any situation. Brighton has a style unlike most teams, whereby we will often be looking for big hammers. I do hear a lot of teams complain about it, saying we are lucky and we come down with swill. But surely after this many years our luck must have run out?

I've heard some random stories about you over the years. One such rumour is that you once played in a big tournament with a broken wrist on your throwing arm, and still

managed to not turnover all weekend. Is this true and if not, did you start this rumour yourself?

To some extent it's true, I'm not sure if there was a Tour event the year I had that injury where I didn't turn over all tournament, but there could well have been. The story probably comes from the Euro 2003 championships playing with GB. I had broken my wrist earlier in the season and I was on the NHS waiting list for a bone graft and a screw to be put in. I couldn't throw a sidearm, as it hurt too much, and if I didn't throw a backhand properly it'd also really hurt. I do remember there being one turnover in a pool game against the Irish, but otherwise the story is true. That wasn't a weekend though, it was a week, and it brought GB our first ever gold medal.

I think it's fair to say that you don't fit the typical physical mould of Ultimate superstar. As you might not be the tallest or fastest player out there, what do you rely on to gain the upper hand?

Sometimes my stature is my weapon, people look at me and give me too much room, as they think "he's not fast", or "I can out jump him". Having a low centre of gravity helps to be able to turn on a sixpence. I generally position myself pretty well, so that even if the player catches me, they also have to get around me to get to the disc.

I've seen you argue your point strongly if the situation arises or give the death stare when something goes wrong. Have you ever totally lost your rag on a pitch and what really gets you worked up?

It may seem that I lose my rag quite a bit, you were just being polite and saying that I argue my point very strongly. I do tend to raise my



voice way too easily, though my bark is so much worse than my bite. I think I've only ever pushed someone once and I wasn't even on the pitch: it was in an argument after one of our opponents made a flagrant layout through a teammate as revenge for an earlier pointblock.

The thing that really gets me going is players that continually go for the disc without any respect of the situation/players around them, then quoting "I was only going for the disc". I've seen players' careers ended because of this, and it should be one of the first things players should learn to avoid.

People often ask "who are the best players you have ever played with?" In keeping with your reputation, I'd like to know who would be on your team if you needed to win but also wanted to hit the party as hard as possible. Six names to accompany you please. Any explanations welcome.

I was dreading this question, as over the years I've played with a lot of awesome players and to pick out the best line-up is pretty damn difficult. The party aspect narrows it down quite a bit though:

Greg Hallam. School friend that played GB Juniors and Open that could layout at 6ft high after partying all night long..



the interview

Pete Harvey. Played with RV since Juniors and he is always good to have around, though he's a bit of a lightweight and is really hard to get up in the morning after a heavy night out.

Ollie Watson (aka Buckets). Another school friend that went on to captain GB Open, knew how to party and play the next day.

Aram Flores (aka Pops). A legend on both sides of the Atlantic and did so much for the British game, also liked to party hard.

Alex Bowers (aka Carthorse). Always knew where to find a party with plenty of ladies.

Roger Thomson (aka The Silver Bear). RT loved to party all night long and could still dominate the endzone the next day.

Go on then, let's make life difficult. Pick your best line-up from people you have played with please! No boozing capabilities required.

Based on choosing six players to play with me on either an O or a D point the list would be:

Aram Flores, Gary Jarvis, Christian Nistri, Mike Grant, Alex Nord, Damien Scott.

Have you ever "overindulged" at an important tournament and if so did you manage to get away with it?

Plenty of times, that's maybe where I'm most lucky. I used to play county level rugby, which involved a lot of drinking, so drinking heavily and playing the next day has come naturally to me over the years. My one piece of advice would be, if you're going to be sick, do it the night before instead of sleeping on it and doing it in the morning. And try to do it in Waggle's tent.

You just won gold with Brighton Mixed at xEUCF. Congratulations. How does this rank alongside all the things you

have achieved? What moments stand out for you over the years?

Winning xEUCF with Brighton Mixed is right up there, we had a good team spirit and really dominated all the teams we played against.

Winning European gold with GB Open in 2003 was a great time as well, the whole tournament really did announce GB as a major international contender (Gold in Open, Mixed and Masters. Silver in the Womens after an epic semi final comeback)

Winning Nationals twelve times over the years ranks up there as well, I've been so lucky to play with so many good players and great teams.

In a similar vein, have you had any shocking failures that still haunt you?

There are two things that come to mind. Losing against the top Japanese club team at World Clubs 1999 in the game to go into the top 8 (with UTI). There were some massive points, but we choked when the game was in our hands.

The biggest choking I've played in was in the early years of Clapham. It was the final of Tour 1 against Chevron. I think they needed to score something like nine points and we needed to score just one to win. They won, enough said.

How do you feel the UK Ultimate scene is going at the moment and how could we improve things for the future?

UK Ultimate has come a long way since I started so many years ago. Most universities seem to have a team nowadays and students have more than enough tournaments to choose from. The future is the kids though, this is where the superstars of the future will come from. If we can get kids starting to play at secondary schools across the country, the level of players coming through will be frightening.



What are your aims for the coming season, on a personal level, and for Brighton as well?

Well Brighton are planning to go to the World Clubs in Prague as current European Club champions, so that is our biggest aim of the season. We're also looking to develop a lot more of our new younger players for our Open team, with Sam Webber wanting to push our team forward.

On a personal level, I'm looking to stay uninjured and pass on as much of my experience to our new guys in the coming year. I really don't want to miss out on World Clubs in a city where the beer is so cheap!!

Doughboy, 2000.
Chew Magna, 1992.
The Original Clapham Bullfrogs, 1995.
Olla, Roj & Doug at Jordans - 1993.

Mixed Nationals (Mansfield), Brighton Vs BAF. Doigie makes a cut with just one finger...
© Graham Bailey 2008 grahambaileyphotography.com

Lastly, what's the best bit of coaching anyone has ever given you?

