

The Miami Frisbee Club

presents the

1987 UPA National Ultimate Championships





CLUB IMPRINTING — 165G Discs!

Available now to clubs

registered with U.S. Disc Sports is a unique program: Specially imprinted 165G Frisbee discs in your choice of White or new Bright Yellow. Quality plastic from Wham-O with your club logo or art. A great fundraiser and more fun than a bakesale! A source of pride for years to come. Available exclusively through Discovering The World to USDS recognized clubs.

Call or write for details.

(714) 522-2202

DISC DESIGN

This year's National's disc design was submitted by Nadina Simon of N.Y.C. Nadina is a freelance graphic designer.

Nadina is a relatively new Ultimate player. She became interested while in Albany, N.Y. where she met a fun group of players while attending S.U.N.Y. Albany - a team called Locomotion. Ultimate is now her favorite team sport, and she's looking forward to playing again. Nadina is available to freelance art and design work. Anyone interested can call her at (212) 255-0506.

SHIRT ART

Thanks to Christina Labbe, freelance artist, for putting our imagination in ink.

Jack, Dave & Dave

JOIN THE UPA

Name _____ Date _____
Address _____
City _____ State _____ Zip _____
Sex M ☐ F ☐ Birthdate _____ Phone _____
Team _____ Occupation _____
College/Club _____

Receipt for your records:

Date Received _____

Name of Applicant: _____

Signature of Collector: _____

☐ I am enclosing a check for \$7.00 for a one year membership to the UPA. This also includes a one year subscription to the UPA Newsletter. Please send all payments to UPA Treasurer, Box 2331, Silver City, NM 88062.

Players, Friends, Ultimate enthusiasts

WELCOME TO MIAMI FOR THE UPA NATIONALS '87

This tournament was dedicated to the players in its initial planning stages almost one year ago. Our diligent staff has concentrated on setting the stage for the players to do what they do best - play the game.

Anticipating plenty of Florida sunshine for the weekend, we are providing each team with forty pounds of ice per day. Fifteen gallons of P.W. (pure water) will also be allocated to each team each day. Additionally, large quantities of fresh fruit will be given to the players. We hope to ensure peak performances from all of our athletes.

Trained field support crews will oversee every game from start to finish. Official scorers, line judges, and sideline guards will make certain that each game runs smoothly. Please honor the requests of our sideline guards as they are employed for the safety of players and spectators alike. Feel free to call upon any of our staff (in the white caps) and we will respond to your needs.

It's our pleasure to have you here. We wish all teams a safe and highly competitive tournament. Congratulations on your achievements to this point, and good luck through the weekend. And as our favorite sport emerges into the public spotlight, let's smile for the cameras and show them why we call it ULTIMATE.

David DeWitt Tournament Director

Miami Welcome

Greetings and welcome to Miami and the 1987 UPA National Ultimate Championships! Twelve men's and six women's teams will be appearing this weekend. These teams have earned the right to be here by remaining victorious through a series of elimination tournaments in their various regions. The competition will be of the highest caliber as these, the best teams in the nation, vie for the National title. Besides a year's worth of bragging rights, an added reward for the victors will be the honor of representing the United States at the World Championships in Leuven, Belgium in August of 1988.

Gary McGivney
UPA National Director

S
LOCKER,
C
C
E
R



OF MIAMI

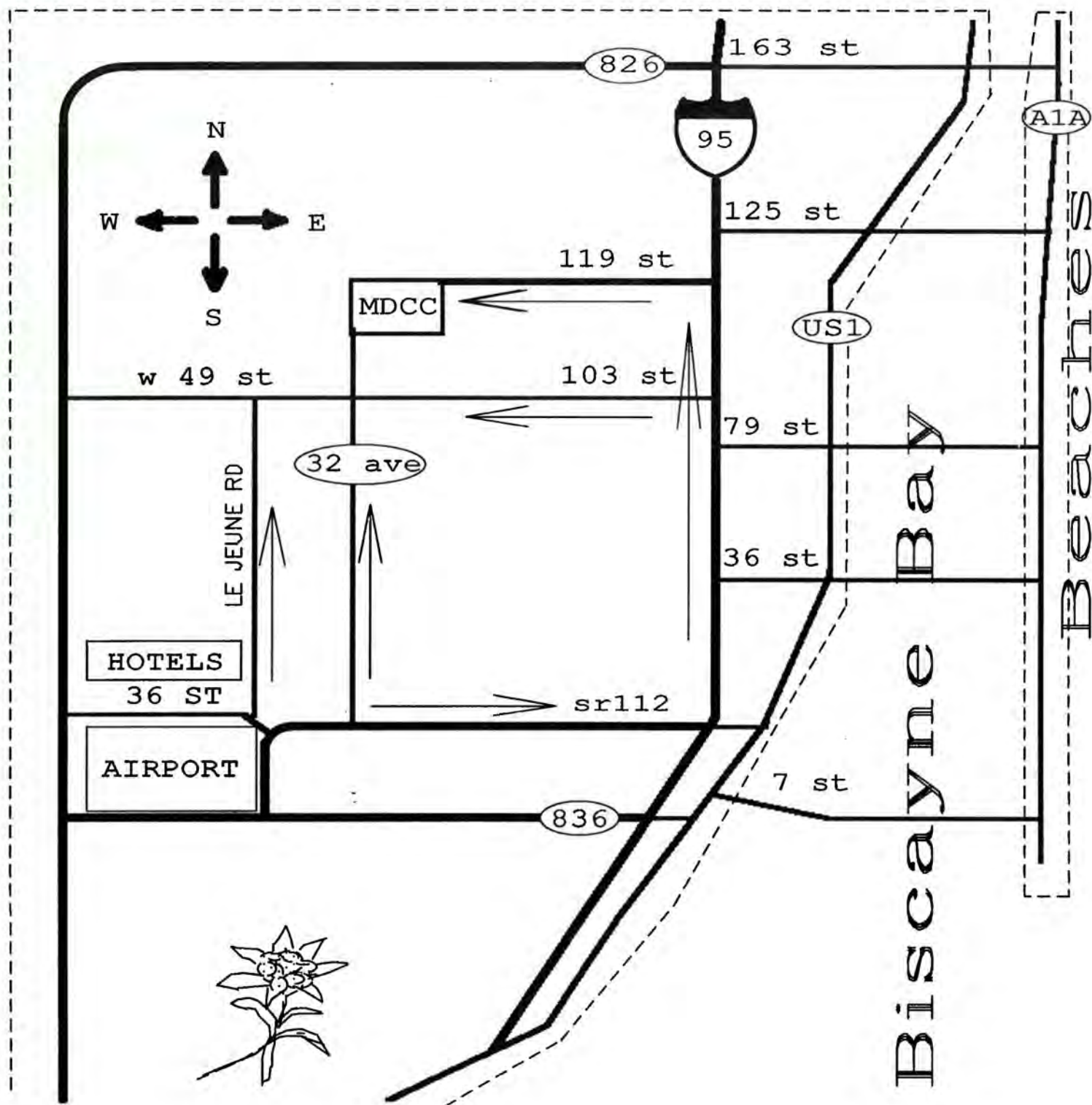
(305) 667-9704

Dave
ZIGHELBOIM

ULTIMATE IN CLEATS

9802 S. Dixie Hwy. - Miami, Fla. 33156

If it wasn't for frisbee there would be no "refugees"
Evelyn Del Russo



Where to go, What to see.

Miami, as you probably already know, is a very diverse community with a number of ethnic flavors. This presents our guests with a wealth of choices when it comes to eating. Here are a few of the restaurants which get the best reviews and are easily located.

MEXICAN

Ciscos Cafe - 5911 N.W. 36th Street - good food and drink, medium priced bar with big screen TV, very close to the hotel. Try the Margaritas!

LATIN/CUBAN

La Carretta - 3632 S.W. 8th Street - open 24 hours a day, 7 days a week, serving Cuban specialties like arroz con pollo (chicken w/ rice) and cafe cubano (cuban espresso).

ITALIAN

The Blue Grotto - 1674 S.W. 57th Ave - everyone's favorite, excellent pizza and many other Italian specialties at reasonable prices.

NATURAL FOODS

The Garden Restaurant - 17 Westward Drive, Miami Springs - excellent homemade vegetarian dishes and seafood, close to the hotel, reasonably priced, open until 10:00 p.m.

BREAKFAST

Denney's - 5825 N.W. 36th Street - something for everyone, close to the hotel, and reasonably priced.

CONTINENTAL

Victoria Station - 6301 N.W. 36th Street - steaks and seafood with a large salad bar, medium priced, close to the hotel.

