



PIEPLATE

Vol 2 • 2004

THE OFFICIAL MAGAZINE OF THE TORONTO ULTIMATE CLUB

What's inside!

Canadian University Ultimate
Championship

11th World Ultimate & Guts
Championship

2004 Women's National Champs

Ankles Away

2004 Standings
& More!

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From the Board...

By Derek Baxter, Chair, 2005 Board of Directors

From the Board...

After months of waiting for the sunshine and warmth to return, spring is now in full swing and the parks in the GTA are about to be swarmed with white plastic. Each of you has been on the phone and circulating e-mails about forming new teams, finalizing rosters of old ones, or getting some pre-season partying in before Ultimate becomes a bigger part of your weekly routine. It is bar none my favorite time of the year as an entire summer of playing disc sports awaits.

I learned to play Ultimate behind the football stadium of my university in Saskatoon, where small and disheveled group of neo-jock-hippies had discovered a sport that few knew about. After having attempted to play one game previously with some friends and improvised rules of play, I decided I'd have a go and join them. I asked the first person I saw, "Hey what rules do you guys use?" wondering if they also adopted the 'three giant steps' or 'no tomahawks' etiquette my friends had concocted. "UPA 6th Edition" seemed a most ridiculous response! How strange it was that these long-grasser hipsters had rules, a governing body, and a code of sportsmanship and respect that superceded everything. That was 10 years ago this summer. The really interesting part of this story is that 15 years prior to that, a group of sport-visionaries in Toronto had their fingers on the pulse of a new sport, and had the vision to establish the club we now know as the Toronto Ultimate Club.

I wonder if at the time, the founders had envisioned the thousands of members we have today, or the hundreds of thousands of dollars that flow through the audited financial statements of this corporation. As this club grows and evolves, new challenges are faced every year that force us to adapt. In the past five years TUC has grown its administrative capacity exponentially. From electronic registration, score reporting and standings, to a 2 person full time administrative staff, the club has a strong basis from which to face the challenges of the next five years and beyond. I believe in this time we will see more change to the club to face

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PIEPLATE

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President's Message

By Thomas Meyer, President, TUC

Another summer season of 'the greatest sport I know' is upon us, and in Toronto, it promises to be the best season yet. You will see big improvements again this year in the services TUC offers and in the programs we run. Our new Member Services Co-ordinator, is central to this effort and will be your primary point of contact with TUC.

What's new this year? Let me see..... single-gender summer leagues; juniors leagues in Toronto and York Region; the "Ultimate Long Weekend" tournament; more clinics and coaches; more social events; the TUC Shop – it has been taking orders on-line since Christmas, and now you can even try on those cleats at the TUC office before you buy. The list goes on.

There are also continuing challenges to be met -- membership growth, field space, spirit, communication and recruitment, to name a few. Volunteer recruitment is especially important since TUC is still very much dependent on volunteers to carry out a myriad of ongoing tasks and to help at events, even though our paid staff makes sure the essential jobs get done. Even a few hours of your time will be greatly appreciated.

Also in the spirit of giving back to our community, I want to publicly recognize Rahil Suleman for organizing the "Forcing Home" allnighter in support of the homeless, and Danny Jose for creating the "Ultimate Olympics" to benefit victims of the south-Asian tsunami. Gentlemen, thank you for your efforts.

Now grab a disc, head outside and play! I'll meet you on the field.



Letter from the Editor

By Joseph Krenzel

Last year has come and gone. I hope you all enjoyed it as much as I have. I've had my share of difficulties in TUC over the years; I'm sure some of you remember the email address fiasco three years back. But last year, for the first time since I started playing back in '99, I didn't have a team to play with for the summer, and for all intents and purposes I took the summer off. It was an interesting experience sitting on the sidelines to say the least; although I sincerely hope never to repeat it. I gained a new appreciation for our favourite game and I'm sure that this year I'll enjoy lumbering up and down the field even more.

Last summer also presented another challenge; specifically the challenge in running this magazine. In the spring issue I asked for help; and while some people certainly came through in a big way, we need even more. The contributions in this issue are all great, and I enjoyed working with each and every contributor; but as you've undoubtedly figured out from our late publishing date, the submissions were slow in coming. Please, if you have a story to tell, then there is no better place. Why not get your words or pictures immortalized in print? Remember, we are always taking submissions, or any other help that you can offer. Let me write you into the annals of Toronto Ultimate.



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The year that just ended turned out to be a whirlwind for myself after not being actively involved in the world ultimate community for a dozen years. Nevertheless, I found it quite rewarding as together with the volunteer chairs on the TUC board, we used every good opportunity that came our way to institute a number of positive changes.

First and foremost among these changes was an attitude adjustment—things like “it’s ultimate time” and “that’s the way it’s always been” were no longer acceptable answers as we strove to streamline and professionalize the club’s activities and operations. Next, communications got a facelift as we changed the look of our web presence, brought back our ‘zine “PiePlate” — twice even — and redesigned the “Intouch” e-bulletin (which was graphically somewhat out of touch) with a more appealing new format called LAYOUT.

On the members front, we gave out shirts to all summer teams, a simple way to advertise and make our club’s presence known at all the city’s fields (and bars, probably). At the spring captains’ meetings we made member access to the rules a priority through our “Map to Success” handouts.

Sponsorship also came in with a bang, part of it represented by the shirts and other merchandise along with some cash (yes, it’s true—good ol’ cash).

And we partied, oh boy did we party. We threw a huge bash to start the season at the Devil’s Martini. Then we had another bash at the Hard Rock Café at SkyDome to thank those who’d so graciously helped out all year long. And we also gave back to the

community, holding a number of charitable events for the homeless and raising close to \$3,000.

We tried to make participation in every event a value-added one. Winning teams from individual summer playoff nights were rewarded with visors and golf discs. We held raffles at clinics and gave out prizes; we did the same at our parties. Coffee, bagels, danishes, muffins, fruit and loads of other great food were dished up at parties and tournaments. Speaking of tournaments, we held three fantastic events at Sunnybrook Park to celebrate our game and even managed the help of the weather gods who’d been a little stingy on the sunshine earlier in the year. Event-wise, we broke new ground in many ways, including our showcase challenge at Etobicoke Centennial Stadium in conjunction with the Diamond Beach facility.

We had a hoot, literally, with everything. And we look forward to continuing to push the envelope in 2005 to bring you new and exciting events and opportunities. One last thing: way to go girls of Lotus—Canada’s national champs in a hard-fought battle in the women’s division in 2004—you made us proud.

Speaking of proud, 2005 is shaping up to be an even better year as we commence 25 SPECTACULAR years of Ultimate in Toronto. Get ready for a great season!

Ultimately yours,
Christopher Lowcock
TUC General Manager 2004/2005



The Canadian University Ultimate Championships

By Connie Lee

The weekend of October 15th-17th began on a gray Friday morning with a trip to McMaster University in Hamilton, Ontario and the start of the Canadian University Ultimate Championships.

