

Ultimatum2010

Annual UK Ultimate Magazine

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Looking Forward to 2011!

Another amazing year, another outstanding Ultimatum! I really enjoy this chance to look back at the year and reflect on all that has happened - the fact that we get to do it with such a wonderful magazine is the icing on the cake. So, as ever, we owe a huge debt of gratitude to Dan, Jack and everyone who has contributed. Oh, and remember to get in touch if you are up for contributing an article or photo for next year.

2010 has been another stellar year for UK Ultimate, both on and off the pitch. Domestically Ultimate and our community continues to go from strength to strength. The commitment to having Nationals in Southampton for 3 years is a very significant step towards making it one of the best Ultimate events in the world. Thanks again to the organising Team in Southampton for setting the bar so high already. Don't forget you can watch it streamed live if you can't get there.

The Mixed, Open and Women's Tours have become almost too successful, and discussions continue on how best to enable growth without losing the key elements that have made it so popular.

Our University series continues to build on the amazing achievements of previous years, combine that with the exciting progress in our Junior divisions this year and the future really does look bright. Makes we wish I was starting out on the Ultimate road again!

Internationally, our GB teams had another outstanding year. Congratulations to our Junior teams on their successes in Heilbron; especially Junior Open for their Bronze medal and U17s for their Silver & Bronze! A big thank you also to all the coaches and volunteers,

without whom we wouldn't have such as strong GB Junior set up. One of my personal highlights of 2010 was the inaugural World U23 Championships, where we brought home Gold (Mixed) and Bronze (Women). Its hard to describe my sense of pride watching our future stars in Florence; well done to every one of you.

UK had our usual strong club teams presence at World Clubs in Prague and EUCL in Barcelona; although it is probably fair to say that, with some exceptions, many clubs were aiming higher.

All that, of course, is just part of the picture, there is so much that happens off the pitch and so much work has been done in the last 12 months that it is impossible to list it all here. Some of the things that come to mind are: the huge number of tournaments all across the country, the Leaders Awards and Coaching courses, both of which continue to be very popular, the new "Safeguarding for ultimate clubs" pack, for clubs with under 18s, the continued growth of the London leagues and so much more.

None of us would be able to enjoy our Ultimate without the huge amount of behind the scenes efforts that our staff and volunteers undertake week in week out. In particular, Si Hill, who's invaluable work has taken us to where we are today. So I would like to thank everyone who has contributed to UK Ultimate on behalf of every member; we are so grateful for making our Ultimate happen, and for building an Ultimate future for all of us. Of course, there is always more that can be done and plenty of tasks large and small for willing volunteers; keep an eye on the website & Member Update emails for specific requests.

*Barry O'Kane 2010 Vice Chair,
UK Ultimate Ltd*



Ali Brown



[cover photo] **Iceni v Leeds** Nationals. © *Graham Bailey 2010* grahambaileyphotography.com
Uni Outdoor Nationals. © *Jocelyn Trotter 2010* picasaweb.google.com/Trotter.Jocelyn

Editor's note

Dear Reader,

First of an apology for the late delivery of the 2010 issue of Ultimatum. Real life exploits have hampered the smooth running of the magazine and made the publishing later than hoped. I hope it proves to be worth the wait and thanks for your patience.

As we summarise the year that was in this issue, we also look forward to the year ahead. With so much approaching in 2011 I hope that next year's issue recounts tales of glory for the GB teams on both grass and sand.

With local summer and winter leagues springing up all across the UK, the continued growth of both in London, University participation increasing and Junior Ultimate flourishing, UK Ultimate looks in a strong position to capitalise over the next two years. I hope this issue gives some insight into the strength and depth of the sport's foundations and the many layers within.

The usual 'thank yous' to the usual suspects and also some new ones. Craig Berry, Sean Colfer and Rich Hims all displayed great heroics in wading through the articles and editing them. Sean should also be noted for his overall efforts in media work for the UK Ultimate scene which are most appreciated. Jack has balanced the new found challenge of being a father with his usual design skills and also kept his ability to work around my missed deadlines. Si Hill has inevitably been involved.

Like anything UK Ultimate related, he drives it forward. Thanks to you all.

The final heartiest thanks go to the photographers and writers who have filled the issue to the brim. Without you there is nothing. To the rest of you who have braved Ultimate pitches in miserable winter conditions and run round your local park when most people were at home, complaining about the snow, here's to a summer of local, regional, national and international Ultimate to look forward to.

Thanks.

Dan Berry, Editor.

If you have an article or pictures that you think should be in next year's Ultimatum then please send it across to dan.berry@ukultimate.com

Ultimatum is designed by Jack Goolden: malago.co.uk

Thanks to all the people that helped identifying players for the captions, if there are any mistakes it could be that details have been deliberately altered to protect the innocent.

I apologise for the lack of relevance between some of the photos and text. It has been hard to find appropriate images for many articles. Having said that I am extremely grateful to the photographers that supply me with great images.

Jack Goolden

A Decade of Clapham Ultimate

Clapham wins the 2010 UK Nationals – again. Ten years in a row. The bitter will say that we’ll need another star for our shirt – and they will be right. Normally, I’d also let it go. But this year is different. This year was always going to be different. And for once, it’s important to be blatantly proud of playing for Clapham Ultimate.

You might not want to hear about Clapham’s record but maybe you should. The calibre of the top team in the UK reflects the overall level of play in the country. And while you might want to beat Clapham at Tour or at Nationals, we’ve always had our sights set on being the best team we can be, regardless of the sphere of competition. Maybe that’s why we never seem content with our results...

To give you a brief history, Clapham was founded at the end of 2000 after what seemed to be the gradual but coordinated disbanding of the pre-2000 teams of Catch 22, Doughboy, UTI and Shotgun. Ultimate in the UK had finally reached the critical mass required to move to geo teams. Back on Clapham Common, this shift made it possible to bring together players that were once opponents. As a consequence, it was an angry team whose sole purpose was to win. The huddles were agro and violent. Its players were rough and relentless. And it accomplished exactly what it set out to do: it paved the way for the decade to come.

Since then, we’ve had a series of standout captains in Aram Flores and Roger Thompson (considered to be two of the founding fathers, 2000-2002), Alex Bowers (also a founding member, 2003-2007), Robert Alpen (2004-2008) and Oliver Benjamin (2009); all of whom have continually steered the club to victory. We’ve accumulated close to 150 alumni



Marc Guilbert

Jon Middleton

players who have passed through the club and left their mark. We’ve been invited to Boston, Washington DC, Seattle and Austin to play against the top US and Canadian teams and are the only European team who now consistently go to America to test itself at the highest level.

Ten years on, some things have changed, some have not. We went from being the most hated team (openly I should add), to having won spirit (along with the gold) at Euros in 2005 and actually having a few supporters. We’ve changed our playbook multiple times and have been constantly rethinking our structures. We believe you either innovate or you lose. But the huddles are still as loud and the practices still as tough. The fitness sessions are

still grueling and the weekend-long practices still exhausting. On the field, we continue to push each other and shout at each other until we get it right. We’ve known for many years now that the teammates you trust are those who you’ve seen do the hard work with you. That’s what being a team, and being a winner, is all about. That is the privilege. That’s why every year new recruits come from all over to play for Clapham. What’s the expression? “If you can’t beat them...”

And beat them we have. Since its inauguration in late 2000, Clapham Ultimate (CU) has won every single National Championship. Some of them were by the skin of our teeth, some of them from huge comebacks and some of them by blowouts. Despite the growth of the sport in the

UK and the number of teams now in London, Clapham found a way to win them all. And this year, we’ve just pulled out the tenth in a row. In the huddle after having won, I could only think of one thing to say to the guys and that was: “a f*cking decade!”

It’s important to state that no single player has been part of each of the 10 victories. This is a testament to CU’s ability to pass on knowledge and experience to its new guard every year. When you first step into the squad, you realize not only is the expectation enormous, but so is the motivation. History is unforgiving. It’s quite a sobering thought to know that this expectation comes from the dynasty that is Clapham Ultimate, from more than the 25 guys in the huddle. Our performance is followed. Stars on a shirt one might say...

Which brings us to the present. This year’s team had some great talent that I’d like to underline. Firstly, we’d managed to finally get a few key defections. Most notably, Rodders, Giacomo and Cormac finally gave in to the temptation of a CU shirt from their respective clubs. All three have been incredible this year. We also managed to get star names from EMO and Fusion to join us, like Dave Tyler (who got MVP in the decisive Tour 3 final) and Chris Baker (our most improved player – but who also took until March to learn not to try to injure Clapham players anymore). Returning in force, both Justin Foord and Dominic Clark battled it out all season long for the mantle of being the most annoyingly naturally gifted athletes in the UK. Richard ‘Gash’ Harris also had a phenomenal season, filling in the position of the perfect tall defensive runner of the team, while Phil Johnson took up the shorter, speed demon’s role. Having finally found a way to balance his



exemplary intensity with touch to his throws, Fergus Weldon has also had a standout breakthrough season. Last but not least, both JJ and Colin were so consistently strong, dominating offensively on the field even while attending to the team as captains. But the squad didn't specifically rely on any of them to win. We had depth. All 25 strong played their parts. Looking ahead, now that the season is over, all of them know that 2011 will be even harder.

There are a lot of growing pains to building a team, even more to building a dynasty. Winning has not only been everything, it's never been enough: on that, our veterans have been crystal clear. There's a responsibility in wearing a CU shirt. There's a contract.

But Clapham is far from being perfect. It's only ever achieved fifth place at World Clubs (in Perth, 2006). It's only ever won Euros twice (2005 and 2007). And every year the team goes to a US tournament only to come back short of the goals it'd originally set itself. Frankly, we've been struggling on the international scene. Perhaps this is because there's such an influx of new players every year (even if it's a source of our strength) and our developmental system for new talent is not well tuned. Or perhaps, with no disrespect to any of the top clubs in the UK and in Europe, the national/European scene is not consistent enough for the top clubs to battle each other and collectively achieve higher levels of play. One could even question whether the work ethic in our clubs is comparable to that of North American squads. None of us have the answer yet but I know that Clapham Ultimate is very serious about being the UK team who finds the answer first and finally breaks through on the international stage.

This year, specifically, has been

extremely challenging. On paper, we had an excellent squad which had tremendous potential. Yet, now that the season is over, ask any Clapham player and they'll probably be disappointed with its results. Tenth at WUCC in Prague and fourth at EUCF in Barcelona. Both results having swung from sudden death losses. This is just not good enough. But one might say that the price of admission is now paid and the lesson has been forced into memory. Such are the lessons that cannot be passed on from word-of-mouth, from veteran to recruit. Desire needs to be both collective and individual. And for those 25 who wore this year's kit, sudden death now means something new. Next year, these painful experiences will help us go further.

Indeed, this year was different: this year was always going to be different. We desperately wanted to win our tenth consecutive UK National Championship. For this, I'm now proud to say it'll take a decade for anyone to top this record. But make no mistake, we are not done. Time to reset the count. Next year becomes even more important. The next decade of CU needs to start. And while some will retire and new blood will join, it is our job as returning members to maintain the values and attitude that has kept Clapham on the forefront of UK Ultimate.

One thing is for sure: Clapham Ultimate is a dynasty and will remain one for as long as it exists. Having endured so far by constantly evolving, everyone who's ever worn the bullfrog jersey knows that the challenge is to continually push oneself and one's teammates to greater heights. Building a team is the goal; winning only comes if you can achieve that. This is what Clapham Ultimate will forever aspire to.



Justin Foord

Matt Beavan

Clapham v Chevron Nationals. © Graham Bailey 2010
Clapham v Fire of London Regionals. © Graham Bailey 2010
grahambaileyphotography.com

The foundations have been set. The successes of the past decade will be the drivers for those of the future. And Clapham Ultimate will continue to win.

Yes, we will need to get another star for our shirt. I'm sure glad we have that problem...

Marc Guilbert, Captain
Clapham Ultimate

UK Nationals Championships finals:

- 2010 – Clapham 15, Chevron 5
- 2009 – Clapham 14, Fire 12
- 2008 – Clapham 15, Chevron 8
- 2007 – Clapham 15, Fire 9
- 2006 – Clapham 14, Fire 11
- 2005 – Clapham 15, Leeds 10
- 2004 – Clapham 17, Leeds 6
- 2003 – Clapham 17, Leeds 13
- 2002 – Clapham 17, Chevron 10
- 2001 – Clapham 14, Chevron 13



Dom Clark

Danny Hoyle

Top 16 compared to 2009

Clapham v Chevron

Tour 3 Final, Cardiff.

© Graham Bailey 2010

grahambaileyphotography.com

Clapham Ultimate
Chevron Action Flash
Fire of London 1
Brighton Ultimate 1
Fusion 1
LeedsLeedsLeeds
EMO 1
Fire of London 2
Team Shark 1
Tooting Tigers
Burro Electrico
Devon 1
Dublin Ultimate
Ltd Release 1
Cardiff Storm
Strange Blue 1

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2
4
1
3
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2
7
3
New Team
2
New Team
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Corporate Ultimate

I didn't know Ultimate existed in the work environment until I joined Metaswitch (formerly Data Connection). Apparently they had played it occasionally in the summer but no one had organised a game for a while. When summer 2001 came around, a few friends encouraged me to arrange something, so I sent an email to all and about 20 people turned up for a game. Of course, most had no idea what was involved and just wanted to try something new. Several never played again, but enough were keen for a game once a week while the weather held. With the varying ability and fitness levels, five-a-side was usually the ideal number, which also meant little need for formal structure. I deliberately made little mention of a force that first summer.