There are also a number of restaurants around the hotel which were not mentioned here, 36th Street has a large number to choose from. If you've still not satisfied, ask one of the tournament staff for their recommendation.

PLACES OF INTEREST:

If you are spending some time here or (God forbid) are knocked out of the tournament early, and want to do something different, here are a few choices:

Miami Beach - go east all the way on SR112

Haulover Beach - take 125th Street east to A-1-A, go north 1 mile to bridge and follow the signs. Park, pier, good local spot.

South Beach - 5th Street - A-1-A, Miami Vice hang-out.

Key Biscayne - I95 south to exit #1 - Crandon Park has what are said to be the best beaches in South Florida

Parrot Jungle - 11000 SW 57 ave - Beautiful garden with 1000's of exotic birds, some trained, and some not so trained.

Metro Zoo - SW 152 Street and 124 Ave - a unique, cageless zoo with over 100 species of animals from around the world.

Seaquarium - Rickenbacker Causeway and Key Biscayne - family entertainment at South Florida's largest salt-water aquarium. Home of "Flipper", the famous dolphin and "Lolita" the killer whale.

Bayside Marketplace - Biscayne Blvd at NW 8th Street - new shopping and dining center with unique shops and restaurants in a waterside setting.

Coconut Grove - US 1 to 22nd Ave south takes you to the Heart of the Grove - many bars and restaurants with a number of weekend hotspots, including Biscayne Babies, Senor Frogs, Monty Trainers and the Grand Bay Hotel.

NEW YORK DIVISION
P.O. BOX 336
PURCHASE, NEW YORK 10577
(914) 428-8200
TELEX 6818194 MITCO



FLORIDA DIVISION
1070 S.E. 9th TERRACE
HIALEAH, FLORIDA 33010
(305) 884-6121
TELEX 6811635 MITCF (OFFICE)
TELEX 6811572 MITCF (RESIDENCE)

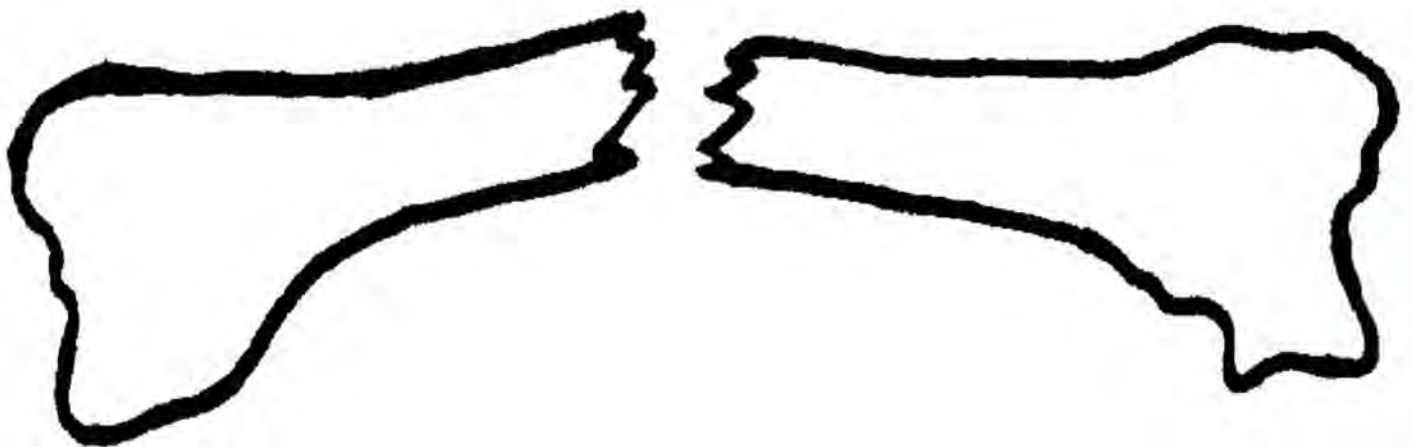
MAYRSOHN INTERNATIONAL TRADING, Co., Inc.

Welcomes the Nation's best to Miami: for the UPA Nationals

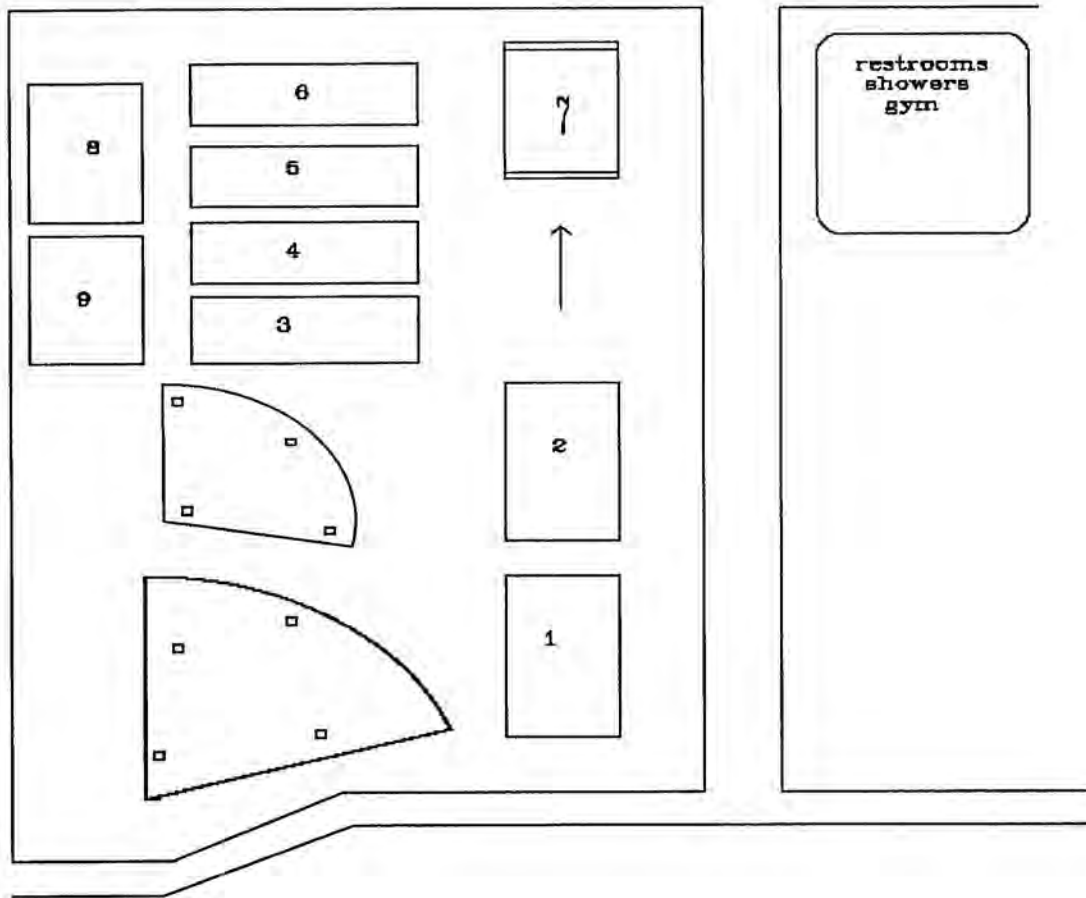


CONGRATS MIAMI REFUGEES
1987 FLORIDA STATE CHAMPIONS

WE KNEW
YOU HAD WHAT IT TAKES



BUT NEVER FORGET
ORTHOPEDIC SURGEONS GET ALL THE
BREAKS
GEO. L. RICHARDS M.D.



ATTENTION PLAYERS:

Available at the tent next to field #2 there will be a crew of physical massage therapists from the Dade County Massage Team. They will assist in rubbing out cramps and loosening your tight muscles. They will also provide general consultation. Dr. Scott Prosan, D.C., will also be there to help tape and assist in any way he can. 1-1/2" tape will be on hand @ \$1.75 per roll. Scott Prosan, D.C., will also be there to help tape and assist in any way he can. 1-1/2" tape will be on hand @ \$1.7

***** THANKS *****

The Miami Frisbee Club would like to thank the following for the energy and support they have given this event and the players...

Doc Maneiri and Jay Rokeach of MDCC North Campus for all their assistance.

Diana Douglas, massage therapist. She's good, so be in touch 385-4805

Lyn Meyer and her friends...for their helping hands. Iris Burman, of the Dade County massage team. Dr. Scott Prosan D.C., not only for this tournament but for his help all year, and to all the people who got involved before, during and after this event. only for this tournament but for his help all year.