We never really had many coaches, or experienced players that were able to tell us what to do in the early years. When Aram Flores came over to London from New York in the early 90s, he brought with him this thing called tactics. Surprising as it may seem, we didn't really have proper formations or forces. Aram introduced the stack offense and the game was revolutionised over here.

Questions by Dan Berry.

summer loving

A look at the brighter side of ultimate

You may have noticed that local summer leagues have been popping up around the UK in recent years and 2009 was no exception. In addition to the well-established London event, this year we saw leagues in Edinburgh, Belfast, Bristol, Brighton and Leamington Spa. With participants ranging from the top end of the Tour to absolute beginners, these summer leagues are promoting the sport to a wider audience, as well as providing pitch time for experienced Ultimate players.

Over the next few years, local leagues (and other regional forms of competition) have the potential to replace the C Tour as the arena of choice for the developing player and to broaden the UK player base, which has traditionally been dominated by those who learned about Ultimate when they arrived at university. As Felix Shardlow (co-ordinator of the Brighton league) puts it, "any city that wants to grow Ultimate needs to be running a local league". Paul Hurt, founder of London Summer League, said "build it, and they will come". So how did 2009's Summer Leagues get on? And what sorts of things do you need to consider if you want to start one in your area in 2010?

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UKUA events calendar ukultimate.com/event

Local leagues in 2009

There are many similarities between the 2009 leagues: most of them played seven a side outdoor Ultimate; drew players from a radius of about 1 hour's travel time; included school-age teams; had a round-robin phase followed by semis and/or finals and all of them made sure that there was a social element by encouraging post-match drinking (except for the school teams, of course!).

Edinburgh: mixing town and gown

The Scottish capital has some very strong club sides in Fusion and their student cousins Ro-Sham-Bo but there's quite a big gap between them and the rest of the Ultimate in Edinburgh. In 2009, Jim McDonald and Barry O'Kane offered training to those who wanted it, and set up regular games with a mix of players who didn't usually play together. They advertised the league to existing student and non-student clubs, and online with Gumtree and Ffinder.

The league also tempted quite a few Masters out of retirement, so the player base ranged from school kids to experienced players. Also, to keep people chatting together at the end of games, the TDs brought drinks to the pitches and this helped to bring back a social element that had been missing before. After a successful summer, they're planning to do it all again in 2010.

Brighton: balancing teams for stronger competition

Brighton Ultimate is at an all-time high, after winning the xEUCF Mixed Division and finishing strongly in the 2009 UK Tours. However, Felix is keen to make sure that new talent keeps coming, and has been running a summer league in Brighton for a couple of years now as a means of raising the game's profile and getting the beginners in.

Players sign up individually, and are put into balanced teams. About forty percent are beginners, and overall the league includes Brighton 1sts and 2nds, GB Juniors and players who are on a break from their 'main sport' over the summer and want to keep their fitness up. One week before the start of the league, new players were offered a training session on their own, which familiarised them with the basics and got them running around. Then the league started in earnest. With finely balanced teams, competition was high and the experience enjoyed by all from beginner to seasoned pro.

Bristol: aiming high

People have been playing Ultimate in Bristol since it first came to the UK and although the club scene is relatively strong, the summer league only got going in 2008. There is a core player base of thirty league fans, who prefer games to regular club training sessions.

2009's summer league was a 'hat' tournament, with teams allocated by Mat Cutler. They had a 'double round robin' format, with each team playing the others twice, followed by a finals night. This didn't work as well as it might have done because people started losing interest when they played the repeat fixture, although some people liked the long season.

For the future, Mat is keen to bring in more players. He estimates there might already be about a hundred and fifty players within an hour's drive of Bristol and eventually hopes to follow the example set by Wellington in New Zealand, which has a 'serious' and a 'fun' league running concurrently each summer on consecutive nights.

Midlands: getting away from university

Lucas Hillson has been playing in the Midlands summer league since he founded the Leamington Lemmings team about three years ago. The Lemmings are unusual in that most of their players didn't learn to play at university, but have come to the sport by other routes.

In 2009, six teams signed up: Emu, Warwick Bears, two Lemmings sides and two Flux sides from a school in Nuneaton (taught by GB's Matthew Beavan). Pickups were also welcome and were put on one of the Lemmings teams. The league ran for about six weeks, and teams were awarded points for their performance every week, similar to the Tour scoring system. The senior Flux team won overall – and they're still at school!

Belfast: growing clubs

Northern Ireland has produced some very strong players, although most of them only learned about the sport when they left for university. Geography makes things difficult with players needing to cross the Irish Sea for big tournaments but things are changing. Queen's University now has a team, and other players who've returned home to Belfast after university have been setting up their own summer league teams, to grow the sport from grass roots.

In 2009, the league had six or seven teams, most of which are relatively young and founded by one or two experienced players. Each team advertised for new players separately, and then brought them along to the league. In total, about eighty players took part in the 'double round robin' league.

Player Keith Maxwell has a clear aim for the future: "we're not going to attract the hard core of top players who choose where to live based on the quality of the Ultimate. But we'd like people who want to play twice a week to think that they can do that in Belfast".

London: providing for the masses

There has been a Summer League in London since (at least) 2001, which has grown to accommodate twenty four teams. It uses two venues, one in the north at Clissold Park, and one in the south at Tooting Common. Teams are mixed (usually a 5-2 gender split). As well as the existing clubs in London, many of whom put two or even three sides in, there are a couple of pick-up teams who are put together by the organisers for the summer. The main aim of these teams is to encourage new players to pick up the sport, even if they have no club affiliation.

In 2009, for the first time, there were two competitions running in parallel – a league and a cup (knock-out competition culminating in a floodlit finals night). This meant that the full season lasted from early May to mid August. There is also a monthly Winter League series from November to March. Not surprisingly, with this number of fixtures and results to keep track of, there is a group of four or five people who help to make the London league happen.

