

*Men's & Women's Divisions
April 19, 1998 • Pleasanton, CA*



1998 NORCAL COLLEGIATE ULTIMATE CHAMPIONSHIPS (Sectional)



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*Sectional Coordinators - W - Gretchen
Sponburgh
M - Pat Pohl*

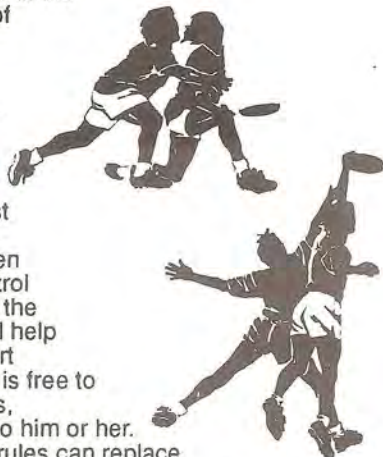
*Regional Coordinators - W - Syda Kosofsky
M - Kevin Givens
(Skippy Jammer)*

National Coordinator - Kate Bergeron-Gull

Ultimate and the Spirit-of-the-Game

Ultimate relies on a spirit of sportsmanship which places the responsibility for fair play on the individual. Highly competitive play is encouraged but, never at the expense of the bond of mutual respect between players.

And never with an intention to abuse the agreed upon rules of the game, or destroy the pure joy of play. Actions that go against these basic principles may hasten a day when players no longer control the game. Playing by the Spirit-of-the-Game will help Ultimate remain a sport where each one of us is free to decide, for themselves, what fair play means to him or her. Remember, no set of rules can replace players' respect for one another and the Spirit-of-the-Game.



THE ULTIMATE PLAYERS ASSOCIATION

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ON ULTIMATE
CALL**

1-800-UPA-GET-H

*Come by the tournament desk
for info on Ultimate*



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HOW IS ULTIMATE PLAYED

Ultimate is a team sport with seven players from each team in the game. Substitutes are needed because of the strenuous running required by the players. It is played on a 40 x 120-yard field with 25-yard end zones. Similar to football, the disc is thrown from player to player until it is caught in the end zone for a score (one point). Players, after catching a disc, must come to a stop and have ten seconds in which to pass the disc to a teammate. Any incompleting pass (e.g. drops, interceptions, bad passes, etc.) results in an immediate turnover, where the defensive team becomes the offensive team and begins passing the disc toward its end zone. After a score is caught, the defensive team travels to the opposite end zone to receive the next throw-off and begins the next try for point. Occasionally, the game stops because of violations - fouls (notice there are no referees - players call their own fouls), time-outs, and the end of a score caught. Rules are available at the tournament desk, and we can answer any questions. For more information, call 1-800-UPA-GET-H

N NORTHERN

C CALIFORNIA

C COLLEGIATE

U ULTIMATE

L LEAGUE

N.C.C.U.L....

is one of the most powerful collegiate ultimate leagues in the nation. Since the inception of College Ultimate in 1984 the NCCUL Conference has produced 8 National Champions plus 15 Western Regional Champions. The most recent National Champion team was the 1997 Stanford women. This years competition should be close. In the Women's Division, defending League Champion Stanford will be challenged by UCB, UC Santa Cruz and LPC. The Men's Division has Stanford ranked as one of the top teams in the nation. UC Berkeley, UCSC, UC Davis and the host team LPC will be strong challenges for the boys from the farm. Sonoma State has resurrected their team and program. Good luck to all the teams this year. May the Force be with you!

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THE SCHEDULE

***See bulletin board for map of game locations
and team assignments***

Men's & Women's Division

Men's

Stanford "A"
Stanford "B"
UC Berkeley
UC Davis
UC Santa Cruz
Las Positas College "A"
Las Positas College "B"

Women's

Stanford
UC Berkeley
UC Santa Cruz
UC Davis
Stanford "B"
UC Santa Cruz "B"
Las Positas College
Sonoma State

Game times and teams TBA



TEAM PHOTOS



UCSC MEN



UC BERKELEY MEN



STANFORD WOMEN "A"



STANFORD WOMEN "B":



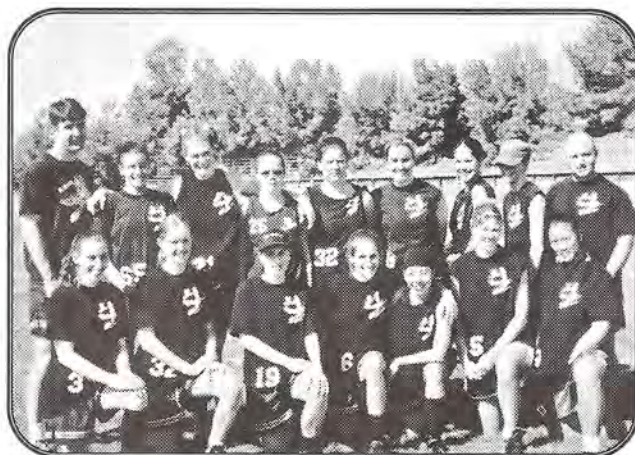
STANFORD MEN "B"



UC DAVIS MEN



LPC MEN



LPC WOMEN



UCSC WOMEN



UC BERKELEY WOMEN



SONOMA STATE WOMEN



STANFORD MEN "A"

HISTORICALLY SPEAKING

PAST LEAGUE CHAMPIONS

Men

1984 Stanford
1985 Stanford
1986 Las Positas (Chabot)
1987 Las Positas (Chabot)
1988 Stanford
1989 UC Berkeley
1990 Las Positas College
1991 UC Santa Cruz
1992 Stanford
1993 UC Santa Cruz
1994 Stanford
1995 Stanford
1996 Stanford
1997 Stanford