(305) 274-1200

JACOBS & CARNEY
CERTIFIED PUBLIC ACCOUNTANTS

JERRY L. CARNEY, C.P.A.
FLORIDA

SUITE 204
6401 SW 87 AVENUE
MIAMI, FLORIDA 33173

games

When you think of Frisbee, you probably think of playing catch in the park, not of an all-out physical intercollegiate sport. But at the State University of New York College at Purchase, there is an official varsity Frisbee team, with paid coaches and letter-sweater awards.

Ultimate Frisbee is the name of the game, and it produces some spectacular plays. The ultimate commitment is "getting horizontal". As a physical workout, Ultimate Frisbee turns out to be one of the most strenuous games ever invented. Telemonitoring of heart rates during an actual game at Western New Mexico University showed that Ultimate players were actually getting a better cardiovascular workout than soccer players.

The game demands constant running. The only time you get to stand still is when you are holding the disc. Every teammate is a wide receiver trying to break clear, and every opponent is a defensive back trying to cover his man.

There are seven players per side, and the field is 70 yards long by 40 yards wide. After a "throw off", whoever catches the Frisbee must stand still (or at least keep one pivot foot on the ground) and has ten seconds to get off a throw to a teammate. No hand offs are allowed. A defensive player guards him (no closer than one Frisbee diameter) while counting off the seconds. The object is to complete a pass to a teammate in the opponent's end zone, which extends 25 yards deep behind the goal line. That scores one point. The game is usually to 15 points, but may be to 21 in championships. An average game can last about two hours, longer if the teams are quite evenly matched.

The game draws growing numbers of spectators. Like football, it has explosive long passes, diving catches in the end zone for a score, and spectacular leaping one-handed interceptions. Like basketball, it has zone and man-to-man defenses, and like soccer it has non-stop and wide-open field movement. But unlike all those games, it isn't played with a ball. The disc doesn't follow parabolic trajectories. It is an air-foil..it flies. A skilled thrower can make the disc curve around, fly over, or even scoot under a defender. He can send it on an arc that takes it way outside the borderline of the field so long as it curves back for a teammate to catch in-bounds.

Team names may reflect the lighthearted nature of the

sport: the San Diego Spinoffs, the Boulder Stains, the Miami Refugees, New York's Kaboom, Crimes of Passion, Life B4 Plastic, and Boston's Rude Boys. The top college teams are now fielded by Cornell, Stanford, U.C. Santa Barbara, Oregon, and the University of Massachusetts-Amherst. But even the best of them is no match for any of the top club teams, including the St. Louis Tunas, The Santa Barbara Condors, Chicago's Windy City and San Francisco's Flying Circus.

The sport is international. There are now teams in several countries including Holland, Finland, Sweden, Austria, West Germany and Japan. The last three international championships have all been played in Europe and won by American teams. In 1983 Switzerland, the Windy City team beat Sweden. Last year the championships were in England, and in the finals the Swedish team again lost to an American team, this time San Francisco's Flying Circus. The next international championship will be held in '88 in Belgium.

One of the most unusual features of Ultimate is the so-called Spirit of the Game, an attitude even written into the official rules, which value sportsmanship above victory. The game is played without referees. The players are expected to call their own fouls, if a catch was good or not, whether both feet were in bounds, whether a defenseman crowded a thrower too much, or whether the throw was released before or after the ten-second count, players are expected to admit any rule infractions, and at that point the disc goes over to the other team. Part of the philosophy is that when there are referees, players try to get away with as much as they can, short of having a foul called. It is hard to believe, but almost 20 years after the idealistic rules of Ultimate were first written, intercollegiate matches and world-championship games are still played without referees. The rules now allow for four to six "observers" on the sidelines, but they don't call fouls. They give judgments only when the players themselves call a foul and can't quickly settle it.

Ultimate players are a bit smug about all this, they consider their game a cut above other games, and in many ways it is. Can you think of another team sport in which players routinely applaud when their opponents make an extraordinary play? It's all in the Spirit of the Game. From Penthouse

FRISBEE HISTORY

The Space Age officially began with the launch of the Sputnik I on October 4, 1957. But if you ask me, the Space Age began earlier that year—around January 13—when the Wham-O Manufacturing Co. of San Gabriel, Calif., launched a product it would come to call the Frisbee. The Frisbee, that enduring symbol of the counterculture, is 30 years old? Yes, it has been three decades, and Wham-O's sales have topped 100 million. Because it's hard to imagine a world without the beauty and grace of the flying disc, this is a good time to remember how the Frisbee came about.

The name, for starters. You might think it was an onomatopoeia of the sound a Frisbee makes as it moves through the air, but the name has been attributed for years to the Frisbie Pie Company of Bridgeport, Conn., which went out of business in 1958. However, Rich Knerr, one of the former owners of Wham-O, says he named the disc after a newspaper cartoon character named Mr. Frisbie. As far back as the 1870s, Yale students liked to hurl empty pie tins and shout "Frisbie!" the way golfers shout "Fore!" The idea for the plastic disc as we know it occurred to two great minds at about the same time. One belonged to Ernest C. (Bill) Robes of Etna, N.H. He understood the physics of flight because he had been one of the country's first acrobatic ski jumpers; he was a skilled furniture maker and innovation was in his genes. His father, Bill, had developed technology for the two-party telephone line.

At first Robes molded various plastics in the shape of a tin can lid. Then he tried using wooden molds and also had some success heating a plastic called "Boltaron" on the kitchen stove, shaping it over his washing machine agitator and trimming off the excess. "It was quite a little operation," he says proudly.

In the late 1950s, Robes named his creation the Space Saucer and switched to an injection molding process, which kicked out a disc every 29 seconds. For two years he peddled his saucer to Dartmouth students for about 50 cents, with rules enclosed for the prototype of Guts, in which two teams take turns hurling a disc at each other. As the game spread to other campuses and the Space Saucer became a hot item in college co-ops, Robes tried to sell his idea to a major manufacturer.

"Parker Brothers was one of the first we contacted," says Robes today. "They were very interested, on their terms. The president was so arrogant that after a while I was so disgusted I wasn't hearing what he said." Robes told his lawyer how to answer their offer: "Tell them to go to Hell. I'd rather throw it in the river first." A Parker Brothers spokesman said he couldn't verify the incident.

Robes talked to other companies, but nothing worked out. "The saddest experience involved a manufacturer in Bergenfield, N.J. I went down there and was pushed up to cloud nine. The man I spoke with wanted to feature the Space Saucer in his spring catalog. But first he had to check with his boss." The boss turned Robes down.

This was a critical moment, however, because another inventor's son was developing his own flying discs on the other side of the country. At the time, Walter F. Morrison was a 28 year old building inspector in Los Angeles. Like Robes, he was a skilled woodworker, and he loved flight. (He had been a pilot in World War II). In 1948, Morrison made a plastic disc on a lathe. A few years later he turned to plastic injection molding and formed a company called PIPCO to issue the Flyin' Saucer. He even paid Al Capp \$5,000 to put a drawing of Li'l Abner on the saucer's face. Two years later Morrison developed a disc he called the Pluto Platter, which carried the names of the planets.

He hawked it a fairs, in parks and on beaches with all the flair of P.T. Barnum. At the Pomona fair in Los Angeles he pretended that the disc was connected to an invisible wire. "Feeling kind of stupid, we started walking through the crowd and yelled, 'Watch out for the wire!' And people started looking out!" A path was cleared, the Pluto Platter was demonstrated, and Morrison sold the fairgoers the invisible wire for a buck and threw in the platter for free. "Sales were pretty good," says Morrison. "Maybe because we were right across from the beer tent."

One day in 1956 Morrison says, he was demonstrating he Pluto Platters in a parking lot when he was approached by representatives of entrepreneurs Rich Knerr and A. K. (Spud) Melin. A few years earlier Knerr and Melin had teamed up and made a fair penny on a slingshot. When fired correctly, it made a sound something like "whammo," which seemed as good a name as any for their company. They would later market the Hula Hoop and the Super Ball, but at

that moment they saw endless possibilities in Morrison's saucer. Knerr and Melin invited Morrison to seal the deal at their plant in San Gabriel. In 1957, Wham-O launched the Pluto Platter, which was soon retooled and rechristened the Frisbee.

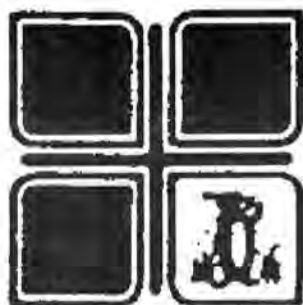
Robes's disc, meanwhile, wasn't doing as well. In retrospect, the Parker Brothers' offer hadn't been so bad. "We were to get three cents, four cents apiece for each saucer up to a certain amount," say Robes. "Then it would cut down to two cents. It didn't sound like much. But I read in the papers this fella Morrison took in \$500,000 just in royalties. So you can see that two cents apiece could have been quite a lot."