There wasn't anything new that Friday morning, nothing different, no expectations, no giddy excitement. I was at an Ultimate tournament, pure and simple. I was given the opportunity to play the sport I love for the next three days on a team of very talented players, against the top university women's teams in the country.

As a student at Wilfred Laurier University in Waterloo, Ontario, a school without a team of its own, I was allowed to be one of the three exemptions on the University of Waterloo women's team. I can't remember what we were originally seeded going into the tournament, but it was lower than we knew we could place. And as every team does, we looked to improve our seeding over the course of the weekend.

What do we drink? WATER! Who's your daddy? LOO! WATER! WATER! WATER! LOO! LOO! LOO! WATER! LOO! WATER! LOO! HUH!!

Friday brought heavy rain all day, which would eventually cause cancellation of the last games. Our first opponent was the University of Ottawa, and we came out victorious, 15-1. Our second game was against the University of Guelph (from, of course, Guelph, Ontario), whom we'd lost to previously at University Eastern regionals. The heavy rain and wind proved to be an equalizer, and we showed what we could do in adverse weather, beating U of G 13-1. The third scheduled game, against London's University of Western Ontario, was moved to Saturday morning.

Saturday began bright and early at 8:30 a.m. in order to make up for the previous days lost time. Western hadn't showed well at regionals, but were performing very well here, having also beaten Guelph the previous day. Knowing they wouldn't be the same team we'd played before, but still confident in our skills, we went into the game with high intensity, coming out with a 13-4 victory. Next, it was onward to our toughest round-robin game. This time suffered a 5-9 loss to University of Alberta,



Photo Courtesy Arthur Taeishi

a favourite to win the tournament. Our last two games of the day were against the host teams from McMaster, first MacB, then MacA. Although we won the first contest 13-4, there was some loss of intensity.

Noting this, we brought the fire back against MacA, defeating them 13-0 to end the day, acquiring a spot in the top four, along with U of A, Queens University of Kingston, Ontario, and Montreal's McGill University.

Sunday was a day of strong winds, strong competition, and strong wills.

We were playing McGill in the semifinals first thing in the morning. The finals match-up was favoured to be U of A versus McGill, so much so that we'd even been told (jokingly) to "tire out McGill" for U of A. With no expectations or reservations, we took the field, already proud of our accomplishments. We immediately fell into a 1-4 deficit, but a time-out was called, and we regrouped. It was all uphill after that, shutting the McGill offense down with our stifling wedge and cup zone. McGill was unable to recover, and only scored a single point after that. We went on to beat them 7-5 in a time-cap, and secured ourselves the spot in the final. This is what the CUUC 2004 Women's Final match-up looked like:

U of A: undefeated, history of winning university nationals, heavily favoured U of W: one loss (to U of A), placed 5th the previous year, underdog of the century

We would prove we deserved to be in the finals. We would prove that Waterloo has a place in high-end Ultimate. We would prove, no matter the end result, that we had already won. From the beginning it was predicted that U of A would walk all over us. With great motivation from our captains, and the adrenaline still pumping through our veins from our previous win, we stormed the pitch with a desire to give U of A a run for their money.

And give them a run we did. Our strong performance off the get-go may have even caught them off guard—which might explain when we surprisingly took the lead for a few points. We showed them tough defense, and patient offence. However, U of A recovered after a time-out, and re-established a lead. Points were traded, incredible D and O were played, layout bids were almost always made for discs that looked to be lost, all to be CUUC Champions.

The game eventually ended in a time cap, with us losing by only a single point. But we didn't care, because we'd already won.



The best world
Ultimate guts and
championships ever...
to hit Finland!

Rain, Rain Go Away...

By Terhi Anttila

On a beautiful August evening, on the Ultimate fields of Kupittaa (Turku), Finland, sat a row of sad faces. Considering that the sun was finally shining after an incredibly lousy summer, one might have expected the players gathered for practice to be glad. Instead, they all felt empty. The 11th World Ultimate and Guts Championships that had been held the previous week on the same fields were over, and with them went the most unforgettable and probably most draining week of their summer.

During the first week of August, 2004, the best Ultimate players in the world—and a few others—gathered on the Southwest coast of Finland. Totalling 1500 athletes comprising 76 Ultimate and seven Guts teams, from 20 countries with South Africa



Photos Courtesy Juha Kankaanpää

participating for the first time [NOT SURE THIS IS TRUE]. They would be spread over 19 fields in and around Finland's oldest city, Turku (pop. 170,000 habitants) and the nearby towns of Raisio and Kaarina.

The summer hadn't been any better in Finland than in Toronto. And it didn't look like anything was about to change on the 31st of July. That Saturday evening, when the teams gathered in front of the old cathedral for the opening ceremony, the sky literally tore open with a downpour of rain and thunder. Nevertheless we all marched to the Paavo Nurmi Stadium to watch the opening game: Australia vs. Finland. On the way, some of the teams made the best of the situation. The typically

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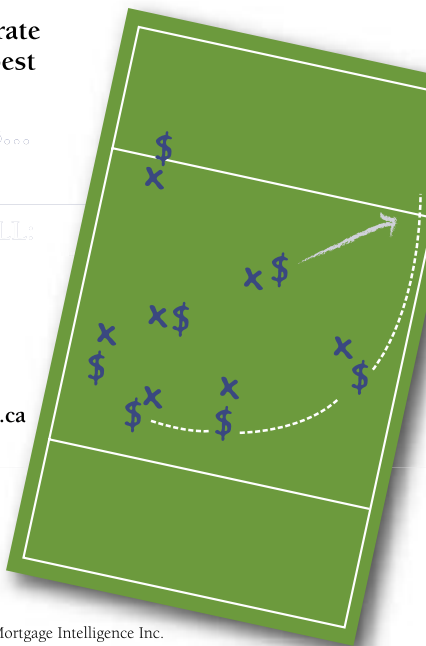
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Rain, Rain Go Away...

(continued)

boisterous Brazilians, not minding the rain, chanted happily and loudly a very catchy, yet completely incomprehensible tune. As their devoted team attaché, I tried to stir the Canadians to similar enthusiasm, or at least make them sing "Oh Canada", which they graciously did.

But the damn rain didn't stop, and we all began to feel pretty bad. It wasn't just because we'd wanted to show our guests the usually warm and sunny Scandinavian summer. No, now there was also a problem. A few days after the tournament started, the Head of the Finnish Ultimate Association, Juha Jalovaara, announced that the Games were running the risk of being cancelled. The fields were soaked and in extremely poor condition because of the intense playing. With over 400 games scheduled for that week, the city of Turku—and especially the soccer players, whose fields we were using—were rightfully concerned.

Hallelujah!

