

PIE PLATE 2009



The Official Magazine of the Toronto Ultimate Club

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Mission Statement

The Toronto Ultimate Club
 is a not-for-profit organization that provides a quality
 Ultimate experience,
 dedicated to the integrity of the sport and the
 Spirit of the Game,
 in the greater Toronto community.



FRONT COVER: Joe Sandoz of Red makes a catch during the Wednesday Summer Frisbee finals. Photographer: Ian Brooks
 Photo by: Ian Brooks

Vision Statement

PERFORMING OUR MISSION... TO PERFECTION.

The Toronto Ultimate Club is a
 world-class community sport organization.
 We provide Ultimate leagues and programs that
 foster player development, social activity, and community involvement.
 Our club is well-managed, resourceful, and open to all.

SPRING | SUMMER | FALL | WINTER

INDOOR, OUTDOOR | MEN'S, WOMEN'S, CO-ED, JUNIORS

MESSAGE FROM THE PRESIDENT



This is my third year that I've been lucky enough to be the TUC president. I'd like to take a moment to thank everyone for another great year of Ultimate in Toronto. Our staff put in a lot of work this year making sure everything ran as smoothly as possible. A legion of volunteers from convenors, to the webmaster, to the captains, to the people manning the tents at events all chipped in a lot of time and effort. And our board put in a lot of hours making sure the club is headed in the right direction.

The club had a lot of challenges this year, and a lot of the biggest ones are those that come from outside the organization. Increases in fees, city strikes and the constant competition for field space are not things we can control, but I was very impressed at how well TUC handled these outside challenges. Keep up the good work everyone!

Now a few readers might be disagreeing with me on how things ran this year. Maybe they had a bad experience. Maybe they just thought there were a few things that could've been done better. Or maybe they have a completely new insight on how things could be run.

So what's a ultimate player with a lot of good ideas to do? A post on the BBS is often very therapeutic way to vent some frustration, but once the flame wars subside the best way for you to make a long term improvement in the club is to volunteer.

I know that sounds like a big step up in commitment, and that's probably a little scary. Besides, most of our members are pretty busy people. They're working hard at becoming better players, training, playing, trying out for touring teams. Or they're in it for the fun of hanging out with their team. On top of that they have work, school and family commitments!

Now I can't make a grand promise about all the fantastic things that are in it for you if you get more involved in the club. I can tell you what I got out of it when I volunteered, and maybe you'll have a similar experience.

I got involved with TUC at the most entry level of volunteer positions. Helping set up fields at tournaments. I'd been a team captain for a couple years, lived close to Sunnybrook park, and so was often there a bit early to make sure my team was in the right spot and ready to play. It was simple enough to get there a bit more early, grab some cones and pace off a few fields.

After doing that a few times, I was interested in finding out a bit more about how the league ran in general. I hadn't any real idea how leagues were organized, how fields were acquired, or anything. So I went to the AGM. I'd been thinking about becoming a league convenor, but ended up being asked if I wanted to be on the board, as several members had finished their terms that year and there were a lot of vacancies.

A lot of the people I was working with were much more experienced ultimate players than I was. I'd never even played against most of them. But I was pretty impressed at how much they cared about the league, even if there were often a lot of differences of opinions that had to be sorted out.

I learned a lot in the first couple years from the more veteran volunteers. Learned a lot about the history of how the club had done things before, how it had changed recently. I also got a lot of insight into how the club chose to spend it's fees, and how it tried to give it's members the best playing time for their ultimate dollar.

The most valuable thing I learned is what's necessary for a club to be successful. It needs committed and involved members. It was really amazing getting to know a much larger segment of the club's membership personally. It meant that when I needed some insight on how the club was running, good or bad, I had faces and names of people I could talk to who usually had some pretty good ideas. I also learned that a club has an obligation to it's members to pay attention to their concerns. As a board member, I couldn't always solve an issue when someone came to me with it. But I found members really appreciated having someone they could talk to. Even if it was just to find out why something that annoyed them was done that way.

Volunteering with TUC has given me a lot of very interesting challenges. When I was chosen as president of the club, I felt a bit overwhelmed at first. But when you're working with such a great group of people, it makes it a lot easier to grow into the role quickly, so you can start making a positive difference in the organization.

TUC has given me a lot of opportunity to practice leadership skills that I would not have even found out that I had if I hadn't volunteered. Volunteering has given me a lot of pride in being able to help out in ways I never imagined I could. And working with other volunteers has given me to work with people who I respect and find inspirational. And best of all, I've also had a lot of fun being a volunteer!

All the best in 2010,

Andrew Hunter | president@tuc.org

2008 FINANCIAL REPORT



The Club finished the 2008 year with a surplus of \$8,423. Total revenue for 2008 was \$497,000, up 20% from the prior year. Buoyed by an expanded assortment of fall and winter offerings; league fees increased over \$94,000 from 2007 and accounted for 73% of Club revenue. Our membership numbers were up 17% from 2007, marking the second straight year that membership has increased. Membership revenue, however, was only up 7% as discounted intro memberships accounted for many of the new members. Merchandise and tournament sales decreased for the third consecutive year; however,

the decrease was expected as resources were focused on higher priority initiatives.

Increased league and membership revenue coupled with sound spending resulted in a surplus for TUC in 2008.

Field expenses increased by 36% in 2008 as the Club continued to provide higher quality fields for its members in all seasons. These costs make up 51% of total expenses. Due largely to the higher field costs, total expenses were up 18%. Costs were well controlled in other areas to allow focus on fields while maintaining a balanced budget.

The 2008 Field Fund contributions, including accumulated interest income, totaled \$58,134. This brings the Field Fund up to \$423,000 as of December 31, 2008. The Fund continues to be protected in a guaranteed, high-interest savings account.

2009 is seeing a continuation of trends established in 2007 and 2008. Administrative costs remain in check due to successful cost saving strategies, such as handing out membership packages at captain's meetings to save mailing costs and using Leaguerunner to cut down on web costs. On the other hand, field costs continue to escalate as the Club strives to increase the number of quality fields available for league play. Also, there has been a significant increase in financial support provided to the National and Provincial ultimate organizations that are designed to improve the long term health and growth of the sport. Our membership currently boasts more than 3100 Adult and 500 Junior members and we have not yet concluded our membership year. Our summer season had 210 teams, including 8 hat teams, and total revenues of \$160,000.

Mike Lane | treasurer@tuc.org

2009 Numbers

- 3300+ members
- 500 Juniors
- 58 outdoor fields
- 4 indoor venues
- 32 Spring Teams
- 210 Summer Teams
- 76 Fall Outdoor Teams
- 62 Fall Indoor Teams
- 72 Winter Indoor Teams
- 9 Tournaments
- Over 3200 games
- 3 Juniors League Nights
- 250+ Clinic Participants
- 1 Boat Bash
- 1 Big Captains Meeting Night
- 150+ volunteers
- 400 Trophy Discs
- 110 All-Stars
- 1 Women's National Champions - Lotus
- 11 Touring Teams
- 1 Dogsled Trip Winning Spirit MVP
- \$250K for Field Permits
- 6 weeks of City Strike!&\$@!!!
- 13 LAYOUT Newsletters
- 1 New Head Office
- 30 years of TUC on the horizon

GM's NOTE

Jason Robinson | gm@tuc.org



This message is not to boast about all the wonderful things our Club has achieved, but to thank those who worked with us to make it happen. For me it started with the Board of Directors and leaders like Derek Baxter,

Alison Fletcher, Robert Botman, and Andrew Hunter; who seamlessly blended their professionalism with their passion to see this Club succeed. It trickles down to the many committee members and early morning volunteers who sacrifice little pieces of themselves for this Club. People like Thomas Meyer and Heather Levchuk, who have contributed countless hours to juniors' development. Or longtime convenors such as Michael Pezzack. Or the touring community that supports our Club. Or Greg Schmidt, our tireless working Webmaster. I could go on, but

seriously how lucky are we!?

Volunteers are still the lifeblood of this Club. TUC was founded and grew through selfless devotion, and to this day it is guided by the people who are its foundation. I hear so many people say that they want to give back to Ultimate, because it has truly enriched and changed their lives. That says a lot about this sport and the members of TUC who have been a joy to work and play with these last four years.

I'd like to thank Ian Brooks for our years of adventure and hard work in the TUC office. To me our relationship is a bit yin and yang - Ian the easy-going, quick fix guru with legendary status on the field; myself the hyper, methodical worry-wart with wannabe status on the field! We don't always agree, but we balance each other well and we accomplish many goals. Ian doesn't always get a lot of credit but he certainly deserves it.

I'd also like to thank our previous Event Managers (Jen, Carmen, and Nina) who brought great energy to the office and to our events. To our sponsors old and new, our field partners, and our fellow Clubs and friends worldwide, thanks for supporting our community.

