



**Ultimate Players Association
Western Regional
Championships 1986
Corvallis, Oregon**

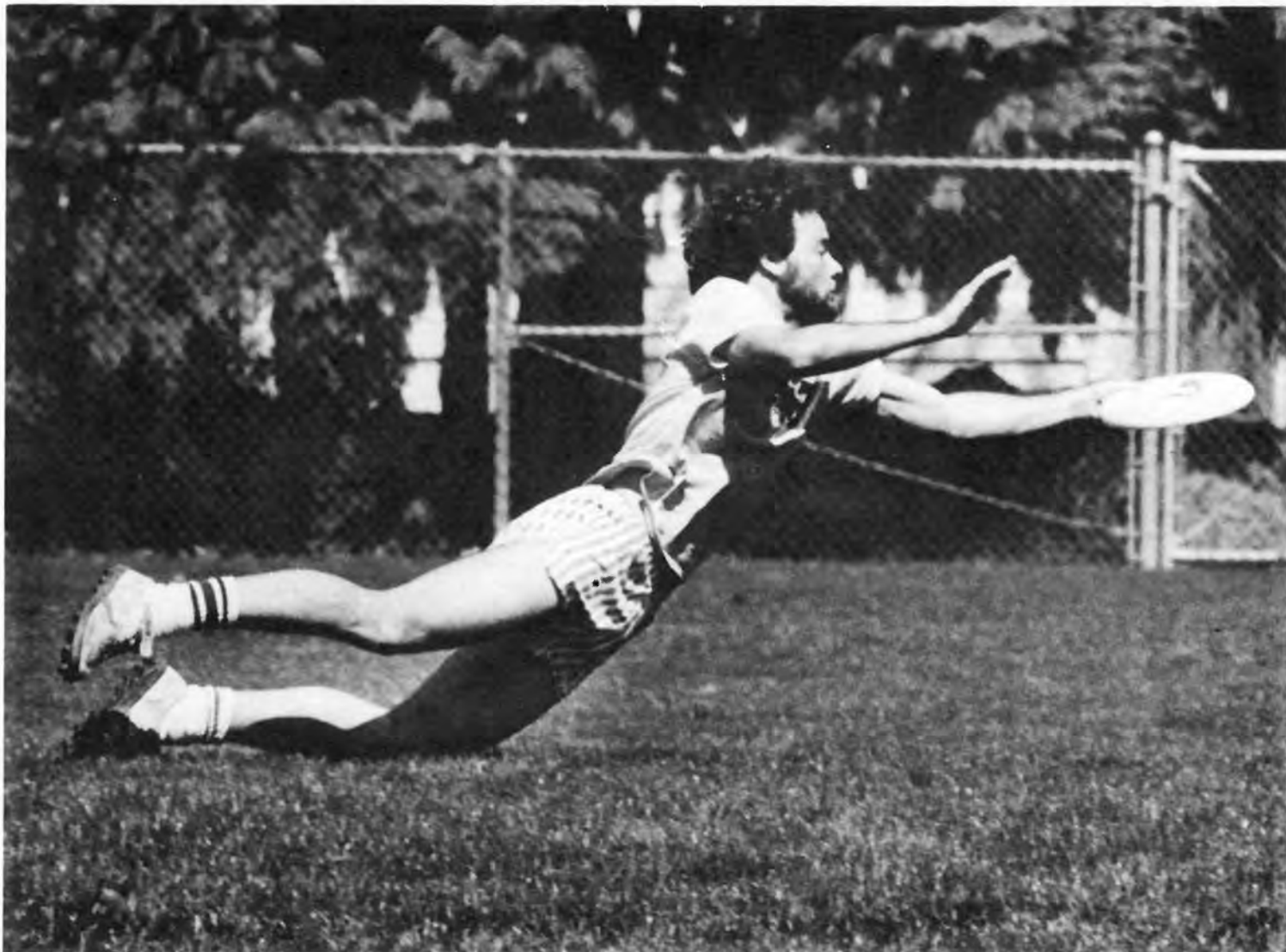


Photo: Tony Overman



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ACKNOWLEDGEMENTS

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Valley Volkswagon **Togo's**

WELCOME

Welcome to Corvallis and the 1986 Ultimate Players Association's Western Regional Championships. Teams from 10 Western states have qualified through sectional competition to play this weekend. Two Men's and two Women's teams from this region will continue on to compete at the National Championships in Houston, Texas, Nov. 27-30.