When he began to hear about the West Coast disc, Robes assumed Morrison had stolen his idea, but because he had received the earlier patent, he thought he was protected. Unfortunately his patent claims were too narrow, covering only a precise disc constructed in a very specific way, including support flanges that Morrison's disc never had. "With broader claims and without the need for flanges," says Rory Radding, a partner with the patent-law firm of Pennie & Edmonds in New York, "Robes might have covered the Frisbee." When Robes ceased production in 1962, he had sold 65,000 Space Saucers and had plenty left over. As sales of the Frisbee took off, Morrison used his money to buy planes, which he piloted. He also owned a hardware store and operated a small airport. Now, at 67, he runs a motel in

Richfield, Utah, with his third wife.

Robes also ended up with his own business, the Moose Mountain Pine Custom Furniture business of Etna, N.H. Now 76 and retired, he is married and living in Etna. He was recently elected to the National Ski Hall of Fame as a pioneer in American Ski Jumping. Despite all they have in common, the two inventors have never met. Asked what he might tell Morrison if they ever did, Robes replies, "It wouldn't be what I'd tell him, it'd be what I'd show him: my big fist!" Then Robes chuckles, "No, no. He was right in what he did."

Like a lot of 30 year olds, Frisbees are part of the establishment now. Wham-O, like the owners of such brand names as Xerox, Kleenex and Zamboni, spends much time protecting its product's trademark. It's the price of success. But a benefit of success is all the people playing Guts, Disc Golf, Ultimate, Freestyle and the irresistible Catch & Fetch (with dogs) in organized competitions. This past June in La Mirada, Calif., Wham-O staged a tournament with 260 Frisbee jocks competing for \$40,000 in prize money. The event was called the U.S. Open Flying Disc Championships, and for the first time in the tournament's 14 year history, Wham-O allowed any flying disc of reasonable design to be used. Who knows, maybe one of Bill Robes's Space Saucers finally had its day in the sun. Any disc of reasonable design to be used. Who knows, maybe one of Bill Robes's Space Saucers fina



Royal Palm City Ice

A SOUTHEASTERN PUBLIC SERVICE CO.

2200 Jackson St.
Hollywood, FL 33020

(305) 944-9635 DADE
(305) 920-6910 BROWARD
FLORIDA TOLL FREE
1-800-635-0015

LEIBERT
ASSOCIATES, INC.

REALTOR
252-0011



12305 S. Dixie Highway • Miami, Fl. 33156

Servicing All Your Residential Real Estate Needs

In South Miami, Coconut Grove, Coral Gables,

Pinecrest, Palmetto, and Kendall Areas!!



The Freshest Seafood in South Florida



The Fun Place to Eat

1551 79th Street Cswy/Miami
4402 No. University Dr./Lauderhill



Great Seafood Served Fast

1100 N.E. 79th Street
17395 So. Dixie Hwy.
4775 N.W. 183rd Street
2431 W. Sunrise Blvd.



**Garden
restaurant**

887-9238

Natural Food Restaurant

Vegetarian & Seafood Entrees

17 Westward Drive, Miami Springs

Open Monday - Saturday

11:30 a.m. - 3 p.m. — 5 p.m. - 10 p.m.

Daily! Fresh! Homemade!

Soups, Salads and Bread.

*A fine selection of fresh fish, poultry, pasta
and vegetarian dishes. Wine and beer served.*

**Pleasant atmosphere and convenient
location. Fair, reasonable prices.**

Commercial • Industrial • Residential

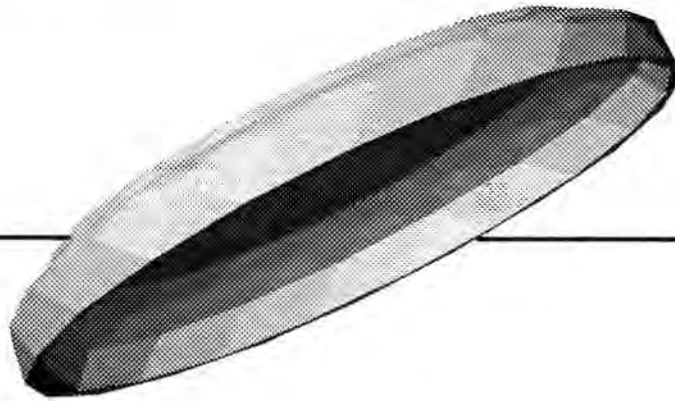
Research Irrigation, Inc.

LAWN SPRINKLER CONTRACTOR

Licensed & Insured

6045 N.W. 167th Street, #8
Miami, Florida 33015
(305) 825-3341

KENNETH R. BING



**TROPICS NORTH
LANDSCAPING & NURSERY**



Jean & Gene's
Bakery & Health Foods

KEY BISCAVNE

26620 OLD DIXIE HIGHWAY/NARANJA, FLORIDA 33032 / (305) 258-8011
MAILING ADDRESS: P.O. BOX 4890 / PRINCETON, FLORIDA 33092-0890

Contacts

Regional Coordinators:

Central: Stephen Smith

4031 Springfield, Kansas City, KS, 66103
913-262-5379

Central - Women's: Marcia Dutcher

3740 State Line Rd, Kansas City, KS, 66103
913-677-5821

Mid-Atlantic: Eric Simon

210A E. Custis Ave., Alexandria, VA 22301
703-548-3479

Mid-Atlantic - Women's: Robin Barney

7812 Whistling Pine, Ellicott City, MD 21043
301-796-0949

Northeast: Kevin Cande

Box 302E, Remsen Rd., Wading River, NY 11792
516-929-6573

Northeast - Women's: Mary Teruel

141 Fuller St. #3, Brookline, MA 02146
617-566-5757

South: Jerry Robinson

6722 Steeplechase, Huntsville, AL 35806
205-837-5258

South - Women's: Ann Blocker

3068 Leafwood Dr., Decatur, GA 30033
404-294-7796

West: Bob Pizante

5 Hermosa Ave., Long Beach, CA 90802
213-435-4601

Assistant: CJ Johnson

4730 Applewood Dr., San Jose, CA 95129
408-446-2968

West - Women's: Ann Cohan

1152 Amherst #7, Los Angeles, CA 90049

UPA Director: Gary McGivney

PO Box 7575, Greenwich CT 06836,
(203) 854-5237

Women's Director: Kathy Pufahl

Box 302E, Remsen Rd., Wading River, NY 11792
516-929-6573

UPA Treasurer: Carney Foy

PO Box 2331, Silver City, NM 88062
505-388-3111

High School Coordinator: Byrne Kelly

307 Circle Ave., Takoma Park, MD 20912
301-588-1196

Collegiate Coordinator: Frank Revi

484 N. Austin Blvd., #3, Oak Park, IL 60302
312-848-0220

DR.



Doctor Bullette Head

was a "boom" baby

born in Newark,

New Jersey some-

time in the mid - 1950s.

A self proclaimed genius, he boasts (among other things) a Masters Degree in Astrophysics from MIT and a Phd. in Parapsychology from Oxford University.* After his unsuccessful run for the Phillipine presidency in 1980, he discovered ultimate frisbee while on sabbatical in Southern California. He now considers himself the foremost expert on the game. Currently, he can be found traveling the globe visiting tournaments and sharpening his knowledge of ultimate trivia. His loud and abrasive nature has caused him to be affectionately known by ultimate players as Dr. Bullette Head, Astrophysicist, Paraphysicologist, Private Dick - P. A. * It should be noted that university records show he was never enrolled. Strange.

Dear Dr. Bullette Head,

What time should an east coast team flying to the West coast for a tournament that starts Saturday 8:00 a.m. pacific standard time (PST) leave their houses to make the first pull?

Yuse 2B Punctual

Boston, Mass.

Dear Yuse 2B,

I love these trick questions. If one were to take a 7:00 a.m. direct flight to the west coast and providing for one hour travel time to and from the airport, the logical answer would be Friday, 11:00 p.m.(EST). However, since it is a well known fact that 8:00 a.m. normal time is actually 10:00 a.m. Frisbee time, then the team can leave their homes at 1:00 a.m.(EST) on Saturday and still be on time for that first pull.

Dear Dr. Bullette Head,

How big is it?

Oversexed in Orlando

REFUGEES PAC IN MIAMI
GO YING AND THE ROC

Dear Oversexed,
Ultimate now has over 700 teams in the United States, Canada, Europe and Japan. Currently, there are over 4,200 registered UPA members in the United States. That is what you meant, isn't it?

