

1997

Ultimate Players Association

Mid-Atlantic Regionals

Hosted by Philadelphia Area Disc Alliance



Lower Perkiomen Valley Park

Oaks, Pennsylvania

October 4 & 5, 1997

Welcome to Oaks. Glad you could make it. It's going to be a busy weekend, so try and keep up. The formats are the same as always; the teams are a little different. Keep the play clean, wait until the whistle blows, no hits below the belt, and watch out for the cameramen. Please take note that everyone needs to be especially considerate of the people using this park who are not involved in the tournament. We are on very thin ice with the park commission as it is, and we cannot afford to lose this site.

Lower Perkiomen Valley Park Rules and Regulations

1. NO ALCOHOL ALLOWED. No ifs ands or buts. Not in a sock. Nothing.

2. Pets are allowed on the playing fields only; nowhere else in the park. All pets (including but not limited to dogs cats) must be on a leash at all times. All leashes must not exceed six(6) feet in length, and all poop must be scooped by owners (of the animal that is).

3. LITTERING IS PROHIBITED!! All trash, refuse, and rubbish must be removed from the park or placed in park receptacles for that purpose.

4. Please park in designated areas only (or else you will be ticketed).

5. No person shall engage in unruly, indecent, boisterous or disorderly behavior (including spitting at someone, urinating outside, streaking, or complaining to the tournament directors about anything in or out of their control).

6. No snowmobiles. No hunting. No firearms. No swimming. No releasing of wild animals. No using metal detectors. No pissing in public (see above). No horseback riding. No fishing. No fireworks. No plant mutilation. No no no.

Penalties: Any person(s) violating any of the provisions of these rules and regulations shall be guilty of a summary offense, and upon conviction, shall be subject to a fine payable to the county, not to exceed \$100, and for the cost of prosecution or to be imprisoned in the county jail for not more than 30 days, or both.

Seriously folks, these fields are precious to us, and we need to keep the ability to use them for tournaments. Please don't screw it up for us.

Spirit of The Game

Probably the most important part of Ultimate is known as "The Spirit of the Game". This catch-phrase is used to describe the respect that every player in the game has for his fellow players. No referees are used in the game.

Instead, each player does his best to make an honest call if necessary, and trust the calls of his fellow players, with the implicit assumption that nobody in Ultimate would try to cheat.

This principle is what makes Ultimate special to so many people, and all Ultimate players try to keep the Spirit alive by maintaining this high level of trust, no matter how competitive the game gets. If people cannot resolve their differences, people usually say "back to the thrower", which allows play to continue on without forcing the issue one way or another.

From the Rules of Ultimate:

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other "win-at-all-costs" behavior are contrary to the spirit of the game and must be avoided by all players.





RESTAURANT & PUB

267 E. Swedesford Road
Valley Forge, PA 19087

Great Food & Handcrafted Beer

Sound good after a long day of playing Ultimate?

Stop by on your way home, and grab a bite.

Or bring the team and have a party.

From the fields:

Take **422 South** to **202 South**

Go approx. 1 mile and take the **Devon exit**.

Go **right** at the bottom of the ramp. Go around the Mobil Station
with **two quick rights** and you're in the shopping center.