The future: more of a regional focus?

There is a strong case to be made for more regional competition around the UK. If you think about the distance that most players have to travel to a Tour event, and the amount of work they do to play six or seven matches in the space of thirty six hours, that is a serious level of commitment. You need to be crazy about Ultimate to want to put yourself through that. Many of us are, and do, but that doesn't mean it has to be that way. We're pushing our bodies much harder than in other sports, risking injury and premature retirement from the game. On top of this, we're putting beginners and talented Juniors off, by demanding such a high level of commitment from the outset.

Why not push for a regional tier of competition that provides a good standard of competition without forcing people to travel two hours or more to play? Why not make these regional tournaments the qualifying stages of a National championship? Wouldn't that be more appealing than playing another C Tour? And wouldn't that encourage more 'summer' players to keep it up all year round? Perhaps one day, there might be a strong enough player base all over the UK that regional leagues became as competitive as the A Tour.

Benefits of regional competition:

- Less travelling; saving time and energy.
- Players don't have to be away overnight: Easier for junior participation and those with families.
- Regular fixtures against local competition builds regional community and development.

- Players can play one or two matches a week, rather than hard core Tour events only. Less risk of injury.

- You might never need to visit Mansfield again. ;)

Possible aims for the future:

- Regional summer leagues for fun, to bring in new players and then encourage them to join a club in the autumn.
- Regional (club) leagues during the winter, to replace Tour 0 (winter league results and previous year's Nationals would suggest the seeding for Tour 1).

In fact, the UKUA has plans to promote regional competition in 2010, with structural changes in the way that the Open Division will be run. Si Hill explains: "the Open Tour is three events, May to July. At the beginning of August there will be a set of UK-Regional events. These will be qualification events for UK-Nationals. We've also slightly disconnected the roster rules between Tour and the Nationals series to allow people to make adjustments at that point. We're hopeful that the UK-Regional events will be attended by teams that might not necessarily expect to get to Nationals, but still fancy a local competition in the summer that is part of the bigger competition structure."

Tips for new tournament directors

- If we are serious about growing the Ultimate player base in the UK then localised competitions are a must. Go on, get involved – set up your own summer league! Here a few things the 2009 TDs did (or wished they had done!).
- Announce the full fixture list at the start of the league.

- Limit the season: people's commitment wavers if it's too long.
- Play the whole league on a regular day of the week: don't play the finals on a different day from the rest of the fixtures.
- Get the beginners playing immediately (after explaining just the very basic rules).
- Balance the teams/set up fixtures between evenly-matched sides.
- If you've created the teams for the league, make sure each one has a main contact/captain who's responsible for getting enough people out each week.
- Teams need not have more than about 10 players for each match: maximise pitch time.
- Communicate directly: don't necessarily make people join an e-group (the sign-up process is off-putting).
- Socialise after games, every week.
- Build a sense of community: send group emails/match reports etc.
- Encourage autonomy within the teams. As an organiser you probably won't want to manage a team as well as the league.
- Far better to run a small league with players who are keen, than try to get every player in the city to join in.
- Make people pay (a little): psychological buy-in encourages commitment!

By Jillian Hastings

starting out

A beginner's view of ultimate

The idea of playing Frisbee is often met with confusion and laughter by those who have no knowledge of the sport. I too looked upon the pastime of Ultimate with scorn before I had played it. Firstly, it took up valuable space that could be used playing real sports like football or rugby. Secondly, there didn't seem to be much point to it.

The only time I saw Ultimate enacted was during my university days in Bristol when, on a regular trip to The Downs, I would see a group of three or four guys throwing the disc amongst themselves. There would always be a group of girls watching who seemed playfully amused or impressed by this display. I therefore concluded that Frisbee was a zestful gimmick performed by boys, in a bid to display the softer, more playful side of their personalities. It was a leisure activity played by boys, not men!

I had to radically change my mode of thought last summer. Having decided to stop playing football at the end of the 2009 season, I found myself with some time on my hands. A random email from a former work colleague invited me, as an active sort of person, to add my name to an attempt to set up an Ultimate team at his work place. Despite some reservations, my intrigue got the better of me and I agreed to come to some training sessions.

The first session was an eye opener. I noticed that teams were mixed and, unlike your average football training, that this activity was not going to be dominated by excess testosterone! However what really left an impression on me was the unforgiving pace of the game. In football, it is quite easy to get a breather by letting your teammates do a bit more of the running. The rigid formational structure of football teams also means you can rest while



play develops on another part of the pitch. This is absolutely not the case in Ultimate. Firstly, even though the pitch size used in Frisbee is a similar size to that of a football pitch, there are less players used (7 Ultimate players team at any one time as opposed to 11 players on a football team) so there is more ground to cover. Secondly, unlike football where you can travel with the ball, in Ultimate you cannot. This added pressure places a greater emphasis on the movement of teammates both in attack and defence. Attacking players need to rid themselves of their markers for a brief moment in order

to make themselves a viable option to receive the disc or to create space for teammates. Defenders need to be able to stay with whomever they are marking as failure to do so means a potential score for the opposition. Hiding when tired is not an option!

Another area in which I believe Ultimate is a tougher sport is in the endurance stakes. In football, you normally play a maximum of 90 minutes. In the London Summer League, time is not a factor, it's about how many points you score. In this league, I just took part in with the newly formed Old Masters team,

I quickly realised that games could drag on beyond the comfort zone. It is a game of two halves but the first half only ends when one team reaches 8 points and full time occurs when one team reaches 15 points. The nature of the sport means that one point can last thirty seconds whereas another could last ten minutes! Having already touched upon the relentless pace of a game of Ultimate, couple this with the potential for two-hour games and you have a frame of real intensity.