But a then miracle happened. When I woke up Tuesday morning, there was the sun which would stay there (with high temperatures) until the end of the Games. Life was good again. Most games were free to the public and within walking distance from city centre, so guaranteeing free publicity. It was fun to listen to several way-past-middle-aged men following the game with pure enthusiasm, praising the high jumps and long dives of a game they'd obviously never seen before. They were among several instant fans. It was heart-warming to see how people were genuinely interested and excited, and that they wanted know more about "that cool Frisbee game," which is still relatively unknown in Finland.



Photos Courtesy Juha Kankaanpää

But all good things must come to an end. On Saturday, August 7th, the Veritas Stadium was filling up with both Ultimate lovers and the curious—who during the week had returned again and again to Kupittaa to see more Ultimate. There were two finals left to play. With the ladies up first, the crowd gave it up as the Finnish team took to the field. Canada, their tough opponent, also got their fair share of the applause. Just to watch technically and physically skilled players was a thrill, even if Finland lost and Canada got to reclaim their World Championship title, making for a best-ever Canadian women's showing with the gold won by the junior women on Friday. In the Open division, the reigning Champion USA played against Canada. Although I had to leave after the first half to go sort out the prize-giving ceremony, I didn't miss much. The outcome: Canada won gold.



Rain, Rain Go Away...

(continued)

Spirit

There were the medals to give away and festivities to get started. When it came to the spirit prizes, the teams that received the goblets seemed even more exhilarated than the winners of the actual games. The party was held in the Competition Centre which had been transformed into one big club, I'm sure everyone has their tales to share (or keep secret). Most people stayed up until the wee hours celebrating in various after-parties, clubs, hanging out by the riverside or, as became popular and also illegal, climbing over a fence into the nearby public outdoor swimming pool to have a dip.

It wasn't just watching the best Ultimate in the world and the atmosphere of the Games that we missed when we gathered that following week. More than everything we missed the people. On the first days of the Games my friends and I were left wondering where all the volunteer staff from Canada, the U.S. or other European countries got the spark to come all the way to Turku to help. We don't wonder anymore. Instead we're busy planning a trip to Australia, for the 2006 World Ultimate Club Championships, because now we know what it's like and we want some more of it!

For more info or to check out pictures and video clips: wugc2004.org

Final scores:

Open: 1. Canada 2. United States 3. Australia
Women: 1. Canada 2. Finland 3. United States
Mixed: 1. United States 2. Canada 3. New Zealand
Masters: 1. United States 2. Canada 3. Great Britain
Junior Open: 1. United States 2. Canada 3. Germany
Junior Women: 1. Canada 2. United States 3. Sweden
Guys: 1. Japan I 2. Republic of China 3. Japan II

Spirit of the Game Awards: (ranking/teams all together)

Open: Ireland (14/18)
Women: Ireland (14/14)
Mixed: Australia (5/16)
Masters: Japan (6/10)
Junior open: Australia (7/11)
Junior women: Great Britain (7/7)

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Daredevil Discs – Canada's Ultimate Disc

By Wah Phung-Lu

Who is Daredevil Discs?

Daredevil Discs was founded in February of 2002. Fellow Industrial Designer Mike Seaby and I decided to combine what we did for a living (designing things) with what we did for fun (play Ultimate). We wanted to provide players with a quality, Canadian-made disc with personalized service. Since then, nearly three years have passed and we haven't looked back. I believe someone wise once said, "If you can find something you really love doing and make it a job, then you won't work a day in your life" or something like that. Mike and I couldn't agree more.

We are located in Ottawa, Ontario, Canada and we intend to keep Daredevil Discs in Canada. We live in the best country in the world, even if it does get freakin cold in the winter. That's why we came up with the Daredevil Frostie ultimate disc. It is made of a softer, more forgiving plastic which feels like a regular disc in the winter. Only a Canuck would think of something like that eh!?

With our enthusiasm for Ultimate and our industrial design backgrounds, we designed an Ultimate disc that Canadians could call their own. At the same time we set out to improve the disc's flight characteristics, feel and aesthetics and share the love of Ultimate with the world. We made our first disc easy to throw, both forehand and backhand. The shallower profile and rim made it easier for new players to grip, hold and release. Our slightly thicker rim added stability during long hucks. Players found it easier to throw our discs and they threw them farther than ever before.

What's new at Daredevil?

With our constant effort to improve our discs, we introduced the Daredevil Gamedisc at the Canadian Ultimate Championships in Vancouver this year. It has taken off and is gaining popularity from beginners to elite players. Like our first disc, the Gamedisc is easy to grip, hold and throw. However, with a slightly deeper volume it hovers better and is easier to curve in flight. The thicker rim allows you to huck the disc farther and is more stable in windy conditions.

In addition, disc golf fans will be interested to hear that Daredevil will be coming out with three models of disc golf discs. Look for them in the near future!

Daredevil Spirit

We work hard to promote the sport of Ultimate. Since our beginning, we have supplied discs to high schools and have worked to promote junior leagues; giving young people the opportunity to experience this great sport. In the past, we've donated discs to orphanages, camps, and other charities to spread the "spirit" of ultimate. After all, sharing and sportsmanship are what this game is all about.

Keep on Huckin'
www.daredevildiscs.com



Deep and Personal about Spirit with Danny Jose

Interview By Lisa Belanger

Spirit with Danny

We think we know what spirit is. I mean isn't Ultimate, well ... ultimate, because it is the only sport that actually enforces and emphasizes 'Spirit of the Game'. Knowing what spirit is and being spirited is are two different things; it goes beyond singing songs and knowing the rules. Supposedly spirit starts on the field. So I wanted to talk to someone who knows what it is to be a spirited player on and off the field.

Lisa Belanger: What is your full name and birth date? Just so everyone knows who you are, as if there was anyone who doesn't ...

Danny Jose: Really? C'mon. Ok ok, Danny Devaga Jose. And no comment on the b-day thing.

LB: Danny, really, it's not like most of us can't figure it out

DJ: early 70's ... 1971

LB: c'mon you've got that baby-face thing going on ...

DJ: I'm a Taurus. That's all I'll say

LB: Who first introduced you to Ultimate Frisbee?

DJ: A good friend of mine that I played volleyball with. I was really big into Vball.

LB: Like you're into Ultimate

DJ: Oh yeah. She asked me to come out, so I did. The first time I played, I practically died. I'd always been a good runner, but I didn't understand that I had to pace myself with Ultimate. I just ran and ran and ran, I swear I almost died.

LB: How has Ultimate changed your life ... don't get all spiritual ... it's not a religion or is it?

DJ: How has it changed my life? I have no life. Ha ha ha. No really, if family and friends want to see me they have to play ultimate. Now most of them do and they're hooked too!

LB: What other ways has it affected you?

DJ: I realize now that winning isn't everything.

LB: That's a big statement from a player of your caliber.

DJ: No really, I realize that it's better to gain respect from your fellow players and opponents than crushing them.

LB: Given the influence Ultimate obviously has on you, what kind of influence do you hope to have with the leagues that you're involved with?