Dear Dr. Bullette Head,
Is it true wearing Mardi Gras beads enhances ultimate players' games?
Krewe of Mullets,

Gainesville, Fla

Dear Mullets,
Not necessarily, but laboratory tests on white rats have shown that wearing them increases their appetite for plastic.

Dear Dr. Bullette,
What is the Spirit of the Game?
Confused in Chicago

Dear Confused,
This is probably the most highly debated question about Ultimate. After attending countless tournaments, I have concluded the true spirit of the game is in a can of Budweiser.

CONFESSIONS OF A DR. BULLETTE-HEAD HEAD

I'm a Dr. Bullette-Head head because I go horizontal on defense just to pressure the receiver, because I go to Ultimate parties and drink bad beer until I throw up (per doctor's orders), because I get right back up to play all day (per captain's orders) and especially because being a Dr. Bullette-Head head is an ultimate accomplishment you can be proud of. Remember, in Miami, the rules ARE different! Just ask the Doctor... head is an ultimate accomplishment you

Close your eyes
Take your time
Remember a dream
An idea of the future
Use it to your advantage
And make it happen...
"Nothing lasts forever,
but the Earth and Sky."



**Go on the "O" bunch a dudes
keep being B.A.D.**

SPRING BREAK

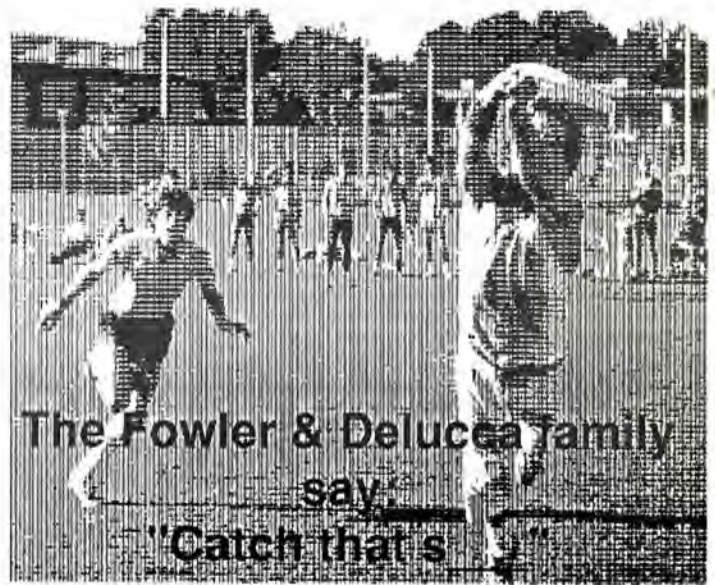
It is November and the temperature is still in the 80's. Most of you will come from and go back to the cold and snow. What a pity, but wait! Now introducing:

THE FLORIDA SPRING ULTIMATE SERIES

The first tournament of the series will be held March 12 - 13 at the Frostbreaker in Gainesville. The second will be held March 19 - 20 at the Spring Break Tournament here in Miami (same fields). This particular weekend should be perfect for those college teams who want to come down for a good ultimate day-life, a Miami/Ft. Lauderdale nightlife and the all around good times both offer. And finally, tentatively scheduled for March 26 - 27, a brand new tournament held in Orlando. So come back this spring for another of life's adventures. You can contact:

Jerry Robinson, Regional Coordinator (205) 837-5258

Kurt Dahlenburg, Spring Break (305) 558-2460



The Fowler & Delucea Family
say:
"Catch that's"

Dear UPA Members:

As everyone should know, since it was announced in two consecutive Newsletters, I have been working on the 9th Edition rules. As important as this task is, I have not received ANY input from anyone. I know the rules are a hotly debated issue and everyone has their own views. If you would like to have any input, please put your thoughts, ideas, or valued comments, in writing and mail them to: David Schuman, 207 NE 16th Street, Ft. Lauderdale, Fl. 33304. Thank you.

For Every Kind Of Thirst...

Be A Part Of The
CRYSTAL WATER Family
In Business Since 1921.



BEST PLACE!
Your Home Or Office

Call
759-4421

Florida's Largest Bottled Water Company



Free

This Introductory Offer To New Customers...
• 15 Gallons Of Pure, Fresh Crystal Water
• 2 Weeks Use Of A Crystal Water Cooler.

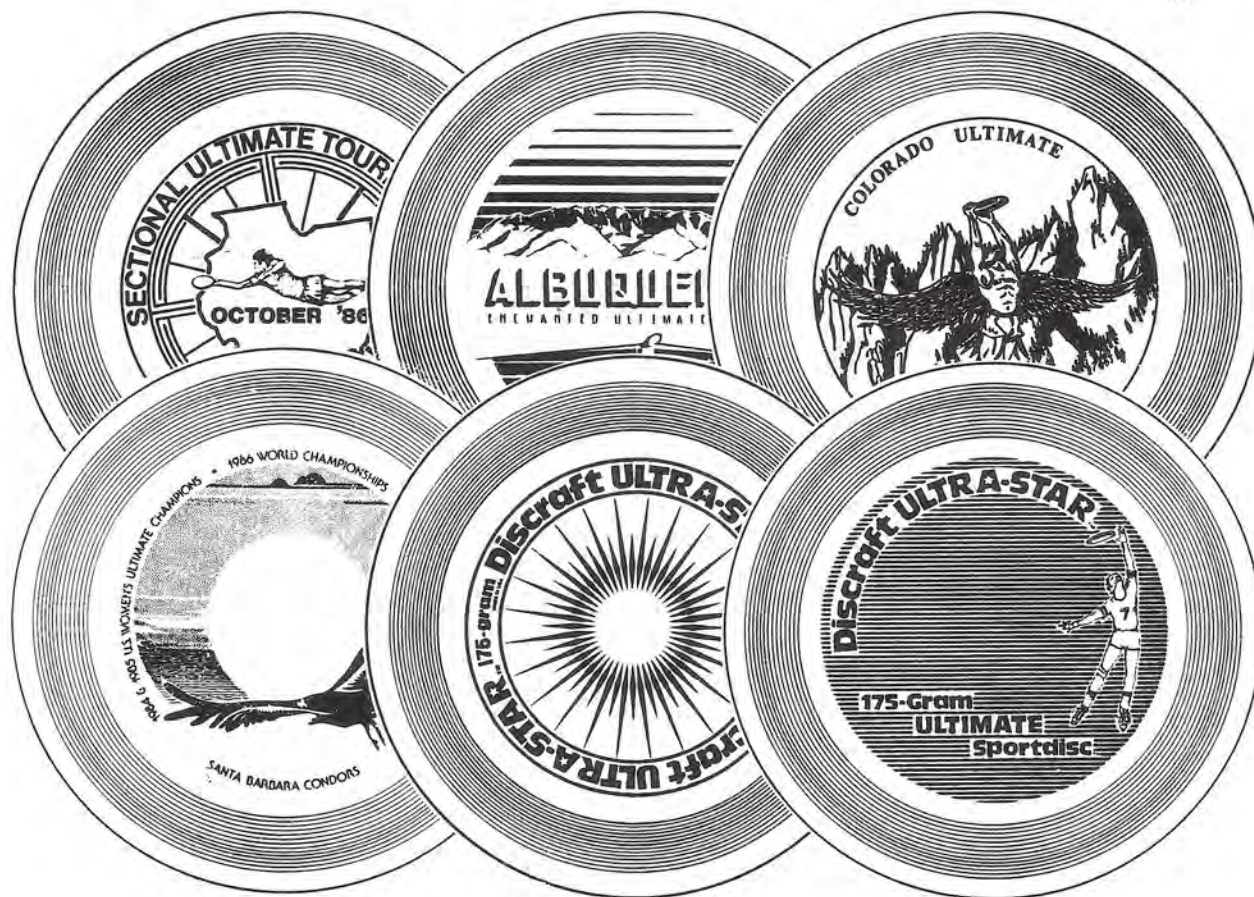
FREE Delivery
759-4421

*Subject To Credit Approval • Offer Expires 12/15/87

Congratulations on being winners!
The fact that you are here today means you are a winner!
Best of luck and go get horizontal.

J.J. Controler

THE ULTIMATE FOR ULTIMATE **ULTRA-STAR**™



Good Luck To All Competitors !

Whether it's your design or ours, the choice for your team disc is simple...

- Superior Flight Performance
- Improved Gripping Surface
- Low Prices
- Fast Delivery
- More Colors
- Made in U.S.A.

A NEW STANDARD FOR ULTIMATE PLAY !

Discraft Products

Box 275 Westland, Michigan 48185

(313) 624-2250

WRITE FOR FREE CATALOG!