The last crucial difference is the inclusion of women. In football, girls/women cannot play alongside



boys/men in official FA games after the under-11 age category. The ill conceived perception is often that women are slower, less physical and consequently would have a detrimental impact on any game where they are playing alongside men. As we have already explored the idea that Ultimate is actually more demanding physically, it would be natural to conclude that women's inclusion would prove a weakness to a team. This is most definitely not the case. Naturally, Ultimate teams with more men will try an exploit a situation where a man on the attack is being marked by a woman. However, in the short time I have been playing the game, I have noticed that not only do women add their own flavour to the game but in my opinion are the deciding factor in how successful a team will be during the season.

I have had to learn the hard way that Ultimate, played properly, is not to be scoffed at. If you want to run your mouth, play the game first and see if you're still bold as brass after the experience!

Wayne Lashley. *Old Masters*
(Dulwich Picture Gallery Team).



Rawhyde Friendly (Hursley)
Rawhyde Vs TBU.
Rawhyde team talk.
Photos © Sam Drew 2009 flickr.com/
photos/samdrew/

Mixed Tour 1 (Cardiff).
Bristol Vs Limited Release,
Position, position, position.
© Phil Richardson 2009 flickr.com/
photos/craggy

What's your favorite heckle?

Sometimes watching ultimate can be a bit dull, that's when it's up to the spectators to add a little spice to the game. Not all of these are really heckles, but it's nice to have a good put-down up your sleeve. Ultimate isn't always about peace and love..

Thanks to facebook.com/Ulimate

Lisa Hone

"You coulda been somebody."

Alex Taccone

After skyng someone: "FACE!"

Carlton Fowler (after a bad throw):

"He couldn't hit water if he fell out of a boat!"

Michael Samuelson

"Next time throw your purse!"

Jason Thornton

"Broken like a fish.."

Hal Schneider

"I'm drinking your beer!!"

Simon Talbot

"Two hands for beginners"

"Putting your hand up ain't a cut"

Kenneth Burke

"Do something impressive!"

Stephen Young "Get up!" (after huge but failed layout bid)

Stefan Lewis "Taxi for Miss Reed!"

Jon Patterson

"Conservation of greatness!"

Réjane Gocel "Stop running like crazy and start thinking!"

Michael Corbett A dropped throw needs a call of "Tits for hands!"

Joe Kiely If I get scored on and the person is in the middle of the endzone I scream "NOT IN" to them just to see them be on the verge of flipping.

Steve Dempsey

"Real defenders catch!"

Stuart Lawrence

"Do you also come in good?"

Kevin Knutson "Wow that's odd I just got the same feeling as skyng a girl... that was weird..."

Ian Phillips after a sick D... "awww dude the disc is on the ground??? Here, I will pick it up for you" (then well timed huck for score... don't mess this part up)

Adam Brocklehurst "Good clapping" (missed pancake) or "Good disappointment" (after turnover and cry of e.g. "DASH IT ALL!!!")

Spencer Hagen "Not a person!!!!!!"

Ben Rouda "Three hands, a/hole"

Troy Buggle "This field seems a little short, count it off on your way back to the line if ya would!!"

Emanuela Palombi "Didn't want it!"

Malcolm Cannon British open about 7 years ago... notoriously awesome player and 'gritty' caller... sideline brought their own toys to throw onto the pitch when the guy on the pitch started throwing his out of his pram. Best heckle ever.

Other greats include Hale of Chain Lightning then Clapham shouting "Not today" whenever he grabbed over someone.

Daniel A. Powers "Someday you might be good enough for your team to let you play offense."

Wayne Retter Doughboy, en masse, from the sideline:
"Nord, Nord, give us a wave"
Nord (on the line): ←wave→
"HEAD IN THE GAME, A/HOLE"

Mark Jacobson when someone you are guarding makes a bad throw and says "darn" or "bother", follow up with a hearty "DARN CALLED" or "BOTHER CALLED"

time out

Taking a break from 'serious' ultimate

When I was asked to write an article for the 2009 edition of *Ultimatum*, I thought it was slightly ironic given that I've only played one tournament this year. In the five years that I played regularly through wind and rain, torn muscles and dodgy ankles, not once did anyone ask me to write about the sport. Now I've been off for the season and I'm asked for my views.

Having played regularly since 2003, this year I played London Summer League, Glastonbury and didn't train once. So why the change? The previous season was a normal one, starting with training in February and ending up at Burla in autumn. However, the following pre-season never came. When asked why I wasn't playing Winter League my witty retort was that I was "concentrating" on football. That is of course, concentrating on playing for a Sunday league team on Wandsworth Common. As winter became spring, I was "concentrating" on golf and as Wimbledon drew closer it was tennis. What started out as a flimsy excuse to get out of playing, soon became genuine. Whether it was playing other sports or seeing friends and family, not playing a lot of Ultimate over the summer was wholly enjoyable.

However, this is not an article about me shunning Ultimate. It has been a hugely enjoyable part of my life, from meeting some great friends, playing in exciting matches, to gaining the ability to explain that Ultimate is in fact a sport to work colleagues and perplexed passers-by. It would be wrong and quite self satisfying of me to suggest my life is so much better without the sport. Although this year I didn't want to commit to Tour and everything that goes with it, I'm still passionate about Ultimate and got my fix by playing London Summer League.



The opportunity to play at a decent standard, against good opposition was really enjoyable. Of course playing only one game with the sun shining (generally) and a guaranteed visit to the pub at the end was also very appealing. My only tournament of the year was Glastonbury. Having not played a proper tournament it was great to be back and I even found time to climb the tor this year. Ok, so I didn't quite climb it but I did threaten to think about it next year.

I guess the point I'm trying to make is that although I haven't been playing Tour this year, or indeed trained once, I've still really enjoyed playing Ultimate. I'm not as sharp or as fit as I





know I can be and I made some truly shocking drops, throws and awkward layouts at summer league, but I just had to accept that without training, that was how it was going to be. Perhaps my sabbatical from the game this season is more of a sabbatical from Tour and from serious Ultimate. I love playing close, high tempo games as much as the next person, whether in Open or Mixed, however I can't say I've missed training in the middle of winter. I will play Tour again one day, I may even play again next year, but then again I might "concentrate" on my football. We are in a World Cup season after all.