DJ: Ultimate is still an underground sport. When I talk to people about it I still get "Huh?" When I explain the game to them, they go "Oh, yeah. I see people playing that in the park all the time." I want to help spread the word as much as I can, and make it a recognized sport. Ultimate is a sport for everybody. Young or old can play it, well at least until you have an injury. But really, all types of people, all types of physiques and size can play. Plus it's cheap to play; all you need are cleats and a disc.



LB: So the rumor mill has it that you won 4 spirit prizes the 2004 summer touring season, or was that for one game?

DJ: No ... the season.

LB: Tell us about those tournaments and how it was that you won those prizes?

DJ: Well, the first one was with Booyaka at L4L; not the tournament but the party. They list us on the website for winning the party and getting started it off right.

LB: I was there for that; I can say I had a hand in that one.

DJ: Gender Blender was a big one; also with Booyaka.

LB: Why is that one so big?

DJ: It's the tournament to win spirit at. In my opinion it's the biggest and best spirit tournament in North America.

LB: I've heard it's a great party too!

DJ: Next was London Calling (Booyaka) for the second year in a row. Then it was the A division spirit prize at Guelph with R&B (Roy and Boxx).

LB: You're captain and founder of which teams?

DJ: I've been captain of over a dozen teams since I started playing. Recently though it's just Booyaka and Roy.

LB: What do you do to ensure that each team is a spirited team?

DJ: Eliminate the bad apple, ha ha. I should rephrase that, IDENTIFY the bad apples NOT eliminate them. But you have to make sure they realize what to expect as part of the team and what is expected of them. They need to know that it's important to respect the other players, winning isn't everything, and first and foremost to enjoy the sport.

LB: From what I've seen that's a unique attitude at the touring level

DJ: We're not playing for money, there are no big prizes, so what are we playing for? We play to earn the respect of other teams and players. Nobody remembers who won.

LB: Yes they do.

DJ: Who won Gender Blender 2 years ago?

LB: Uhm? I'm the wrong person to ask I wasn't there.

DJ: Exactly! Only a handful of people know. People don't even stay to watch the finals at tournaments. So really it's a bunch of people going away for a weekend to blow off steam and have fun.

LB: I heard you say once that spirit isn't about singing songs after the game, can you elaborate on that?

DJ: When you finish a game the captains have to submit the score right away, by the time you sing to or play games with the other team the score has already been decided. Spirit scores are about how you played on the field. It only takes one person to create bad spirit for an entire team. Therefore it's up the captains to lead the team; be the person that people look for guidance on how to play and how to act on and off the field and, what's the word when you keep something from happening?

LB: oh, uhm, it's on the tip of my tongue ... prevent

DJ: That's it! You have to work to prevent poor spirit from happening before it even occurs. There will always be bad calls made; you have to let your players know not to take it too seriously. You gotta shake it off, and remember that most of the time one bad call isn't going to make a team lose a game. You will lose respect of other players by reacting to it or instigating a verbal or physical retaliation from it.

LB: What about the cheers and the songs?

DJ: Don't get me wrong, I think that cheers, songs, outrageous costumes, and post-game games all play a really big part in spirit as well. They all help to remind us that this IS just a game; that we're here to have fun, and to meet new people and hang out and play with our friends. Doing all of this stuff is like going for beers with the other team after a game. It let's us all get to know each other

so we're not playing a bunch of strangers but people we know and want to play with or against again. Everyone has that one game where they lost but it didn't matter because the other team was just so much fun to play. That's what spirit is about.

LB: We know you play with both Open and Co-Ed teams have you found one or the other to be more focused on spirit?

DJ: I think Co-Ed is more focused on spirit.

LB: Do you think it's because when guys get together there's a greater mentality of "We want to win!"?

DJ: It's not that guys think that, but co-ed teams seem to understand about playing respectfully. I think men and women help each other stay more level headed during a game. Single gender games seem to be more intense; whether women are being catty or men about their egos. It's not all about winning. Men and women seem to balance each other out, help to keep the intense feelings in check.

LB: New players are so eager to develop their skills that sometimes other important aspects of the game (i.e. spirit) get lost. What are your suggestions when teaching new players?

DJ: First know the rules. Even experienced players think they know the rules when they don't; which is worse than not knowing the rules at all. Most incidents start by people arguing over a rule. First and foremost know the rules and play the game properly.

LB: You run a lot of skills clinics have you thought of running a spirit clinic? If so do you think we'll see this happen in the near future?

DJ: Spirit clinic huh? Ha ha. If we held a spirit clinic it would consist of proper play and proper rules. We could go over common situations that happen and lead to arguments ... maybe some cheers and singing. (Smirk)

LB: Thanks for your time Danny, just one last question!

LB: In your opinion who is the most spirited TUC player you know and why?

DJ: I've thought a lot about this; it's a tough question. I may only think this because I've played with them

LB: How else would you know though?

DJ: I have to say Monica Kerr, Heather Kilian, and Peter Jameson. Each has earned a lot of respect from the TUC community. They always seem calm but intense on the field ... does that make sense?

LB: I think so

DJ: They're great athletes, they know the rules, they know the game, and they never belittle anyone on the field and are always willing to help in ways to promote the game. Monica and Heather are always able to help at clinics or throughout the year; they are always willing to do what they can. I think it's important to point out that Peter was a really big influence on me. He's the one who taught me that winning isn't everything, and not to take the game too seriously. It was because of his style of leadership and his philosophies about Ultimate that lead me to create Booyaka. Peter always plays with respect for his teammates, his opponents and the game. Plus by playing with him I took away to never get down on yourself or your teammates. I think Peter really takes Spirit of the Game to heart.

🍀 Danny Jose has been playing Ultimate for 8 years. He has been a touring player for the last 2, having toured with Roy (2004), Booyaka (2004), and Pong (2003); not to mention that he was recruited by GLUM (Ottawa) to play at the 2004 UPA championships. Danny is also responsible for the TUC Club Skill Clinics, and through his touring connections has been able to get Toronto's top players come out to instruct. Look for him as head of TUC's Event Committee. With always something in the works you can be sure that Danny has the next big event planned and on its way.

Gender Blender; Movie Magic

Gender Blender is the biggest ultimate party of the year. If you've been to Gender Blender, you want to go back. If you haven't been to Gender Blender, you want to go.

Gender Blender is part Woodstock, part Burning Man and part Stanley Cup Playoffs.

Gender Blender: a documentary was shot at Gender Blender 2004, with three cameras following three storylines: Giles Deshon as he organizes his first Gender Blender; Ian Brooks and The Bombing Madd Fatties as they work to win the tournament; Danny Jose and Booyaka as they experience their first Gender Blender.

The stories interweave through the weekend, giving a full perspective of the happenings at Gender Blender.