Because volunteers have put so much into this Club for the past thirty years, we are hosting a special event in the Fall of 2010 to honour them and the Club's history. It's going to be epic; you won't want to miss it!



TUC WELCOMES A NEW MEMBER

By Sarah Brown



I've always thought of ultimate players as hippy, granola crunchers who can be found sporting wool socks with Birkenstocks on a beach in B.C. In other words, I have never fit the mold. But after too many concussions and broken bones, my rugby career ended. I felt a void where there use to be team spirit and athleticism. However, one random day I met Grant, who after over 20 emails back and forth convinced me to play on his ultimate team for the spring/summer league. At first, it was just an opportunity to run around a little. But once I started understanding the rules and strategy, I was hooked. Don't get me wrong, I was still useless. There was one game I got called for interference over ten times. That wasn't as bad or as embarrassing as the times when I got excited and threw the Frisbee like a baseball.

I eventually decided it was time to improve my game so I signed up for the TUC beginner clinics and tournaments. At the Spirit TUC Tournament, I ended up winning MVP of the tournament because of my amazing crab walking and disc dueling skills. My prize was an all inclusive dog sledding trip with Boreal Journeys in Northwest Ontario. I couldn't be more excited for this experience.

One of the best things about TUC is how I have showed up solo to every game, clinic and tournament and never once felt like I didn't know anyone. Everyone has been incredibly inclusive and encouraging from day one. Being part of TUC has been such a great opportunity to meet some fabulous people and learn an amazing sport. I am excited to see what the future entails with ultimate and hope that TUC will always be part of my life.



2009 Events and Tournaments

JANUARY

- Fall Indoor Finals
- Winter Indoor League Begins (12 weeks)

FEBRUARY

- Catch the Spirit! Juniors High School Tournament

MARCH

- Coed Winter Indoor Finals
- Spring Summer Registration
- Opens
- Women's Intermediate Tournament

APRIL

- Men, Women & Thursday Winter Indoor Finals
- Spring League Begins (6 weeks)
- Be Ultimate! - Field Clean-up Day
- Beginner's Skills Clinic
- AY Jackson High School Tournament

MAY

- B.U.S.T. High School Tournament

- OFSAA High School Championships
- Single Gender Intermediate Clinic
- Spirit Hat Tournament
- Steamwhistle Boat Bash
- Summer Captains Meetings
- Summer League Begins (16 weeks)

JUNE

- Clinic League Begins (7 weeks)
- TUC Summer Experience Tournament
- Juniors Open House
- Toronto Juniors Summer League Begins
- TUC Canada Day Party

JULY

- TEAM CLINIC
- JUNIORS SKILLS CAMP (3 DAYS)
- Co-ed Intermediate Skills Clinic
- TUC Midseason Tournament

AUGUST

- Canadian Ultimate Championships
- TUC Hat Tournament

- Fall League Registration Opens
- TJSJ Playoffs

SEPTEMBER

- Summer League Playoffs
- Scally's Cup All Star Game
- Men's Fall Outdoor Leagues Begin (6 weeks)
- TUC Annual General Meeting
- Co-ed Fall Outdoor League Begins (10 weeks)

OCTOBER

- Thursday Co-ed Fall Indoor League begins
- Men's and Co-ed Fall Outdoor League Finals

NOVEMBER

- Men's, Women's, Co-ed Fall Indoor Leagues Begin (12 weeks)

DECEMBER

- Fall Indoor Co-ed Skills Clinic
- Thursday Co-ed Fall Indoor Finals
- TUC Shop Christmas Sale
- TUC Volunteer Party

Whistler's

Please drop in after the game with your teammates and enjoy our great team hospitality & specials!

Weekend BRUNCH 10-3

Whistler's & The McNeil Room
995 Broadview Ave, Toronto, M4K 2S1
www.whistlers.ca, 416.421.1344

WINTER LEAGUE CHAMPIONS



SUNDAY Co-ed UCC CHAMPS - DIRT



Monday Co-ed BMO Elite/Comp Champs - d'PrankstaHs



Tuesday Co-ed BMO Intermediate Champs - Sheeeeeeeat



Women's League Champs - newBONDU



Men's League Champs - The Hive



Thursday League Competitive Champs - Disc Jockeys



Thursday League Intermediate Champs - Giddy Up



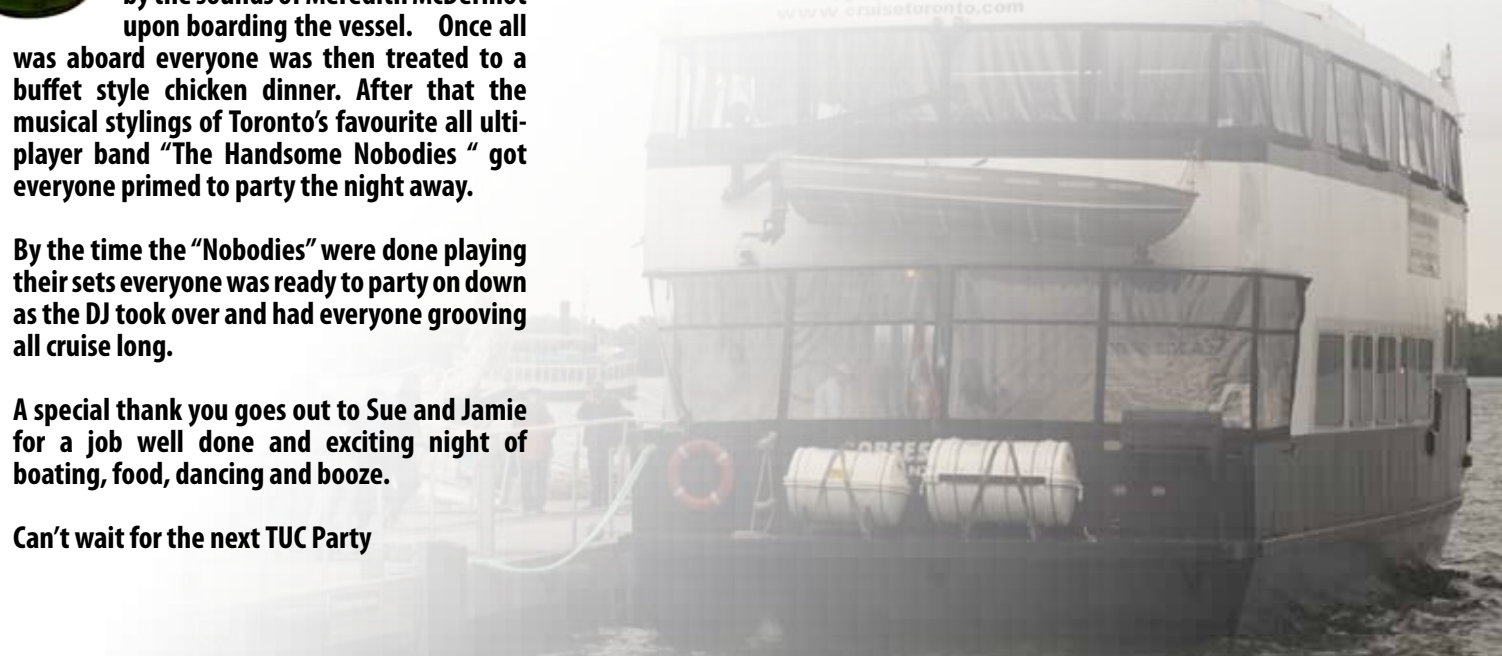
Winter League Champions photos by: Ed Kung and Bill Wong

INDOOR SPEEDPOINT TIP

Substitutions:
With there being no pull in between points during indoor speedpoint games substitutions are allowed to happen on the fly while the disc is in play. To ensure not putting your team in a liable situation it is always best to sub only when your team is on offense, otherwise the player you were suppose to be guarding is now streaking wide open to the endzone catching the game winning point.



On May 31, 2009 over 200 TUC members ascended onto the Obsession III for a three hour tour amongst the islands in the Toronto harbour. Our wonderful Social Committee headed by Susan Holland and Jamie Dempster arranged a fantastic evening of food, live music, DJ, dancing and of course cheap drinks. The evening started out with passengers being greeted by the sounds of Meredith McDermot upon boarding the vessel. Once all was aboard everyone was then treated to a buffet style chicken dinner. After that the musical stylings of Toronto's favourite all-ulti-player band "The Handsome Nobodies" got everyone primed to party the night away.



By the time the "Nobodies" were done playing their sets everyone was ready to party on down as the DJ took over and had everyone grooving all cruise long.

A special thank you goes out to Sue and Jamie for a job well done and exciting night of boating, food, dancing and booze.

Can't wait for the next TUC Party



**KNOWING THE RULES:
DOUBLE TEAM**

A. Only one marker is permitted to guard the thrower.

B. No other defensive player may establish a position within three(3) meters of the pivot foot of the thrower, unless s/he is guarding another offensive player in that area.