Andrew Walker

UK Beach Ultimate.

High Fliers get down.

© Sam Drew 2009

[flickr.com/photos/samdrew/](https://www.flickr.com/photos/samdrew/)

Glastonbury.

Si Williams throws.

Paganello (Rimini). SeXXXpensive
(International) Vs Scandal (USA)

Glastonbury.

The final.

Photos © Graham Bailey 2009
grahambaileyphotography.com





stepping up

The journey from frisbee part-timer to xEUCF gold with Iceni

I started playing in 2004 when the university netball team had been a massive let down. At the time I was living in a student house with a guy called Andreas who wore a t-shirt with the word FLANGE on it and who was always moaning about his 'Frisbee injuries'.

After a few months of laughing at him and this ridiculous sounding sport I had never heard of before, I decided to go down to a training session to see what it was all about. After that first session I was hooked. I bought my first Frisbee from a shop on Ecclesall Road and went on to play for Phat Eds (Sheffield University) Women's, Mixed and even the Open team.

During my first couple of years of Ultimate I took a six month break to do a ski season in Canada where I broke my humerus snowboarding (ouch!). Once back and healed I started training

for World Clubs in Perth 2006 where I played for Sheffield Steal Mixed. The atmosphere at the tournament was incredible (the amazing weather helped) and I wanted to play more tournaments like this. Afterwards I spent some time travelling around Australia and New Zealand and then - when I came back in 2007 - I moved to London in search of ~~fame and fortune~~ a job. I was eager to get back into training so I started attending the women's training sessions under the floodlights in Battersea Park that were run by the Iceni club. This was something I had never experience before: more than nine women at one training session! Each Monday night session in those winter months could turn out thirty players. No matter how cold it was there were always plenty of women there, so many amazing players ready to provide coaching and help you improve.

The women's scene in London was so exciting. I knew there were traditionally a 1st and 2nd team in the Iceni club and I didn't mind which one I played for. This year the second team was to get its own identity and become a little more autonomous. This team eventually became ISO and was the one I was chosen for. It was really exciting to be part of something completely brand new, and I think this helped to form a brilliant bond between the team members. The team was led by Meg Nicoll and Natalie 'Buffy' Sisson, they had a great dynamic and amazing energy which inspired hard work on the pitch and good banter off it.

The 2008 season playing with ISO gave me a tantalizing taste of competitive women's Ultimate. It made me want to train harder, get fitter and be better. It was a great stepping stone for trying out for Iceni in 2009.

The step up from ISO to Iceni was a pretty big one. I expected Iceni to demand more from me in terms of commitment to training and fitness but I didn't really understand the pressure and intimidation that I would feel. There are so many awesome players on Iceni that have so much experience and have played nationally and internationally for club and GB. It was scary.

Our main aim for the season was to win xEUCF (but also to win everything that comes before that) and I had never before played for a team with such high expectations. As a new player on the team it was tough. There was a low tolerance for errors and it was all very serious.

At times I felt like I wasn't getting any better at Ultimate but actually losing confidence in myself. I really put a lot of effort into fitness and found it



a huge help. Jools Murray provided IcenI with an amazing comprehensive fitness programme and as my fitness improved I felt I could concentrate for longer and maintain focus on pitch.

We competed at a tournament in the USA in August, The Chesapeake Open in Poolesville, Maryland. The standard of Ultimate there was like nothing I had ever seen. These girls were like cyborgs with six packs. Smiling appeared to be banned. To quote Ken Dobyns 'this is not just a game, IT IS YOUR LIFE'. Playing in the high temperatures and humidity against these Ultimate robots really showed us how fit we all were. We were actually athletes and this demonstrated to us how hard we had worked over the season. OK, so we got beaten by most of the Americans but we learned a lot and came together as a team. It was priceless preparation for Europeans. I also learned that if you go to America you should not get a gold dodge charger as your hire car. It is WAY TOO BIG!

So we were finally at xEUCF, and this is what we had been preparing for all season. We were competing at Harlington on the outskirts of London, our home turf. I could not sit still on my chair in the food tent on Thursday morning. It was too exciting and nerve wracking. Each game came and went and we seemed to have found our flow. Playing in America had taught us to maintain intensity until the end of the game instead of gaining a lead and then letting it slip because we had lost focus. We had many enjoyable and intense games and seemed to get through to the final more easily than I had expected. Something from our preparation had clearly worked. When we got to Sunday afternoon the nerves were setting in again. I had never really

played in a game with more than about eight spectators before and I felt sick during the warm up. The final against LeedsLeedsLeeds was a close one (as most of our games against them have been this season) and the pressure to not make mistakes was suffocating for me. After an epic battle we came away with the win. We were European champions and it felt amazing. It made all the hard work this season worthwhile and we went crazy.

This season has made me realise that I am a very small fish. I enjoyed playing for IcenI and loved winning gold, but I still have a long way to go. There is a lot to learn but I am really lucky to be able to play on a team with so many amazing players to inspire me. I would like to mention in particular Alia Ayub for her amazing temperament and level-headedness no matter what the situation, Rebecca Forth's determination and gritty hard work on pitch, Francesca Scarampi for demonstrating how to thrive under pressure and the whole team for playing together and winning together. Thanks also to Si Hill and Dan Berry who put a huge amount of effort into UK Ultimate and organised a highly successful and enjoyable Extended European Club Championships in London this summer.

Leanne Crozier. IcenI.

xEUCF (London).

Women's Final, IcenI Vs Leeds.

Francesca Scarampi lays out.

Katy Pugh goes up against Sophie Watson.