It was a similar story in Summer 2002; maybe twelve players turning up when the weather was good and struggling for a game when there were holidays and rain. By now a few keen folk were hooked and wanted to learn more so I was happy to pass on knowledge. Of course, most were still playing for fun and so it was important to keep the games more about enjoyment than playing with hardcore tactics, but players' competitive instinct always kicked in! By 2003 the regulars kept playing all year round and so – even though we had a few wintery games of mini and hot box (a great little workout!) – the momentum was there when the weather improved. A couple of players were even keen enough to find a local club, which improved the quality but at the risk of scaring away beginners. Fortunately, Metaswitch takes on summer interns and a good number of graduates each year: so there was always a number of new folk keen to try it out and our lunchtime games remained a mix of abilities and rarely were new players scared away.



2004 was a big step – we had enough enthusiastic folk to enter Summer League as Stacks and Switches! We kept the side as work-based as possible but we didn't have enough women, so I went begging and persuaded a few friends to help me out. We didn't come last, won a few games and everyone loved proper competitive games. Suddenly forcing, stacking, cutting and the rest all made a bit more sense. Of course we were a bit raw, but we surprised a few teams and soon developed local friendships and rivalries.

From then on we haven't looked back – we still play once a week in the park but numbers have grown so we normally can have close to seven-a-side and sometimes even have to set up two pitches in the summer. Several people who'd never heard of the game before playing with us are now regulars on the main Ultimate scene (most London players still owe Ken Ferguson a drink even if they've never met him), but playing at lunch is mainly about getting out the office, getting a bit of exercise and having a bit of fun. Our Summer League side is now over-subscribed and only occasionally do we have to pull in some friends who don't work with us.

As an established work team we've

also taken part in the occasional corporate event, usually a one day event in London. However, this year there were enough keen people to organise a team to go to Burla, an Italian beach tournament in Viareggio in Northern Tuscany. Over half of the 10 players that went had never played a "proper" tournament before, so choosing the right one was important. Burla seemed to fit the bill and even though we ended up second from last in our division, we won a couple of games, got one over on our local rivals and everyone had a laugh.

Being a work team does have some advantages. It means there are now a few people who applied to work here having heard we played Ultimate. We can therefore get some favours from recruitment: I'm sure some of you have seen the Data Connection discs around :-). If you come to work for us as a result of reading this article maybe a free trip to Burla is on the cards? www.metaswitch.com/careers

So what's the point of this? Recruiting Ultimate players and strengthening Stack and Switches would be great, but really it's to get you thinking outside your normal club. Have you thought about getting people to play at work? It's surprisingly easy to get a few colleagues out to play some

4s, as long as you don't take things too seriously. Once they're hooked, getting 8 or 9 people to play the odd game against other teams (friendlies, Summer League, corporate tournaments), followed by a drink in the pub is a natural progression. So go on, meet some people who work in a different part of your company, or for another company – play corporate Ultimate and come up with a better team name than Stacks and Switches!

There are other teams already around – maybe your workplace is just looking for someone to suggest it happens? Thundering Herd started as a corporate team once upon a time, and Ovathrow (the Arup team) joined Summer League a year after us and have been steadily climbing the ranks. In fact, next spring sees the comeback of the Corporate Tournament that in the past has seen up to twelve teams (some combined) battle it out for corporate supremacy. Watch out on the BritDisc or LondonLeague mailing lists for details. If you want more help encouraging your team before this feel free to contact Matthew Gaston from Ovathrow (Matthew.Gaston@arup.com) or me (steve@steveballs.com).

Steve Balls.

Photo by Stephen Archer

Stairway to Devon

How a club rallied together to turn itself around

With Ultimate's increasing popularity, established clubs have begun to suffer in recent years as players dash off to play for other teams. In some cases this has meant that clubs have ended up folding altogether while others have been left circling the drain. Despite their first team having spent the past few seasons flitting back and forth across the border between A Tour and B Tour, Devon Ultimate was beginning to stagnate and showed real signs of a club in serious trouble for the 2009 and 2010 seasons.

Since 2007, numbers at regular training sessions had slowly dwindled. Despite local university clubs Uriel and Picnic showing decent turnouts at their training sessions, Devon training took a backseat in terms of priority. It seemed that the only people who turned up regularly were the second team players, and with first teamers rarely showing up to coach, even they were starting to lose interest. Some of the club's top players received offers from other teams that proved too good to pass up; something needed to be done, or Devon might have slung its last disc.

As it stood, Devon training sessions were taking place just a few times a year. While the first few practices boasted decent numbers, they swiftly dropped to a bare-bones turnout. The handful of players that did turn up only stayed for a while after throwing a disc around casually and maybe having a game of 5-on-5, or whatever mild form of competition could be mustered from the alarmingly low numbers.

Nevertheless, turnout never proved to be a problem when Tour came around. For the past few years, Devon had managed to field two teams into each event. However, the first team generally consisted of people who didn't train together while the seconds

featured the regular attendees and anyone else that wanted to try their hand.

As it happened, Devon 1 managed pretty respectable finishes in Tour and Nationals for the 2008 and 2009 seasons while Devon 2 were working well together down in C-Tour. Still, players on both teams were getting annoyed that neither squad was progressing as well as it could and that there was still plenty of room for improvement.

After a suggestion to split the club went down like a lead balloon in 2008 and a less-than-enthusiastic attempt to breathe a bit of life into the club failed in 2009, a new committee was elected at the following AGM. Their intention was to turn things around once and for all before a Devon-shaped hole appeared in the UK Ultimate scene. Peter "Afro Peat" Müller was elected Club President, Joe "Mojo" Bampton and Rich Chubb became 1st Team Captains, Rob Daniels became the Club Captain/Coach, Josh Meeklah was elected Club Treasurer and 2nd Team Captain, Jam Banks was appointed both Club Secretary and 3rd Team Captain and Jordan "JB" Brown became the club's Director of Communications.

With the 2009 season done and dusted, the new committee went to work on putting the tired old Devon method in the bin and starting again from scratch – working from Afro Peat's innovative manifesto.

During the 2009/2010 indoor season, the committee went to work on writing off the club's existing debts and promoting the club as much as possible. The committee managed to get the club back on its feet financially by hosting Western University Regionals and Open Qualifiers. It also reminded other teams in the South



West that Devon was working hard all year round.

While Devon itself didn't actually play in any indoor tournaments, the committee and other club members continued to promote the club by playing for Uriel and Picnic as well as other Devon-based teams such as FlapCrack, AirBadgers and Shake & Bake. After spending the season banging on about Devon and showing that its members have an amazing time playing together throughout the rest of the year, the club went to work on dragging new blood into outdoor training and boosting attendance from existing players that previously hadn't turned up all that often.

Firstly, it was decided that the previous system of alternating

training sessions between Exeter and Plymouth didn't work. Not only were numbers low, the fact that they weren't held in a fixed location meant that potential new members didn't know where to turn up. The answer was pretty simple: hold them all in Exeter and up the regularity. While this could have potentially spawned a backlash from Plymouth players who now had to travel for every session, all team members realised it was the right choice and that we had made it a lot easier for new members to just show up and get involved. We also decided to shift the session from the old training venue to a pitch a few hundred metres away that is of a better quality and a little less peppered with dog turds. The fact that it was smack bang next to a pub with a large car park also proved a popular

Everybody loves a man hug.
© Pete Rawlinson 2010
www.pete-rawlinson.co.uk

Devon v Burro Electrico.

Tour 1, 2010. © Luke Ryan 2010



move. We also decided that we would hold sessions that now spanned the entire weekend (which included a social) as well as multiple training sessions during the week.

Secondly, we decided that we needed to rebrand Devon in order to highlight the changes that were occurring. In doing so we'd display an all new attitude that would lead to better Ultimate for new and existing members alike. As such we decided to ditch the kit that the team had been running around in for the past six years and go for something a bit different. Opting for a new logo and a totally different design, the new Devon kit wasn't just a new set of threads, it was something to spark interest in the club's members as they finally saw the club progressing.

Thirdly, we needed a website. The previous effort consisted of a few pages attached to the Uriel website that just showed a little bit of information including a map showing where training was to take place. As we were looking to promote the club, JB built a new site that reflected the club's new ideals and actually provided all the info that people would want to know.

With a few other bits and pieces ironed out, we went ahead and announced open training to BritDisc and waited to see if we got the interest we wanted. The first weekend session saw a turnout of around 50 players – around

47 more than the previous average. Rob went to work on coaching and before we knew it, we had a massive range of players all training together and eager to play for Devon at Tour. With new Falmouth-based team Kernow Inferno also getting involved and a load of brand new beginners looking to try out Tour, Devon didn't only have enough for the first and second team, we were also able to accommodate a third team. With everybody eager to continue training hard throughout the summer, we had the makings of a club that could successfully field a pair of competitive squads while Devon 3 would consist of those players that were looking to have a crack at Tour or just take things a little easier.

After a mildly shaky start to the season, Devon 1 soon settled and showed that they weren't going to be flitting between A and B Tour any more. Eventually rounding out the Tour with an overall standing of 12th, they'd had one of their best seasons yet against increasingly tougher competition.

In the meantime, Devon 2 went to work on improving on their usual position around the lower end of C-Tour and won six out of eight games at Tour 1 and trained hard to the point that, at Tour 3 they won all but one game that was lost in sudden death. By the end of the season, some players had even managed to get promoted to the first team.



Finally Devon 3, having entered a team into all three events, managed to show that they were a strongly bonded team and were able to improve on their position by the end of the year.

It looked like Devon had finally set the ball rolling on becoming the club that everyone was hoping for. Of course, the season wasn't over yet. With their eyes now set on Nationals, Devon 1 came stomping out of the blocks and won UKU SW Open Regional Qualifiers. They headed to Nationals with the intent to cause some upsets. After surprising everybody early on with wins over some tough, established teams, Devon continued on their mission and took some more scalps as they rounded off Nationals in 6th place – their best placing yet.

Still, the team wasn't finished. Realising their finish meant they had a hope at qualifying for Euros, they took to the field against Fire with the intent

to surprise everybody and deprive the London team of their usual slot in the continental tournament. After a tough battle that saw both teams neck and neck practically throughout, Fire pulled away at the end and won 15-12. It proved an amazing end to a massive club mission for Devon.

With interest in the team reinvigorated and aims to improve next year, Devon recently celebrated at their AGM and awards dinner. With Sam "Cowboy" Luxa and Issy Burke joining the committee as 1st Team Captain and Coach respectively and Chris "Santa" Wilkinson taking over as Director of Communications, Devon will look to continue in its healthy new dynamic and improve next year as well. Not bad for a team that was in so much trouble just a year ago.

Jordan Brown.

GB U20



Caio Ledingham

From an early stage, 2010 had the potential to be a benchmark year for Great Britain Junior Ultimate, with two easily identifiable factors fuelling this potential. The first was increased funding from the UKU. This provided two high quality physiotherapists for the squad, whose importance cannot be underestimated. Secondly, a large proportion of the 2009 squad was retained. In addition, many promising athletes from 2009's U17 and U20 second team squads had worked hard to contend for the full U20 squad. It promised to be an exciting year in the Junior set up, my sixth and final year.

At the first training session, three captains were announced: Jake Aspin on the D line, with me, Sam Green, supported by Josh Kyme on the O line. However, the squad received an early blow when our coach of two years, Dale Walker, was selected to play in the U23 division. This made him unavailable to continue his work as U20 coach. The squad was left without a head coach, forcing Nick 'Stato' Sampson, the team manager, to dig out his old coaching boots. The search for a replacement did not take long though. Jools Murray, who had previously been fitness coach, was promoted to head coach. With a strength and conditioning coach at the helm, the boys knew immediately the fitness standards expected of them. They did not disappoint. Six training sessions later, intense fitness

regimes had been put in place, a new 1-6 structure was implemented and there was a lot of excitement.

The GB U20 squad arrived in Heilbronn, Germany on the 30th of July for the World Championships. Our preparation was ideal. The hotel was high quality; we had en suite rooms, big cooked breakfasts and a sauna/physio room. We were raring to go.

The morning of our first game brought with it nerves, excitement and Colombia. This proved to be a real baptism of fire for the confident GB team. However, the months of preparation, the sheer determination and mental strength of the squad prevailed as we ground out a sudden-death victory 13-12 - despite the seven on the line not knowing the importance of the final point! Nonetheless, it was a victory and a big confidence boost.

Next came Italy, a game we expected to be easier than the morning's tight encounter. This slightly slack mindset allowed the Italians to put pressure on us early on and score freely as their O line was clinical in the final third. GB's superior fitness and skills became more obvious as the game progressed, ending it 17-10. Day one produced some exciting, tense Ultimate and most importantly, two wins.

The second morning brought the game the boys from the 2009 squad were waiting for: France. Having lost to the French in Vienna, everyone knew how tough a game this would be. The French zone was something the coaches and captains had discussed, and tactics were implemented early on which saw the O line scoring point after point with calm and structured Ultimate. In contrast, the D line were fired up and got blocks early on. France were scoring most of their O points but struggling to get breaks. The

game reached the time cap with GB ahead by a fairly comfortable margin, finishing the game professionally with a score of 16-10.

With the confidence of the France win, GB were really firing against the Czech Republic that afternoon. The O line scored freely and quickly thanks to 'epic' - a simple yet effective pull play. The D line went on roll after roll, finishing the game 17-5 with plenty of time to spare. The second day brought two more victories making it four from four, but it also brought a few niggles to a number of squad members. The physios Jen and Dan had their work cut out that evening and somehow managed to ensure the full squad was available for the game the following morning: Sweden.

There were no delusions in the squad: this would be an extremely difficult contest. The Swedes had struggled in their big games in the first two days and needed to beat the 100% GB to have a chance of progressing to the semi finals. Sweden came out of the blocks very hard, taking the first two points against the usually unshakable O line. However, there were no worried faces in the GB camp, as everyone knew our D line was good enough to break back. Much of the game was traded and it was clearly apparent how much each team wanted the victory. At fourteen all, both teams believed they could win it. This was exactly the situation we had trained for and that training paid off as we took the next three points to win the game 17-14. The team were exhausted but had done the job they set out to do.