The Regional Championship should showcase some of the finest Ultimate competition in the world. The National and World Championship teams in both the Men's and Women's Division are both in attendance (Flying Circus and Condors), along with several other excellent teams.

This year there will be 16 Men's and 12 Women's teams competing and Oregon State University has been kind enough to allow us to use their fields. The Corvallis Slugs are your host, so let us know if we can be of assistance.

We hope that both contestant and spectator alike will enjoy the 1986 Western Regional Ultimate Championships. And one more thing, everyone have a good time.

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Slugs Across America

A BRIEF HISTORY OF THE SLUGS

by Paul Przybylowicz

I started playing with the Corvallis team in 1979. At this time the team was the Corvallis Clouds and was coed. Most of the Cloud members were local townspeople who enjoyed getting together to throw, run and catch on an informal level. Cleats were frowned upon, comraderie, mild buzzes and fun were emphasized.

The Clouds took a turn toward more competitive disc under the energy of a group of new players in 1980 and 1981. Unfortunately, many of the earlier players were offended by the competitive energy and chose not to play. Cleats and turf shoes became common and we won our first game in a tournament. At this time we had applied for club status with OSU and were an associate club.

Many of the new players felt the "Clouds" name was too mellow and a name change was in the works. We wanted a name that would be unique to the Northwest and easy to say. Due to the abundance of mascots and the imbibition of some powerful homebrew, the "Slug" motif was introduced. The official team name was "The Glistening



Trail", and it was under this name that we gained official club status. It was during this time that enough women were involved that a Corvallis womens' team sporadically appeared at tournaments.

The Glistening Trail referred to the trail left by a slug, and all of our shirts featured slugs in some way, shape or form. Thus, it was natural that the other teams in the region began calling us the Slugs

(having nothing to do with our behavior on the field). The Slugs reached their peak during the summer of 1983 with the Slugfest/Homebrew Open which featured homebrew by the Slugbrewmasters (rumoured to contain at least one slug). It was this tournament that established the Slug name and our reputation for putting on the best tournaments in the PNW. We have continued to grow as an OSU club sport with both a mens' and womens' team that play throughout the year. We sponsor several tournaments per year and have a good time "chasing plastic" together. If this sounds like fun, we want you!! Talk to a Slug today!!

Northwest Men

1. **Northwest Ultimate Traveling Shoes:** Northwest Territory. A conglomeration of excellent players from several Northwest teams.
2. **Humboldt Buds:** Arcata, CA. A consistent sectional power that can have a fine harvest themselves.
3. **Seattle Orphandiscers:** Seattle, WA. A new reincarnation of Seattle men.

Rocky Mountain Men

1. **Stains:** Boulder, CO. A long established team with poise. Almost machine like.
2. **Plastic Surgeons:** Phoenix, AZ. You never know what these guys will look like on the field, and they won't be on the field this weekend.
3. **Anarchy:** Albuquerque, NM. Tough "D" team, so they say.

Northern California Men


1. **Flying Circus:** San Francisco, CA. National and World Champions. In their section they dominated the preliminary rounds by allowing their opponents only six points. In the semi-finals they won 18-6 and in the final it was 17-11, Circus.
2. **Chabot:** Livermore, CA. Team name is 101 Airborne. They don't think they're a team, they think they're an Army.
3. **Chaos:** Santa Cruz, CA. This is their sixth Regional. According to Chaos, they have gone to Regionals ever since they've wanted to.
4. **Davis Dogs:** Davis, CA. You always find these canines snapping at your heels.
5. **Plague:** Santa Clara, CA. This is their fifth Regional and they are back from the dead.
6. **Oakland Overdrive:** Oakland, CA. This is their first Regional. They believe they are a team to be reckoned with.

Southern California Men

1. **Polo Club:** Los Angeles, CA. Not that old but good at country clubs and fancy occasions.
2. **Condors:** Santa Barbara, CA. Very old, established team and incredibly good. They're surprised that they were second in their region.
3. **L.A. Fusion:** Typically, they are a fusion from other teams. Sectionals was their first tournament together. They formed three weeks prior to sectionals and the rest is history.
4. **Goleta Goals:** Santa Barbara, CA. Another team from Santa Barbara that has set its sights.
5. **The Edge:** Santa Monica, CA. New addition, due to missing Plastic Surgeons.