Women

1990 UC Davis
1991 UC Berkeley
1992 UC Berkeley
1993 UC Berkeley
1994 UCSC
1995 UCSC
1996 Stanford
1997 Stanford

PAST WESTERN REGIONAL CHAMPIONS

Men

1984 Stanford
1985 University of Oregon
1986 Stanford
1987 Las Positas (Chabot)
1988 Stanford
1989 Stanford
1990 UC Santa Cruz
1991 UC Santa Cruz
1992 University of Oregon
1993 UC Santa Cruz
1994 Stanford
1995 UC Santa Cruz
1996 UC Santa Barbara
1997 Stanford

Women

1989 UC Davis
1990 UC Santa Barbara
1991 UC Santa Barbara
1992 UC Berkeley
1993 UC Berkeley
1994 UC Santa Cruz
1995 UC Santa Cruz
1996 Stanford
1997 Stanford

PAST NATIONAL CHAMPIONS

Men

1984 Stanford
1985 U of Penn
1986 U of Mass
1987 Las Positas (Chabot)
1988 UC Santa Barbara
1989 UC Santa Barbara
1990 UC Santa Barbara
1991 UC Santa Cruz
1992 U of Oregon
1993 UNC Wilmington
1994 East Carolina
1995 East Carolina
1996 UC Santa Barbara
1997 UC Santa Barbara

PAST NATIONAL CHAMPIONS

Women

1987 University of Kansas
1988 UC Santa Barbara
1989 UC Davis
1990 UC Santa Barbara
1991 UC Santa Barbara
1992 UNC Wilmington
1993 UC Berkeley
1994 UC Santa Cruz
1995 UC Santa Cruz
1996 UNC Wilmington
1997 Stanford

NATIONAL CHAMPIONS

**PAST NATIONAL CHAMPIONS
FROM THE NCCUL CONFERENCE**

1997 - Stanford (Women)

Held at UC Davis

1995 - UCSC (Women)

Held at U of Illinois

1994 - UCSC (Women)

Held at LSU, LA

1993 - UC BERKELEY (Women)

Held at Lehigh University, PA

1991 - UC SANTA CRUZ (Men)

Held at University of Wisconsin, Madison

1989 - UC DAVIS (Women)

Held at University of North Carolina, Wilmington

1987 - LAS POSITAS COLLEGE (Men)

Held at Penn State University State College, PA

1984 STANFORD (Men)

Held at TUFTS University Boston, Mass



LAST YEAR'S WINNERS
1997 DEFENDING LEAGUE CHAMPIONS

STANFORD - Men's Division



1997 DEFENDING LEAGUE CHAMPIONS

STANFORD - Women's Division



The Ultimate Farewell



This will be Coach Pat Pohl's 20th and last year of leading the LPC Ultimate programs. Dr. Pohl will continue to be the intramural director and teach physical education courses at LPC. The program started from a P.E. class in spring of 1978. The teams first official game was against San Jose State in December of 1978. LPC (then called Chabot Valley Campus) was soundly defeated by the San Jose Cling-on's 33-2. Pohl actually caught the first ever LPC score which was thrown by teammate Jim Minter. As the years went by the LPC began to develop veteran players, they began to dominate west coast and college ultimate during the 80's. LPC won numerous tournaments including several state "open" titles and a college national championship in 1987. The women's program was started in 1996. Pohl states, "ultimate is an excellent game. It's the total package. It requires and develops all the components of fitness: speed, endurance, agility, strength, hand eye coordination. Most of all it develops sportsmanship. When players are put into a situation where they have to govern themselves in the heat of battle,

it teaches some great lessons, not only for ultimate but for the game of life." Coach Pohl strongly believes in lifelong fitness. "I try to teach what I preach," says the old coach. He is a charter member of the UPA and played in the first ever college national championships. Play as long as you can, and when you can't play anymore, play some more. Even today the old fossil can toast a young rookie here and there. Coach Pohl caught the winning score in the 1987 western states championship game at the age of 41. "If you train and take care of yourself, you can have many years of great ultimate. I can't count the number of times an opponent has come up to me and congratulates me on still playing. I think it kind of gives them hope for their future." The friendships and comradere is another gift that ultimate provides and the coach believes



this to be the best experience of all. Pohl credits the support from the college, the community, some great athletes, and the alumni players as reasons that this small community college can compete with the larger four year colleges. Our first college president (Dr. Barbara Mertes) was very supportive in the initial years. Pohl also credits the College Dean (Don Milanese) with great "behind the scene" assistance. He has been at the college and a sponsor of the team for all twenty years. Another individual was co-coach Ken Foote who coached with Pat for the first eight years. You can still find him occasionally at a practice even today showing some rookie how to throw the forehand. Pat believes that the best investment you can make in life is "experiences." I have had twenty years of ultimate experiences and they



were wonderful. I always say that **life is an attitude ... make it a good one**". Kerry Karter and three assistant coaches (Dave Hill, Brian Vest, and John Wolf) will continue the tradition at LPC. Kerry and Dave were members of the undefeated 87 team (Kerry threw the winning score in the national championship game). Both have played many years of "open" level competition and are great players as well as educators. John and Brian were members of the 94 team which qualified for nationals and finished 5th in the nation that year, setting a LPC record for most victories in a season. Stop by the tournament table and say "good-bye" to the old man. **Thanks Coach Pohl for twenty years of dedication and commitment to the sport of ultimate ... May the Force be with you.**



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