Latvia were our next opponents and the Sweden game had clearly taken its toll. A tired start to the game allowed the Latvians to score through aggressive hucking and receiving. They were a tall team and played to their strengths. Then came heavy

rain. This played into our hands as we knew we had the superior disc skills, especially in these difficult conditions. The Latvians continued to play their game, but the conditions brought down their success ratio significantly. GB improved toward the end of the game, closing the Latvians out to win 17-9.

Friday brought the game which ultimately decided the group winners: Great Britain vs. Canada. The boys were excited and nervous but also confident, and although playing against her fellow countrymen, Coach Murray was firmly British for this encounter. One of the teamship laws laid out by the squad during an early training session was that there would be no North American superiority complexes. Easier said than done, but the previous three days' Ultimate had proved that Great Britain were more than capable of going unbeaten. However, all of these factors did not prepare the team for the first few points when the Canadians came out hard and with aggression. The physical style of play employed by Canada was enough to scare the other European teams into submission early on, but not us. We matched their physicality and started to flow, scoring points against an extremely athletic defence. Nevertheless, we were behind and always chasing the game against a very strong squad with a clinical O line. GB continued to put in 100% throughout the game, epitomised by Sam Poulson, who suffered a broken jaw by putting his body on the line with a huge bid. In the end, we had lost the game in the early stages with the unanswered Canadian scores, but the fact that we took them into the time cap for a 9-14 loss shows how competitive the game was from start to finish.

So, Great Britain's unbeaten streak

had ended, but we were still 6-1. All that stood in our way of the semi finals were Switzerland, a youthful team that had struggled throughout the tournament. However, they really brought the game to a physically and mentally exhausted GB and were scoring points with ease. Our boys were all over the place and playing like amateurs, and that's how we were treated by the coaches: instead of calling lines, Jools told the boys that the first 7 on the line would play the points. This turned out to be a masterstroke as suddenly the players were up for every point and took control as we should have from the start. This also gave some of the players who had a high percentage of points on the pitch throughout the tournament a well deserved rest. Credit to the Swiss for a fantastic performance in the last group game, it was a shame they couldn't have played that way earlier on in the week to improve their final standing.

Last day of the tournament, semi final: USA. This would be the biggest game any of the squad had ever played. Our preparation was good and everyone seemed ready for the challenge. Unfortunately, things did not go our way for the entirety of the game. Although as a team we looked ready, as individuals there was too much doubt and I think all of the boys felt a little intimidated. GB lost structure and confidence and were taken apart, 17-4 by a well drilled, athletic set of Americans. Although we were a fit team, they were fitter and the ease of their qualification became apparent as they ran us off the field. They fully deserved their place in the final and ultimately another gold medal. The result hit the boys hard, especially for the players that were in their final year as a Junior. The most important aspect of the result, however, was how everyone pulled together after

such a defeat. Many teams would have just lost it mentally, but what didn't kill this squad only made us stronger.

That left the bronze medal play-off: Germany vs. Great Britain. I apologise for the second cliché in as many lines, but you couldn't have written this. It was the biggest of games for so many reasons; first, well, it was Germany vs. Great Britain. Secondly, it was not the first time some of the players had met in big tournaments. The Germans took this very game from GB in Vancouver 2008. Finally, this was for a bronze medal at a World Championships. Germany, in their own back yard, had a large contingent of locals who made a lot of noise – they even had vuvuzelas. The crowd erupted when Germany scored the first point, but that did not faze the Brits. The game was close, the points were hotly contested and there were inevitable heated moments.

At this point, I'd like to thank the team on behalf of the captains and coaches for the way all calls were handled throughout the tournament. Everyone was a real ambassador for the sport and the country.

As the game drew on, GB started to take the initiative. Once again the closeness of the game was apparent as the time cap was hit, but GB put the game to bed 16-10.

That was it, a year of preparation, a year of moulding the best squad in Great Britain Junior history, over with a huge bronze bang.

Sam Green.

Hyzer Chiefs Scottish Regionals
© David Thomson 2010

Jeremy Codhand v Flump
Mixed Tour 3 © Graham Bailey 2010
grahambaileyphotography.com





Do more plyo

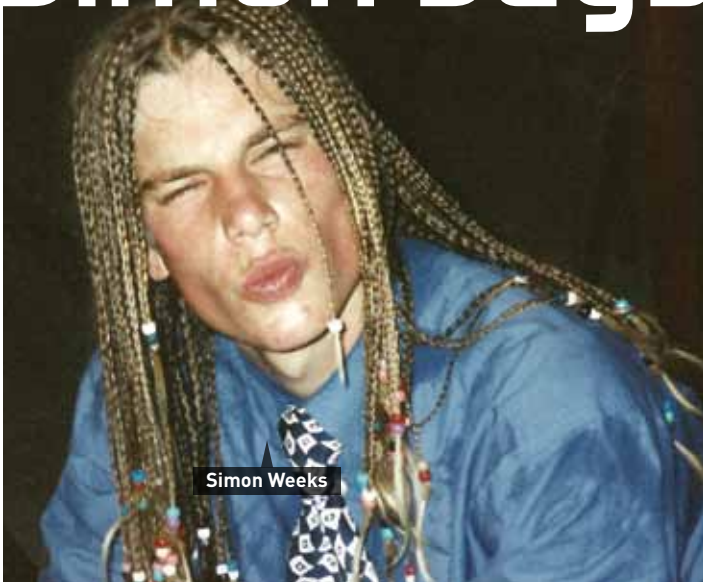


Catch your blocks



In with a chance?

Simon Says



Simon Weeks

When I started playing Ultimate in the UK I think it is fair to say that it wasn't much more than a game played by some folks with "alternative" ideas. This type of person was very easy to recognise by their "alternative" looks, "alternative" dress style, and simply a lack of hygiene. A picture of Dan Berry will illustrate this (Dan, please attach a picture of yourself here).

(Editor's Note – How about this one of some bum seemingly from the 1970s?)

In the last 15 years the sport, particularly in the UK, has made unbelievable advances. When I started, we [read: the rest of my team] did static warm-ups, junk defence had not yet arrived on these shores and off-hand throws were unheard of! Now, Great Britain has established itself as the benchmark

for Europe and is proud of more than 300 teams across the country. Despite this, we still maintain a few bad habits, passed down from those early years, which we just can't seem to shake off. For those of you who have played with me over recent years, you will know most of these as I'm often heard ranting about them to anyone willing to listen. So when Dan asked me to write an article I seized my opportunity to moan to a wider audience. Feel free to join me in a number of common frustrations...

1. 'What is this? Football?'

Teams that win the toss on a windless day insist on choosing defence. In order to win the game, this means that you must get more blocks than the other team. If there are an equal number of blocks in the game you lose – it's that simple. Some will quote the famous line, 'but we get the disc



Chevron v Fire Tour 1 © Graham Bailey 2010 grahambaileyphotography.com

back in the second half'. It makes no difference.

Simon says: Sit down; Do the maths; and start choosing offence.

2. 'Honour the founding fathers'

There are still too many players that don't know the rules and I will shamefully confess that I was one of them until about five years ago. Despite that, I have taken the liberty to rant about it. You may accept other people's word for the rules, but unfortunately your teammates often haven't read them either. As a result, some of the things we do, such as checking in the disc after a turn, we do for absolutely no reason.

Simon says: Read the rules and play by them.

3. 'Handlers are not just the lazy old-timers of the team'

Another age-old habit, which we don't seem to have quite got rid of yet, is the way in which we mark the handlers. They are, in most cases, the player on the opposition you least want with the disc in their hands. Yet all too often, the person marking them hangs off in the lane on the pretence of "poaching". Predictably enough the disc is thrown to them and they make a killer throw.

Simon says: Take the best player totally out of the game and you'll be amazed at the results.

4. 'It's about technical ability too, not just running track'

The quality of forehand and backhand throws has improved dramatically over the last 15 years (the latter which I seem to have missed out on), which is a credit to the coaching and time and effort people have put into them.

But why have we neglected the more occasional throws? How come you see your teammate throw a hammer in a game yet you've never seen him throw one in a warm up? And how come we still argue over who is going to pull? Shouldn't that be the person who spends an hour a week in the park practicing it?

Simon says: If you don't throw them between games, don't throw them in games.

5. 'Did you catch the disc because you were lucky?'

Having talked to a number of North American players about UK Ultimate, I'd be failing in my duty if I didn't mention the U word. If someone drops a simple disc in the US you're likely to here a torrent of expletives from the sideline. In the UK you're likely to hear 'Unlucky'.

While I am aware this is very British of us (and I'm not suggesting that we follow the US model for a minute), it is nevertheless a source of great amusement to the Yanks that when a Brit makes a terrible mistake it is immediately written off as "unlucky". Let's face it, unless a freak gust plucks the disc out of the sky, then a simple drop is down to receiver error not misfortune.

Simon says: Can we start saying 'Nice effort', or simply just catch the piece of plastic?

OK that's it, rant over, and I promise to never bring any of them up again. Although I reserve the right to carry copies of Ultimatum around with me at tournaments...

Simon Weeks



Dave Tyler

Tour Report

A-Tour 1 aka 'London Calling' brought six European teams to face the best of British in Wimbledon.

The aim of day one was a top two group finish to make semis. Clapham, Danish champions Ragnarok, EMO and Dublin Ultimate faced each other in Group A. Clapham, fresh from a tournament in Texas against the major US Worlds' contenders brought consistent game to beat the rest of the group. A three-way tie between the other teams gave Ragnaork 2nd in the group by virtue of a one point advantage over EMO who finished 3rd leaving Dublin in an agonising 4th having beaten the Danes.

Chevy, Inside Rakete, Cambo Cakes and Fusion made up the group B. Chevy's Worlds team took control of their games winning all three, Fusion coming closest with a 15-12 score line. Fusion and Rakete both beat Cambo Cakes with Matt McDowell bringing down the game winning point for Fusion who closed out Rakete 14-12 in the final group game.

Fire's 1st and 2nd teams, Worlds hosts Silence from Prague and Team Shark made up group C. All games went to seed without any close final scores. Fire won all with Silence taking 2nd place comfortably. Fire 2 took third place with a 15-10 victory over Team Shark.

Karhukopla, Brighton, Munich Ultimate Club (MUC) and Tooting Tigers met in group D. Karhukopla and Brighton fought out a sudden death game for top spot in the group with the Finns taking the win. Brighton eased past MUC leaving the Germans 3rd and Tooting in 4th.

Groups E & F were played out between 16 and 24 seeds. LLL started to get over the disappointment of being in the 16-24 bracket by winning the group. Burro upped seed from 4th to 2nd in their group avoiding a 3 way tie by virtue of beating Strange Blue by 2 points in their final game. Limited grabbed 3rd place with hard fought up-wind point to win in sudden death over Strange Blue.

In group F, Fully Charged took top spot. A three-way tie gave Devon 2nd spot although they lost to Vision in sudden death, Vision finished 3rd with 2 sudden death games, a loss to the Brown and the win over Vision, with The Brown ending 4th despite the victory over Vision.

Day Two saw the top eight knockout games. Clapham vs Silence gave a close first half with plenty of turnovers for both teams which didn't produce a clear advantage for either one. In the second half Clapham's defence took control managing to stop the Silence offence from working; Clapham gained the momentum and ran out 15-9 winners. Chevy motored through their quarter with Brighton and headed to the semi with a 15-7 victory. Similar to the Chevy game, Fire walked over Ragnarok with a 15-7 win. The tightest of the quarters saw a close battle between Fusion and Karhukopla where the Finns took the game 15-12.

The semi finals saw Clapham comfortably through against Karhukopla 15-10. Chevy vs Fire 1 was arguably the best game of the weekend. In a game featuring some huge plays from both teams Fire came out strong and scored an early break point; they carried the narrow advantage through the game and into the final stages. However Chevy found the extra gear scoring on D repeatedly to narrowly close the game out 14-12.

The final between Clapham, and Chevy, didn't turn into the spectacle the crowd had hoped for. After early point trading the Clapham defence took advantage of basic errors from the Chevy offence. 15-5 was the final score to Clapham.

Notable scores in the for the lower seeds saw LLL win 100% of their games over the weekend, including a final game comeback against Tooting, LLL put together a 7-1 run, winning 14-13 after being 12-7 down.



Max Kinder

TOOTING TIGERS



Jeff Hogg

Craig Morton

Clapham v Fire Tour 2. Two right feet? © Dave Sanders 2010 ultimatephotos.org

Tooting Tigers Tour 1 © Dave Sanders 2010 ultimatephotos.org

Brown v Fire Tour 3 © Andrew Moss 2010

Tour 2

With A Tour returning to one of the best Tour venues in the country this weekend started with some surprisingly close games, including a young EMO team leading Clapham 10-9 late in their game, and a similarly close game in the Fire vs LLL group game. Experience and hard work paid off when it mattered for the top seeds as both Clapham and Fire closed out with victories. Brighton shrugged off the tightest challenge yet for their semi final berth by holding a narrow lead throughout the second half of their contest with Fusion.

EMO and Dublin entertained in the 6 vs 7 game with a classic game which had several momentum swings, EMO

getting the important advantage to take a late break to win. Fusion held seed in the following game in yet another tight game for EMO.

Chevy edged past Fire in sudden death to face Clapham in the final. Chevy understandably intent on improving on their last final's performance came out strongly and didn't allow Clapham's pressure on D to get a hold on the Chevy's offence. Chevy's offence didn't concede a point all game! The only break point in the first half resulted from a massive lay out block by Mark Penny. Neither team then gave up another until 9-8 when Chevy grabbed a second and went on to win their first tour in 15 months.