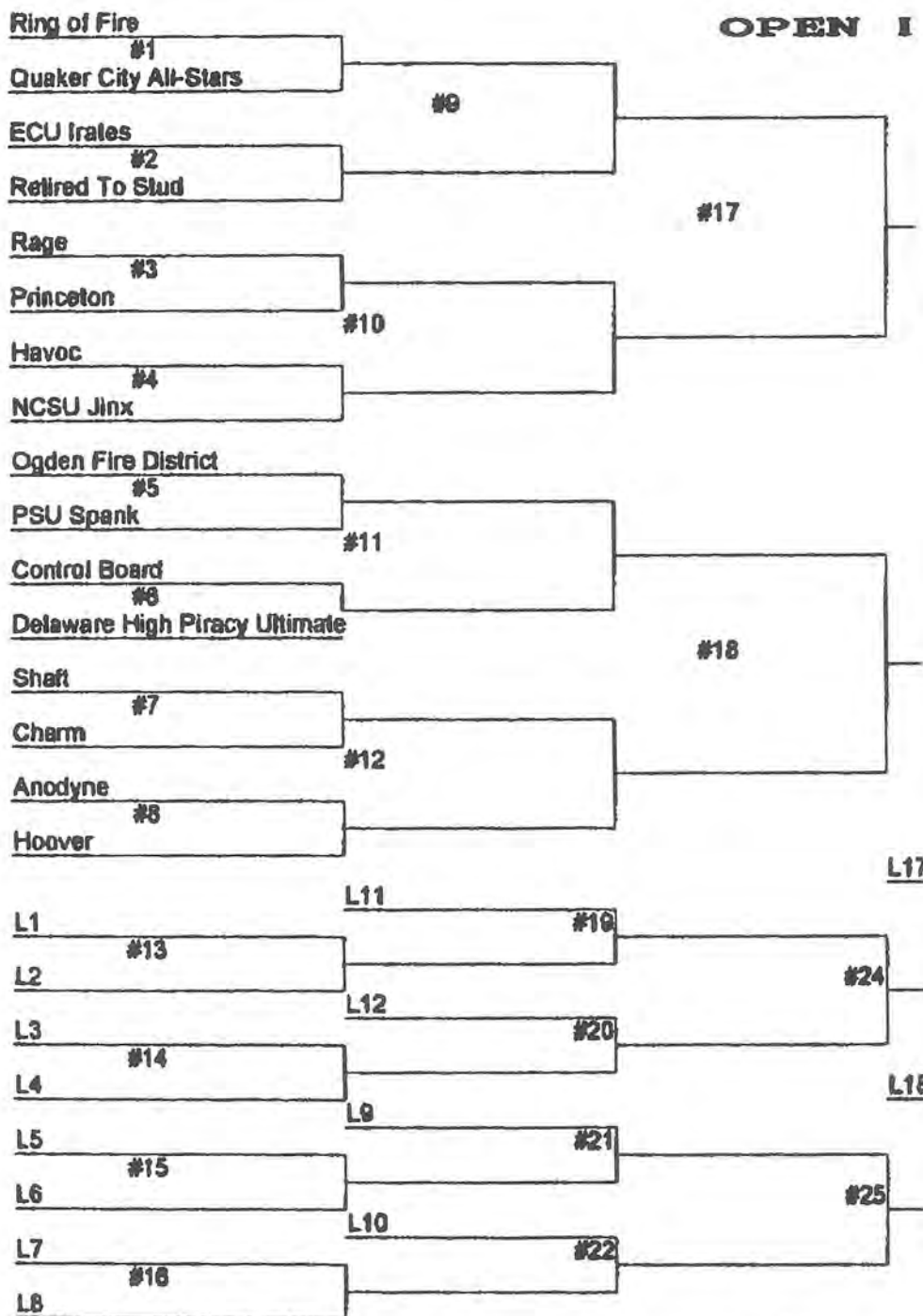
Less than 10 minutes from Oaks.



Nationals 1997!!!!!!

4

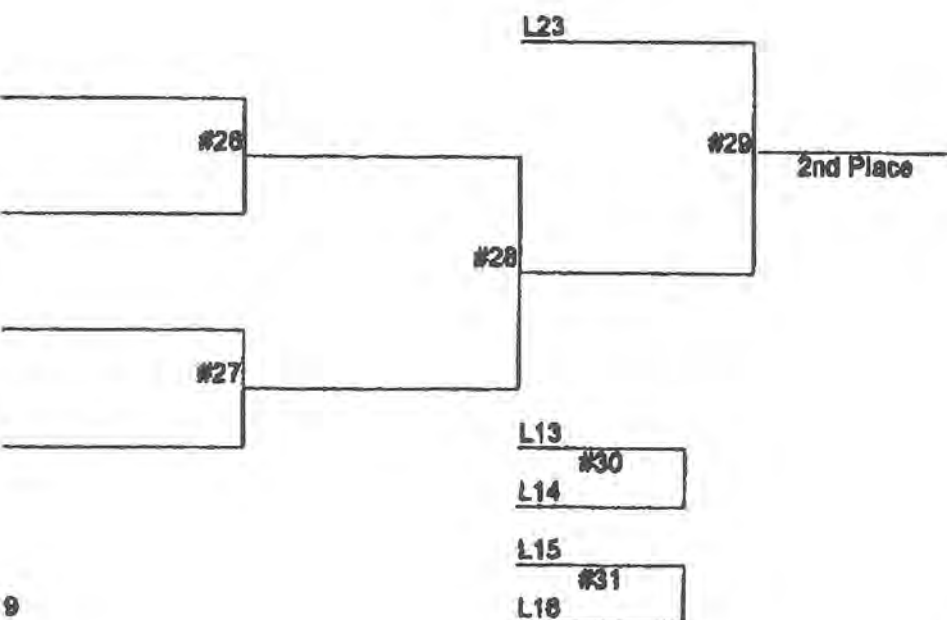
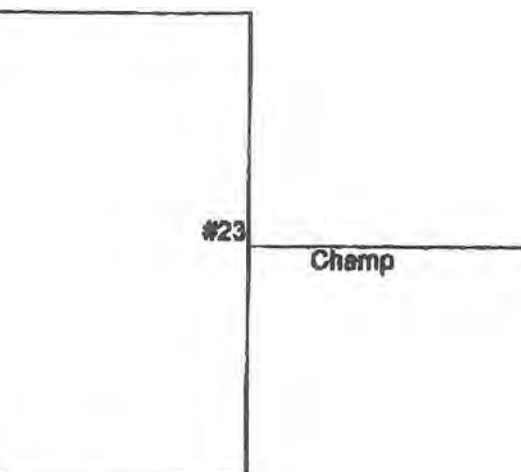
[illegible]



All first round games to 13/15. All other games to 15/17 except: #17 & #18: to 17/19 and #23 to 19/21. Games to <16, 3 TOs per game. Games to >16, 2 TOs per half.