C. Should the thrower recognize a double-team situation, s/he first calls "Double-Team" as a warning. On the first "Double-Team" call, the marker must subtract 2 from the stall count. If "double-team" is called again within the same 10 seconds, play stops and is resumed after a check with the count reset to zero (0).

Steam Whistle Boatbash article and photos by Ian Brooks

SPIRIT REPORT



Now that the Summer 2009 season has wrapped up and Ultimate has moved indoors it's time to look back on a spectacular four months of spirited play! Once again the average spirit score for our summer teams was 9.5, and 17 teams ended up with a perfect 10. A tip of the hat to: Banana Cream Pie, BerZurk, Big Hammers, Comic, COOL, Delta Force, Hazardisc, Immaculate Leather Flingers, Indigo Misfits, Jibba Jabba, Ninjastars, Rump Roast, sexton Weedman, The Tough Dorks, Ultimate Pretzel Benders, Wasabi and Yoink for a perfect spirit season! Our 'Spirit Pilsner' program once again rewarded the most spirited team from each night at each third of the season, with twelve teams enjoying free cases of beer from our friends at Steam Whistle breweries.

The year was another strong one, but there is always room for improvement for individual players, teams, and the club as a whole. As a league TUC is continuing to develop its scoring system, and we are working hard to reward our most spirited teams while we work hand-in-hand with those teams that are still learning the game. Teams are encouraged to address their questions and concerns (and of course suggestions) to the league and spirit committee and over the past year they have continued to do so. 2010 promises to be a challenging and exciting year for the league, and the Spirit Committee is looking forward to developing new tools and ideas to grow spirit while TUC continues to grow the game.

Ultimate in Toronto is in the midst of a transition, and as the nature of the game continues to evolve, the concept of "Spirit" is always up for discussion. Is Spirit a song-and-dance routine at the end of the game, calling a foul on yourself after a contested play, or knowing the rules and calling them fairly but judiciously? The truth is that "Spirit of the Game" is essentially all of these things; fun and fair play isn't something that we place above competition in Ultimate Frisbee: it is the foundation for competitive Ultimate Frisbee. A team could go out with a "win at all costs" attitude and compete, but as anyone who has played against a team (or player) like that will testify, they wouldn't really be playing Ultimate Frisbee. What does that mean for you as a player, when you find yourself asking "what is Spirit"? Well, it means that you're thinking about it, and that's probably better than any answer than we can provide. We look forward to helping our members ask and answer these questions in 2010, and invite anyone to submit their comments, suggestions, or even their efforts to help us do so.

Joseph Kregel | spirit@tuc.org



2009 SPIRIT WINNERS

Steam Whistle Spirit of the Game!

In 2009, top spirited teams in our summer league received prizing courtesy of our friends at Steam Whistle Brewery. Congratulations to the following summer teams who were the winners of a free case of Steam Whistle beer!

ROUND 1 WEEKS 1 - 5

- MONDAY LEAGUE: **THE KRABS**
- TUESDAY LEAGUE: **TOUCANS**
- WEDNESDAY LEAGUE: **SUPERFRIENDS**
- THURSDAY LEAGUE: **BULLDOGS**

ROUND 2 WEEKS 6 - 10

- MONDAY LEAGUE: **ENERGY**
- TUESDAY LEAGUE: **ALOTA DISC NOW**
- WEDNESDAY LEAGUE: **STRANGERS WITH CANDY**
- THURSDAY LEAGUE: **NINJASTARS**

ROUND 3 WEEKS 11 - 15

- MONDAY LEAGUE: **ZIU! ZIU! LIKE LASERS!**
- TUESDAY LEAGUE: **BOOM GOES THE DYNAMITE**
- WEDNESDAY LEAGUE: **BEERWOLF**
- THURSDAY LEAGUE: **THE HARDEST DORKS**

PLAYOFFS

- MONDAY LEAGUE: **KUANABEES**
- TUESDAY LEAGUE: **FRIENDSHIP SLUTS**
- WEDNESDAY LEAGUE: **HEADLESS CHICKENS**
- THURSDAY LEAGUE: **MIGHTY METS**



Disc in Rwanda

By: Melissa Alvares

Just wanted to send you a quick note to thank you for all the discs that you donated to my trip to Rwanda.



The citizens of Rwanda have lifted themselves up after that tragedy and have showed incredible resilience in re-building their country but in many ways felt abandoned by the world community.

After 2 weeks of a lot of hard work and sweat (and a few injuries) We were able to construct a basketball court which will be used by the entire community. On the opening day of the court, we brought out all the sports gear and did a little demo of how to play baseball, football, ultimate, volleyball and of course basketball on the new court. This court has become a gathering point for the entire town and a place to play a variety of different sports! Since our mission, the town of Gashora has decided to set up a Youth Sports Cooperative that will focus on economic development for the promotion of sports in Gashora. By the Mayor registering the cooperative, this will generate more support and training for the benefit of youth in Gashora. A variety of sports camps are being organized as we speak!!

Once again thanks so much for your donation! We take having places to play sports and organizations like TUC for granted here in Toronto, but for a small community like Gashora it is the greatest gift that we can give them.



The discs were added to a bunch of donated sports supplies and were taken to the town called Gashora, in rural Rwanda. There are number of reasons why we choose Gashora as the place that needed our help. Gashora is one of the poorest regions in Rwanda and Rwanda is widely considered to be amongst the poorest counties in the world. Rwanda does not possess the rich natural resources that some African nations possess and therefore attracts little foreign investment and attention. One other reason that we felt that Rwanda needed our help was in response to the 1994 genocide that killed close to 1 million people.

ULTIMATE AROUND THE WORLD

Did you know that there are over 880,000 people in over 50 countries across the world playing Ultimate Frisbee? A look at a 2008 census taken by the World Flying Disc Federation (wfd.org) estimates that are 883701 ultimate players at various levels playing around the world. Canada has the 2nd most players in the world at 27,000 players which is way behind the USA who has over 820000 players.

Here's a look at the top 5 ultimate playing countries in the world:

United States	824000	93.23%
Canada	27000	3.05%
United Kingdom	10000	1.13%
Australia	3600	0.41%
Japan	3000	0.34%

* all numbers are estimates courtesy of the World Flying Disc Federation 2008 census. % numbers are based on worldwide totals.

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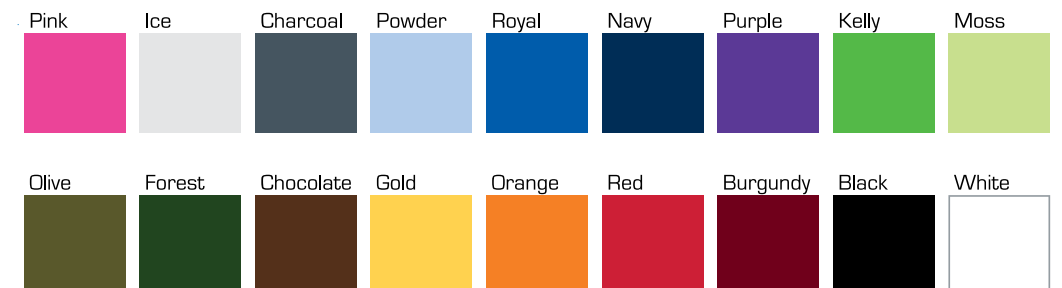
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The Scally's Cup is an All-Star Challenge (sponsored by Scallywags, of course) that showcases the top players from TUC summer leagues. The 2009 event took place on Sunday, September 13th at Lamport Stadium. Throughout the summer, captains nominate players of the opposing teams that they play. From this, we create a divisional All-Star team from each League Night for two divisions – competitive and intermediate (recreational team players are eligible for intermediate division). We'll have athletic therapy on site, and for the competitors there will be lots of great prizeing courtesy of Scallywag's and our other sponsors and the division winners will get to hoist the Scally's Cup!

Event Results 2009

It's a sweep! Congrats to both the competitive and intermediate teams from Wednesday, who defeated their Tuesday counterparts (in both divisions) to capture the Scally's Cup. Winning teams received Scally's Dollars (competitive) and movie passes (intermediate).

Also here are the Scally's Cup MVP's:

- Competitive Finals MVP - Wednesday:** Aimee Shen
- Intermediate Finals MVP - Wednesday:** Alejandra Zapata
- Monday Comp MVP:** Gary Paskewich
- Monday Int MVP:** Dave Tingle
- Tuesday Comp MVP:** Todd Fowler
- Tuesday Int MVP:** Shauna Taylor
- Thursday Comp MVP:** Mark Lennox
- Thursday Int MVP:** Julian Lising

Finals MVP's received a Scallywags disc and \$50 gift certificate from VC Ultimate. Team MVP's each received a Scallywags disc.