Tour 3

Clapham and Chevy both shrugged off their World's hangovers to meet each other in a Tour deciding final. Cardiff also saw the ever improving LLL regain a semi final berth for the first time in several years by beating Brighton and Fusion in their group. LLL lost to Chevy in their semi, and then missed out on 3rd with a sudden death loss to Fire.

The Tour finale between Chevy and Clapham saw the hoped for high level of skill and athleticism from both teams. The pressure of Clapham's defence throughout the game forced the Chevy offence into basic errors and took the game and yet another Tour title.

Thanks to those of you who provided the information which made this summary possible, I really appreciate the help. Tour reporting should be significantly improved next year with input from people who actually enjoy writing. Please keep supplying the information, it can only make the reports more interesting for more people. If you want to contribute to the writing or data collecting please contact Si Hill. si.hill@ukultimate.com

Sam Lord, Fusion

Starting Something Golden

I'm writing this article to share with the Ultimate community some of the ups and downs of starting an Ultimate team in the hope of sharing some of the things we have learned along the way, as well as maybe inspire others to do the same.

We are Golden Ants London and we're founded on the 09-09-09, an easy birthday to remember.

How did it all start? Friendship, I think! I'd been playing Ultimate at a reasonable level for a number of years in London during which I'd played with Vili. We both drifted away from the team for various reasons, but had started a friendship and were still in contact. I had recently got back from a year in India and found out Vili was 'in retirement' from Ultimate. One afternoon, when we were having a BBQ in his back garden, I suggested to Vili that we start our own team. I knew that Vili would have all the necessary Ultimate playing and coaching skills, as he had started a team in Slovakia in 1997 that is still going today. I thought I could bring some management skills (due to my job) to the table.

Lesson 1: passion for Ultimate is critical

The seed quickly grew and Vili was now hassling me to start the team. "Can we call the team Golden Ants?", Vili asked. This was the same name as the team he had started in Slovakia and was an obvious choice. We also liked the idea of being connected to another team outside of the UK, maybe this was a first.

Lesson 2: it is worth taking some time to think about why you want to start a team!

There were now four of us on board, Vili Holicka, Yen (Vili's wife), Peter Labos and me, Bruno Calver. The



first thing we did was have a meeting to discuss what our team was all about. After much debate, we agreed we wanted to be a Mixed team with six important characteristics. They were: Determination, Intelligence, Spirit, Commitment, Friendship and Fitness. We put some words around each in terms of exactly what we meant by this. This was our way of communicating what the team was all about to the outside world and I do believe this helped us to attract the right players in the early days.

Lesson 3: a bit of luck never hurts

There were ten of us at our first practice. We christened the team with a bottle of champagne and a disc. A rainbow appeared a few seconds later; maybe a good omen. We then went to the Golden Curry for a meal to celebrate. All but one of those with us that day are still with us and are now a core part of the team. In this case, the luck was getting those individuals from the start.

Lesson 4: you need to know lots of people who play Ultimate

Getting the word out there and getting people interested was probably the hardest thing. We started in winter, which had its drawbacks, and often we were playing three on three in practice. We entered London Winter

League, but getting a full team out was a challenge. In the end we managed to finish 3rd.

We used the various London League mailing lists and Gumtree. Obviously we also spoke to people we knew that played Ultimate, just to let them know what we were doing. One of the big things that made a difference in terms of recruitment was connections. Vili had been playing Ultimate for a number of years and had some contacts to help attract one or two players, who then were able to attract more.

Lesson 5: have some money in the bank

This is where the money side came in. We needed kit, we needed 100 Golden Ants discs (essential for marketing Vili told me), we needed tournament fees etc. I think you need as much as £1000 as a float to get things going and make things a bit easier.

Lesson 6: organising an Ultimate Frisbee team and tournament weekends takes up more time than you can imagine!

We now started planning for Mixed Tour. I was concerned that we might not have enough players. Vili was more concerned about aiming to finish in the top 16. I had serious doubts at this point and I thought Vili was a few sandwiches short of a picnic, but at the same time I know he is always right about everything Ultimate so went along with the plan.

Lesson 7: make sure you have someone who knows what they are doing on the sport side of things.

As the season dragged on it became more apparent to me the importance of having real management and coaching skills in the context of

sport and Ultimate. I knew I was out of my depth, but luckily Vili was not. Clearly his training as a PE teacher (with his dissertation on Ultimate coaching), experience of starting a team and playing at a good level all shone through. This is one of the most important things, especially in terms of the respect that is conferred on someone that has real knowledge of the sport, and the legitimacy that lends to the team leadership.

Lesson 8: you need determination and belief.

Thanks to this and the rest of our team's great contribution across the season, we managed to finish 11th in Mixed Tour and 3rd in London Summer League. Fairly respectable for a first season. So, Vili was right we could finish in the top 16.

Lesson 9: don't do it on your own and make sure roles are clear and not overlapping from the outset.

I don't think it would be easy for just one person to run a team as the Ultimate season never seems to stop, and we all need a breather sometimes. I think our partnership works because we are not trying to do the same thing. Vili deals with most on pitch matters and I deal with most of the administration.

Lesson 10: you need great support from everyone in the team

Finally and most importantly, everyone helped. From coaching assistance, kit design, website creation, wristband sourcing, baking, organising lifts, 2nd team management in Summer League and of course on field commitment. At the heart of all this is friendship and a passion for Ultimate.

Bruno Calver

How to give a good speech

Take inspiration from famous orators like Morgan Freeman. © Invictus

This year someone delegated to me the task of giving end-of-game speeches at a number of Tour events and Summer League games.

Not because I'm any good at it, but probably because I was an easy target, and nobody stepped up to rescue me. Which I can understand: most people don't enjoy making the end-of-game speeches. They can be awkward and full of clichés. They can come across as condescending, no matter how well you fumble with the phrasing of, 'you played very, very well, and the 15-1 score doesn't really reflect the game'. They can also sound identical to every end-of-game speech you've ever given, to the point where your teammates can recite them along with you.

I've had particularly bad experiences, including one at Mixed Tour where I jokingly (emphasis on jokingly) told one team that they had the worst spirit we'd ever encountered, and accused one of their players of punching one of ours in the face. So why did nobody else find it the most hilarious speech ever? (I'm still not sure. Maybe I got the delivery all wrong.)

I once devoted the entire speech at Brighton Beyond to praising the opposition for how involved and spirited they had been on the sidelines, and how we appreciated that they wouldn't stop cheering for one of our players who had a couple of pretty spectacular grabs. Later, I was taken aside by a teammate who pointed out the cheering on the sideline had been "groupies" of the player in question, coincidentally wearing the same-coloured kit as the team we'd just played. It better explained the human pyramid on the sidelines. And why everyone on the other team had blank looks on their face during my oration.



To be fair, I've had some good speeches as well. The best-received one, I still believe, was when I talked at Tour 2 and virtually ignored the outcome of the game in favour of wishing both teams a Happy 4th of July, and brought out Jell-O shots for everyone. In case you missed the explanation during my speech, yes of course there is alcohol in Jell-O shots.

Then I played in a tournament in the U.S., where nobody gives speeches. After the game you just line up, slap hands, and then run away to your side of the field to talk about how much you hate the other team and how much they're all bloody* cheaters.

I found it not only odd but disappointing – I like the concept of getting in a circle and reflecting on the game. It doesn't seem very spirited to skip it (assuming you have more than sixty seconds until your next game). But more importantly, end-of-game speeches are a sign of respect. Like, we're all Ultimate players, we all live in a world where 90% of people we encounter have no idea what Ultimate is – let's at least acknowledge our common ground by dedicating five minutes to chat about the game that just happened.

The ideal speech will inspire, entertain and provoke deep emotional feelings. If you're not quite comfortable beginning, 'Four score and seven on the line...' (or however the Gettysburg Address begins), there are still some

other points you can shoot for:

- Sincerity and complimenting the other team
- Include specifics, calling out various players who did amazing things
- Modesty about your team, especially if the score was a walkover
- Humour: bonus points if you can heckle a friend on another team or, even better, on your own

The end-of-game speech gives you a chance to recapture some of the great moments of the game, and to sort out any negative feelings from the contest. Ideally, the other team will walk away thinking that regardless of the outcome, they would quite enjoy playing against you again.

For the best talks, speech advisors will tell you to practice in front of the mirror and to use a PowerPoint presentation to summarise your key findings. I wholeheartedly advise against using either of these methods for Tour. Nevertheless, I have created an easy print-out template for anyone who feels they might be roped into giving speeches at Tour next season:

[*note: it's in the U.S., so you don't call them "bloody". But you can describe every call during the past game as BS.]

Mara Alperin

Check one or more of the following:
Cheers for the game, [team name]

You

- ☐ played very well.
- ☐ obviously tried very hard.
- ☐ kicked our asses.
- ☐ probably learned a lot from that.

We

- ☐ fought back.
- ☐ had lots of fun.
- ☐ wish we could have given you a better game.
- ☐ are not scared of your teammate with blood stains on his kit.

You had a

- ☐ zone
 - ☐ force
 - ☐ lefty hammer
 - ☐ hair cut
- that we have not seen before.

The score

- ☐ did ☐ did not reflect the game.

In the end, Ultimate

- ☐ was ☐ was not the true winner.

In conclusion,

- ☐ good luck in your next games.
- ☐ see you at the party.
- ☐ isn't it hilarious how every time we play you it's pouring rain.
- ☐ the next time we meet, one of us will die.

P.S. (where applicable) Just so you know, this is my first game

- ☐ ever.
- ☐ in the A tour.
- ☐ where I was allowed on the pitch.
- ☐ where I skied four players at the same time.
- ☐ where I pulled onto someone else's pitch. Twice.
- ☐ where I played against someone with the same nickname as me.
- ☐ where I played against an entire team who didn't understand the pick rule.

Life's a Beach

Ask people who have attended a few beach tournaments in their time and most of them will freely admit the beach is the place to retire. You would think that in this fast paced, intensive sport we all love, that the first thing to go after many years of playing will be your knees or ankles. On the beach, it's generally considered to be your liver.

Don't misunderstand this statement, there are many tournaments on the beach that have a serious and deeply competitive nature to them. Players go there to test themselves against people from other countries, train hard like any other tournament and achieve victories on a different surface, which can be a complete culture shock to all the muscles you didn't know you had.

Running on sand isn't exactly a stroll in the park - well not unless your local park is a beach! You get out on pitch for the first point of your first game and after a few minutes you realise this will be harder than you thought. Your feet sink into the sand on every step, so you adjust to take advantage of your thighs, changing your gait to something resembling a slightly inebriated gazelle. You do balance out eventually and make it to the zone to score that joyous first point.

Then you stagger off, and if the sun is beating down you will already be sweating like you've played an entire game. You grab the nearest bottle of now warm water and try to figure out how you'll get through the whole game with a smile on your face. Then something peculiar occurs...you realise you are already smiling and you know this is going to be the start of a great experience.

There are the serious Beach Ultimate events in the Ultimate calendar where you can see some of the best

players in the world getting together to do battle. It's always a great sight to watch any game but the finals here are often spectacular affairs. You've finished your games, there's a crowd of hundreds of like-minded people, the media abound and you can kick back, enjoy a few beers and appreciate how fit some individuals really are. To see them playing so well after so many days, sending discs left, right and centre, laying out nearly every other point ('cos laying out on sand doesn't hurt, right?!) and often in searing temperatures, is a sight to behold.

However beach tournaments can often change and present you with an entirely different scenario. When the weather turns that smile can be wiped right off your face and what was hard but satisfying, shifts into an endurance feat through gale force winds in the pissing rain. There is little respite off-pitch too. You try to find cover, but there isn't any. You want to sit down to stretch that stiff calf out but doing this will result in a cold, wet arse. What's the point anyway because with smaller four or five aside teams you know you'll be on again soon? So you put your little coat on, which you swore blind to yourself that you really didn't need to bring, and you get stiff, cold and wet.

When you do get back on, you find the sand has compacted, which has the benefit that you can run a bit more like on grass, but it's still a complex shifting playing field beneath you. You start to pull it together though and remind yourself 'Hey at least I'm on holiday', and you set your mental dial to win. You focus on the point and eventually again you make a great score...that smile is back...you are still bloody freezing on the sideline though!

Beach tournaments differ in size and

location and it's amazing now that if you had the cash and the time, you could play every month or more. That's how big it's become.

There's another aspect to playing on the beach however, and that's simply surviving the parties. The serious tournaments do have brilliant evening's entertainment and I have enjoyed many of them but in my heart I have to admit that the best parties in Beach Ultimate, or at least the craziest ones, are at Hat Tournaments. Hat Tournaments are the jewel in the crown of Beach Ultimate for any individuals that don't want to organise a team, have the cash for the flight and the time to kill. You will have an outstanding holiday meeting the most amazing people from all over the world.

You don't have to drink but I would be a blatant liar if I said a large amount of that doesn't go on. The difference is that places like Portugal, Mallorca, Italy, Gran Canaria, and the list goes on, all organise parties that just don't have any need to stop. It is a last person standing mentality. Yet you somehow manage to play more games in the heat the next day, still reeling from the night before, telling yourself 'never again in this heat am I drinking that much', whilst downing your third espresso and hauling your sorry ass over to the pitch.

But you don't know which pitch or when. Time disappears.

You don't need a watch 'cos the sun is the natural alarm clock to force you out of your tent or face being baked alive. Your new teammates you met the day before, all recognise you through bleary eyes and point to the pitch, hand you a Sangria and say, 'We're on in five'. It always works like that. No pressure, no stress, no complete recollection of the night

before but still a job to do as a team on pitch.

The sand is no less forgiving for your tender head, it has no sympathy for your choice of 'Just one more beer' at 4am, which resulted in you seeing the sunrise over the ocean with totally awesome and random people. So off you go and start running, throwing and catching with an energy you just didn't know you had.