Photo: Carrie Robertson



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Northwest Women

1. **Portland Twisters:** Portland, OR. A young team, yet, they contain a strong core of experienced players. It sounds kind of like a paradoxical group.
2. **Seattle Sky:** Seattle, WA. A long standing team built from the ground up.
3. **Humboldt Women:** Arcata, CA. A group of women who build a better team every year.
4. **Corvallis Women:** Corvallis, OR. A host team that is plagued with sparcity, but big on heart.

Rocky Mountain Women

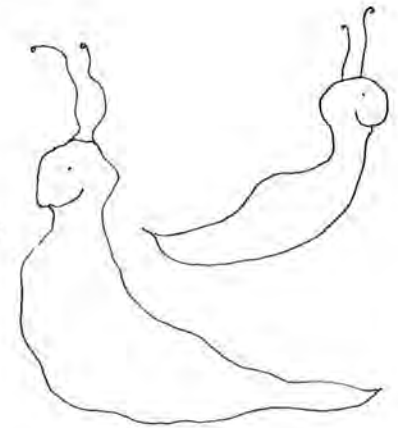
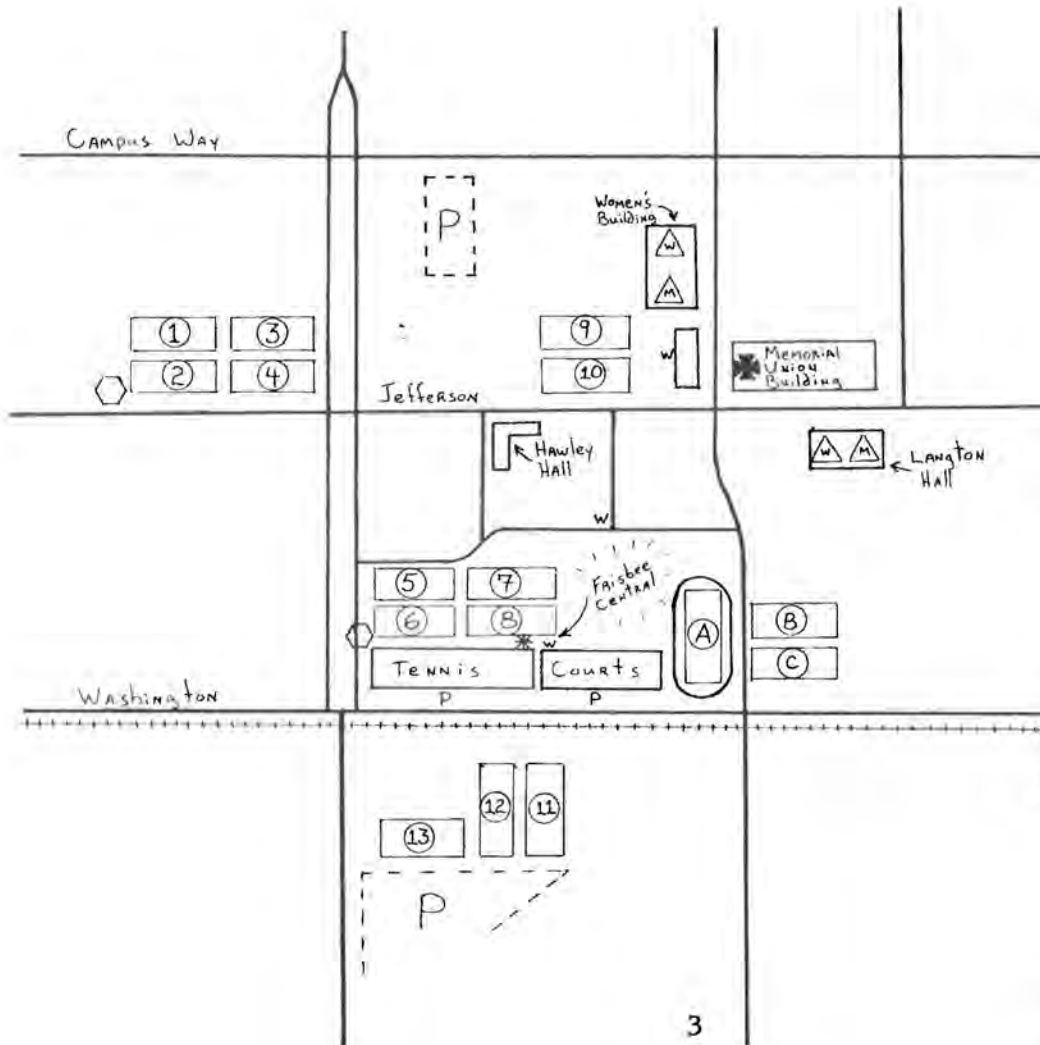
1. **Phoenix Solarizers:** Phoenix, AZ. Although they won their section they are a no-show. Afraid of greenery.
2. **Babylon Sisters:** Denver/Boulder, CO. Fourth year of existence, but having trouble filling their squad. Thing is, they're the only team coming from their section. They are not afraid of greenery.
3. **Concentrix:** Albuquerque, NM. Not coming because they were third place in their region?