Photos © Graham Bailey 2009

grahambaileyphotography.com



doing your bit

Why you should volunteer at a tournament

Top Five Reasons.

When asked to write an article about volunteering at xEUCF, I tried to think of the best way to convey the different aspects of the job. The simplest way I thought to do this was by providing you all with the 'Top Five Reasons'. So here you go:

5. Respect and Thanks

When I arrived as a volunteer at xEUCF, I was unsure what to expect. One thing I certainly didn't count on was the respect I received. When my friend Jen Hart and I got lost - even before arriving at the tournament - Si Hill, the tournament director, immediately came to our aid and picked us up. One of the first things he said was "thanks for coming". This was a sign of things to come, as throughout the weekend, we volunteers were treated with respect from all the players as well. They thanked us for all our hard work, whether it was for giving them directions to their pitch or arranging transport to the hospital, our help was appreciated. I think that most people realised that without the work of the volunteers, the tournament wouldn't have run as smoothly.

So my first reason why everyone should try and volunteer once is just so you too can feel the respect, thanks and love of players who are genuinely pleased with the work you are doing. I guarantee self-satisfaction.

4. The People

To be honest, I thought I would know most of the volunteers at xEUCF already, either by face or name, but I was greatly mistaken. I met a load of new people from all over Europe and the World, many of whom are now my Facebook buddies (now, that's true friendship!). Even those people I did know, I'm now better friends with. What better way to build a friendship

than by working together?

So there's a simple second reason, friendship. I don't know of any romances between volunteers this time round, but who knows, maybe the time you volunteer you could meet the love of your life!

3. Free Stuff and Perks

When Jen and I signed up, initially it was for the free food. This may seem very cheap of us (I am Scottish) but everyone loves free stuff! We actually ended up receiving a lot more than just our three daily meals. We had free on site camping, which may not be glamorous but meant all the volunteers were together and made it easier to get up in the morning. We were allowed to skip the queue at meal times, provided there was a reason to, of course. We got free snacks if someone happened to be going to the shops. We even persuaded Dan Berry to buy us a couple of drinks at the Saturday night party! Oh, and did I mention the other goodies of a disc and a Gaia staff shirt?

Right, so it may not come high up on your priorities but for me free stuff is important. And again, I think another valid reason to volunteer!

2. The Ultimate

This was incredible. The Skogs v Clapham pool game on the Thursday night is just one of my highlights. Most of the games I watched, I mean scored, were very exciting. All divisions brought their A-game to produce Ultimate at its best. Sometimes it was even frustrating, as you found yourself getting involved with one of the teams playing. I thought that I would find it difficult to be at a tournament not playing, but I surprised myself, as there were only a couple of times when I actually wished I was out there myself.



Watching the Ultimate over the four days was fascinating. You saw teams develop, like Skogs and LeedsLeedsLeeds Women, and also teams surprise themselves, like Frizzly Bears, who made the Mixed Final. The best thing of all though was that every time you can get the best seat in the house, next to the score board.

1. Fun

I wouldn't be writing this now if I hadn't had an amazing time. I think I have summarised some of my experiences already, but I will now try and add to them. Without having to play the next day, the volunteers were truly able to enjoy the party and show off our skills in the bowling alley. We also arranged a staff game where we could show some of the teams how they should be playing. A local policeman was so impressed he even joined in! We always had the choice of the games we scored, and had time off to watch others. Also, every scorer was issued with a walkie-talkie for a lot of amusing entertainment! Every

day I got up at 6.40am knowing I had a fun, exciting day ahead of me.

These are just a few of my reasons why I think you should volunteer at a tournament in the future. Ask any of the helpers at xEUCF and I'm sure they will agree and probably give you a huge list of things I have missed here. But in all seriousness, these tournaments can't run without help. So next time you see a tournament advertising for people, please consider volunteering, who knows what fun you might have?

Alice Dinsdale-Young. One of the many unsung heroes of xEUCF.

xEUCF (London).

Sideline staff missing the action.

Alice and Jen, the Face of xEUCF.

Karhukopla (Finland) Vs Skogshyddan (Sweden)

Leeds Ladies celebrate.

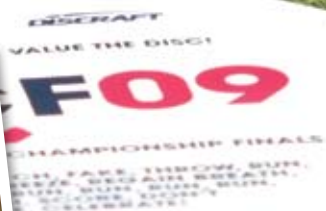
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Masters Division.

© Dave Sanders 2009 ultimatephotos.org

Some poor girl eating Jaqueline Verralls' dust.

© Simon Crisp 2009 photoboxgallery.com/simonc





ULTIMATE CHEVRON ACTION FLASH



champions of europe

Chevron's path to European glory had been planned since 2006. This was the year when the club finished outside the top four at a tour event for the first time in six or seven years. That fateful weekend in Eastbourne, when we finished seventh or eighth with seven fit(ish) players, was the turning point for the club. Those who were there recall the memories well, none of them are positive.

The changes we instigated weren't planned for the short term but were to save the club from drifting from one tournament to another. We wanted to become the best in the UK and Europe and challenge the top world teams. We did many things to try to achieve this but the biggest was accepting we could no longer compete at the top with a small squad (we averaged eleven players a tour and in fact won our second tour tournament ever with eleven back in 2004). We had two choices; we could start to run open trials or we could start to be proactive in finding new players.

As a club we have never run open trials, not because we don't think they work, but because we believe you have to possess more than just skill to wear the shirt. Our trials have been, and always will be, invite only. This is because we believe if your personality doesn't match, it doesn't matter how good you are (exceptions are made for genetic freaks though).

Instead, we decided youth was the answer and put all our efforts into finding the best young talent in the country. We didn't realise how lucky we would be. We originally filtered the juniors into the team at a tournament each, to give them experience. Then in 2007 a small band of the old codgers (as we're now known) took them to EUCF in Basel. In their first big tournament they not only lowered our average age below twenty three they also helped us pick up eighth place. This tournament was the second step. We had met our goals and had managed it with a squad we didn't expect to take.