The experience will deliver comedy, pathos, romance, missed flights, hangovers from hell and new friendships that will last a long time.

All good things must come to an end though, but if you are the type of player that loves the beach, it won't be long before you find yourself online looking for the next one. If it gets in your blood, you will have many years of great Ultimate, great stories and great memories. I have played on the sand for over a decade and I'm pretty close to being sure that the beach is the place to retire. So why not give it a go and worst comes to worst, you can tell yourself, 'Hey at least I'm on holiday'.

Oh, and you will still be smiling: there's just too much fun to be had.

Jaison Decicco.

Beach Ultimate Lovers Association (BULA): beachultimate.org

Team Hench v Man I Love Frisbee
Windfest © Andrew Moss 2010



Ultimate Peace

In July this year I attended a kids' summer camp where 120 teenage boys and girls were given the chance to discover the joys of Ultimate Frisbee for the first time. Unremarkable, you might be thinking. Unremarkable that is, until you learn that this camp was in Israel and almost half the children were Palestinian.

The camp was the second annual event organised by Ultimate Peace, a non-profit organisation formed two years ago by a group of American Ultimate devotees. Their aim is to harness the unique qualities of Ultimate to promote understanding and cooperation within communities where animosity is endemic.

Having lived and worked in the Palestinian territories, I know how tough a job they have on their hands. For more than sixty years violence has defined the relationship between Israelis and Palestinians. Today, millions of Palestinians live under Israel's oppressive military occupation. Mutual distrust and enmity is the inevitable and damaging result.

For Israelis, the prevailing perception of Palestinians is that of Islamist

extremists and suicide bombers, a lasting result of the tactics pursued by militant groups during the last Palestinian intifada (uprising). For the Palestinians, their only contact with Israelis is when they are confronted by soldiers who are raiding their homes or denying them passage at checkpoints – routine occurrences for those living under the occupation.

The founders of Ultimate Peace are fully aware of these depressing realities and, despite the lofty title, do not propose that any amount of Frisbee is going to change the politics that create the facts on the ground in this region. Success for them is measured instead by the number of collective shared experiences and individual friendships that are formed over the simple act of learning how to get a Frisbee from one end of a pitch to the other.

David Barkan, is one such founder, and he believes that Ultimate Peace can have a positive role to play in changing the perceptions and assumptions of the next generation of men and women in this region.

"Ultimate Peace is a big name to live up to. But the only promises we are making is that Frisbee is a fun sport



to play and everyone should have the chance to play it. We want the kids to be able to go back to their friends in their communities and say that they had the most fun playing Frisbee. We know that we can't affect the politics but we hope that to some degree we can affect the people. At the very least we are creating peace in the moment for a few kids who have lived their whole lives in conflict."

I must admit that I approached the camp with some scepticism. I tend to agree with those who question the integrity of events that bring together Palestinians and Israelis yet do not openly recognise the explicit discrimination of the occupation. Normalising relations between the two parties only serves to cover up the crimes that continue to be perpetrated by Israel in the West Bank and Gaza.

Despite my reservations, I couldn't help but be swept up by the enthusiasm of the camp's organisers. It seemed priggish in the extreme to remain dogmatic when surrounded by happy, smiling children playing together and clearly revelling in a sport that I hold so dear. This feeling was only enhanced when it became clear that by the third day the kids were picking up Frisbees in their free time rather than footballs and basketballs.

David Barkan has a wealth of experience, having coached Junior Ultimate for over 30 years. The large group of over forty other coaches at the camp weren't slouches either, some having come straight from World Clubs in Prague. As well as players from all over the US there were also coaches from within the children's communities.





In the months preceding the camp, UP volunteers had laid the groundwork by travelling around Israel and the West Bank introducing Ultimate to as many kids as they could find and, most importantly, engaging young community leaders and coaches. I was lucky enough to join in with some of these outreach sessions in Palestinian communities both in the West Bank and in Israel. The enthusiasm and ability of both boys and girls was a joy and seeing them apply what they had learnt in the end-of-camp tournament was an extremely rewarding experience.

All the coaches underwent three days of intensive training to prepare them for the camp and many have maintained an engagement with the sport through UP's mentoring programme. Throughout the autumn and winter, Ultimate players living in the area have been assisting local coaches to conduct regular training sessions within each community. It is hoped that such schemes will lend continuity to UP's overall programme leading to an even bigger camp next summer.

Back in the US, Ultimate Peace has partnered with Emerald City Ultimate in Seattle to roll out a pilot programme to provide fifteen free Ultimate clinics for under-served youth who do not have the opportunity to learn or play the game. Plans are already in place to host more regular camps in the Middle East and other regions.

From a realistic peace-building perspective, I remain sceptical towards ventures that ignore the inherent power imbalance between the Israeli and Palestinians and the latent discrimination not only against Palestinians in the West Bank but also against those resident in Israel. I think this only serves to undermine the integrity of efforts at reconciliation.

However, I cannot ignore the sheer positive feeling generated by the UP camp. The scenes on the final day as the kids departed and said their goodbyes were filled with a range of emotions; sadness because the camp had come to an end but joy at the friendships made and the good times shared.

It was during those moments that made me think that as long as the founders of Ultimate Peace continue to show the same levels of enthusiasm and commitment that were evident both preceding and during the camp then who knows? Maybe Frisbee can contribute in some small way to promoting a level of mutual understanding required to have peace one day. At the very least more kids are playing the sport that I love, which can only be a good thing.

To read more about the Ultimate Peace, their plans for next year and how to get involved, visit their website at www.ultimatepeace.org

Article and photos by Tom Palmer



World Under 23 Championships

This summer saw the inaugural World Under 23 Ultimate Championships take place in Florence, Italy – the first ever event of the Under 23 division, comprising fifteen Open teams, eight Women's teams and eight Mixed teams. GB Ultimate sent a team to all three divisions, comprised of sixty three talented young players and four members of the management staff.

The under 23 division was conceived to be a bridge between the Junior and Senior levels of play, and all three GB squads went to Tuscany to build on the successes at Junior level we have had for the last few years. And this was certainly accomplished! The mixed team demolished the rest of the competition; the open team came a very respectable 6th in a phenomenally tough division; and the women's team beat Canada to bring home bronze medal and, for the first time, place higher than a North American team.

The under 23 experience was an incredibly positive one in a number of ways, as well as just showcasing the talent we have brewing amongst our younger players. It combined the energy, potential and new ideas of the Juniors with the more advanced skills' set and greater athleticism of the Senior division squads. The squads also allowed their talented young players to step into bigger roles they don't always play on their respective club teams. Perhaps most importantly, it was a brilliant learning experience.

First and foremost, the quality of play was astounding. While it is true that all three divisions had notably weaker teams - the Open and Mixed squads earned some bagels between them in the pool stages - the step up from Junior level was enormous and every team was challenged and pushed to the limit. To earn their gold, the Mixed

squad had to beat the same Belgium team that had defeated them in their first game of the tournament (after some technicalities that any of the Mixed team will be able to explain to you). The Women's and Open teams also suffered close losses across the tournament to other medalling teams. Secondly, in terms of the improvement from Junior level, I was impressed by the how much more structure and fluidity the team had. At Junior level there can be a tendency for a few superstars to do most of the work on pitch, but across the under 23 teams there was a much more even distribution of talents, skills and physical abilities. Finally, the challenges of the tournament were not just limited to how well we played. Speaking on behalf of the Women's team, we all felt the emotional trials of close-fought, tough games and the bitterness of losing close matches, as well as the elation of winning them, such as in our final against the Canadians. One of our greatest challenges came in the last pool game against old rivals Colombia to earn a place in the semi-final. We were 5-1 ahead in what was already turning into an aggressive, physical game in which lots of calls had been made and both teams were testing how far they could push the other. Unexpectedly, the Colombian captain called a Spirit of the Game time-out. Surprised, we found ourselves circled up while our captains discussed the problem. This was a situation few Ultimate players find themselves in, and it was one in which we all felt gifted to have Jenna Thompson as one of our captains. She was able to bring her experience and calm head to the dialogue and restore some much-needed Spirit to both teams. This demand for a greater level of stoicism and professionalism, as well as the considerable amount of responsibility we were afforded as individuals, will have gone a long way

in preparing many of the players from all three teams for the senior levels.

The Under 23 division has attracted some criticism, most notably perhaps the perception that only former GB Juniors were selected or were significantly favoured during the trial process. Having gone through the full trial process, I can see how this may appear, but in answer to this I would defend the decisions of our coaches and managers because we were all very limited in time and resources in preparation for this tournament. A significant proportion of each team was also made up of players who did not have a Junior background. The run up to the tournament was about doing the best we could do in the time that was available to us. The coaches did an absolutely fantastic job of getting us ready for Florence, and I cannot thank Barry, James, Lindsey and Jools - who stepped in last minute to help the women's team - enough for their hard work and support. We owe our successes to their time and efforts. Hopefully, in the future, a longer and more open selection process may be run to ensure no hidden talents are missed, but for 2010 we were able to get three great squads together in a very short timeframe and push all three of them to success.

Overall, the Under 23 division has proved itself to be an important one for the continued development of both the sport and for the individuals who play it; especially those who miss out on the opportunity to play as a Junior, such as players who start Ultimate at university. It is also testament to how much budding talent lies in this age bracket in the UK. I am eagerly anticipating future Under 23 events. The next World Championships is scheduled to join the four-year cycle of the other major international events in 2014. In the meantime, I would be



very keen to see whether we can run a European version in the alternating two years between World events (2012). Increasing the frequency of these development events can only improve the quality of the players involved and maintain the link we are forging between our Junior and Senior divisions. This is an open call to anyone who is interested in making this happen. World Championships in 2010 happened largely because enough people campaigned for it. I see no reason why we cannot do the same again.

*Lauren Bryant
GB Women's U23 Captain.*



Priscille Lesne

Megan Hurst

Jeremy Codhand v Brighton
Mixed Tour 3 © Graham Bailey 2010
grahambaileyphotography.com

Freespeed v Chevron
EUCF © Dave Sanders 2010
ultimatephotos.org



Miki Martinec

Simon Dathan

Where did all the trolls go?

Mailing lists and the fairytale ending

Ultimate players are like sheep. Generally like sporty, lanky, slightly superior sheep, and like sheep, we are subject to whims, trends, and fancies, which are sometimes almost inexplicable.

Remember when visors were all the rage? It took time, but most of us realised that in visors we looked more "pub golf" than "disc golf". Remember when people used to rave about Gaia boots? Luckily their ramblings would be cut short by the sound of laughter when their boots broke two games into Winter League. Remember the flash in the pan that was long stripy multicoloured socks? The socks were longer than that trend, thankfully. Perhaps some of you even know someone who thought wearing fingerless gloves was acceptable, instead of realising it made them look like a very athletic tramp? [Editor's note - I had some of them! The shame...]

You may have discussed these and other trends with your team-mates over the years, but there's one thing Ultimate players do, which has changed massively in the eight years I've been playing, and has thus far has escaped scrutiny: email.

As a sport we're reliant on mailing lists. Telephone teams are so last millennium, and I doubt teams ever formed and organised themselves via post. What I find fascinating is how our communication via mailing lists has changed, and continues to change:

BritDisc was sold to me in 2003 as the source for disc-related cattiness and rants. My mentors were absolutely right. I soon dubbed it "BitchDisc", and got myself on the daily digest pretty soon after my first experiences of flaming and trolling. And yes, apparently flamers are different

from trolls. Things are generally quieter and more civil now, perhaps because of the rise of blogging. Blogs do seem to be better-suited to discussing "issues", leaving mailing lists for announcements, but even then I haven't read many comparably vitriolic blogs. Or maybe everyone, including myself, just grew up.

If BritDisc is the backbone of UK Ultimate, Yahoo!Groups are the rest of the skeleton upon which the flesh of our sport hangs. While Yahoo! appears to have put minimal effort into developing user interfaces, and have even withdrawn useful features like photo sharing, they remain ever popular with Ultimate players because they're so easy to set-up. It feels like there are millions of Frisbee Yahoo!Groups now. There's UniUltimate, SEUniultimate, Londonleague, Londonindoorleague, and the list continues for each region, the women's game, juniors, and each committee. I'm a member of fourteen Frisbee Yahoo!Groups and I'm not even that much of a Frisbee geek, or so I think. Does this reflect the growth of our sport? I'd like to think so, but several seem very quiet. In fact, some seem completely dead apart from the odd bit of spam, though most are probably collapsed teams. Growth in Ultimate would at first glance require more communication, but I'd guess that less is actually being said on all lists, collectively and individually. Could it be that with so many various lists, people can't be bothered to subscribe to all the lists that may be of interest to them? Or maybe there are more people on each of these lists, which means that banter, jokes, heckling, and worse, are less appropriate and less likely to be sent? I'm sure there's a PhD in there somewhere for someone reading this...

Sign-offs are ever changing. Among the few clubs I've been involved with, in the past few years, I've seen a rise in the number of affectionate sign-offs e.g. 'love to all', 'manly love', and lots of 'x' followed by a first initial. I'd say there's been a decline in the caveat sign-off i.e. 'my thoughts, not my team's'. This has been counter-balanced by the annoying, and rather sinister anonymous sign-off. Emails sent from the likes of 'Peckham Ultimate committee', or 'Edmonton Ultimate', with no name attached look daft, and can raise suspicions, not just because Edmonton is dodgy and has no Ultimate at all. It looks as if someone is hiding, and when things appear to go awry (I'm thinking of footage from the Rylands showing professional-faults, or last-minute changes to Open Tour 2 this year) there's an almighty and disproportionate hullabloo.