2009 SCALLY'S CUP ALL-STARS

MONDAY COMPETITIVE

BRENDA PERRAS
STACIE SMITH
TRACY DOCHEFF
HILDA AHCHONG
JENNIFER TSE
SUSIE SHOREY
JORDAN BOWER
BRIAN WHITE
GARY PASKEWICH
VICTOR CHENG
SHANE CREAMER
ADRIAN YEARWOOD
JEFF MCCORMICK

TUESDAY COMPETITIVE

AMY PASKEWICH
AKOS NSIAH-YEBOAH
AMANDA OSMOND
DAPHNE SO
VIKKI SHIMODA
CINDY JAQUES
MATTHEW DENTON
MICHAEL GOOD
GREGORY LANG
GERALD FEENEY
GILLES DELORME
TODD FOWLER
MARC PAWELSKI
BRUCE MALCOLM

WEDNESDAY COMPETITIVE

KYRA LINDSAY
AIMEE SHEN
BARB ELLIOTT
AMANDA MOORE
LAUREL BERKOWITZ
WENDY CHONG
MATHEW HARDER
JED HENLEY
CHRIS LOAT
PAUL DAKIN
ANDREW EDGELL
JEREMY EKERS
MIKE LANE
DAVID AUVEUNG

THURSDAY COMPETITIVE

MELISSA ALVARES
CRYSTAL SOTELO
KARRIE VAN BELLE
MEGAN LEE
MICHELLE BRISBOIS
MARK LENNOX
ELI SONE
DAVE KRANENBURG
GREG SCHMIT
JAMES MCCULLY
KEVIN SATO
CHRIS WONG
ED KUNG

MONDAY INTERMEDIATE

STEPHANIE SALERNO
AMANDA CLARK
NATALIE BERNSTEIN
KATE BALLWEG
JEN KROL
ALEJANDRA ZAPATA
MIRIAM TINGLE
JUSTIN ROBERT CHAN
MICHAEL KUAN
BRADLEY WENTWORTH
DAMIAN HORTON
PAUL LINDALA
TREVOR BAKER
MIKE PEZZACK
DEREK FERNANDES

TUESDAY INTERMEDIATE

MELISSA MORLIDGE
SASHA GOLLISH
ALICE CHUNG
ALICE BARTON
ADRIENNE SLATER
SHAUNA TAYLOR
GREG KRAMER
JORDAN SWARTZ
CORY LAMOTHE
DEREK VIGAR
ROBERT MICELI
MIKE HADDOCK
GRADY JOHNSON

WEDNESDAY INTERMEDIATE

EMILY HOLTON
POLLY YUNG
CATHERINE BROOKS
JESSICA CHEN
TAYLOR PIMENTO
JOYCE CHOW
LESLIE DE MEULLES
RODOLFO REYES
NORMAN LEW
JASON CHAN
MATT KIRK
RUSSEL DOUGLAS
RUSTON MARTIN
CALVIN HO

THURSDAY INTERMEDIATE

WENDY SING GEN
HEATHER GILMOUR
LISA PAINCHAUD McDONALD
KELLY BARRINGTON
MARY ANNE VIGUILLA
GIGI LAU
HUAN TRAN
CRAIG STEPHEN
KYNAN CHENG
ANDREW CONWAY
DARREN GRAY
JULIAN LISING
GRANT HARRIS

Summer Playoff Photos



Competitive Champs - Wednesday



Intermediate Champs - Wednesday



Monday Competitive - Big Hammers



Co-Monday Intermediate - Scoops and Hammer Hawks



Tuesday Competitive - The Hive



Tuesday Intermediate - Delta Force



Wednesday Competitive - Redi



Wednesday Intermediate - There's Your Boy!



Thursday Competitive - gOLDFish



Thursday Intermediate - Cutbacks

Summer League Champions photos by: Ed Kung, Andrew Gator. Playoff action photos by: Ian Brooks

On December 5 TUC hosted its annual Volunteer Appreciation Tournament as well as handout some year-end awards. Read further!

Volunteer Tournament Recap

All TUC volunteers in 2009 were rewarded with the opportunity to play in a FREE ulti tournament. We fielded 4 teams and played a round robin affair at the Docks. Team 'Doogie Howser' swept the competition, although with narrow victories over Team MacGyver and Team Sam Malone. Team Magnum PI was snake-bitten by injuries and absenteeism! Check out Otto Chung's Youtube video as well as Ed Kung's pictures on Facebook.

Volunteer Awards

We honoured our Volunteer of the Year as well as six volunteers who went above and beyond in 2009. Those six volunteers each received VC shorts/long sleeves, Scallys bucks, and Steam Whistle prize packs. They are:

Andrew Hunter: TUC President (3 years running), participant on various committees and master early morning field setup man!

Mike Lane: TUC treasurer who has worked hard with the TUC managers to continuously improve our finances, conduct a smooth audit, and remain fiscally strong.

Ian Lee: TUC Clinics Chair was done a LOT of work in 2009 to improve our Clinic offerings and ensure we have exceptional coaching and development. He also serves on the TUC Board of Directors.

Nat Fitzgerald: convened the most leagues in 2009, new TUC Touring Chair, on Board of Directors, do-it-all guru for the Club in 2009.

Gerald Quon: behind-the-scenes building TUC's relationship with schools and organizing TUC clinic sessions with them. A key contributor to the development of youth ultimate in the GTA.

Otto Chung: volunteered countless hours this year (with many more to come) conducting interviews for our 30th Anniversary video coming in 2010. Otto is producer and editor extraordinaire for this production.

Greg Schmidt is the 2009 Volunteer of the Year. Greg is TUC's webmaster and we are blessed to have a volunteer like him support our Club. He puts in a record number of volunteer hours each year and often communicates with our managers on a daily basis to help with tech needs and improvements on the site. He also contributes at events and is always offering suggestions on how to improve our leagues to enhance the member experience. It would be hard to measure the value of what Greg has done for the Club in the past few years on either a nominal or personal scale. He has been a backbone for TUC and we thank Greg for the many things he has done to make TUC a great Club!

TUC VALUES

Our core beliefs that guide us in fulfilling our Mission.

INTEGRITY

We believe in fairness, honesty, and consistency in our decision-making and communications.

RESPECT

We honour and trust our members and seek to understand their needs. We value teamwork and appreciate our volunteers and supporters.

ACCOUNTABILITY

We deliver on our promises and never make the same mistake twice. We willingly accept the responsibility that we have to our members.

EXCELLENCE

We set high standards of achievement and service. We strive for exceptional leadership in management, in communications, and in education for our members.

CITIZENSHIP

We are privileged to play Ultimate in Toronto and we reciprocate this honour through stewardship in the community.

We welcome all residents and visitors to be a part of our success.

FUN

Our Ultimate belief is enjoyment of the sport.

We uphold the 'Spirit of the Game' and endorse an environment that nurtures cooperation and sportsmanship.

SCALLYWAGS

BAR - RESTAURANT - YEAR-ROUND PATIO

Volunteers Of The Month



VOLUNTEER OF THE YEAR
Greg Schmidt



JANUARY
Nat Wong



FEBRUARY
Heather Levchuck



MARCH
Hadiya Roderique



APRIL
Otto Chung



MAY
Susan Holland



JUNE
Ed Kung



JULY
Mark Wong



AUGUST
Bradley Wentworth



SEPTEMBER
Jason Chan



OCTOBER
Julia Yung



NOVEMBER
Vikki Shimoda



Volunteers of the Month photos by: Ed Kung, Ian Brooks, Ian Brooks, Bill Wong and Andrew Gator
Volunteer Appreciation Party photos by: Ed Kung

The 2009 Volunteer of the Month awards are brought to you by Scallywags Bar, Restaurant and Year-Round Patio. Each Volunteer of the Month receives \$50 Scally's Dollars that can be used towards any purchase at Scallywags!

"IT FEELS LIKE THE PAIN IS UNDER MY KNEECAP!"

By: Ian MacIntyre, DC and Karen Murtaugh, MSc, CCF Dip Sport Med



frequency of an activity. There have been many theories regarding the cause of this PFPS. The theories range from maltracking of the knee cap on the femur to muscular dysfunction around the knee. Although, no one can agree on a particular risk factor leading to the development of PFPS, the research shows that most athletes respond well to basic treatments.

Too often, we neglect a proper warm up or cool down. Frisbee players often jump out of the car and onto the field, only to get back in the car to head home or to the pub after the game. Eventually, this practice can increase the pain associated with PFPS. A brief warm up along with quadriceps and hamstring stretches has been shown to reduce pain. If there is pain after activity, another round of stretches followed by applying ice to the area for 15-20 minutes can help. The best treatment for ongoing PFPS is a specific strengthening and balance program. Traditionally, these exercises focused on the quadriceps muscles. More recently, research has shown that factors above and below the knee are also important. While running, the centre of our mass is constantly inside the base of support (the foot). Consequently, the muscles on the outside of the hip (abductors) must work to keep the body from tipping over. Coupled with the repetitive impact of running, these muscles become fatigued. A functional misalignment develops that increases the pressure between the

femur and the kneecap. Fortunately, strengthening the muscles responsible for hip/pelvic stability has been found to alleviate the symptoms associated with PFPS.