Gender Blender: a documentary is not about the rules or origins of the sport, or a TSN presentation of the outcome of a tournament. *Gender Blender: a documentary* about the people who play ultimate. It's about the culture of Ultimate. It's about a weekend tournament where partying is just as important as winning, if not more.

Gender Blender encapsulates all the reasons people play Ultimate. If anyone asks you "Why do you play Ultimate?" show *Gender Blender: a documentary*.

Gender Blender: a documentary is available on DVD, first at Gender Blender 2005, and online sales afterwards.

For more information about the documentary,
e-mail: gb2004dvd@gmail.com

And see the trailer at:
www.homepage.mac.com/squatto/gb2004dvd





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A cheque for \$298.10 arrived in the mail today. I can't believe I was paid to play Ultimate with Taye Diggs and Heather Graham on the coveted green



Photo Courtesy Steve Granitz/WireImage.com

rolling grounds of the Canadian Film Centre. I was told that this was the first film to be allowed to be shot on these grounds; with permission granted by the alma mater of the two Canadian scriptwriters. Cake, a romantic comedy (starring Diggs and Graham) features some of Toronto's

finest "special skills extras"—TUC ultimate players. Would I be considered a professional Frisbee player from this day forward? Had I improved so much that I didn't even notice how valuable my skills were to Hollywood? Would this be my big break?

Sadly, no. Judging from the back-and-forth between my offensive partner and myself, and the director telling us to avoid tackling the cameraman, I'm guessing that moviegoers will unfortunately be subjected to my black ass caught in the top right frame. My feelings won't be hurt. How can that compare to a shot of Heather Graham bouncing down the field in all her glory only to be hit on the head by a fake disc as she catches the eye of her romantic love interest on the sidelines? Yes ladies; Diggs could actually melt the polar icecaps with his smile.

In the end, it only took 12 hours to shoot a scene will that probably only last a few minutes. That is, if our "special skills" don't end up on the editing room floor, or shredded to pieces so I have absolutely no proof that this story is true.

The scene was set: an intense match between Heather Graham's team, "The Wedding Bells" and our team, "Business Weekly;" inaccurately described in the script as a good looking, competitive jock-infused team ready to take some prisoners. That's not to say we didn't make one hell of a cute ultimate team; just not up to Hollywood's standards of Botox beauty. Hey, it's all about the spirit of the game.



Photo Courtesy Steve Granitz/WireImage.com

After filling out our ACTRA papers at the brisk 7:30 a.m. call we were told to wait inside for hair, make-up and wardrobe.

The stylist, carrying a mound of pink and blue t-shirts, panned the room to split us into "Wedding Bells" and "Business Week" players. I noticed the guys were slinking around following the stylist hoping to be chosen for Graham's team. The make-up artist passed by looking for unsightly blemishes and decided I didn't need anything but I begged her to "do me," jealous that I wasn't being subjected to the full star treatment. But I was left to my own devices and happily on

AFTER THOSE HARD LAYOUTS
ON THE FIELD...

Photo Courtesy Arthur Taishih



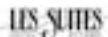
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What's it like to know you were made for Ultimate?

To remember, nearly twenty years ago, you worked hard to get onto the field and then maintained your position with consistency, dependability and quality. That you soon surpassed your rivals and have played in every major event worldwide for more than a decade.

To know you're the leader in the sport... and the standard by which others are judged and to which others aspire.

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What's it like to have a feel for the sport that no one else can touch?

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the TUC Shop. See our ad on page 24.**

Piece of Cake (continued)

my way out the door to throw some disc when the hair lady told me to brush out my pony tail. The nerve—what kind of Ultimate player does she think I am? What kind of serious, good-looking, Ulti-jock is concerned about his/her hair when laying out? Not this one, I tell ya; that is, until I spotted...Him.

No, not Jesus Christ, but the most beautiful man known to women, Taye Diggs. He was off-set under a canopy watching us warm-up. All of a sudden I became very self conscious; every disc dropped was a shame-filled experience. My back became straighter, my pony tail more bouncy and my camera-ready smile a little sexier. I was coming off the field when it was time for him to be on set, and looking up as he was beside me, I smiled and blushed profusely. The only

word to leave my mouth was "haaye," politely returned with a "hey" and a side of smoldering dark eyes. Yikes.

The more Graham and Diggs watched us play and throw, the more they wanted a piece of the TUC action. I could sense that neither had ever played before; they were timid with the disc at first. But by god, at the end of that 12-hour day, neither could put the disc down. We even had the gaffer and the production assistants on the field. Watching Taye Diggs learn how to flick was cool. Seeing my fellow TUC players show him some tricks was even better.

Learn more at the official "Cake" website:
aczoom.com/nisha/cake/

Come and celebrate life, Canada and 25 years of Ultimate!

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Every athlete should focus on improving their sprinting technique. Athletic Training Professionals (ATP) has found that mild adjustments can decrease your sprinting times dramatically. To increase the maximum speed of athletes one of the following must be improved.

- 1) stride rate
- 2) ground contact

ATP has formed a brief biomechanical checklist that coaches and athletes should perfect during sprint workouts.



1) Arm-swing—Arm swing is the key to knee lift. The arms should be at 90 degrees with the elbows tight to the body so there is no lateral motion. They should drive in front of the torso with a powerful motion and, on the backswing, can increase the angle slightly by 10-20 degrees to allow the athlete to relax. If the arms aren't driven forward with power, it tends to cause the knee lift to lower and therefore increases the recovery time at the back of the stride which, in turn, slows the athlete.

2) Chin—The chin should be straight ahead if not slightly down. Once we lift our head up it causes our core to destabilize with our lumbar curve increasing and our hips to lower, this will then decrease our knee lift.

3) Stand tall—Standing tall should force the athlete to keep their mid-torso region tight which allows the power station (glutes, hamstrings, etc.) to perform. This helps the hips to stay high and allows everything to be

stable. Most athletes tend to run low which increases their knee flexion and decreases their stride length as well as their power out. Athletes should always practice running tall with the coach correcting them as soon as they see the technique lapse. Mid-torso and posterior chain strength training is a great way to improve this area.

4) Accelerated foot contact—An athlete should accelerate the foot backwards before it touches the ground. Concentrating on this speeds up the ground contact and reduces the amount of deceleration the athlete has when they touch down. Think skateboard or scooter.

5) Toe to shin—This is called dorsiflexion. Dorsiflexing decreases contact time by pre-stretching the calf and allowing a more elastic foot contact. By pulling the toes toward our shins we also bring our ground contact further under our body which decreases the deceleration most athletes experience if they run on their toes.

6) Relax—This is very important in sprinting. To relax, focus on the muscles needed to run fast and shut off all muscles that are not required. A common tension point is the shoulders. They need to be relaxed and working efficiently. A good time to perfect running relaxed is during tempo sessions when the athlete is not so pumped up to run fast.

This is just a brief summary of some things to look for when performing sprints. A coach should also provide athletes regular video analysis and feedback. This helps the athlete to visualize what they're doing wrong, which ultimately makes it easier to fix.