Just like an X-factor contestant's voice processed through an autotune, the general tone on mailing lists has improved markedly. I haven't seen an expletive on BritDisc in months. In fact, I can't even remember the last expletive I read on a mailing list at all. It seems the drive to improve the 'professionalism' and presentability of Ultimate may indirectly have extinguished the worst of the tensions which used to rage. The e-volleys fired across the country between Jamie Cross, Aussie Jedi, Jon, and others, seem a long time ago now. I think there's a recognition and more complete understanding that all the organisers we rely on are volunteers, and all the players do it for camaraderie and love of the game. As a result, feedback and comments are less aggressive, and sometimes even followed by realistic suggestions.

Apart from the usual content of UKUA committee notices, tournament details, and team announcements, BritDisc covers other disc sports and a bit of Ultimate history too. I wouldn't know about Goaltimate (so 2008/9?), Frocky (so 2006?), and Frolleyball (so never?), without them. Non-ultimate posts never seemed to be a problem on BritDisc, but messages about flatmates and selling stuff are a permanent and infrequent feature of many Yahoo!Groups. BritDisc is a great place for the trickier rules queries, and it's great to see that queries about actual disputed match incidents are now presented with a thick layer of third-personal hypothetical varnish. Another thing we see much less of are unsubscribe requests, on BritDisc and non-student club mailing lists at least, but they are a perennial feature of student club mailing lists. I'm not sure if I'm making this next bit up, but I'd like to think that in recent years, we've seen fewer "me too" emails on BritDisc, on top of fewer emails about "geo" teams and the disadvantages of the Tour structure.

By Emmanuel Bennett

WUCC Photos © Tom Styles 2010
tom-styles.co.uk

A Typical Troll

© Jean-Baptiste Monge 2010
jbmonge.com



With BritDisc and the Londonleague Yahoo!Group, there are six incidents, which I can remember off the top of my head, which bring a wistful, slightly nostalgic smile to my face, for I fear that they may not be repeated:

- The worst way to pull out of a tournament, ever. (Londonleague – fake spam dropout)
- Contender for the angriest, but still quite amusing if you weren't involved, email, ever. (Adam Batchelor TD fees response)
- The biggest misunderstanding on BritDisc (the Rylands – spilled onto Eurodisc)
- The noisiest team in UKUltimate? (Fully Charged)
- BritDisc's funniest moment, for me at least. (Finnish dancing putdown)
- The most shameful Ultimate behaviour recorded on BritDisc (GB sandsocks being nicked)

Thankfully, as the novelty of email has worn-off, and the stories of how emails 'go bad' pile-up, as a community we've got better at communicating electronically. Though I have no qualifications to support the following statements, here's my list of top mailing list lessons if you're ever lost, stuck, or emotional, with your email open:

- Think before you type. Emotional emails are rarely fair emails.
- Mailing lists have many subscribers, most of whom you won't know. Adjust tone, content, and humour, accordingly.
- People can't be bothered to read long badly-structured emails
- Check your spelling. Almost every email service and programme has spell-check, so why not use it?



The Development of University Ultimate

In the last few years, the landscape of university Ultimate has altered radically. I recently graduated from the University of Sheffield, and during my four years the standard of teams has improved, the number of teams and players has increased hugely and more and more Universities are receiving more funding. There have been several factors at play – players becoming more involved with Open teams, the influx of talented juniors, the growing profile of Ultimate – but perhaps the biggest factor in this change has been the involvement of British University and Colleges Sport (BUCS).

BUCS involvement

BUCS was launched in October 2008 following a merger between University College Sport (UCS) and British Universities Sports Association (BUSA). Ultimate had previously been a BUSA sport, having been introduced to the program following work by Ed Blockley from Exeter University. For the 2008-09 season, it became a BUCS sport.

'When we looked at bringing in Ultimate, we assessed it using our criteria,' said BUCS Head of Sports Programmes Mark Brian. 'One of those was a recognised governing body. We weren't sure that Ultimate had that at the time. However, a lot of our member Universities were already playing it, and there was a huge demand for it to be recognised. Because of that demand, we overlooked the criterion.'

The involvement with BUCS gave Ultimate a stronger position with Student and Athletic Unions with regard to funding. 'Due to the way many union constitutions are written, Ultimate had to rely on self-funding before recognition,' explained Mark. 'We wanted to make sure the structures were already in place for the sport to develop,' he continued. 'The hope was that recognition would provide a more solid base for the sport itself to attract more people in Universities, and that Athletic Unions would take it more seriously and give it more funding.'

That extra funding has allowed clubs to grow; there is more money for coaching, better training facilities and tournament fees. As a result, there are not only more clubs and teams, but more people playing the sport at University.

'For the past couple of years I've been estimating we have around 80 active teams in the University division,' said Edd Carmichael, the UK Ultimate University Co-Ordinator. 'However, this year, between Mixed and Open Indoor Regionals we had 120 squads from 61 institutes. There will be a few more teams who haven't entered anything yet, but it turns out my estimate was some way off!'

Much of this growth has come in the last few years, since the association with BUCS came about. 'I think Ultimate has flourished as a BUCS sport,' Mark commented. 'Partly, that's due to the recognition from BUCS, but I think the job that Si Hill and the rest of the Ultimate community do promoting the sport has a lot to do with it as well.'

One of the most notable changes since the integration with BUCS is the inclusion of Ultimate – specifically the Open Outdoor National Finals – in the BUCS Championships. The Championships, held in Sheffield, feature the finals of around 20 sports. It is the main BUCS event all year and receives a lot of exposure – Sky Sports have announced that they will show a BUCS Championships highlights show over Easter.

In 2008-09, Edinburgh Ro Sham Bo triumphed Indoors, defeating Cardiff No Frills in the final. Outdoors, Warwick Bears displayed complete dominance over the rest of the field, thumping Portsmouth Sublime 15-1 in the national final.

In the 2009-10 season, Sublime came back from that heavy defeat to win both the Open Indoor and Outdoor titles, defeating Manchester Halcyon and Ro Sham Bo respectively. They completed an undefeated season, winning every game in both Regional and National championships.





Tyler Kinley

Matthew Rebholz



Thundering Herd
Mixed Tour © Gemma Sarjeant 2010

Sockeye v Ironside
WUCC © Dave Sanders 2010
ultimatephotos.org

If two players catch the disc at the same time, the offence keep the disc (which probably happened here). However you can see in the photo that in this case the defence actually got the disc first. In the end, Sockeye won the game, proving once again that the disc never lies.

While BUCS take the lead with the organisation of the Outdoor championships, the Indoor championships are organised solely by the UKU.

'There was a lot of student demand to get Ultimate involved with the rest of the sports that are under the BUCS banner,' revealed Mark. 'We had an ideal facility in Mount St. Mary's, so it was a great opportunity to get Ultimate integrated. In terms of indoors, that's entirely down to Si Hill and his team.'

The role of open teams

BUCS membership is not the only factor in driving University Ultimate forward. Another massive factor in the improving quality of play is the active involvement from many players in Open teams.

'On the Warwick team that won Open Outdoor Nationals [in 2008-09] a lot of us were also regularly training

with EMO,' Edd agreed. 'It was a monumental help towards developing our tactics and fluency with each other.'

Ian Popplestone, the captain of Sublime for 2009-10, also agreed; most of the winning Sublime squad were involved with Fully Charged. 'The older members of Fully Charged have shared their experience and knowledge of the game to make the Sublime trainings more structured and relevant, helping no end with development of existing team players alongside training up freshers,' he explained. 'On top of that, a lot of the Sublime players are in the Fully Charged squad, giving us the opportunity to consistently play against tough opposition in the core of A Tour,' he went on. 'I'd urge all universities to encourage their players to join teams on the Tour circuit, it's comfortably the best way for any new or existing University players to develop.'

The future of university ultimate

University Ultimate is developing at a fast pace. This article has dealt only with the Open division of University Ultimate, as this is currently the only division recognised by BUCS. This could change in the future, with the Mixed and Womens' divisions also undergoing huge changes in quality and participation.

It is an indication of the improving standards that the best University teams are comparable to some of the top Open teams, and that the most talented University players can quickly assert themselves in Open events. 'I'm confident [the Warwick Bears team that dominated in 2008-09] would do pretty well in the Tour. Maybe somewhere in the top eight,' Edd remarked.

The three most successful teams of the BUCS era – Edinburgh Ro Sham Bo, Portsmouth Sublime and Warwick Bears – are good examples of just

how talented the University division is. Those teams featured players who have since represented GB at U23 level, have been selected for National Open teams and a large amount now play for top teams, including several who went to WUCC 2010 as members of the best teams in Britain. Dave Tyler, captain of the 2008-09 Warwick Bears, was even named MVP of Tour 3 for Clapham.

BUCS has played a large part in the progression of University Ultimate, and with the relationship between BUCS and Ultimate seeming to benefit both sides, it should continue to play that part for years to come. 'I think that it's quite refreshing,' Mark finished, 'and seems to me that it's a very suitable sport for students.'

Sean Colfer

Mixed Worlds with BAF

So, the end of another great season of Ultimate. As I think back over the last few months of competition I wonder whether my decision to offer to write a piece for Ultimatum was a good one? Right now, I'm undecided...

Looking back at the 2010 season you can't help but think that the highlight for many will be The World Ultimate Club Championships held in the beautiful city of Prague in early July.

WUCC 2010 was my first Worlds but, based on my experience in Prague, I sincerely hope it won't be my last. The size of this tournament was unprecedented: 136 teams across 4 divisions; 3000 players from 37 different countries and more staff than you can imagine – the biggest event in WFDF's history. In fact, if I'm honest, it might even have been too big. Finding a venue to accommodate this number of players and provide enough fields to fit in the tournament's 680 games was nigh on impossible and as a result the tourney was split across two sites – Strahov and Vrsovice, both offering pitches and accommodation. The two sites, on opposite sides of the city, were about a twenty minute bus ride apart so the schedule pretty much decided at which site you spent each day at, as transitioning between the sites was something of a mission. Despite the busses laid on by the organisers and the scheduling of show games at both sites I kind felt that I was always missing out on something and that the experience that the event offered to players was compromised.

The logistics of the split venue aside, one thing I can honestly say about this tourney is that some of the pitches we got to play on were of the most amazing quality and in the most unique locations – seeing eight full size Ultimate fields inside a 220,000 capacity stadium with your team's name on the giant electronic

scoreboard is certainly different to playing in Mansfield! And as for the quality of the grass, wow! You wonder how the grounds staff managed to keep the fields in such pristine condition in the near 40°C heat but following the immense storm on Wednesday afternoon it became apparent as to how the fields were so perfect – play was suspended for the rest of the day with the cancelled games being made up the following day in reduced time slots. I have to say that, from my perspective, the TDs did a grand job of getting things sorted but I suspect that others may disagree as the shortening of games and the use of results of games that were abandoned half way through definitely shafted some teams.

Despite the spread-out nature of the tournament I found that there was a real international feeling to it all. We had players from all over the world staying in the same hotel as ourselves so there was ample opportunity to chat with people from other countries.

We were also lucky enough to play teams from a whole host of countries: from Singapore's Sin City to RIP from Canada; Mexico's Ahu Ik to Grand Master Flash from Poland; Slovenia's Frizmi to GHD from Belarus. All of whom were keen to trade the Union Flag adorned wristbands we were given as part of the player pack with ones featuring the flag of their own country – souvenirs that have been seen gracing tournaments all over the UK in the months since worlds!

Our hotel was, I have to say, pretty special. The Iris Hotel, one of the accommodation options organised through the tournament was situated inside Slavia Prague's 21,000 all seater stadium! A few people were lucky enough to have rooms with window's overlooking the pitch. What a shame it was the off-season!



So what memories will I take away from this tournament? My on pitch highlight was going 1-0 up against Axis of C'Ville (the tournament's number one seed) having started on defence. In hindsight, I wish we'd

called a timeout and had a team photo taken by the scoreboard! The call following our win over Ahu Ik from Mexico also comes to mind – it went something like this: "here's a bottle of our country's finest tequila - you have

two minutes"! Needless to say, we did our country proud!

On the flip side two sudden death losses sucked! Especially a very lengthy final point against French side Ah Oh Puc which turned out to be the most important point we conceded all week. It put us out of the top twenty eight teams and a shot at 21st place. That said, this was the only gripe I could have about the Spirit as on the whole it was excellent.

Trading night was, in a word, just mad! A short ride on the tournament organised tram took us to The Manes Gallery in the centre of Prague where, once through the door, we were met with a mass of activity – with shirts from all four corners of the globe being swapped, sublimated shirts being the most prized trades.

And then there was the party! For most teams at the tournament, Friday night was a time when the on pitch work was done. Only the finalists still had a game to play so

it was time to let your hair down! Set on the banks of the River Vltava in an amazing open-air venue this party was just huge! With transport laid on by the tournament organisers, live music and the option to extend your partying to organised party boats cruising up and down the river, this is one party that won't be forgotten in a hurry. Unless of course you took advantage of the fabulous Czech beer (which, in most cases, was a given!) – that did a pretty good job at wiping parts of the memory.

Finals' day was fantastic – sitting in the stadium in glorious weather watching Ultimate of the highest quality with a beer in the hand! I have to say that the Women's final was just awesome – one of the most exciting and dramatic games I've ever seen.



Iain Thackrah

Sion Thaysen



Ali Smith

Japan's UNO, clearly the favourite in the eyes of the crowd, taking it to sudden death against America's Fury who were looking to collect the only trophy missing in their cabinet and stop what would turn out to be a clean sweep with US taking the title of World Club Champions in every division – Revolver in Open; Troubled Past in Masters'; The Chad Larson Experience in Mixed and Fury in Women's.

Indeed the American's dominance of this tourney was borne out by some staggering statistics – four out of the top five teams in open, three out of the top four in Mixed and Women's and two of the top three teams in the

Masters' division were from The US!!