When simple measures are not effective, it is best to see a health professional. It is important to confirm the diagnosis and a strengthening program should be tailored to the athlete's individual needs. The staff at Pivot have found that if patients are given a carefully designed exercise program they need very little in hands on treatment. If the program is used on a regular basis throughout the training season, they rarely have a recurrence of the knee pain.

For more information on knee pain and PFPS rehabilitation, contact Pivot Sport Medicine and Orthopaedics: 416.76PIVOT, www.pivotsmo.com

KNOWING THE RULES: FIELD OF PLAY

1. The field of play is a rectangular shape with endzones at each end. A regulation field is 64m (70 yards) by 37m (40 yards), with endzones 23m (25 yards) deep.
2. The playing field may have any surface (although well trimmed grass is suggested) which is essentially flat, free of obstructions and holes, and affords reasonable player safety.
3. The playing field proper is the playing field excluding the endzones.
4. The goal lines are the lines which separate the playing field proper from the endzones and are part of the playing field proper.
5. The perimeter lines (sidelines and endlines) are not part of the playing fields.
6. The corners of the playing field proper and the endzones are marked by cones made of a brightly colored, flexible material.
7. An additional restraining line is established five (5) meters away from the entire field to ensure that the sidelines remain clear during play.
8. All lines are marked with material and are between two and four inches wide (2"-4").



Patellofemoral pain syndrome (PFPS) is a term used to describe pain originating from the region of the patella (kneecap) and femur (thigh bone). It is an extremely common complaint among ultimate Frisbee players (both recreational and elite). Although, it is usually not a serious problem it can be a painful and stubborn condition.

Patients with PFPS describe pain in the front of their knees. The pain is usually aggravated by going up or down stairs. They can also have pain with prolonged sitting (like watching a movie). Occasionally, it is associated with a sense that the knee may "give out" or swelling in the knee joint. These symptoms are usually triggered by the start of a new activity or an increase in the intensity/

proper warm up or cool down. Frisbee players often jump out of the car and onto the field, only to get back in the car to head home or to the pub after the game. Eventually, this practice can increase the pain associated with PFPS. A brief warm up along with quadriceps and hamstring stretches has been shown to reduce pain. If there is pain after activity, another round of stretches followed by applying ice to the area for 15-20 minutes can help. The best treatment for ongoing PFPS is a specific strengthening and balance program. Traditionally, these exercises focused on the quadriceps muscles. More recently, research has shown that factors above and below the knee are also important. While running, the centre of our mass is constantly inside the base of support (the foot). Consequently, the muscles on the outside of the hip (abductors) must work to keep the body from tipping over. Coupled with the repetitive impact of running, these muscles become fatigued. A functional misalignment develops that increases the pressure between the

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Are You Worthy?

By Ed Kung, Volunteer TUC photographer

So you laid out for the disc. Did anyone get it on camera? No? Why not? Why isn't there someone at your ultimate games taking photos?

Ultimate makes for great photo opportunities. You can see this in the photos taken by the volunteer photographers that come out to cover TUC tournaments.

Action photos are much harder to do than your typical photos of people standing still posing for the camera.

Here are a few lessons learned from my experience:

1. Get a decent camera. A point and shoot camera won't do the job. Look for a DSLR.
2. It's the lenses (or "glass") that matter, more so than the camera body. Camera models come and go, but the glass generally is what holds its value over time, and enables the photographer to capture amazing memories effectively.
3. People love to see photos of themselves in action. If you take photos, people are going to want to see them. Be ready to share. You may make some new friends too.

I won't get into the technical aspects of photography or recommend particular cameras – you can research that online, take a course, or spend time in a camera store. Some photographers swear by particular brands. I don't. In my view, the camera equipment is just a tool.

The real talent lies between your two ears.

So what tips can I pass along? Here are ten tips:

1. **Know the sport.** If you don't know how to play Ultimate, you won't know what is happening on the field. Understand what it is that you are photographing.
2. **Know your gear.** No point in buying an expensive camera if you don't know how to use it. Read the manual. Learn how to adjust your camera settings to take action shots, account for lighting, etc.
3. **Anticipate what will happen.** Move around. Line yourself up to be where the action is about to happen, like someone running into the end zone to make a catch, or setting up to make a pass.
4. **Get people's faces, not their backs.** People with no experience taking action shots inevitably get shots of people running away from the camera. These are not photo worthy. Get in position so that the action comes your way, so that you can see faces, not the backs of heads.
5. **Diversify your shots.** Try to avoid falling into a comfort zone where you only take shots of the same person, or someone doing the same play over and over, such as flicking a disc. Add some variety, like people jumping to catch the disc, a group of players cutting, someone yelling instructions to their teammates, etc.
6. **Get the disc in the shot.** Unless you are intentionally capturing a non-action shot (e.g., people on the sideline, a close up of someone's face), get the disc in the shot. It is, after all, the object of everyone's attention on the field.
7. **Frame the shot.** Zoom your lens in or out to frame your shot. Better yet, move closer if you can, so that your subject fills as much of the frame as possible (or further back, if you want to capture a wider shot of the field).
8. **Get some decent photo editing software.** It's rare that photos will be perfect coming out of the camera. You'll likely have to edit your photo. Your camera should come with basic editing software to remove red-eye or crop out unwanted background. There are also more full-featured programs available. It all depends on what you want to do and your budget.
9. **Share your photos.** No point in taking photos if nobody else can see them (for those of you that want to use someone else's photos, be courteous and credit the photographer – it's good etiquette and shows you respect the photographer's efforts).
10. **Have fun! Be creative.** Adopt a mindset that you want to tell a story visually. Be ready for some attention – like someone out walking their dog, your camera gear will draw people to you. It happens to me all the time.



Photos by: Ed Kung

**LOTUS 2009
A SEASON TO REMEMBER**

By: Josee Guibord

The season started in January 2009 with a group of Lotus ladies gathering every weekend to get beaten into submission by a grueling indoor workout. Our moto (as presented by Carla) was: "Championships are won in the offseason". With that in mind, we pushed each other with a goal of entering the season stronger than ever.

Training was followed up by Sunday TUC Women's indoor league (where Lotus organized and led 6 hat teams), Monday TUC Coed league, Lotus/TUC spring women's indoor hat tourney for TUC, then tryouts. Led by Hoodie Lovatt, Alyson Walker and Josee Guibord, Lotus was formed after 4 nights of tryouts plus TUF. The 23-player roster was promising as it contained a great mix of strong Lotus vets (the leaders, plus Lisa Di Diodato, Sheri Madigan, Kat Fabelle, Malissa Lundgren, Hadiya Roderique and Kristin Laurin) along with that new core of players from 2008 (Carla Di Filippo, Laurel Berkowitz, Sarah Kidd, Natalie Fitzgerald, Meredith MacNaughton, Victoria Arrandale and Kelly Nakamura) and some great new additions (Heather Adams, Martha Paterson, Alena Papayanis, Kate Jardine, Justina Chong, Erica Tucker and Jordan Meron). At our first team meeting, we developed our vision for the summer and selected Lisa as a new leader to join the leadership team.

Boston Invite – Boston, MA. Undeclared in a Kingston one day tourney against Storm and Stella in May, Lotus made its way to the Boston Invite. After convincing the tournament director that we belonged in the Elite pool, Lotus won the tourney for the first time ever, winning all its games, beating Nemesis twice, Brute Squad twice, and Lady Godiva. Lotus was looking as strong as ever – smooth, buttery O line offense combined with a gritty D line that kept scoring breaks.

Regionals – Waterloo. Lotus was undefeated, taking the first seed in the east and the first seed going into Nationals, beating Stella twice (once on universe point on Saturday, then more convincingly in the championship game on Sunday).

No Borders – Ottawa. With a few key players missing and torrential rains and mud to contend with, Lotus needed to adjust to all these changing dynamics to come out on top. Throughout the tourney, Lotus made all the teams it met "witnesses to its success", winning all of its games, including two against Stella. Lotus then met Brute Squad (their first appearance at a Canadian tourney) in the finals in a televised event by Rogers. Nerves and jitters were apparent – a few uncharacteristic drops and throwaways gave us a hard time but the game remained close. Again,

Lotus - 2009 Canadian Ultimate Champions



Lotus (your Ladies Of Toronto Ultimate) was created in 2004 in an attempt to bring together the strongest female players in the city to one team with a goal of developing a strong foundation of Toronto women's ultimate for years to come. With only a handful of players from the original 2004 roster still around, that foundation remains. With a significant change in personnel in 2008, Lotus rebuilt and found a new core. With this, Lotus was poised to take 2009 and emerge as the team to beat.