Ankles Away

By Claire McGlynn

What's the big deal about ankle sprains?
A lesson for Ultimate Frisbee players.



Ankle sprains and Ultimate go together like cookies and cream, Fred and Ginger, Laurel and Hardy. Given this proliferation, is it possible that we have a strange phenomenon where only those with weak, anatomically dysfunctional ankles are attracted to the sport? As a physiotherapist and player, I think it safe to say probably not. Instead, I'd have to argue that Ultimate is simply hard on our ankles. Therefore, it makes sense to learn more about ankle sprains and what we can do to avoid them and prevent them from re-occurring.

Anatomy 101

The ankle is made up of three bones: the talus, fibula and tibia. Imagine the talus as a rounded bone that fits into a hollow created by the ends of the tibia and fibula. Ligaments between these bones hold them in place and keep the joint stable. Keeping these bones in proper alignment is critical because their position allows the joint to move smoothly along the proper axis and allows the muscles to work efficiently.

What is a sprain?

A sprain has occurred when the ligaments supporting the joint are torn. A sprain can be classified as Grade I (20% tear of the ligament fibres), Grade II (20-80% tear) or Grade III (completely torn).



Why do I have to worry? What are the complications?

When you sprain your ankle, there are many consequences. First, the ankle will become less stable. This means that the bones making up the joint can move too freely. Now, the joint moves along an irregular axis and the muscles around the ankle have to work even harder to compensate for the ligament deficiency. This often leads to further problems in the foot and calf including plantar fasciitis, shin splints, Achilles tendonitis, osteoarthritis and even fractures.

Second, you're at a higher risk of re-injury. Once you've torn a ligament, it never "grows back." Instead, scar tissue is formed at the site of the tear. However, the quality of the scar tissue is never as strong as the original ligament. This means that once you've sprained an ankle, you're more likely to sprain it again—and even more severely. It's a bit of a vicious cycle.

Third, you'll find that your balance is compromised. Ligaments serve another important role: keeping the joint aware of its position in space at all times, also known as proprioception. If you tear an ankle ligament, you lose this sense and balance becomes difficult, again leading to a higher chance of re-injury.

Obviously, the higher the grade of a sprain, the more severe the



consequences, including (and this is hardest for Ultimate players to swallow) longer rehabilitation.

What do I do if I hurt my ankle?

If you've just twisted your ankle (an acute injury), cannot put any weight through the foot, and have pain directly over one or both ankle bones, you should have an X-ray to rule out a fracture. In the meantime, you should do the following for the next 2-3 days: Stop playing, compress with a tensor bandage, elevate, and every 1 hour ice for 15 minutes.

Severe sprains may require further support from a brace (Air Cast) and even crutches. Crutches?! You're probably thinking that's a little much. Take my advice—if you can't walk without limping, you need crutches or a cane. Your ankle will thank you for the extra precaution and you'll be back playing a lot sooner. Ankle sprains can take anywhere from three weeks to three months to repair. The more you do early on, the less time you'll need to heal.

If you've ever sprained your ankle you should be working on the strength of your calf and foot, and improving your balance and proprioception. Depending on how many times you've sprained it and how severely, however, you may also need to brace the ankle while you play. It's a common myth that wearing a

brace while you play weakens the ankle. A physiotherapist can assess your deficits and design a program specifically for you. Remember, strength and balance are the keys to preventing re-occurrence.

The bottom line: Don't underestimate an ankle sprain. They are among the most common and most painful of injuries. See a physiotherapist who can assess the extent of the damage, start you on a good rehab program and get you back to what you love doing.

**Pain slowing you
down on the field?**

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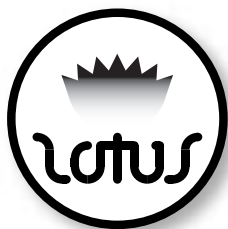
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2004 Canadian Women's Ultimate Frisbee National Champions

By Karen Hood

Team Lotus

Back Row: Katherine Ferneyhough,
Julie Kramer, Jen Akeroyd, Lesley
Morrison, Alyson Walker, Josée

Guibord, Kathleen Fabelle, Jessica Main,
Sheri Madigan

Front Row: Carol McFarlane, Heather
Killian, Missy Nurse, Lauren Cappell,
Cynthia Tycholis, Kelly Behan, Karen
Hood, Christian Madigan

Absent: Monica Kerr-Coster, Alex
Brooks-Hill



Photo Courtesy Pary Bell

The planning for Lotus began with a small group of women in December and the first try-out occurred in late April. The Lotus vision for the 2004 season was to further develop women's ultimate by bringing Toronto to an elite level and building a strong base for highly competitive women's ultimate in the years to come.

We requested that players show up to try-outs fit, competitive, skilled and willing to learn. Each touring team in Toronto outlines its own commitment level prior to try-outs. Lotus required five summer tournaments including nationals in Vancouver, one day a week ultimate practices and a commitment to staying in shape throughout the season.

We had the usual trials and tribulations during the season with field space problems, injuries and learning to work together as a new team. We believe one of the main reasons for our success was our ability to adapt to the changing situations. Specifically, the leaders of the team continued to work on figuring out how best

to use everyone's talents and lead as a cohesive unit.

The leaders split jobs such as submitting and paying for tournament bids, organizing uniforms, planning and implementing practices, finding good scrimmages and creating our playbook. It certainly takes a lot of time if you are thinking of creating a new ultimate team, however if you have the same goals and visions as your other team leaders then it will be easy to do and the rewards will pay off ten-fold on the ultimate field.

The first tournament for Lotus was the local Toronto Ultimate Tournament in early May, where we went 3-1 on the first day, losing

only to Ottawa's Stella. Wins included Pittsburgh's Pounce, Toronto's Ruby Cruz and Ohio's Collide. Day two consisted of a convincing semi-final win over Ohio's Collide (15-5) and then a disappointing loss (15-7) to Ottawa's Stella in the final. The tournament set up a season-long rivalry between Stella and Lotus.

At the end of June, we traveled across the border to the Boston Invitational. Just like our long-term vision to play at the elite level, our goal for the tournament was to show our playing ability warranted a turn at playing with the elite teams. If we finished at the top of our division we would be granted a cross-over game to see if we could play in the elite division. We decidedly won our division beating Electric Mayhem (NJ), Philly Peppers (PA) and Storm (Montreal) and earned the right to play Michigan's elite team Clutch at the beginning of Day Two. We won the game 15-4 and proved ourselves worthy of the elite pool. Next we faced the number one ranked team Lady Godiva, from Boston who have won six US national championships. The game was the closest it could possibly be and finished with Lady Godiva victorious on the final point of the game; 14-13. We were very proud of our accomplishments and looked forward to more great games and tournaments like this one.

Jazzfest (Montreal) and No Borders (Ottawa) were the first two weekends of July and we had some heartbreaking losses to Stella in the final of both tournaments.