UK clubs will, no doubt, look back on the tourney and think of what could have been – only one club, Clapham, managed to break the top twelve of any division. Jeremy Codhand should surely feel the most hard done by, missing out on a quarter-final by just two points then, just to rub salt in the wounds, they had to watch a team that they beat during power pool play finish with a silver medal!

All in all, I can describe my experience of WUCC 2010 as one of enjoyable, hard fought, well-spirited Ultimate in fantastic weather. Despite the spread out nature of the tourney and lack of

intimacy I think the TDs should be proud of a well run and successful tournament on a scale never before seen in our sport.

So, I return to the question I asked right at the beginning of this article: was offering to write a piece for Ultimatum a good one? I'll let you decide.

Jim Hancox

BAF v Crown Jewels Nationals
© Simon Crisp 2010
photoboxgallery/ultimate

Jeremy Codhand v Brighton
Mixed Tour 3 © Graham Bailey 2010
grahambaileyphotography.com

LLL

LLL Women Take on the World in 2010

2010 certainly felt like a landmark year for the LLL. As runners up in the 2009 domestic season we had qualified for a spot at WUCC 2010, something we'd never done before. Given that there are so few opportunities to both play teams from outside Europe and to play in a week long tournament, the team was keen to make the most of this chance, and whilst domestic events were still an important part of our season, there was no doubt that our primary aim for 2010 was to play to our potential in Prague.

With that in mind we spent the winter considering what we could do best prepare us for the challenges we would face in Prague. We've certainly benefited from the competition on Tour since it started in 2004. In recent years we've also benefitted hugely from competing in the now established EUCF and we've regularly sought competition in Europe to raise the standard of our game. However, the majority of our players had not, before this year, ever played a team from outside Europe and so the obvious next step was to look for competition further afield and this led us to play the Boston Invite in June

There is no doubting that the general level of competition available in the USA and Canada is way above that in the UK and Europe, largely as a result of the far greater numbers of players and established teams. For those people that have never experienced playing against North American teams, it's easy to imagine American players are all super beings that never make a mistake and who lay out over your head constantly which is a pretty daunting thought. Boston Invite gave us the chance to play against some top USA and Canadian sides, several of whom would be in Prague, but without the pressure of doing it for the first



Jenna Thomson

time in a major tournament.

In an incredible show of team commitment, twenty one players managed to commit to the Boston tournament. We played seven games over the course of the weekend, winning one and competing well in all bar one of the remaining six. Whilst we undoubtedly came up against some very talented individuals, I think everyone of our players realised that we were certainly capable of competing at this level and that the real difference between winning and losing was a lot to do with being used to playing consistently close and tough games and having the mental strength to push all the way to the end. Going to the USA, the home of Ultimate, as a club team was an incredible experience and Boston gave all of us a massive boost ahead of Prague.

Our week in Prague was a roller coaster as week-long tournaments

tend to be. Our first pool had an air of familiarity about it with two of our well known European rivals Copenhagen and Jinx and Showdown from Texas whom we had played in Boston. Showdown dominated the group and the European teams all beat each other to result in a three-way tie. Of the group of four, three were to go through to the top pool with the fourth team dropping out of the top half. After our loss to Jinx we were pretty nervous that we may have missed out on the opportunity to go through to the top half but as it turned out we went through in third by virtue of having a one point better goal difference than Copenhagen. That really put into perspective the value of every single goal when playing in a pool format.

After that scare it felt like we'd almost been given a second chance and we never looked back. We started the second pool by going six up against the Aussie top seeds Wildcard and ended up winning that game

comfortably, although, the game was cut a bit short by the arrival of a stupendous thunderstorm. That was followed by an exhilarating sudden death win against Zephyr from Canada in a game in which we'd been behind all the way. With our confidence on a high we followed that up with an absolutely brilliant game against Brute Squad, the 2009 UPA runners up from Boston. In my mind this game truly demonstrated how far LLL has come since our creation in 2003. The game was high quality, exciting and played in a tremendously competitive spirit. We ended up losing 11-15 but I think we made a few teams sit up and take notice.

We lost our pre-quarter to the top Canadian team Lotus but again played well and gave a top team a real fright. We ended the tournament 14th which we felt was hugely respectable given the fantastic strength and depth in this thirty two team division. Most importantly we felt we'd taken on some of the world's best and been able to play some of the highest quality Ultimate of our lives. At the end of the week it was a pleasure to sit down and watch an exciting final between two fully committed women's teams, UNO of Japan and Fury of the USA, which went down to sudden death and to know that we'd played our part in an excellent Women's division.

Having WUCC so early in the season made it very strange to have to come home and play out the rest of the domestic season. We won Tour 3 the week following worlds but Icen had already tied up the Tour with hard fought wins against us at Tours 1 & 2 pre-Worlds. There was a bit of break before Nationals and we re-grouped once more for a tilt at a title that has so far eluded us. Despite having won Tour events over the last four years, LLL had never won Nationals

Hot Beaches v Leeds EUCF © Dave Sanders
Iceni v Leeds Nationals © Graham Bailey

despite being in the last three finals, all of them against Iceni. As I'm sure most sports people know, winning is a habit and it's very hard sometimes to overcome teams who do it regularly.

I think it's fair to say both us and Iceni had a smooth run to the final and with three quarters of the game gone it was looking like the same old story with Iceni having got up at half time and holding a three point lead at 10-13. So, this was the time to put into action lessons learned from previous disappointments and, realising that if we didn't change something we were going to be the bridesmaids once again. We called a time out and decided to change up the defence and put on a junk. This meant the Iceni offence had to re-think at a late stage in the game and the momentum swung our way resulting in a sudden death win for LLL. I'm sure for anyone, winning Nationals is special, but for us all the losses made the win extra special as did the new Nationals medals which will provide us all with a well earned memento of the day.

The season ended in Barcelona with a narrow defeat in the EUCF final and another medal for the collection. We'd travelled c.11,356 miles (figures based on travelling from Leeds to all tournaments), spent more money than I'd care to estimate and played seven tournaments in five countries winning 25 games and losing 18. As a member of the team that's been there since the beginning, it's incredible to think how far we've come as a team since 2003, when we only had one tournament to play in and couldn't get enough people for a decent practice, to 2010 when we are UK National Champions, ranked 2nd in Europe and 14th in the whole wide world.

Sally Fraser-Shortridge



Sophie Watson



Lianne Elsdon

Angela Caulfield

Linz Wilkinson

Phoebe Langan

Felicity Perry

Jenna Thomson

Francesca Tyler

Kenny

Fiona Anderson

Helen Bowker

The Durham Hat

The Durham Hat is an annual tournament run by DUF (Durham Ultimate Frisbee). Like all hat tournaments rather than entering as a team you enter as an individual and the tournament directors put you in a team with whom you'll play for the weekend. The Durham Hat has expanded from a 16-team tournament in 2008 to a 20-team one last year and again to a 24-team tournament this year. Whilst enlarging the tournament we have endeavoured to make it better in many respects.

In my opinion, great progress was made in making the teams as equal as possible, meaning most matches were closely fought and enjoyable affairs. Every team won at least one match and no team went through the weekend undefeated. I believe a lot of our success in creating more equal teams was down to the reinvention of our rating system.

Before we can build teams we ask players to rate their ability. In previous years we have asked players to rate themselves based on experience, such as beginner, novice, experienced etc. However, from analysing how teams performed and talking to players we decided that these player ratings could be misleading. A player who had played a long time but wasn't the most talented could legitimately rate themselves too high and be a burden to their team. More commonly a player who had taken up the game in the previous 12 months would rate themselves too low even if they were very talented and had competed at national tournaments, giving their team an advantage.

In an attempt to solve these problems we created a new player rating system which made it both more obvious how players should rate themselves (I hope) and easier to create teams of



Duffa Hat © Andrew Moss

equal skill:

Handling and Cutting (two separate ratings)

1. No experience.
2. Little experience / average college standard.
3. University training / good college standard.
4. University Regionals / fun tournament standard.
5. B or C Tour / University Nationals / bottom half of Women's Tour standard.
6. A Tour / top half of Women's Tour standard.

n.b. college refers to the Durham University inter-collegiate league.

Importantly it was stressed that players should not rate themselves according to whether they had played at that level (i.e. their experience),

but rather the level at which they felt comfortable playing (i.e. their standard of play).

The second big difference was the implementation of two ratings, a handler rating and a cutter rating, instead of one overall rating. The division of the ratings was an attempt to solve the problem in the old system where a team with a high-rated cutter struggled for handling skills. It made it much easier to ensure that there were at least two players who considered their handling skills superior to their cutting skills on each team.

The system is far from perfect. It only takes into account a player's offensive ability, not their defensive ability. Nor does it account for a player's fitness — something that the DUFFA Hat rating system is using this year. A final

factor that has been suggested for consideration is how hard a player will party on the Saturday night. Several serial Hat attendees have proved time and again that their play on the Sunday is impaired due to the effects of the previous night!

Even in a Hat tournament though, a team is more than the sum of its parts. It is impossible to know how players will mould themselves together to form a team. Our goal is to balance the skills of the individuals within each team so that the teams that gel together the best will triumph rather than relying upon the strengths of a couple of individuals. Flawed as the new rating system may be, it proved to be a positive step towards this particular goal of the Durham Hat.

Tim Sanders

Player Interview: Isi Burke

How does it feel to be the only girl in the A Tour?

Pretty cool! I really love the spirit that our boys have down here in the southwest - 'Heart and Legs'.

As the only girl in the A tour, you've taken over the mantle previously held by Tara Jewell. Do you see her as a role model?

Yes I do - I remember Sue Pioli and Lucy telling me to watch out for her. Tara Jewell did it first, our paths never crossed in Open Tour but I did play mixed with her at Euros 2007 and I think she is a different sort of player to me. I think that the level of competition at the top of the Tour is higher now. Due to the number of fantastic junior players coming through, the top ten teams have grown strong enough to really challenge those top spots on their day.

Do you know of any other girls that play in the Open Tour?

There are other girls that play on Open Tour, I don't know who and I am not sure if there is anyone else at the moment in A tour, but some can found playing in B and C tour with their local teams. But I imagine this will become rarer as the number of people playing Ultimate increases and teams differentiate more, striving towards higher quality Ultimate in Women's, Mixed and Open divisions.

What position do you like to play?

I am in a kind of privileged position as a lady, because I was one of the original Air Badgers which left a legacy at St Peters school, in Exeter. Many of Devon's talented juniors are current or former Air Badgers. Through University Ultimate I also share history with the Plymouth and Cardiff lot, so the boys welcomed me to play on the team.

Many players I have shared the pitch with would describe my playing position as 'doing whatever I want'. I disagree - it may appear like this, but I think I am a safety, try to figure out the job that is not being done at any one point time and fill it or get free if I can. In Open, this has been predominantly a badger handling and thinking position, but we run pretty organic so I am expected and licensed to do anything required and I really enjoy playing defence.

Do you feel that guys on other teams respect you properly, and if not, do you take advantage of this?

I do realise my weaknesses. I am 'a female on the line' and this can lead to instant dismissal in skill level by men. Due to the ability to locate girls easily, teams would often see me as a potential mismatch through which to run plays. But we recognised this quickly and being able to predict this, often put us in a stronger position. The height and presence issue - isn't really an issue as I am not the smallest, shortest, slowest or stupidest player on tour and I just adapt, learn and do the best I can against any given mark as any player does. Yes, in general, the guys respect me.

Why do you choose not to play in the Women's division?

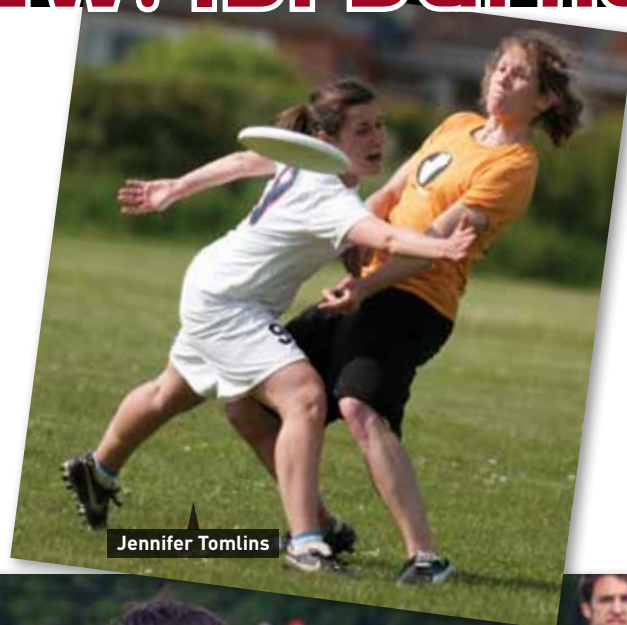
The reason I chose not to play in the Women's division is simply an issue of game pace. I enjoy the intensity and speed that is not found as consistently in the Women's game. It can also be daunting, if you are not really feeling up to it - no guy is going to throw you a rope - there is always someone behind you trying to get there first!

Questions by Jack Goodlen

Flump v Jeremy Codhand Mixed Tour 3

© Graham Bailey 2010 grahambaileyphotography.com

Devon v Team Shark Tour 1 © Dave Sanders 2010 ultimatephotos.org



Jennifer Tomlins



Adam Harras

Isi Burke

Lookfly



Alex Morel

Lookfly owner Steve Giguere talks about his ethical policies, how his company has grown, their involvement with the UKU and the increasing number of teams with foreign-made kit.

Why did you start Lookfly?

I moved to the UK in 1999, and by 2001 I was playing avidly in Nottingham. I was at a loss to find some uniforms. Football kit was poor and ordering from overseas was difficult. Only teams like Clapham and BAF were wearing real kit. Originally, it was finding a solution to the problem. It quickly spread to fixing other people's similar problems and suddenly it was a business.