Lotus would face universe point at 11-11. Receiving the disc on the pull, Lotus was not able to convert and lost the point to a breakside hammer in the endzone with our D right at their back. Although we did not know this at the time, this would be Lotus' only loss of the season.

Nationals – Winnipeg. With lessons learned from that tough loss in Ottawa, Lotus arrived in Winnipeg with the confidence to win but the realization that tough games were ahead – only the hardest working team would win. One game at a time, Lotus squared off against opponents from across the country, intent on proving that it deserves the gold medal. On day one, with pool play behind them, Lotus met Stella in a crossover game and again took the game on universe point. After some commanding wins on Friday (Storm and QUB), Lotus retained its first seed going into quarterfinals on Saturday. In the rain on Saturday, Lotus won its quarters (Fusion) and semis (Zephyr) handily. The stage was now set. Lotus would meet Stella in the Finals on Sunday. Head-to-head results in the season meant Lotus was favored to win but only just.

Collecting in the stadium dressing room, Lotus got deated and went over the game plan. Each of the leaders provided words of wisdom and inspiration. The finals included rain and high winds followed by sunshine.

"Championships are won in the offseason"

This, and the intensity of the game, caused many turnovers as this was the first final in a big stadium for many. With the O lines exchanging points throughout the game, we were tied for the umpteenth time, now at 12 all. Lotus leaders knew that soft cap would be put on soon and that the next D line needed to score to take the upper hand. Reiterating on the line that this was our point to take, we did just that. Now up 13-12, soft cap was on – game to 15. At 14-14 we were at universe point for the 5th time against Stella this season. We were receiving on O with many of the players on the field not knowing that it was universe point – maybe a good thing. Quite a few turnovers later, Hoodie threw to Kristin (aka Rooks) in the endzone for the Lotus win!

A nail-biting end to a wonderful season and a new Lotus is born. The core of the team then went on to form a core of Capitals and take on the UPA series in the fall. Capitals dominated throughout the fall and made its first ever appearance at UPA semis in Florida after beating the number one seed of the tournament, Riot. Capitals lost only one game in its entire season and ironically, it was again to Brute Squad, on universe point in the semis, to a breakside hammer with our D right on their back...

With two great seasons under their belts, these Toronto gals, your Toronto gals, keep getting better and stronger and will deliver many more successes for Toronto ultimate in the years to come!



Touring over Breakfast

By: Jordan Bower

I loved ultimate from the first game I played in university intramurals. Over several years of playing league, I slowly improved as I moved from fives to sevens, from one night per week to two and then three. But hampering my development was my perception of ultimate players as granola-eating, costume wearing, vegetarian hippies who spent all their time talking about their preferred disc brands. Thanks, I thought, but I'm going to eat my steak and stick with league.

Then, in 2007, with no plans for the first weekend in June, a friend convinced me to pick up on a team for Gender Blender, my first tournament away from Toronto. It was everything I thought I'd loathe, except I didn't. On Friday night, dressed in costume, catching a light-up disc with one hand and drinking a beer with the other – no comment about what my feet were doing – I knew I had found something that was Good.

At Gender Blender, I was introduced to Harry Burkman and invited to join Too Bad for an open tournament in Cleveland. That tournament opened up my eyes to a different type of game than I was used to in league. Of course the difference in skill was remarkable and inspiring. Another was the role that the sidelines play in the game: play takes on a different tone when 15 of your teammates are encouraging you along the sideline. I enjoyed the camaraderie with my teammates and my opponents and decided to stick around the rest of the season. At each subsequent tournament, in Ottawa, North Bay, Detroit and at my first nats, in Toronto, I reveled in being surrounded by hundreds of people who would go to such lengths in pursuit of something we all loved. By the time the season was done, I was hooked: I couldn't imagine a life without ultimate.

Skip forward a few seasons and a few different teams. I'm a better player than when I started out, for sure, but I'm also a better ambassador for the game: I know the rules well, I believe in the spirit of the game, and I try not to freak out over every bad call. Each game, I learn more about coaching and managing the dynamics between people. And, maybe best of all, I stretched my idea of what I was capable of. I can still remember my first layout a few years ago; now, while they come more frequently, I'm still astonished to watch myself do some of the things I can do. Ultimate has been an incredibly satisfying instrument to help me push my boundaries, and I love that the learning never seems to cease.

Touring has been an unparalleled experience for me. It's definitely one of the best things in my life. I recommend it to every player as a way of participating in a great community and helping to reimagine your conception of yourself. Turns out that granola is part of a wholesome diet and meat is for losers. The costume thing is pretty fun too.

Lotus team photos courtesy of Lotus Ultimate photographers; Unknown; Background photo by Ian Brooks

Elite Touring

By: Hadiya Roderique



I initially got involved with touring in the summer of 2001, after playing McGill Ultimate the previous fall. I wanted to tour in the summer to improve my skills as quickly as possible, and I felt that a women's touring team would give me the best opportunity for growth and lots of touches on the disc. I had

a successful tryout that summer, and since then have toured every summer on such teams as Storm, Lotus, and Capitals I came up with the name Storm. True story! It is also rumoured that I was featured on the cover of the infamous Storm calendar of 2004, but to my knowledge, all photographic evidence has been destroyed.

Most touring teams, what ever their level, involve a certain number of practices and tournaments. Lotus practiced twice a week, while Capitals ran one strategy practice and one fitness practice. However, what often separates the elite touring teams from the rest is the amount of time spent on team related pursuits outside of practice. And by team related pursuits, I mean training. Comparing my less competitive touring experiences to my Storm/Lotus/Capitals experiences, I've found the difference to be the level of commitment of the players to self and team improvement. One thing that was apparent on Lotus this season is that everyone wanted to improve, and it was really a team focus and mentality that began in the winter. Getting better not only for yourself, but for your team and to make your team stronger.

Championships are won in the off-season. At the end of the day, when you get to Nationals or UPAs, everyone can run and throw and catch and layout. What sets you apart is if you can run harder at the end of the game than your match up, if you can keep pushing for longer, if you still have the energy to make a bid for that throw that went just a bit too far. On Lotus, throughout the winter we have weekly Lotus workout sessions that usually involve a punishing circuit workout devised by Carla Di Filippo and Alyson Walker. Many of the Loti and Goats also workout in smaller groups or on their own, with cardio and weight programs started in December/January in preparation for the next season. Those weights make your body

Women's Touring

By: Kristen Laurin

I came to ultimate after years of playing a different sport at a fairly competitive level, and was looking for something a little more fun and a little less pressured. From the first pickup session, in running shoes on a tiny little lawn in the middle of campus, I was hooked.

After the university season, and after the 7am pickup sessions in the gym which I religiously attended through the winter, came the summer, along with my first league team. I learned

a lot from that team, in terms of on-field skills, of course, but perhaps most memorably how many beers fit in a frisbee, which was more than I would have guessed, and how to tailor your heckling to make it maximally motivating for your teammates, without sacrificing humour. But by the end of that summer, I was hungry for something more structured. I decided to try out for the touring team for a number of reasons. First, I had met some women in league who I both looked up to as players and really liked as people, and discovered they all played at that level. Second, I figured that having practices and a leader with experience might really help me improve my game. Third, I wanted to play on a women's team. Now I understand that there are those of you in the ultimate community who swear by co-ed, so I wouldn't to come right out and say you're wrong. At least not in such a public setting. But what I can say is that for me, it felt like I would never get a chance to take up as much space on the field as I wanted to if I had to share it

with (bigger, faster, stronger) boys.

It was obvious from the start that I had a lot to learn, and that there was a lot more to this game than I had previously thought. I should admit that that wasn't the first nor the last time I'd made either of those realizations, transitioning to new, more competitive teams can always have that effect. And in some ways it's hard, trying to fit into a team's systems and plays and strategies when you're used to being able to play in an unstructured kind of environment. It can also be hard being the new kid in a more competitive level where differences in ability matter more. But at the same time, for every time I've been a rookie, I've had at least five if not fifteen teammates willing to tell me what I needed to improve, and help me do it in a really positive and encouraging way.

For me, playing touring level ultimate has been really empowering: I have watched myself and my teammates grow into better ultimate

players and athletes, and seen us do it by ourselves, without the help of the infrastructure and outside coaching that many other sports have. It has also introduced me to some of pretty wicked people, some of whom have become good friends: I think there's just something about physically exhausting yourself in the company of the same people two, three, four, even five times a week that creates a special kind of bond between you. But above all, it's been tons of fun. As I write this, it's November, and we've just wrapped up the tail end of the fall season in the States. And as much as it's kind of a relief to think that I might actually have a free weekend at home now and again for the next few months... I already miss my team.



stronger, give you more power when you plant to cut back in for the disc, and let you put that long bomb just a little bit further.