Northern California Women

1. **Pleiadies:** Berkeley, CA. Three years old. They're strong and getting stronger.
2. **Yeti:** Santa Clara, CA. This team's a mystery, kind of like the abominable snowman.
3. **Palo Alto Women:** Palo Alto, CA. New this year and they are strong, have a big roster and think they are improving at a rapid pace.
4. **San Francisco Gators:** San Francisco, CA. Another new, strong team that has lots of members. Must be a lot of people in the Bay Area.

Southern California Women

1. **Condors:** Santa Barbara, CA. Sisters of Condors and more of a power than their male counterparts. Back to back National and World Champions. What else can you say?
2. **Safari:** San Diego, CA. Southern-most team in the tournament, hope there isn't a cultural shock. Young, hungry and the Condor's main rival.
3. **So L.A.:** Los Angeles, CA. New team with excellent skills and a Los Angeles accent.



KEY

	= FIELDS
	= PARKING
	= WATER
	= LOCKER ROOMS
	= RESTROOMS
	= FOOD



Photo: Tony Overman

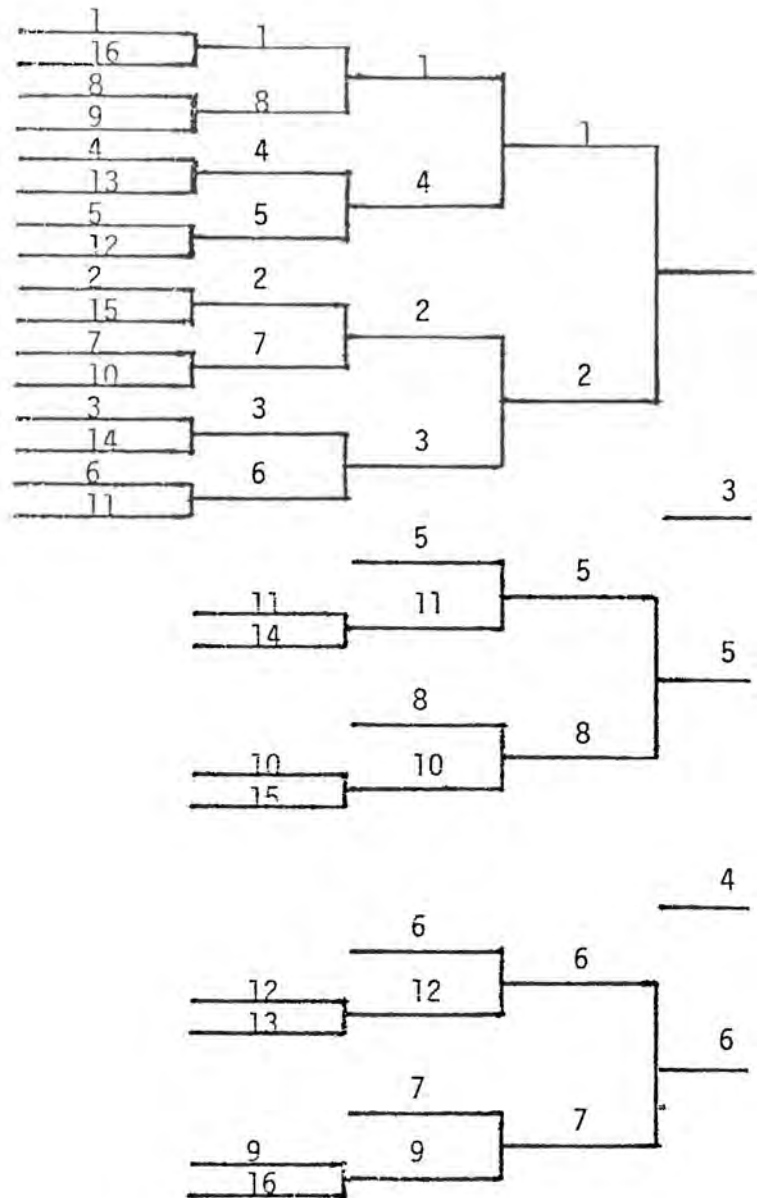
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MEN'S DOUBLE EL