The last weekend of July, Lotus again traveled across the border for some new competition and we won all of our games on Saturday, including a win over Chicago's



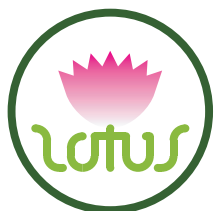
Photo Courtesy Pamy Bell

Nemesis. The final was a close game against Nemesis but sadly Nemesis took home the Detroit Motown Tournament trophy.

All the close games and finals during the regular season made us prepared for Canadian Nationals in August. Lotus went 3-0 on day one which was our expected result. On day two we psyched ourselves up with reminders of our goals and strengths and agreed to play our team game all day long. It was our objective to win all of our games this day, and when we beat our rival Stella 15-4 and proceeded to win all of our games we evaluated our situation and realistically set our eyes on the gold.

We beat Reef, from Victoria in the quarter finals and Maeve, an Ottawa team in the semi-final. The national finals were against Edmonton's Ya Ya's and it was a hard fought battle, where we came out victorious on the final point of the game; 15-14. 2004 Canadian National Champions – not bad for a first year team!

Our goals and game-plan continuously changed throughout the season and with a win in the final it means we will have to adapt again and be ready for next year's challenges. One thing is for sure, we will have open try-outs in the Spring and everyone is welcome!



2004 Standings

Mondays

Teams

T1-Scooberella
T2-Mandrew
T3-Ruckus
T4-Red Hot Choad
T6-Windmachine
T5-Uncle Dad
T8-Sex Farm
T7-banana cream pie

Final Places

1st: T2-Mandrew
2nd: T4-Red Hot Choad
3rd: T1-Scooberella
3rd: T3-Ruckus
5th: T7-banana cream pie
5th: T8-Sex Farm
7th: T5-Uncle Dad
8th: T6-Windmachine

Teams

T9-Disc-Horde
T10-Hammered Penguins
T14-Fast on the Inside
T12-Fisheyes
T11-Sweet D
T13-Jim Rockford
T16-WMD
T15-Who's Your Daddy

Final Places

9th: T9-Disc-Horde
9th: T10-Hammered Penguins
11th: T12-Fisheyes
11th: T13-Jim Rockford
13th: T15-Who's Your Daddy
14th: T14-Fast on the Inside
15th: T11-Sweet D
15th: T16-WMD

Teams

T25-SUPERFREAKS
T18-Litter in its Place
T27-Joint Division
T20-Plan B
T19-Drop Dead Gorgeous
T28-Horizontally Hip
T17-Bongstar E
T23-NBF

Final Places

17th: T18-Litter in its Place
18th: T25-SUPERFREAKS
19th: T19-Drop Dead Gorgeous
19th: T28-Horizontally Hip
21st: T27-Joint Division
22nd: T20-Plan B
23rd: T23-NBF
23rd: T17-Bongstar E

Teams

T24-Headless Chickens
T26-rump roast
T22-Orange E
T29-SPIN
T30-Lionel's Pony Farm
T21-GREEN JOHNNY
T32-Spin Doctors
T31-Airwaves

Final Places

25th: T22-Orange E
26th: T30-Lionel's Pony Farm
27th: T24-Headless Chickens
27th: T26-rump roast
29th: T29-SPIN
29th: T21-GREEN JOHNNY
31st: T31-Airwaves
31st: T32-Spin Doctors

Teams

T33-Jonathan
T34-Disciples of Love
T37-Flickin' The Bird
T35-Committed
T36-Rule 56
T38-Hasty Retreat
T40-Smackdown
T39-Flickin' Bitches

Final Places

33rd: T33-Jonathan
34th: T34-Disciples of Love
35th: T36-Rule 56
35th: T38-Hasty Retreat
37th: T35-Committed
38th: T40-Smackdown
39th: T39-Flickin' Bitches
39th: T37-Flickin' The Bird

2004 Standings Tuesdays

Teams

T9-Spinning Mules
T10-Sonar
T3-Durt
T5-With Release
T6-The Crazy 88s
T4-Smelt
T1-WMH
T7-Jabberwocky

Final Places

1st: T3-Durt
2nd: T9-Spinning Mules
3rd: T6-The Crazy 88s
3rd: T1-WMH
5th: T7-Jabberwocky
6th: T10-Sonar
7th: T5-With Release
7th: T4-Smelt

Teams

T8-Frank & Beans
T2-Killer Frisbees
T11-Team Sexy
T12-Dirt
T14-Flick This
T13-Lounge Lizards
T16-Green Eggs and Sam
T15-ninjastars

Final Places

9th: T8-Frank & Beans
10th: T13-Lounge Lizards
11th: T12-Dirt
11th: T2-Killer Frisbees
13th: T14-Flick This
13th: T11-Team Sexy
15th: T15-ninjastars
15th: T16-Green Eggs and Sam

Teams

T20-Give & Go
T18-Discoteque
T17-Flick-Fu
T19-Disfunctional
T21-Pulling For Pleasure
T23-Red Hot Funky Hustle
T25-Mighty Huckers
T22-TUESDAY HAT TEAM!!
T24-cosmik discee

Final Places

17th: T18-Discoteque
18th: T20-Give & Go
19th: T19-Disfunctional
19th: T17-Flick-Fu
21st: T23-Red Hot Funky Hustle
22nd: T21-Pulling For Pleasure
23rd: T22-TUESDAY HAT TEAM!!
23rd: T24-cosmik discee
25th: T25-Mighty Huckers

2004 Standings

Wednesdays

Teams

T8-Pee Wee
T2-IMOD
T3-Hot Cousin
T5-Colonels Secret Recipe
T6-Miss Sometimes
T4-warbudza
T1-GUANXI
T7-The Big Kahunas

Final Places

1st: T8-Pee Wee
2nd: T2-IMOD
3rd: T5-Colonels Secret Recipe
3rd: T3-Hot Cousin
5th: T7-The Big Kahunas
6th: T1-GUANXI
7th: T6-Miss Sometimes
7th: T4-warbudza

Teams

T9-Grimace
T15-Phat Elvis
T14-COOL
T13-Aerosol Headcheese
T11-Comic
T12-Pi
T16-BEER
Bye (last Minute No Show)

Final Places

9th: T9-Grimace
10th: T14-COOL
11th: T11-Comic
11th: T15-Phat Elvis
13th: T12-Pi
14th: T13-Aerosol Headcheese
15th: Bye (last Minute No Show)
15th: T16-BEER

Teams

T17-Comfortably Numb
T22-Faulkers
T29-Long Bombed
T21-Deep Throw It
T19-D Cup
T20-Legion of Doom
T23-Saucy Mynx
T25-tony

Final Places

17th: T17-Comfortably Numb
18th: T23-Saucy Mynx
19th: T19-D Cup
19th: T20-Legion of Doom
21st: T25-tony
22nd: T22-Faulkers
23rd: T21-Deep Throw It
23rd: T29-Long Bombed