Playing on an elite team is a challenge, albeit a rewarding challenge. It also permeates your life. Seriously, your entire life. My work colleagues now know the names of tournaments, where they are, and who our rivals are. My parents know that Thanksgiving dinner has to happen on the Monday because I will be in Boston on the weekend. My friends know that Tuesdays and Thursdays between April and November are a write off. I've missed weddings, birthday parties, and firm functions. It takes a lot of coordination and effort, both physically and mentally, especially when coupled with other demands on your time (work, family, etc.). When your boss angrily asks you why you have to leave at

1 pm on Friday to fly to Ohio, it can be a difficult conversation. When you've just gotten home from a killer day at work, it takes some effort to convince your body that it needs to go to the gym to lift weights for an hour. But despite the challenges, I couldn't imagine my life without the friendships, 10 hour car rides, cytomax, unpeelable cheese strings, sweet jerseys, the thrill of a layout grab, the tang of victory and the lessons learned from defeat. Plus, what else would I do Tuesdays, Thursdays, and every other weekend? Golf? Precisely.

TUC Junior Ultimate

By: Jennifer Tse



As a junior ultimate player rapidly approaching the end of my "junior" status, it's hard enough trying to quantify how much playing with the Toronto Ultimate Club has affected me over the past year, much less the past two and a half. It's a bit like trying to throw a breakforce scoober for the point on stall nine, when your only viable receiver has massive shin splints and is in the wrong corner of the endzone. A largely unsuccessful effort, but necessary to attempt all the same.

Unforgivably cheesy similes aside, I'll give it a shot. Because if there's one thing I'm sure of, it's that juniors ultimate has changed my life, and I owe it all to a great community of people.

When I first touched an ultimate disc at a high school tryout in 2007, I was a shy and unathletic 15-year-old, utterly looked off by boys who didn't yet fully understand how the co-ed part of ultimate worked. Determined to be as valuable as my male teammates, I

spent a few months working on my forehand, running up and down fields dominated by the potty-mouthed and testosterone-charged, and accidentally scoring a point or two. It was horrible. But really awesome.

I fell in love with ultimate. It became all I wanted to do or talk about in my free time, and summer offered just the amount of excessive free time I needed to play what others would've called "too much" (a term I still don't understand in the context of this sport).

I joined the Toronto Juniors Summer League (TJSL) in 2007, went to Nationals with T3, and found a juniors team for the fall. Before I knew it, I was picking up with adult teams and going to every tournament I could get my insatiably plastic-hungry hands on.

Fast forward to the summer of 2009. I toured with DIRT, Toronto's competitive juniors team. I helped promote TJSL and was a coach for the north division. I juggled multiple teams on multiple weeknights and went to tournaments or pickup games on weekends. I had more ultimate-playing friends than I could count on my fingers and toes, and I was spending more time with them than anyone else I knew. Somehow, I found myself in a literal eat-sleep-ultimate lifestyle that bordered on insanity. Wonderful, adrenaline-saturated insanity.

Stepping onto the line that sunny first day in Winnipeg, something crossed my mind. "I'm at the national championships with DIRT. Two years ago, I'd never even played sports. How the heck did I get here?" It was a

moment of sudden bewilderment that I had to push aside quite quickly, as our opponent had pulled the disc and, yikes, I had a girl to cover.

On the plane ride home from Winnipeg, with the weight of the bronze medal around my neck, I thought.

I thought back to my first TUC Midseason tournament with my newfound TJSL friends. All those summer nights I spent idly tossing and chatting with my coaches. That memorable DIRT practice that involved two straight hours of 8-4-2s. The terrifying experience of trying to

coach people my own age.

The weight of that medal was very real, but not as real as the immense gratitude I felt for all the people who had been there with me, shaping my experience as a junior ultimate player, every step of the way.

Friends, coaches, and every member of TUC's juniors ultimate community—you've all taught me so much. How to persevere. How to be a friend. How to share the joy that is the spirit of ultimate, and have a really, really good time.

It makes me so happy to think that juniors ultimate in Toronto is getting bigger and better every year. If every junior could have as incredible an experience as all of you have given me, I think the world would be a better place. I mean this in all seriousness. Sans cheesy similes.

The little things, they really do count. Thank you all so, so much.

I'll see you on the field!



DIRT - 3rd Place Canadian Ultimate Championships - Juniors Division

CATCH THE SPIRIT

HIGH SCHOOL INDOOR TOURNAMENT RESULTS
B Division - Thursday, February 26

- 1st - Thornhill SS
- 2nd - St. Augustine CS
- 3rd - John Cabot CS
- 4th - Dr. Denison SS
- 5th - Westview Centennial
- 6th - Ursula Franklin Academy
- 7th - Cardinal Newman CS
- 8th - Riverdale CI
- 9th - William Lyon Mackenzie CI
- 10th - All Saints SS
- 11th - St. Augustine CS 'B'
- 12th - North Toronto CI
- 13th - Silverthorn CI
- 14th - Blessed Mother Teresa CS

A Division - Friday, February 27

Tier 1

- 1st - Dr. Denison SS
- 2nd - Barrie North CI
- 3rd - Bowmanville HS 'A'
- 4th - Sacred Heart CHS
- 5th - SATEC W.A. Porter
- 6th - Thornlea SS
- 7th - Clarington Central SS
- 8th - The York School

Tier 2

- 1st - Pierre Trudeau SS
- 2nd - Earl Haig SS
- 3rd - Mac Garneau CI
- 4th - Kipling CI
- 5th - Etobicoke CI
- 6th - North Toronto CI
- 7th - UTS
- 8th - Bowmanville HS 'B'



TUC Clinics: A Labour of (Spreading the) Love!

Over the past 3 years, we've brought renewed focus to the TUC Clinics program, with the goal of helping players of all levels improve their skills, knowledge and enjoyment of the game, and 2009 was no exception!

Here in Toronto, we're fortunate to be in a hotbed of talent, with some of Canada's (and even the world's!) top players residing here, and many of them have volunteered their time to share their experience, expertise and passion with TUC members. It truly is a labour of love, and when you love the game as much as we all do, it's not work at all!

Our clinics this year included:

March 28: Women's Intermediate Tournament run by Lotus (Canada's top women's team)

April 6: Boot Camp Pre-Season with the Pro's (100+ at Varsity Centre, recreational & intermediate)

April 25: Beginner & Recreational Clinics at Riverdale

May 23: Intermediate Clinic at Riverdale

June - August: TUC Clinic leagues (two 7-week rounds)

July: ODSA Juniors Camp

December 3: Beginner Indoor Clinic at Lamport Stadium

As we look forward to the 2010 season, we'll be looking for more of your feedback on things you'd like to see and learn about. And for those of you who want to play a part in spreading the love and coaching others, drop us a line at clinics@tuc.org.

See you on the field!

Ian Lee | clinics@tuc.org

Toronto Juniors Summer League (TJSL)

In 2009 we hosted three regionalized TJSL Leagues and had our most successful Juniors summer season yet! This was largely in part to a grant we received from Sport4Ontario (www.sport4ontario.ca) that helped to provide new materials for our league as well as subsidize costs for Juniors.

During the last week of TJSL 2009, four teams from three divisions faced off in a single elimination playoff bracket. The final champions were the East team, who beat West in the final. Congratulations East! Each participant received a TJSL logo'd disc for their efforts - thanks everyone! We look forward to doing it again next year.



Knowing the Rules: Captain's Clause

A game may be played under any variations of the rules agreed upon by the captains of the two teams. In tournament play, such variations are subject to the approval of the tournament director. Such things as length of game, dimensions of the field, and stalling count can easily be altered to suit the level of play.

Jargon Buster

Stack:

An offensive strategy intended to manage space for cutting. All players line up (often down the middle of the field) and alternately make cuts. Common types include horizontal and vertical stacks.



Photos by Ian Brooks; Clinic article background photo by Ed Kung

Fall League Champions

Sunday Outdoor Co-ed - Black November



Monday Outdoor Co-ed - Piggy Wants the Conch



Men's Outdoor League - Moulin Rouge



Thursday Outdoor Co-ed - Fireball



Wednesday Outdoor Co-ed - DUCtape



Thursday Indoor Intermediate Co-ed - Oh My Cod



Thursday Indoor Competitive Co-ed - Shark Week



Fall Champion photos by: Ed King and Bill Wong

Jargon Buster

Poaching:

Is a strategy where a defender (called the Poach) is not playing close to his/her check with the intent to help defend a throw to another player. Poaching can be an effective strategy when done correctly but should only be used sparingly as when the "Poacher" gets burned it usually end up in a point being scored for the team on offense.