* The original seedings are used as an example here. This is the order the seeding of the favorite and vice versa.

WOMEN'S

A

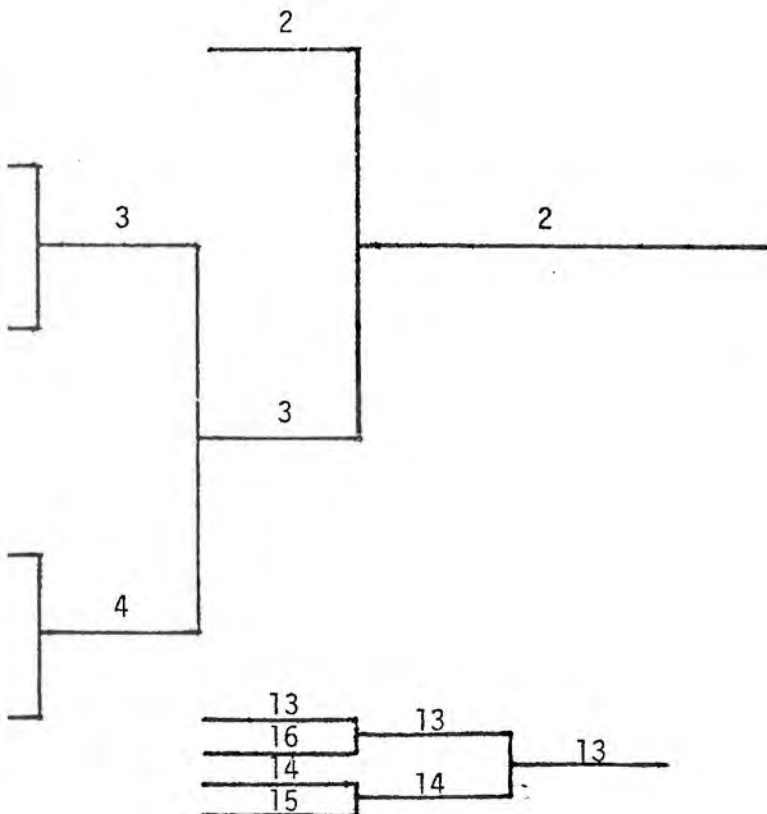
Due to uncertainty about the women's format, pool play will be decided at the captain's meeting and the above bracket can be filled in individually.

MINATION FORMAT



ULTIMATE PLAYERS ASSOCIATION

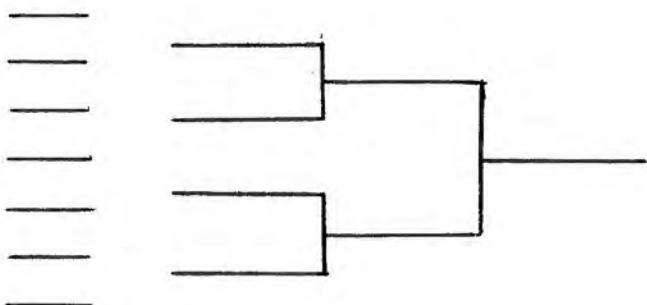
1



games as if all the favorites win. If an upset occurs the underdog assumes

POOL PLAY

B



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GOOD COMPETITION

by Pete Grossenbacher

Warning! These seven paragraphs are intended for ultimate players who have been playing long enough to have their egos alternately inflated and stepped on in ultimate ways. Others are welcome to vicariously enjoy the reading, but you have to run laps afterwards...Trivia Question of the Month: How many national champion teams will come from the West this year?