Discraft Products

'Makers Of The World's Finest Flying Discs'

**S
P
E
C
I
A
L**

Dear Ultimate Player:

We would like to congratulate you and your team on making it to the Ultimate Nationals. Dedication to the Sport of Ultimate has made you one of the world's finest.

Over the past few years while you and your team have been working hard to get where you are, we have been listening to your comments and criticisms about the discs used in your sport. As a result, about a year and a half ago we finished a major retooling on our Ultra-Star™ Sportdisc™. Since that time we have seen a major increase in the number of teams that prefer to use the Ultra-Star™ in playing their favorite sport. We realize that because of the nature of the game and the politics of the sport that we have an upwind fight to gain general acceptance for a new disc, especially at the top levels of play where competition is fierce. But competition is the key.

About 10 years ago, with very limited resources, we began a competition against the number one team in the disc manufacturing world. Up to that point they had had no real competition in the sport market. While we are still relatively new players in the marketing game, we have become pros at making high quality flying discs for disc sport competitions. Many players have told us that they feel that the Ultra-Star™ is the best disc for Ultimate being produced today.

Both on and off the field competition produces quality and teams should choose their disc on that basis. So, while your team and ours hone our skills and reach for the top, we think that you should take a serious look at the Ultra-Star™. After all the competition off the field has really just begun, and with your support that competition promises to make the game more exciting for us all.

So, reach for a Star...Ultra-Star™ Sportdisc™ by Discraft.

For Disc Sports,
and The Game of Ultimate,

Jim Kenner & Gail McColl
Jim Kenner and Gail McColl
Discraft Products

Box 275 Westland, Michigan 48185

10 ULTRA-STAR
FOR
\$40.00*
OR
20 EXTRA DISCS
WITH ANY
200 PIECE*
CUSTOM ORDER

* WITH COUPON

**FALL ULTRA-STAR™
SPECIAL
COUPON**

EXPIRES 12-31-87

***** PRESS RELEASE *****

TO: NEW YORK TIMES
FROM: DAN STREIT
RE: "MIAMI DISC - THE WAY WE WERE"

Ultimate Frisbee - South Florida. Once, an oxymoron. Now, wedded in blissful homogeneity. The catalyst precipitating this histrionic transformation? A decade of disc dedication, deliberation and development. And buckets of sweat.

The year - 1976. The place - Miami, Florida. The team - Rutgers, college kings of the young sport of Ultimate Frisbee. Their goal - the perfect tan. And as long as they were in town, they hooked up with a local conglomeration of ragtag Frisbee enthusiasts, assembled under the epithet "Gold Coast Frisbee Machine". The resulting game - not pretty. When the smoked settled and the Machine staggered off the field, they vowed that if they were ever to play in such a laughter again, they would be the ones doing the laughing. This they accomplished through an emphasis on the fundamentals. This they accomplished through drill, drill, and more drill. And this they accomplished mainly through scheduling competition with new teams (U.M., F.I.T., Magic City (!)) who knew even less about Ultimate than the Machine! In South Florida, it was the Era of Gold Coast.

Alas, for Gold Coast it was in one era and out the other. Born on the beach and bred on backhands, the pioneering old-timers of the Machine were tending to wives, children and (gasp!) jobs while the college kids were developing forehands, hammers and a variegated arsenal of disc deliveries that would revolutionize the game. Gold Coast didn't die, it just faded away, and the advent of the 80s found it's survivors gravitating towards either North or South. The Civil War was about to reconvene.

The nucleus of the North consisted of a group which, as high schoolers, had cut their teeth and picked up the basics with Gold Coast. Now their organization centered in North Miami and the team went by the creative moniker "North Miami". Meanwhile on the south side of town the dissipated flotsam and jetsam of formerly floundering teams assembled under the banner of "Riviera" (aka Blue Wave, aka Disc Jockeys). A healthy competition developed between North Miami and the Disc Jockeys. North

Miami, while possessed of a youthful abundance of athletic ability, specialized in the short pass and a patient style of play which was to bear fruit in future years as the world-renowned "Turtle O". The DJs hallmark was a zone defense - on a calm day it was tough to break; in inclement weather, it was impenetrable.

These classic confrontations between North Miami and the Disc Jockeys continued for years, neither team dominating, both teams developing in skills, savvy and maturity. Finally in 1984, after so many illicit meetings in the moonlight of lingering dusk, struggling to avoid physical contact yet making pass after pass, the inevitable occurred - North Miami and the DJs became one. The offspring of this propitious propagation? The Miami Refugees. Practically full-grown at birth, the precocious Refugees already had the tools they needed. All the machinery required was a little fine-tuning, a little specialization of skill-roles, and the 'gees were off to take of perennial behemoth Gainesville for state supremacy.

That '84 season brought it all together - not only did the Refugees bump off Gainesville; they made a clean sweep of it in New Orleans, eliminating powerhouses from Texas and Georgia to win the Regionals and set the stage for a trip to Santa Barbara. Nationals! As the new kid on the block, the Refugees were awed just to be in the company of Ultimate household names like the Condors, the Flying Circus and Windy City. But on the field they would not be intimidated. The heavily favored Rude Boys got a rude awakening as tenacious Miami fought back to tie their score late in the game, only to run out of gas in the final minutes. Despite that heartbreaker, the Refugees were now pumped and continued to give a stronger showing than anyone expected. In Friday's second game, they dominated the Mid-Atlantic powerhouse - Static, with two halves of nearly flawless Ultimate. Unfortunately, the other teams conspired to conjure up a mid-winter gale on Day Two and the sunshine boys of Miami were severely handicapped, unaccustomed as they were to frostbite and mud-wrestling. Excuses aside, the Refugees proudly returned to Miami as the #7 Ultimate team in the nation.

And now the disc eyes of the country are once again focused on Miami as the Magic City hosts the 1987 Ultimate Nationals. Though the Refugees again swept into Regionals this year, they tripped over

some tough Texan, and the hopes of the Southern Region will this time be riding with Atlanta and Dallas. The Refugees will none the less have their hands full as pulling off a first-rate tournament is no small feat. They should receive plenty of help though from the young but growing teams from Hollywood, Boca Raton, and the University of Miami.

The survival and success of these developing teams is essential too the future of Ultimate in South Florida. We've got the climate, we've got the know-how, and we've got the people. But we need more people, people who want to come out, work hard and some day take their team to Nationals, or people who want to come out, throw a disc, socialize, stay in shape and have a good time with a great game. Either way, Ultimately, that's what it is all about.



(305) 854-7572

She's The Boss Landscaping

FELICIA TANNEHILL
Owner

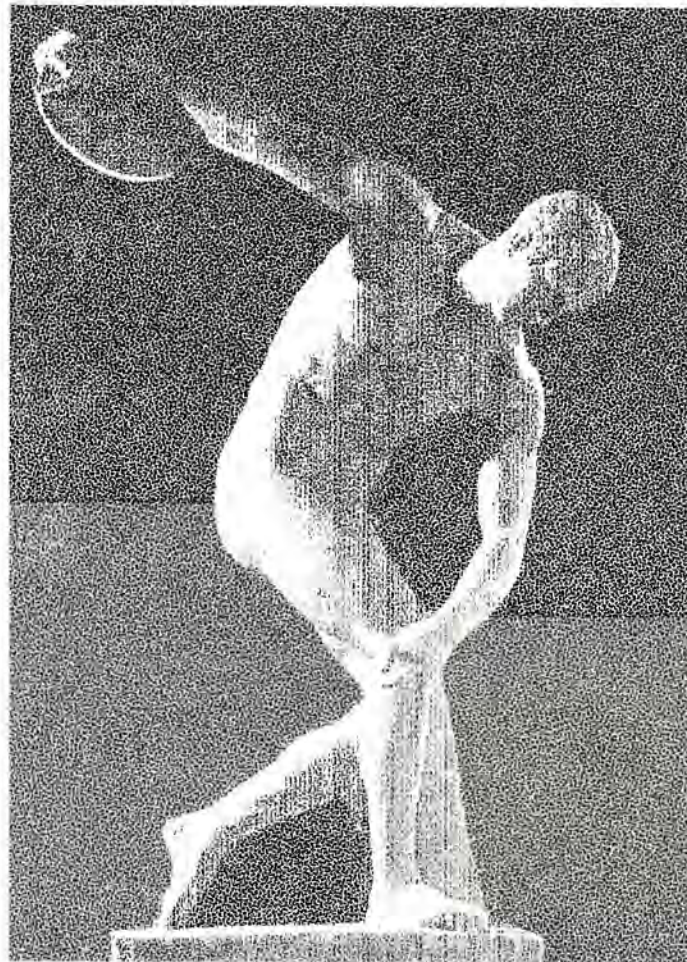
1865 BRICKELL AVENUE
MIAMI, FLORIDA 33129

DOES ICE WATER CAUSE CRAMPS?