Did you have any experience of manufacturing or textiles before you started the company?

None. I came in completely uninitiated and got taken advantage of repeatedly.

Why was that?

The textiles industry is incredibly secretive. Nobody shares information

about anything, a product of the rapid decline of the industry over the past twenty years. Sweatshop manufacturing in the Far East has decimated what was one of Britain's core industries, so the remaining industry is cautious. After almost ten years though we've made a lot of connections. Our fabric is made in Nottingham, our sewing is done in Mansfield, our printing in Arnold and our HQ is in Ilkeston. I can say now that our manufacturing chain is a group of friends.

How has the company grown since you started?

Originally I was running the company alongside my 'real' job as a systems engineer for Motorola. My partner Allison joined when I couldn't do both jobs; she took over running it during the day for me. It took five years after that before I could quit my 'real' job and run Lookfly full time as my only job.

How many teams did you start providing kit for, and how many do you provide kit to now?



Sebastian Sporrang

Richard Harris

In our first year I think we did about fifteen. So far this year we've probably done kit for about a hundred and fifty teams - that's a guess, but in my head it feels about right.

As well as club and university teams, you provide kit for the GB program. How did you get involved with that?

Getting involved with GB Ultimate was a no-brainer. Credit should go to the UKU for making improvements in the past few years that really allowed us to engage in open conversation about ideas and projects we can be involved with.

How involved do you feel with the whole UK scene? You sponsored Nationals this year as well as your involvement with the GB program, do you feel you play an important role?

I think we are more involved in the UK scene than we shout about. We're trying to change that and make people more aware of the contributions we make. As far as sponsorship goes, the biggest part we play with GB or Nationals is providing services in a way that is easy to work with so that

the organisers can concentrate on making things happen. I wouldn't say we play a big part but we do an essential job and we think we do it well.

Why did you get involved with the program? Do you feel it helps the company?

In terms of brand recognition and advertising it's a double happiness sort of thing. Of course it feels great to help GB and get involved with the UKU but I'd be lying if there wasn't obvious branding and exposure that we can benefit from.

How successful has Lookfly been?

That depends on how to define success I think. When I look at how far Lookfly has come it feels like a massive success! It feels like we've done a lot with very little. We don't have a North American player base which has meant that every move we make has equal potential to build us up or knock us down. To have gotten this far without making a business ending blunder feels good.

Has it been worth the time and effort?

If I'd just stayed in the career I had as a systems engineer I'd have a ton more money and a better standard of living, but I'd be bored. Now, life is never boring. It goes from the crisis of our fabric mill going out of business last year to the joy of seeing Chevron wear our first full sublimation technical shirt. I get to meet so many people throughout the World and deal with so many new challenges on a daily basis. The rewards are more personal than financial. Don't get me wrong though, I'd love for it to be a bit more financial too!

Is it a particularly profitable business?

I wouldn't call it profitable, but it gets us by. The UK market is just barely big enough to support the company, and it isn't helped by our outlook on manufacturing.

What is that outlook on manufacturing?

We try and set an example of how it can be done cleanly. If we can keep the manufacturing in the UK in future and keep supporting a local work force, then we will. It's a green solution using a local and ethical work force – we've even started using recycled PET polyester for our garments.

That seems like a commendable approach, but surely it means profit margins are much smaller?

Definitely. There's a reason that big companies exploit developing nations in the East for labour and use cheap materials. Profits are much bigger. Still, we stand by our methods. I feel that with the current eco/ethical-boom other companies will be pressured to follow our lead in the near future.

As the UK market is so small, how do you feel about teams ordering kit from providers such as Five, GAIA and Patagonia?



In a word, it's frustrating. With such a small UK scene it's difficult to see companies who don't really give anything back to it getting so much attention. For me, the decision of going just down the road to get some great gear seems like an easy one compared to dealing with problems like time-zone differences, import duty and VAT charges. Then you have the often-overlooked question of 'what if it arrives and it's wrong?' On the other hand, I understand the desire to try something new and the power of marketing. Without even trying, the USA Ultimate scene has a powerful effect on the rest of the Ultimate world. Still, understand it or not, it's frustrating.

Finally, what advice would you give someone looking to start their own business?

The first difficulty is finding a gap in the market and knowing you either have the skills or ideas that can fill it. Second, you need the money to start it all up. Third, you have to market yourself. If you've got all these things together there are places that have a ton of business start-up information. Lastly, prepare to throw away the notion of normal working hours. Being self-employed means being the Director, Marketing Department, Accountant, Sales Team and Receptionist all at the same time. Still, the rewards of being your own

boss outweigh all of that.

Thanks for your time, Steve.

Interview by Sean Colfer.

Dirty Olive Tour 3 © Andrew Moss 2010

Skogs v Clapham EUCC
© Dave Sanders 2010
ultimatephotos.org

Buzz Bullets v Silence WUCC
© Dave Sanders 2010
ultimatephotos.org

Death or Glory



It all happened so fast, as it often tends to. Fired up in the heat of the moment, totally focused on the game, I planted my foot down hard with my body twisted at a funny angle. My knee bowed inwards and there was a sickening, tearing sound as my ACL ripped down the middle. I hit the ground hard. There was a blissful nanosecond of calm before the pain came in pulsating waves through my whole body. As I lay there clutching my ballooning knee, my misery was compounded by that which you don't want to admit to yourself: this is serious.

I never used to be injury prone; quite the opposite in fact. As a kid I would climb up and fall down from (what seemed like) lofty trees and walk away with a mere scratch. As a teenager I would attempt bicycle kicks and diving headers on the football pitch and never come to harm. And during my twenties, I played Ultimate and would throw my body after any disc that had not yet hit the ground (and some that had already, after a cider too many at Glasto).

Now, as I approach 30, I can supplement my wreck of a knee with

two dislocated shoulders, numerous twisted ankles, a chronic foot problem called plantar fasciitis and, most comedy of all, a broken nose. The latter was sustained bouncing on a trampoline with a load of kids. Their joy turned to horror when, due to an attempted somersault gone wrong, my own knee smashed my nose across my face. Cue a lot of blood (me) and tears (me and the kids). Like I said, I never used to be accident prone, but now my mates are calling me Darren (Anderton) and the hospital receptionist knows my name.

In recent months, as I sit watching from the sidelines, I have been contemplating the reasons that injuries occur and whether I really am worthy of the "sicknote" title that has been bestowed upon me. The fact that Ultimate is non-contact means it's rarely down to your fellow competitors that injuries occur. I also dabble in a spot of Sunday League football – which is an entirely different beast. After an opposition centre back slammed his knee into the fleshy part of my thigh once, he then bent down to presumably apologise: 'Are you alright sweetie?' he whispered in my

ear before trotting off to plan his next assault. At least we don't have to deal with that kind of behaviour.

So what else could it be? One possibility is laziness. We all know we're supposed to warm up and warm down properly, but how many of us do this religiously, thoroughly and regularly? The same goes for physiotherapy exercises following recovery from a serious injury – anyone who has been through this will tell you how difficult it is to motivate yourself to complete the full programme.

Debate has been had before, and will be had again, on the structure of Ultimate tournaments. There are few sports in the world that require you to play 6 intense, 75 minute games over 2 days. Add to this the propensity for partying and you have a potentially dangerous combination, and surely a possible cause of injury. And although it is fast becoming a thing of the past, poor quality pitches at tournaments have previously been a real problem.

One possibility for the occurrence of injury is playing at an intense level for long games. The recent growth and development of Ultimate has seen

a highly competitive scene emerge. Playing Top 16 Ultimate is a tough, physical business these days. Players who used to chuck a disc around with a beer are suddenly being exposed to lengthy periods of high intensity sport. It's possible that some of us are just not cut out to be perform at this level.

Finally we come to the heart and soul of Ultimate. The reason we all play it and the nature of the game. Ultimate is something of a game for showmanship, and nothing epitomises this better than a full-body layout. The physical strain caused by repeatedly slamming our bodies into the ground should not be underestimated.

The outcome of my musings is that it is actually probably a combination of all of the above. However, there is one factor which creeps up unassumingly, but relentlessly – age. Our bodies are tough, but they are not built to last forever. Inevitably as we age, we become more susceptible to injuring ourselves. Additionally, there is a plausible case to say that having one injury directly adds to the likelihood of getting another, due to unconsciously (or consciously) overcompensating for a particular weakness.



So now my Mum/friends/boss are all saying, 'Well, at least you've learnt your lesson and you can stop playing that ridiculous game now'. But will I keep playing? Damn right. They'll have to amputate before I stop. So for anyone recovering from a major injury at the moment, take comfort in the fact that as I recuperate from my knee reconstruction, I don't even have the privilege of saying that it was caused in a moment of glory on the Ultimate field. Sadly, I suffered mine playing possibly the only thing more embarrassing than Ultimate – mixed netball. D'oh.

*James "Gonzo" Cooper
Flaming Galahs #4*

Flying Angels Bern Windmill Windup
© Dave Sanders 2010

Uno v Fury WUCC Women's final
© Dave Sanders 2010

Flying Angels Bern Windmill Windup
© Dave Sanders 2010
ultimatephotos.org

Top tips for not getting injured:

- Warm up. It sounds obvious, but so many people don't do it. Sunday morning anyone?
- Warm down. Just as important, but often overlooked.
- Know your weaknesses. If you have weaker parts of your body, ensure you spend extra time getting them ready for action
- Drink the right stuff. Lots of fluid is obviously important. Make sure it's not just water, but also sports energy drinks which help to replace lost vitamins and minerals
- Know your limitations. Unfortunately, our bodies all get older and less tough. Know your limits, or get yourself some good health insurance.





If you played Ultimate during the 80's and 90's you'll remember the sound of 'Come on Cliffy!' And, more likely than not, will have turned around to see a diminutive figure running into the end zone to score. Nothing unusual in that, except Cliff was usually two or three times older than the person he had just beaten to the disc!

Cliff started playing Ultimate in the 80's with the Ninja. He went on to play for the Samurai, Headrush, Violently Happy, O'flow at World Clubs and the Great Britain Masters team. He was still making an appearance as recently as 2008 for The Makings.

He was a dedicated team member, always enthusiastic, always had a joke to lift your spirits and would never let his side give up.

When he 'retired' from Ultimate, at fifty, he took up swimming and is the current record holder in the southwest for his age class at freestyle. He was

also in a relay team that swam the English Channel.

He took pride in all he did, whether it was work or play and always wanted to make sure whatever he did was built to last. In his private life as well as being a father figure to Marco Mackay (Samurai, Superfly, Headrush, Druids, Janitors), he was a partner of 22 years to Hilary, a devoted father, a grandfather, a master craftsman, a motor bike enthusiast, a local councillor, a connoisseur of single malts and to many he was a guardian angel and an inspiration.

So, as he makes his final cut to the celestial endzone, you just know he will come down with the disc, no doubt beating a whippersnapper cherub or two, he'll turn round, arms held high with a huge grin on his face and say 'that was a life well lived'. Come on Cliffy!

Steve 'Nobby' Clark, Samurai.



Scorpions v Samurai, 1990. © Toby Green

High Society Ross-On-Wye 2000. Spot the legends! Don't they look young. © Brian Crepin

Flump v Don't Let Go Mixed Tour 3
© Graham Bailey 2010 grahambaileyphotography.com

[back cover] Jeremy Codhand v Brighton Mixed Tour 3
© Dave Sanders 2010 ultimatephotos.org



Paul Hearmon

Chris White

FFindr

The FFindr website, just celebrated its third birthday. Three years of finding any kind of Frisbee-related information in one place. During this time FFindr has had 426,000 visits, with 1,354,000 browsed pages, from 197 different countries (are there even this many countries in the world?).

FFindr grew out of the need for a truly simple Frisbee management tool that works 24/7 and covers the whole world. Initially conceived and developed by myself, Christian, a German web developer living in Paris, FFindr first went live in September 2007. The website, available in eight languages, mainly serves two purposes: firstly to inform people about upcoming or past Frisbee events, and secondly to simplify the organisation of these events. It is a collaborative website, meaning the information is added and maintained by you, the Frisbee community.

Starting with the Junior World Championships this year in Germany, FFindr introduced the concept of team and player pages. This free, online registration system, available to any Frisbee tournament since summer 2009, now accepts new registrations for existing teams or players. So instead of repeatedly typing in your team's or player's contact details, you can just select the team or player and register for an event. Furthermore, this practice leads to a nice history of who played where and for what team. To push this concept further, team and player data from this 2010's Club Worlds in Prague and Under 21 Worlds in Florence will soon be imported into FFindr. And next year, FFindr proudly powers the registration process of Beach Worlds in Italy.

If you read the daily newsletters at either Prague or Heilbronn, you might remember that I am currently



working full-time on FFindr. Thanks to a sabbatical, I have plenty of time to dedicate to the website, resulting in a shrinking to-do list and more features on FFindr. New features added recently include a weather forecast integrated into tournament pages, and more usefully an API. The latter allows tech savvy people to directly communicate with the FFindr database, allowing for seamless integration of their own event or team websites. The API is constantly evolving, so if you are in need of something just ask me to provide an API function. The near future will also bring a special version for smart phones (yes, this includes the iPhone), and a widely discussed tournament rating system to allow for better tournament comparison. Furthermore, I would like to integrate a hotel search on event pages and to see the great Finnish scheduling and statistics tool *ultiorganizer* mashed up with FFindr. As you can see there is plenty of work to be done.

FFindr fully depends on its users, i.e. you. Be it for submission and maintenance of tournament, team, player and link pages or for new ideas. Your feedback helps to decide which direction the site will take, so I invite you to take advantage of it. This is how FFindr evolved and became what it is today, and this is how it will continue to prosper.

Christian Jennewein.



Richard Coward

Thomas Roach

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