Everyone here should enjoy taking part in what has to be the most hotly contested UPA Regionals ever. The level of womens and mens play this weekend? Awesome! With Condors expected to come out on top, which womens team will get the historic first wildcard spot at Nationals? In mens, at least six teams have strong chances of spending Thanksgiving in Houston.

This about this: Why do so many of us make the weekend tournament schedule such a priority over the rest of our lives? Great play is a big part of what keeps a lot of us in love with this sport, (and winning satisfies in a special way). Scoring the final goal feels so good, 72% of players polled preferred victory on the field over orgasm! Outscoring other teams means increased status and more games on Sunday. In striving for another dose of winning, some players seem to spell ultimate w-i-n-o-r-d-i-e. Some people tell themselves anything to get pumped up. Sometimes it even helps to get pissed off, because then you are full of energy. This approach can and does work. You may have experienced it yourself. You have certainly seen it in others.



Photo: Carrie Robertson

When something lifts you up from the day-to-day struggle to ram high-gear through ultimate, you feel unstoppable! At times, playing ultimate naturally immerses you in one of many such intense states. Several of these states of consciousness seem equally tuned for playing Total Ultimate. In such a state, you breathe and run ultimate, you don't think it. There is no time for reflection—the disc is in the air. No room for confusion—the defender is on your tail. The universe has collapsed to 40x120 yards. Your team clicks for a series of fast completions. Cuts and throws magically combine. No one thinks about it, everybody flows.

It is hard to find yourself in such a state, as you are too busy playing. You may realize that you have succeeded in getting intense, but other thoughts evaporate when play continues. So much into the game, control of your actions slips into the background. Then you are immersed to the hilt: your behavior now stems from whatever intense state has come over you. If the intensity is negative, you might yell "Fuck you!" in somebody's face. If the intensity is positive, you share eye contact with the receiver AFTER you throw the goal.

Many of us don't get in these intense states as much as we'd like to. It's not like simply deciding to get intense is enough. Players know this, and teams know it too. The question is: How to tap into that boost of energy you know is there? One way is to get pissed off. Another way is to appreciate the connection you share with your teammates. The pre-game warmup can pump up everyone's energy level. The combined energy can snowball into incredibly sustained force. The more you put into it, the more you have to draw on. This helps your whole team get psyched.

Not all intense states are conducive to good play. These dread other states (self-doubt, hatred, etc.) are not much fun, and definitely hurt your game. But there is an important difference between the positive and negative states that get us pumped up. In the best of these intense states you feel really great. But only in the positive states is it OK for your opponent to feel good too. Though it is hard to control which intense state comes over you, your general approach counts for a lot. Are you looking for a fight or some good competition between friends?



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HISTORY

There is a new sport in the United States, and around the world, and it's called Ultimate Frisbee. It's really not that new (1968 at Maplewood, N.J. High School), but it is going to catch on. Just ask Howard Cosell.

Ultimate is going to catch on because it is a remarkable sport. A remarkable sport that involves running and hand-eye coordination.

Another thing about Ultimate Frisbee is that there are no referees. It has a special quality that allows it to stand without a lot of regulation.

Ultimate is played on a field that is 70-yards long and 40-yards wide. This field is plenty big considering seven players on each team are continuously running to score in 25-yard end zones.

Games are scored by one to 13, 15, 18 or 21. When an Ultimate Frisbee Tournaments are in session, teams will play up to four or five games a day. A team of seven scores by passing from player to teammate. A frisbee can only be advanced by passing. In other words, you can't run with it. A player must stop when the disc is caught and establish a pivot

foot (similar to basketball). His teammates, scrambling all around the field, are making cuts like wide receivers in football.

When a pass is incomplete it's a turnover and it's off to the races in the other direction. It is a continuous game like soccer and play only stops when a frisbee goes out of bounds, there's a foul, or if there's a score.

Two days are involved in an Ultimate Frisbee Tournament and this includes a get-together on Saturday night. Food is a necessity and home brew is the treat. You can drink and eat lots of food and feel great the next morning.

The end of the day is where Ultimate character really comes out. The adrenaline starts to flow and amazing things can happen.

Passing is the key and running the essence of Ultimate Frisbee. There is a lot of one on one competition.

But one on one opportunities come from teamwork, and teamwork wins games.

At Ultimate Frisbee Tournaments there will be lots of good athletes, lots of good teams, and lots of good people.



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***Good Luck to All Competitors at
Ultimate Players Association
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