Studies conducted with cold fluids have confirmed that drinking ice water does not cause cramps. Large volumes of water hurriedly gulped may however, cause stomach distress. Cold water (forty degrees) is preferable to warm water for the following reasons: it is absorbed faster. Cold water increases gastric activity and the water enters the intestines more rapidly, where it is absorbed into the system. It cools the body better. Cold water can reduce stomach temperature by 12 to 30 degrees. This in turn cools the body core any relieves heat stress during strenuous activities. From Sports Healthy

Congratulations! Welcome to 1987 Nationals

Nitza Lamencia



30' SHADE HOUSE •
LANDSCAPE MATERIAL •

NARANJA NURSERY

20990 S.W. 147th Ave.
Miami, Florida 33187

DAVID HARTSOCK

Phone: (305) 235-2321



C. H. Robinson Company



5100 NW 50 Street
Suite 300
Miami Lakes, Florida 33054
305, 623-0564



BE

A



Join Hollywood Ultimate
Mike 978-3827



Courtesy of Florida Gold Produce

WOMEN'S SOUTHERN ULTIMATE: STARTING OVER AGAIN AND AGAIN AND AGAIN

If there's one thing the "veteran" players from Women's Ultimate in the south have shared, it's the feeling of facing a new season with an almost entirely new roster of almost entirely new players—for the fourth or fifth year in a row.

It's a mixed feeling at best. You're eager to begin playing in tournaments and are looking forward to the good times you'll undoubtedly have—all balanced by the realization that many of your new teammates lack the basic skills necessary to successfully move the disc down the field. You struggle through practices encouraging new players with the idea that it's important to "relax and have fun," while your competitive spirit longs for a hard-driving, hit-the-dirt workout with the disc.

Such is the Ultimate life in the slow-to-develop Southern region. Unlike the tightly packed Mid-Atlantic or North-east regions, women's teams in the south are few and far between. Currently, there are two teams in the state of Florida, two teams in Georgia, one team from Tennessee, and two teams from Texas. To compete against even one team from another section or state, each of these teams would have to travel between six and 24 hours—if there was a tournament to travel to, that is. For most of the women in the southern region, the spring season consists of just two tournaments and the fall season of

three (not including Nationals).

Additionally, most of the women's teams in the south are college teams. That means there's always a lot of new players but few who actually stick around for more than a few years. As a result, teams are in a constant state of transition.

At the University of Florida, for example, there have been at least three distinctly different teams in the last five years, each with a number of die-hard veteran players but consisting largely of players with less than a year of experience. Graduation is the dividing line—the inevitable event that always marks the beginning of a "new era" of Ultimate as older, experienced players move away and new players come to take their place.

I mention these difficulties only to highlight the considerable progress which I feel has been made in women's Ultimate in the Southern region — progress that culminated at this year's April Fools tournament in Washington D.C. In weather that can only be described as very "un-southern," Atlanta's Ozone shivered their way to victory, earning the title as the first southern women's team to win a major tournament. In doing so, they won an important victory for all the women who play Ultimate in the south.

For as Ozone certainly demonstrated, hard work and persistence do pay off. It's something the women who play Ultimate in this region should keep in mind as they continue to start over again and again and again.



[Handwritten signatures and notes:]

Dick Lums
RE
Graham
Sargent
Lum
Vard Smith
Tongue
Wm Campbell Edmund Garrison


















Licensed & Insured

*Pools, Patios, Aluminum Roofs
Carports, Awnings, Repairs
Screen Rooms, Fla. Rooms, Concrete*

Phone
(305) 434-2877

SOD

FRESH CUT SOD DAILY

Sod Available



PRICE PER PALLETS

Picked up	\$50.00
1 to 5 pallets (delivered)	\$60.00
6 & up pallets (delivered)	\$55.00

*For quotation on price for sod planted
please contact office.*

ORIENTE SOD
4590 S.W. 122nd Avenue
Miami, Florida 33175

553-0728

RICE

Aches, pains, strains and sprains...you will encounter them from time

to time. Sports injuries are inevitable if you're gonna play. All the talk of Honor in the game, the Spirit of the game, goes a long way, if applied. However, when injuries occur, words don't do much for pain and recovery.

One of the first and basic treatments for any injury is RICE! Huh? Yes, RICE. Rest, Ice, Compression, Elevation.

Rest. Rest is necessary because continuous exercise or other activity could extend the injury. Stop using the injured part the minute it is hurt.

Ice. Ice decreases the bleeding from injured blood vessels because it causes them to contract. The more blood that collects in a wound, the longer it takes to heal.

Compression. Compression limits swelling which, if uncontrolled, could retard healing. Following trauma, blood and fluid from the surrounding tissues leak into the damaged area and distend the tissue. Swelling is sometimes helpful since it brings antibodies to kill germs; but if the skin is not broken, antibodies are unnecessary and swelling only prolongs healing.

Elevation. Elevation of the injured part to above the level of the heart uses the force of gravity to help drain excess fluid. Because swelling usually starts within seconds of an injury, start RICE as soon as possible. Don't wait for a doctor's orders (for those of you who DO consult).

Now that you know what RICE is about, this is how you do it: First place a towel over the injured area.

Then apply an ice pack, ice chips, or cubes over the towel. Do not apply the ice directly to the skin as it can cause the skin to hurt. For com-

pression, wrap an elastic bandage firmly over the ice, around the injured part. Be careful not to wrap the are so tightly that you shut off the blood supply. The signs of a shut-off blood supply are numbness, cramping and pain. In the case of a head injury, the face usually turns blue. If any of these occur, unwrap the area immediately. Otherwise, leave the ice pack and bandage in place for thirty minutes. Next, to allow the skin to rewarm and the blood to recirculate, unwrap the area for fifteen minutes. Then rewrap it. Repeat this procedure for three hours. If you are in a hurry, you can always skip the last three steps and go straight for the beer. Yeah, right, that always helps! If the area continues to swell or the pain increases, check immediately with a physician. If the injury is severe, you can follow the RICE program for up to twenty-four hours. If pain and swelling persist forty-eight hours after the injury, apply heat. Further treatment depends on the type of tissue that was injured. You only have one body and your body knows best. If your intuition tells you that you are seriously injured, consult a Doctor. Any injury that causes severe pain is nature's way of saying something is wrong. When it talks loudly, listen. All injuries to a joint or its ligaments should be examined by a physician. If they are not treated quickly, these injuries have potential for permanence. It is advisable to consult a Sports Physician and get the best care for those knees and ankles.

All players are concerned with getting back into action quickly and safely after an injury...just remember the minor injuries grow into major problems if not treated properly.action quickly and safely after

(305) 598-2005

DR. SCOTT PROSAN

Chiropractic Physician

GRUSKY CHIROPRACTIC CENTER, P.A.
KENDALL SUMMIT EXECUTIVE CENTRE

Suite 100
11400 N. Kendall Dr.
Miami, FL 33176

Bowling them over at Cloverleaf



50 LANES OF BOWLING COMPETITION & FUN
LOUNGE WITH ENTERTAINMENT TO PLEASE EVERYONE
FINE FOOD AROUND THE CLOCK
PARTY ROOMS WITH SPECIAL
MENUS FOR GROUPS OF UP TO 200.

CLOVERLEAF LANES
17601 N.W. 2nd Avenue - Miami, Fla. 33169
Phone (305) 652-4197

**Casa De Campo
Boca Raton Hotel
Stratton Village**

BY



**WILLIAM COX ARCHITECT
4621 PONCE DE LEON BOULEVARD
MIAMI, FL 33146 305-661-8525**

DONOVAN'S Bar and Grill, Inc.



Package Store

13040 N.W. 7th Avenue • North Miami, Florida • 688-9195

free draft with coupon

PRESTRESSED SYSTEMS, INC.



CHUCK COMPTON
Estimator

P.O. BOX 524237 • MIAMI, FLORIDA 33152
PHONES: DADE (305) 885-5421 • BROWARD (305) 524-0256
FLORIDA WATS 1-800-432-8712 • TAMPA (813) 621-3973
PLANT: 5601 N.W. 72ND AVENUE • MIAMI, FLORIDA

Register your tournament with USAmateur and the UPA. **Tournaments must be registered 60 days in advance** to be eligible for discount air fares. Dates and places need not be firm. Even if you're tentatively planning one, register it, so the UPA members that already have their cards may benefit.

Tournament Director & Phone #	Event Name	City/State	Dates
.....
.....
.....