DIVISION

- 1 Ring of Fire
- 2 Ogden Fire District
- 3 Anodyne
- 4 Rage
- 5 Havoc
- 6 Shaft
- 7 Control Board
- 8 ECU Irates
- 9 Retired To Stud
- 10 Delaware High Piracy Ultim
- 11 Charm
- 12 NCSU Jinx
- 13 Princeton
- 14 Hoover
- 15 PSU Spank
- 16 Quaker City All-Stars





WOMEN'S POOLS

A		B
Peppers	111	Vixen
Flo	121	Backhoe
Catshit	131	Rav
Rutgers	141	Velvet Hammer
Venus	151	Sol
Warmothers	161	Helios

DataRealm

DATAREALM INTERNET SERVICES

The world's most affordable web hosting service.

The PADA Website is best viewed at 640x480 with Netscape Navigator 3.0 and above

©1996, 1997 Philadelphia Area Disc Alliance. <webteam@pada.org>.

All rights reserved.

PADA Web site hosted by:

DataRealm Internet Services, a leading Internet presence provider.

Updated: 9/29/97

<URL:<http://www.pada.org/pada/index.html>>

Special info:

-Trainer/EMT: will be on site both Saturday and Sunday, doing anything/everything you need (tape, ice, wrap, injuries, yada yada yada). If you can't find me, my cell phone # is 215.680.1997.

-Kristi, Massage Therapist: Got a cramp? Come take care of it at the tent. She's got hands, and she knows how to use them. An Ultimate way to end an Ultimate day.

-Valley Forge Brew Pub: ask your captain/rep about this. Good food, better beer. Start your Saturday night off right.

-Water: Don't forget to save your jugs (as in water) to be refilled for Sunday. There is a water source on the fields for your convenience.

-Discs and Shirts: available at the tent. Get one for your grandkid or something, featuring the hot (new) design by Jason Sota.

-Attention PADA players: Please contact PADA president Dave Gleit (david@pada.org) if you're interested in running for a board position.

---\$-----

Massage Therapist	
	Neuromuscular Massage Deep Muscle Massage Reflexology Exercise Specialist
	
Kristi Jones, BS, C.M.T. 215-247-8464	

and Shannon Haughey, Shiatsu Practitioner
215.235.2141

Special Thanks go out to the following for their undying devotion to PADA, this tournament, and us.

It takes a lot of work to have this much style. We never could have pulled it off without the help of these folks:

Rage, Peppers, Hoover, Sol, and Retired to Studs. The **UPA, RC's Mel & Raflo, SC's; Tent Staff:** Amy Silverwoman, PADA VP; PADA Juniors Director, Gary Weissman & Asher; Ken Herold, Sue Staats, Aim James, Thomas Taylor; Matt Leibhold; **Shipping:** Gleit & Co., "You got, we move it!"; **Hoover Pretzel Co.; Fruits:** Baker- "Just Fruits - we got No Bread Damnit!"; Xantopolis Bottling Co; **Field Liners:** Bob Nape, Nacho, Penny Larasen, Gamal Sherif, & Seth Dickstein; **Design Master,** Jason Sota; **The PadaWebteam;** Finally, all the ulti players who stopped to help out da Void last weekend on the way back from PSU (especially Paul and Christine).

Your humble TD's/RC's Dave, Mel, Dave, & Jason.

Apple Krisp Recipe, makes 6- servings

8-10 meduim apples; juice of 1 lemon; 1/2 cup butter; 1/3 cup honey; 2 cups old fashioned oats; 3/4 cup flour; 1/4 cup walnuts (optional); 1/4 cup sunflower seeds (optional); 1/2 teaspoon salt; 1 teaspoon cinnamon; 1/2 teaspoon allspice; 1/2 cup orange juice.

Pare and slice the apples. Drizzle them with fresh lemon juice.

Spread half of them into a large, oblong pan (like a 9x13 that you use for lasagna).

Melt the butter and honey together. Combine with oats, flour, walnuts, sunflower seeds, salt, cinnamon, and allspice. Spread 1/2 this mixture (actually, crumble; it won't really spread) onto apples in oblong pan.

Cover with the remaining apples and the rest of the topping. Pour orange juice over the top. Bake 40-45 miniutes, uncovered, at 375 degrees. Cover if it crisps too quickly.

Field Map