Teams

T24-RUNT
T18-Boogie
T26-Rodents of Unusual Size
T28-flicktease
T30-Smack Daddy
T27-()
T32-Dirty Sanchez
T31-Spirit Fingers

Final Places

25th: T26-Rodents of Unusual Size
25th: T30-Smack Daddy
27th: T31-Spirit Fingers
27th: T32-Dirty Sanchez
29th: T27-()
30th: T24-RUNT
31st: T28-flicktease
31st: T18-Boogie

Teams

T45-old tuckers
T34-City Flickers
T35-Corporal Bills Warrior Poets
T42-Hucking Disc-usting
T37-Ten Bee
T38-Castor
T36-Johnny Loves Chachi
T33-Montezumas Revenge,

Final Places

33rd: T35-Corporal Bills Warrior Poets
34th: T33-Montezumas Revenge,
35th: T42-Hucking Disc-usting
35th: T34-City Flickers
37th: T36-Johnny Loves Chachi
37th: T45-old tuckers
39th: T37-Ten Bee
39th: T38-Castor

Teams

T40-R.O.U.S'
T43-Flying Woodies
T44-Slammers
T39-blank
T41-Discs-Us-Sting

Final Places

41st: T39-blank
42nd: T43-Flying Woodies
43rd: T41-Discs-Us-Sting
44th: T40-R.O.U.S'
45th: T44-Slammers

2004 Standings

Thursdays

Teams

T1-POKAI
T2-Huck Finn
T6-Terry Funk
T4-cutbacks
T3-SPIDER MONKEY
T5-So Cut
T9-Disc-O
T7-Thunderball

Final Places

1st: T6-Terry Funk
2nd: T1-POKAI
3rd: T4-cutbacks
3rd: T2-Huck Finn
5th: T5-So Cut
6th: T3-SPIDER MONKEY
7th: T7-Thunderball
7th: T9-Disc-O

Teams

T8-Huck The Monkey
T15-Go Deep
T11-Steam Rollers
T13-Bloor Velvets
T14-Mad Flanders
T12-Once Hucked Twice Laid
T16-Hi-Jinx
T10-herniated disc

Final Places

9th: T11-Steam Rollers
10th: T10-herniated disc
11th: T14-Mad Flanders
11th: T16-Hi-Jinx
13th: T12-Once Hucked Twice Laid
14th: T8-Huck The Monkey
15th: T13-Bloor Velvets
15th: T15-Go Deep

Teams

T23-Fabio Hair
T18-DareDevils
T19-Floppy Discs
T26-Hazar-disc 2 your health
T24-F.I.T.
T17-Obnoxious Yellow
T21-DAVEd & confusED
T20-Ultimate Pretzel Benders

Final Places

17th: T24-F.I.T.
18th: T19-Floppy Discs
19th: T20-Ultimate Pretzel Benders
19th: T18-DareDevils
21st: T26-Hazar-disc 2 your health
22nd: T21-DAVEd & confusED
23rd: T23-Fabio Hair
24th: T17-Obnoxious Yellow

Teams

T22-HILOAICGU
T25-Rehab's for Quitters
T28-Disciples of Love
T27-Fate Amenable To Change

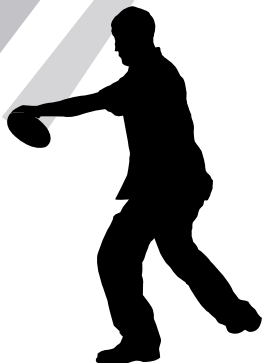
Final Places

25th: T28-Disciples of Love
26th: T27-Fate Amenable To Change
27th: T22-HILOAICGU
28th: T25-Rehab's for Quitters

05 →

THE TOUCHLINE SERIES

HIGH PERFORMANCE GOLF SET



→ **TOUCHLINE TRUE**
Medium Profile - Medium Finish

Designed for Medium to long range drives that need to hold a line. This disc is a multi-purpose driver that can produce hyzer and anhyzer shots. The True is also a great medium to long approach disc. The True has a medium hyzer finish.



→ **TOUCHLINE OVER**
Low Profile - Fast Finish

Designed for distance and predictability when throwing extra long Hyzer shots. This low profile speed disc will help you get the length you want combined with a fast hyzer finish.



→ **TOUCHLINE UNDER**
Low Profile & Very Fast Finish

Designed for distance and predictability when throwing extra long anhyzer shots that need to finish hyzer. This low profile speed disc will help you execute those long turnover shots that need to finish with a fast hyzer.



→ **TOUCHLINE BANK**
Medium/Low Profile & Fast Finish

Designed for extra long anhyzer drives, the Bank will turn over [anhyzer] when released properly [quick snap and fast arm speed]. The Bank is also a great roller for the more experienced player. The Bank has a medium hyzer finish.



→ **TOUCHLINE PUTTER**
High Profile - Slow Finish

Designed for putting and short to medium approach shots, the Putter will hold a perfect line then drop to the target. This disc will help you execute those important putts and delicate approach shots. The Putter has a slow hyzer finish.



**Now available online to purchase through
the TUC Shop. See our ad on page 24.**

Up-coming Events

Visit www.tuc.org to see the full events calendar

May 20 - 23 The Ultimate Long Weekend

Olympia Sports Camp in Huntsville will play host to this annual event. Where the best teams from across Ontario will gather to renew their Ultimate vows.

June 3 - 5 Gender Blender IX

July 16 - 17 Mid-Season

Hosted by TUC

September 2005 Zodiac Tournament

The 2005 Zodiac tournament will be hosted by our friends from Rochester, NY. This event usually happens the last weekend of September. No dates have been set yet, but visit www.tuc.org to get connected and updated.

Photo Courtesy Dave Sheffield



Help!

Well, now that you've had time to digest what we've had to say, how would you like to do your part? Instead of sending out one issue every two years, our goal is to have a second issue coming out in the fall. That's right, we're doing two of these every year. I'm just as excited about the fall issue (which has barely been touched) as the one you hold in your hands. All I need is the people to make it work. If you have photos, ideas, talents, or just some time you can help us out. Look at me, two years ago I knew as much about editing as you do. We are always looking to inject new energy and enthusiasm into our work. Here are some of the ideas that are being worked on:

- Thoughts from the Sidelines: We need one intrepid individual to go around and collect the musings from players on the sidelines during league games.
- Touring Team profile: Know a team with a story? Want your team to get some press? Here's your chance; this will be a regular feature.
- Favourite Ultimate hotspots: Have you found a really great place to go after your ultimate games? Is there a restaurant/bar that caters to our particular brand of sweaty athlete? We're compiling a list and need suggestions!

If you can help us with any the above ideas, or have anything else you'd like to say or do to help us out just get in contact with us: pieplate@hotmail.com

You can also check out the BBS.



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