Send completed form to: USAmateur, 275 East Ave., Norwalk CT 06855

USAmateur Card Info

AA American Airlines 45%
40%

NORTHWEST ORIENT 45%
40%

PIEDMONT AIRLINES 40%
35%

PSA 40%
35%

HOWARD JOHNSON 25% off
every day
Lodges & Hotels

RAMADA* 25% off
Weekends

Hertz \$17.96
Thurs.-Mon.

Alamo \$16.97
Rent A Car
any day

Sporting Goods 50%
such as: off
Nike Reebok Wilson

Last Name
First Name Initial
Address
City
State Zip Birthdate
Area Code Phone Number Male Female



I am a:
☐ Athlete ☐ Manager
☐ Administrator ☐ Official
☐ Coach ☐ Trainer
I most frequently travel in the sport
of

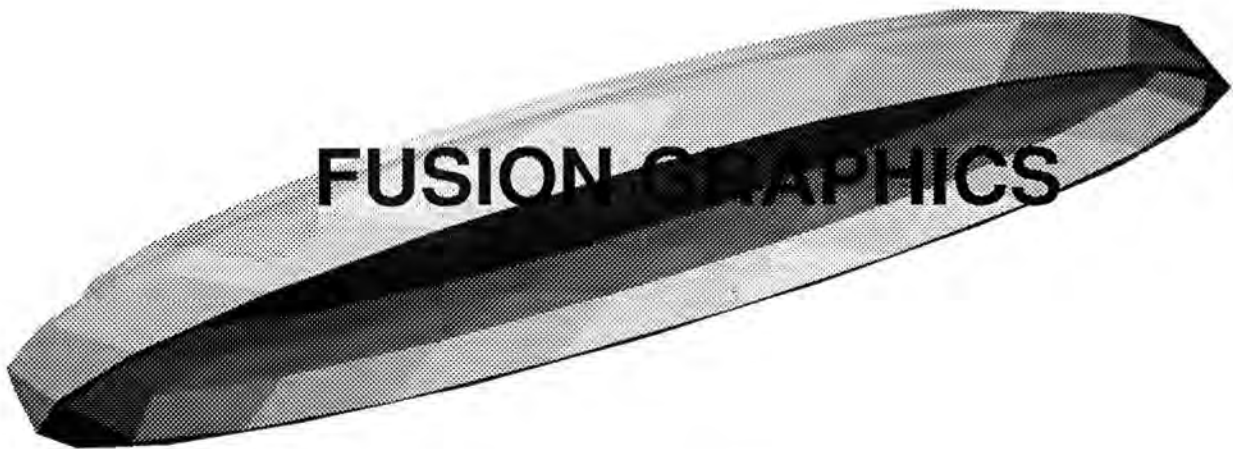
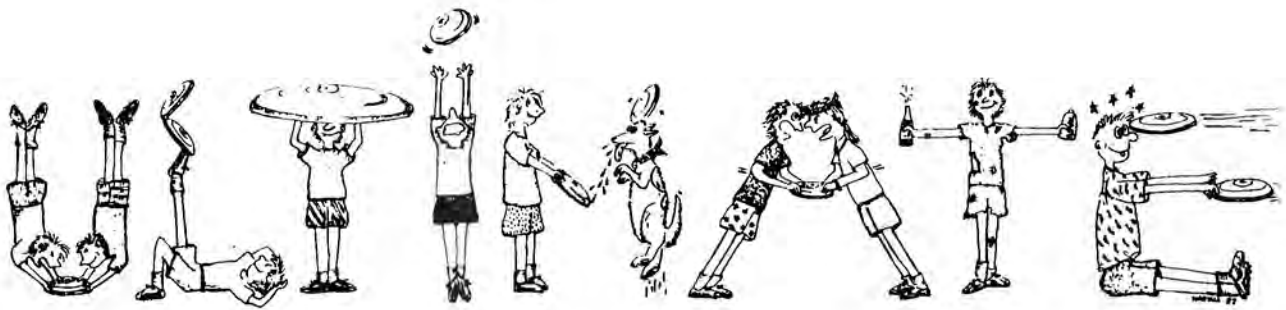
Please allow 4-6 weeks for processing by mail.

Send to: UPA
P.O. Box 2600
Mesa, AZ 85204

Non Members ☐ \$49.95
Special Low UPA Price ☐ \$25.00 Members

☐ Money Order ☐ Check (Payable to UPA)

~~\$49.95~~
\$25.00
for UPA
Members



Printing Centers

The business printers™

FULL SERVICE PRINTERS . . . DAILY PICK-UP & DELIVERY

WE MAKE YOU LOOK GOOD®

WHAT YOU NEED, WHEN YOU WANT IT!

Fast, low cost, quality printing & more . . .

PRINTING (B & W AND COLOR) • COPYING • TYPOGRAPHY • COLLATING • FOLDING • BINDING • HOLE PUNCHING
LETTERHEADS • ENVELOPES • BUSINESS CARDS • INVITATIONS • MAILERS • BROCHURES • REPORTS
RUBBER STAMPS AND MORE
FREE PICK-UP AND DELIVERY

245-1400

80 NORTH HOMESTEAD BLVD. (U.S. 1) (Across from the Best Western - Homestead Inn)

SPIRIT OF THE GAME

Much has been written recently about the Spirit of the Game. While I agree with those who keep vigil for us in efforts to prevent the corruption of our sport, I must also comment on certain aspects of that vigilance.

First, that the crying of foul to our sacred Spirit has become excessive, and therefore inaccurate. Fanning the flames, as it were. I have played competitive Ultimate for 10 years, and in my opinion the Spirit, rather than having disappeared, has changed. Sure, there is less outright zaniness, less face painting, idolizing and musical psych huddles. And that is sad. But things evolve, and all that seemed destined to end. We used to present ourselves at tournaments in fresh ways, aided in part by our anonymity. Over the years we have come to know each other pretty well, and that frolicsome gesturing has been replaced by more down to earth exchanges, like mixed team dinners and vacations taken with members of other teams. As we competed with each other more, we came to know each other better. From that comes greater respect and intimacy on and off the field. And that is the new, very alive Spirit of the Game.

Of course, as individuals and teams, the onus to behave honorably persists. While I would not here venture to define Spirit, it is my strong opinion that certain individuals and teams do exhibit excessively aggressive actions and should be reprimanded in some way. The recent yellow card proposal scares me, in that we place too much responsibility upon certain individuals, who may or may not be impartial enough to make such important decisions. Rather, the open forum of our sport, through this newsletter, and through personal contact, can continue to dictate what will and will not be tolerated. As throughout history, silence is complicity. We must speak out to teammates and opponents about violation of spirit. Not only do individuals violate Spirit, but in ways the sport-meaning all of us-has allowed abuse to occur. Ultimate has become more competitive. Teams put more energy into competing at National level than ever before. There is more of a desire to see calls your way as the input, intensity, and stakes increase. The rules are being constantly evaluated, which is necessary because they are still vague in many areas. In terms of the rules, it is open to interpretation, exactly what are the parameters of Spirit. A foul for

one is not a foul for another. Is it always clear who is right? It seems that to some degree we are inhibiting Spirit by asking too much of ourselves; asking that in the emotional heat of an important game every individual judge every play accurately and immediately. As we are human, that will never happen.

Let us instead seek means of lessening the burden on the contestants. I believe keeping active officials out of the game is still something to hold on to, some part of the essence of Ultimate. Yet much experimenting can still be done with observers, such as actively making line calls. Rules need to be clarified also, so that debate about the interpretation does not occur at the time of a (supposed) infraction.

One final thought on Spirit. I'm all for it. I am also for spirit of the bigger game: Life. It is a depressing hypocrisy to be involved in a sport that encourages honor and fair play above all else while many of its participants do not adhere to that off the field, regardless of their conduct on the field. This pertains to anything and everything, from saying hello to opponents Saturday morning before the competitive jockeying begins, to not leaving your trash on the fields for someone else to pick up, to not buying Coors beer, which has been boycotted for years due to its anti-union, anti-women, anti-minority, anti-human practices. Some will wonder how that relates to Spirit of the Game of Ultimate Frisbee, but if the Spirit we generate on weekends does not extend past ourselves, what are we doing?

BY DAN WEISS



INSTITUTE OF MEDICAL SPECIALTIES

W.J. Blechman, M.D., F.A.C.P.

Diplomate, American Board of Internal Medicine and Rheumatology
Practice Limited to Rheumatology

2845 Aventura Blvd., N. Miami Beach, FL 33180, (305) 937-0715



**Courtesy of Pantera
Recording**



**ULTIMATE DOESN'T
BUILD CHARACTER...
IT REVEALS IT.**