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Photo credit: Bill Wong

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**TUC 30TH
ANNIVERSARY**

2010 represents a significant milestone for the Toronto Ultimate Club, as we celebrate 30 years of Ultimate Frisbee in Toronto. From its humble beginnings with just a few disc aficionados strutting their stuff on Kew Beach, to the thousands of players playing every night on facilities throughout the city, the game of Ultimate has aged beautifully in our great city. In 2010 the Toronto Ultimate Club will reflect on the great history of our sport and the evolution of the Club through 30 years. We will be hosting a 30th Anniversary Event that honours the pioneers of TUC and introduces the TUC Hall of Fame and its inaugural inductees. We will welcome ALL TUC members past and present to participate in this memorable gala event. In addition, we will unveil our video documentary on 30 Years of TUC, a must-see!

To learn more and get updates



throughout the year, visit our 30 Years of TUC page on the website: www.tuc.org/events/30years



“Every Sunday, starting at 2:00 p.m. thirty to fifty people would come to Riverdale west.”

Ten Years in TUC

Grace Vaccarelli

I moved back to Toronto in 1999. Ten years have gone by and much of what ultimate meant to me then, remains today. Ten years later, much thanks is due to the volunteers and administrators of the Toronto Ultimate Club. They have shepherded ultimate in Toronto, resulting in a fantastic growth in the number of players, a greater depth to the level of competitiveness and all the while striving to maintain the community and spirit that attracted so many of us to Ultimate in the first place.

Ten years ago, the highlight of ultimate in Toronto was Sunday pick-up at Riverdale. For those of who were there you know exactly what I mean. Every Sunday, starting at 2:00 p.m. thirty to fifty people would come to Riverdale west. There were generally two games being played, sometimes a third. When a point was scored you often had to run onto the line, and kneel, to secure your spot on the line as there were so many of us.

When summer registration rolled around we all went to the Madison and registered with pen and paper, and got a chance to see the friends we had not seen for most of the winter. Now we all register on-line, more convenient it's true, but definitely

not as much fun. Ten years ago there were skirts on the fields, beers on the side lines and every game ended with a cheer to the other team – a well thought out (usually dirty) musical cheer. Today there are no skirts left, no dirty songs and a lot of children on the side-lines. We have all matured as has the sport. We sometimes take ourselves a little too seriously. Most importantly, what I remember from my ten years at TUC are the friends that I have made. The people I played with on my first two teams, Comic and Bust, remain my dearest friends today. Through-out the years so many people have entered this sport and have made friends for life. We were team mates by chance, but friends by choice. Most of us drawn together by the competition and community that ultimate provided. I witnessed a lot of flirting, countless hook-ups and love on the field and at the bar after the games. Today TUC has grown, we have league every night of the week, in every season. The community has grown, but yet remains intimate. We all still all look forward to the competition and spirit that is ultimate.

**Knowing the Rules:
Self-Check**

The alternative action of the thrower touching the disc to the ground to restart play when no defensive player is within reach of the thrower to tap the disc in.

A disc must be brought back into play by either method after a stoppage of play due to a violation call or when a disc is advanced into the field proper from out of bounds or the endzone.

How I BECAME A TUC JUNKIE

By: Darren Gray

When I was asked if I would be interested in writing an article about how I got hooked on Ultimate, and my experience in TUC, I immediately thought back to the first time I ever heard about Ultimate...

Rewind to Fall of 1994; Grade 10 Gym class. My teacher gave the class the choice of playing "Touch" Rugby, or "Ultimate Frisbee". While all of us guys laughed, and quickly ran to the field to play some "Touch" (*cough – tackle*) Rugby, the girls all chose to try out this "Ultimate Frisbee" game. Had I known then what I know about this ridiculously addictive sport; I would have joined the girls in their decision without a second thought. Fast-forward to Spring of 2006. This Ultimate Frisbee thing decided to pop its head up in my life again. A few of my friends had decided to take it up and were constantly telling me how much fun it was. I laughed it off a few times, but reluctantly decided to come out to one of their scrimmages and give it a try. After arriving at the park and having the rules quickly explained to me, I ran out on the field and started to chase a plastic disc around, without realizing how much fun I was about to have. I was instantly hooked. But why? Was it the fact that within 5 minutes of playing, I felt like I couldn't breathe and was about to puke? Hmm...probably not. But what was it?

It started out casually, with me registering for one night a week playing 5s in some of the "other" leagues. But each season I found myself wanting to play more and more and more. The group of us heard about a 7s tournament being organized by TUC, and decided to register as "the Fajita Aficionados" and try out the 7s game for our first time. What better place to do so, then in a tournament...ha ha. We got together the weekend before and tried to teach ourselves zone, how to break a zone, and just overall how to play on a field that was so much bigger than what we were used

to. We had some success, managing to win a couple of games at the tournament, but more importantly, we realized that we were wasting our time playing 5s, as 7s was the real deal. In the Summer of 2008, my Core Team (Hammer Hawks) and I made the official move to TUC, registering for the Tuesday Intermediate East division. We had heard that was one of the easier nights and thought it would be best to start out in that division. In following seasons we tried out different nights and skill levels constantly trying to challenge ourselves and improve our team. With TUC having so many teams, and with the Ladder system being used in most leagues, we found the transition to be quite smooth and were able to play teams of similar skill level regardless of what league or night we played in. We have had some very successful seasons, and a couple that were... ummm...less successful. But have had a blast each and every game, and have met some

awesome people along the way. Our goal as a team has always been to build a solid roster that will stick together, grow together, and develop that chemistry required to compete at the higher levels of the sport. It's a gradual process...but we're coming for you Chaos! (just let us figure out how to trick John Hassell and Alyson Walker into accepting our roster invites first...they mustn't have gotten them the first 43 times we sent them) Before I started playing ultimate, I never would have thought that simple words like "greatest", "chinchilla", "savage", "strike", "dump", "swing", and "brick" would all take on new meanings to me? While other terms like "callahan", "layout", "1/0", "hand-block", and "scoober", would be able to make me feel types of excitement that one would expect on their honeymoon? That's not just me right? I mean...we all feel that way right? Well, like many of us out there, I'm no longer satisfied with just 1 or 2 nights a week. But rather find myself playing anywhere from 3 to 5 nights

and still wanting more. If my friends and family weren't as crazy about this sport as I am, I swear they would be looking for some sort of Ultimate Support Group for me by now. But luckily, the Hammer Hawks are all just as obsessed about Ulti as I am...well...ALMOST as obsessed as me. My only regret is that I didn't get in to this sport sooner. I look at a lot of the high school students that have teams available to them at their schools, as well as Junior touring teams like DIRT, and can only imagine how the game will grow over the next few years. Thankfully I only have 2 more years to continue improving my game before I'm eligible to try out for a Masters team and will once again have the advantage of being the "young guy" and not the old guy trying to keep up with a bunch of "kids almost half my age"! Anyway, who's up for some pickup tonight?

Well, like many of us out there, I'm no longer satisfied with just 1 or 2 nights a week. But rather find myself playing anywhere from 3 to 5 nights

The TUC Pop Culture Grid

TUC member in the mix	Favorite movie seen in 2009	Song I listen to jack me up for a big game	My favorite athlete of all time is...	Advice I have for Tiger Woods	The person I would most like to sing a duet with...	If you weren't playing ultimate what sport or activity would you be doing	Hollywood does a sport film on Ultimate, what would you call it?
JASON ROBINSON TUC General Manager	The Hurt Locker	Thundercats theme song!	has to be Air Jordan	use morse code next time, get back to winning majors	Dolly Parton	Aussie rules football or chillin in the man-cave	Blades of Glory II starring Will Ferrell. 'this time he's not wearing them, he's throwing 'em!'
GREG SCHMIDT TUC Webmaster	The Dark Knight. It was from 2008, but I didn't see it until 2009	Don't Stop Believing	Ian Brooks, because that improves the odds of getting my answers published.	Mistresses are like golf. The guy with the lower total wins.	Bob Dylan, because it wouldn't matter as much that I can't sing	Probably watching The Princess Bride	Air Bud: Ultimate Air
JAMES MCCULLY League Convener	Inglorious Basterds	Sabotage, Beastie Boys	Pinball Clemons	Trips to Thailand to visit 'family' would've been smarter	Britney Spears	Curling... still yelling, still having beers	Air Bud 2
ALYSON WALKER 2008 Team Canada	Up in the Air	Mr. Brightside, The Killers	Michael Jordan	Take a break and come back stronger	Jay-Z	Skiing, Travelling	Reach For the Sky
CHRISTIAN HAJOK TUC Member	7 pounds	Dirt Off My Shoulder, Jay-Z	Pistol Pete	Try being less about yourself	Christina Aguilera	Basketball / video games	Heaven is an Ultimate field



INSIDE THE GRID

Air Bud is the 1997 American family sport film that sparked the franchise centered on the real-life dog, Buddy, a Golden Retriever. The film's title may be wordplay with "Air Jordan", a nickname of basketball superstar Michael Jordan. The film generated one theater-released sequel and many direct-to-video sequels and a spin-off. In each film, Buddy learns to play a different sport.



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