In 2008 the 'juniors' officially arrived. We still had others who trained with us on a regular basis but we selected the squad with youth in mind and we were not to be disappointed. That year they helped the club achieve our first ever Tour Title. This was extra special as it was the first time we rightfully owned the Ben Rainbow Trophy since the club dedicated it to his memory (for those who don't know what we're talking about ask someone in Chevron, we'd be proud to tell you). We also became more involved with the GB Junior set up, two of our players were now coaches and other players helped run skills sessions when possible with the U17 and U19 squads. We then went to EUCF in Paris with nearly our full squad (in fact we were still missing seven or eight



players!). Again the 'juniors' shone. We had every one of them stepping up against the elite in Europe and doing a job. This culminated in us losing to Skogs in the semi final, which was a disappointment as we knew we had it in us to take another step.

Enter 2009, the third year in our initial four year plan. For the first time we were entering Tour as reigning champions. This new expectation was a novel feeling to both the older and younger members of the squad.

By now we had two years experience playing together and the juniors' confidence knew no bounds.

The Tour was a battle this year with both Clapham and Fire pushing us all the way. At Tour 1 we grew in confidence with each game and regained the initiative by taking maximum points. At Tour 2 we faltered a little and slipped up in the final. Which meant everything was up for grabs in Cardiff – Tour Title and Nationals Title. As usual instead of it



being fought in the final we managed to meet our other contenders in the semi. Let's just say that wasn't a good day at the office.

Following that disappointment we met back together for our last monthly training session with renewed passion to put the story right. We had one last chance to ensure we took another step forward towards our four year goal: xEUCF in London. Following the seeding tournament we went in as the lowest seeded team from the UK. Normally this would mean the hardest route but unknown to us a few other teams also didn't do as well as planned at their seeding tournaments.

The tournament itself was a rite of passage for the team. For the first time all season we had managed to finally get our entire squad in the same place. The juniors once again stepped up and they were dominating teams. In the semi final of Europeans we were able to put out a D line with an average age of twenty two and they converted time and time again. They stole the show and set the bar for future performances for all UK teams in Europe. The semi final and final was a culmination of three years hard graft, gym work, sprint sessions, blood and tears. However without that day back in Eastbourne none of this would have happened.

Now by the time you're reading this we're already preparing for Prague



next year. Our monthly training sessions have renewed and we hope to have a few more superstars to introduce you to...

Matthew McLoughlin. Chevron.

xEUCF (London). Open final, Chevron Vs Skogshyddan

Adam Irving marks Joel Högberg.

Stu Mitchell celebrates a score.

Christian Nistri doing what he does best.

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the golden touch

Brighton share the secrets of their success at xEUCF

Setup

After our best Mixed season ever we were stoked to win a place in the Mixed division at Euro clubs. xEUCF was our first foray into the world of serious European tournaments, and we knew we had a good chance of doing well. The team was made up of the usual people, namely the core of our Open

and Women's teams. We'd come off the back of a seriously good Open season, and the women played two tours in the top four, which was a big confidence boost for the whole team. In the month before the tournament we had three or four Mixed practises, not to work on anything new, but to keep people playing after the long Open/Women's and Mixed seasons.



Pre-Game

For once we ran proper warm ups, and it really helped! For those of you who aren't familiar, we're generally pretty happy to turn up five minutes before games and just get going. Our larger squad size (we had eighteen players - our biggest team ever), along with a two game-a-day schedule meant that warm ups were easier to fit in, and got the whole team going. Waggle did a great job of motivating us for the warm up, and getting us concentrating and ready to play. No rocket science here though, just simple jogging/dynamic stretch/drills.

Winning the toss

Regardless of conditions we always wanted to pull to start. Playing D gave us time to work on our nerves, and to assess the other team. Worst case scenario is that they score, but then this is the expected result, as O is easier than D. If the D line got a turn (or even scored) we'd be feeling good going into the next point.

Game Tactics

No surprises here - we're always looking to get the disc into the hands of a big thrower and stick it deep. We do this out of a stack, or lanes setup, and use a couple of key cutters to get things going. We've worked hard over the last few years to get people to time their deep cuts and to recognise when a big thrower wants to jack it. It might look a little random to the casual observer, but there's a lot of eye contact and body language (and hammers). We also tried to punish the other teams quickly for their mistakes; if they turned over we'd look to push the disc to the zone immediately, using the O/D transition confusion in our favour. Our D is all about trying to change things up to keep the other team as uncomfortable

as possible. Even if we were getting turns with man, we'd throw in a point of zone to see how they'd react. We have a terrible FSU zone that is full of holes and hard to get your head round, but to score against it the other team has to think and work it out, which isn't always easy in a high pressure match.

Mixed Ideas

We always default to four guys, as this reflects our year-round practises. We'll generally have between one and three women on teams at practise, and are very seldom lucky enough to play with four women. We will sometimes play four women on offence when trying to mix things up, but more likely we'll only field four when the other team chooses. The interesting thing is that it doesn't often help our opponents for a couple of reasons: one is that they are usually less used to playing with only three guys, and another is that our ladies play Women's together and so are pretty good at offence once we get the turn. At Euros a few teams persisted playing four women against us even when it wasn't working for them: decisions like that made our lives easier.

In-Game Adjustments

We are lucky (or unlucky?) in Brighton to have a lot of opinions and ideas about how to play. In the past we've had trouble with trying to make sure we were maximising on our strengths and punishing our opponents' weaknesses. It's not easy to make good decisions (or even notice what's going wrong) when playing a tough game, so having a wealth of players picking up on stuff is fantastic. At xEUCF we really took advantage of every player's insights to help us adjust our play for maximum effect. Everyone was up for trying different tactics, even if we'd been doing well using the defaults



from the start of the game. We were often leading from the outset so a big concern was about making sure we didn't choke. A tactic that helped us with this was taking a timeout after a run of points in our favour. This gave us time to assess what was going well, and to make changes to try to stop us from becoming lazy/over confident.

No Bickering

Dwelling on things that went wrong in the last point is never a useful thing to do. Our closest game was against the Danes, who got off to a good start and lead to the half. We were making some mistakes, and people were getting a bit frustrated, which meant that we started focussing on the stuff we'd just got wrong. We introduced a rule where no one was allowed to mention anything from the last point, especially to the player that just messed up. We had a word that people could shout if anyone started talking about the last point, and pretty soon everyone was thinking ahead and concentrating on winning the next point.

Team Dynamic

xEUCF was not my most fun tournament ever, as we took things seriously throughout. It was, however, the most positive team I've played with, where everyone was trying hard to do the right thing for their teammates. Winning every game at a high level competition was an amazing experience, and I don't think I'll be that lucky again. The best thing is that everyone is up for staying together for World's in Prague this year, where we'll see if we can reproduce our performance on a world scale.

Tom White. Brighton.



Mixed Tour 2 (Manchester).

Brighton Vs BAF. Alize Clough. © Tom Styles 2009
www.tom-styles.co.uk

xEUCF (London).

Brighton celebrate.
Elias "the lizard" Thayson.
Photos © Dave Sanders
2009 ultimatephotos.org



growing old disgracefully

Tips to keep playing past 40

When the editor approached me at xEUCF he didn't even try to be subtle about it. "You're really old. Can you write something for Ultimatum saying how it's possible to keep playing at that age?"* I suppose he had a point. Looking around at tournaments now I see fewer and fewer survivors from my early days in the sport. Also at the other end of the scale I'm now playing with and against people who hadn't been born when I first started.

But if you look a bit deeper there are quite a few oldies out there. There's just been such a growth in numbers in the sport that they are not so obvious. Perhaps they miss a few tournaments and don't stay on for every point like they used to but they are still around. If you want to extend your Ultimate career a bit longer here are a few personal tips that might help you. Most of them are fairly obvious, and none of them come with any kind of guarantee, but here goes anyway.

Fitness

This applies however old you are, but as time goes on it will require more and more effort. There will be plenty of periods in your life when it will be hard to do this. If you stop training for a while then, when you start up again, build it up gradually rather than leaping in. In two or three lines I can't add much to all the guidance better qualified people have given in the past but for longevity I would recommend working on a more rounded approach. My personal recommendations would be to do sprints and Pilates. Also if you have a big tournament coming up then always put in a special effort in the lead up.

Injuries

Everyone gets them and the longer you play the more you'll get. The magic of bodies is that they usually recover and given enough physio and rehab (and

possibly sometimes even surgery) most injuries will not be terminal. The problems that cause retirement don't often seem to be the major events. When something nasty happens the willpower kicks in and players do the hard work and come back. It could be the build up of recurrent injuries that finally gets you. In the last ten years or so I've learned to be much better at taking time off when I need to get over an injury rather than trying to play through it. I think you have to recognise that sometimes by missing three months now, you can gain a few more years in return. So try to resist that temptation to return too early.

Surface

One way of avoiding injuries is to play on the right surface. I love indoor ultimate – or rather I used to love it. The hard floors and walls do not combine well with high level Ultimate and old joints, and for me it's too great a risk. Grass fields are great as long as they haven't been baking in the sun for a hot summer. But the true friend of old Ultimate players is the beach. If your body seems to be packing up, then playing on sand should give you a few more years.

Style of play

There are old Ultimate players and there are bold Ultimate players but there are no old, bold Ultimate players. To extend your career you really need to try to get on the O line rather than the D line. This means putting in the hours of throwing and catching practice. D players lay out ten times as often as O players** and that probably means ten times as many injuries. Look at the average ages of O and D lines on the top teams and you'll see where the oldies want to play.

Masters

The saviour of the ageing players. There is now a place that you can go and play against your peers. When



you get to the right age give it a try. It seems that most US Masters teams have the odd player in their fifties or at least getting close, so it can also be inspiring to see that there is a long way to go still. To keep more players in the UK active for longer, we really should sort out a few Masters – or Mixed Masters – tournaments soon. Are there any aspiring TDs out there?

Lifestyle

I think the main 'career' ending factor is lifestyle. Ultimate is not the easiest of sports to fit into a busy life. Tournaments tend to fill a whole weekend and can be several hours travel away. Fitting that around work, partners and children is a challenge and it helps if you can make the outside factors fit to your playing schedule. It's also good if you can avoid weekend work and have a partner who also goes to tournaments. If you play for your local club, going to regular practices will be much easier and will prevent you from sitting at home drinking beer and getting fat.

Enjoyment

Most of this article has been about trying to minimise the elements that can shorten your playing time. However it will be the positive side that keeps you coming back for more. You'll

have to want to do it, so find what you like about the sport and get as much of it as you can. Just enjoy it while you have the chance because the old saying that "you're a long time retired" is true.

And if you ever want more tips then have a chat with that grey haired handler on your team and ask him about the good old days when he used to play D.

Wayne Davey. GB Masters.

* Editor's Note – Wayne does not tell the whole story of the inspiration behind this article. Namely his spectacular layout D performed at Nationals in his final game on the Sunday. You can probably guess which individual was left holding nothing but air as the supposedly "old man" flew past him...

** Wayne's Note – not an actual stat. I made it up.





Paganello (Rimini).

Huck & Sea (UK) Vs Cota Rica (Italy). Daniel Furnell scores
© Tom Styles 2009 tom-styles.co.uk

SeXXXpensive (International) Vs Scandal (USA)
Babe lays out on D

© Graham Bailey 2009 grahambaileyphotography.com



ultimatum2009



xEUCF (London).

Mixed division showgame. Thundering Herd line up to start a point.
Karhukopla player (Finland).

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Paganello (Rimini).

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