



1995 NATIONAL

NOVEMBER 2-5, BIRMINGHAM, ALABAMA



CHAMPIONSHIPS

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Master the Skills...

Forget
Everything...

&

FLY



Birmingham is the proud host of the 1995 Ultimate Players Association National Championships and home to "Vulcan" the world's tallest cast-iron statue. This event was brought to you by the generous support of University Hospital and a bunch of hard working, disc loving folks. Tournament art designed by Janet Wocken. Photographs by Rick Collins, Karl Cook, Bob Scoverski, Grant Wise, and Cindy Fisher.

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1995 U.P.A.

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Welcome to Nationals!

Welcome to Birmingham, the Magic City, and greetings from the Nationals Organizing Committee (NOC). We have worked hard to make this the best National Championship Tournament yet, and would like to thank our sponsors for their generous donations and all the volunteers for their selfless donations of time and effort. In particular, we would like to thank Mr. Steve Murray of University Hospital for his involvement with this tournament. It is largely due to Steve that we can run this tournament with no entry fee. Special thanks also to Mark Cline, Sean Cullen, Scott Green, and Janet Wocken, who have each put in countless hours in organizing this tournament.

Party sites were chosen to expose players from around the nation to the charm and history of Birmingham. Vulcan Park (site of the Friday night party), overlooking the city of Birmingham, is home to the second largest statue in the United States (after the Statue of Liberty) and the tallest cast iron statue in the world. Vulcan has stood atop Red Mountain since 1939, and offers a great view of the city. Albert B. Boutwell Municipal Auditorium (Saturday night), although not particularly historic, is located in the heart of historic Birmingham, and is large and practically indestructible! The Magic City Brewery (Sunday night) is the only brewpub in the City (and the first since Prohibition) and is located across the street from Birmingham's first brewery, the Schillinger Brewing Co., established in 1884. Be sure to try their Pumpkin Ale.

We have done our best to address all the needs of the players, from doctors and tapers, to fruit and coffee in the mornings, and some of the best fields in the State. Please respect the restrictions that we have had to place on the fields sites, and don't forget that the Spirit of the Game is what makes Ultimate special: Let's keep it that way.

Joe Thacker
Tournament Director

Our sincere appreciation to all our sponsors, advertisers and supporters.

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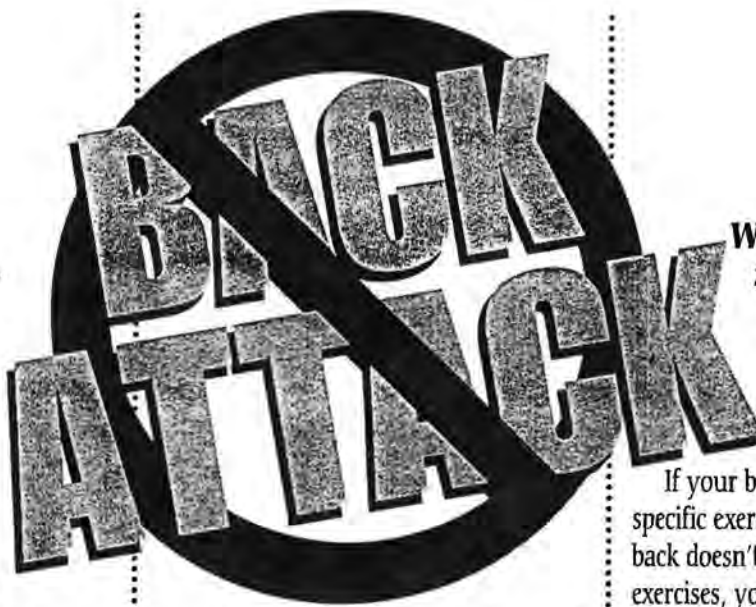
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The most effective way to relieve back pain is with exercise! This seems ironic, because when you're suffering with back pain, the last thing you want to do is exercise.

Studies show that exercise is more effective in treating simple back pain than bed rest and drugs.

This is true because exercise produces endorphins, the body's natural painkillers.

Exercise also improves blood flow to discs, joints, and muscles, relieving spasms and promoting healing.

Back to exercise

To relieve back pain and restore lordosis, or the natural curve, to your back, try these exercises. Repeat each exercise 3 times per day.



Press up: Lie face down; using your arms, try to press up and back as far as possible. Remember to relax your back as you press up. Hold for 10 seconds.

Hip flexor stretch:

Place left knee on towel, place hands on right thigh. Keep back straight. Slide hips forward until you feel a slight stretch on upper left thigh. Hold 10 seconds and repeat with other leg.

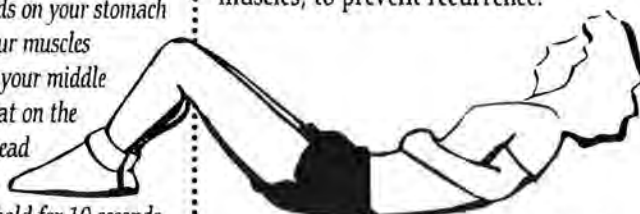


Knees to chest:

Lie on back, lift one knee, then the other, to chest. Hold for 10 seconds.



Abdominal Curl-up: Lie on your back with knees bent, feet flat on floor, and hands on your stomach so you can feel your muscles contract. Keeping your middle and lower back flat on the floor, raise your head and shoulders off the floor and hold for 10 seconds. Gradually increase your holding time.



When to see a doctor

Slight muscle soreness is common with any new exercise, but your back pain should not increase with these exercises.

If your back hurts worse with a specific exercise, stop doing it. If your back doesn't improve with these exercises, you may want to see a spine specialist. Persons with serious symptoms, such as foot drop—when a foot drags because the leg muscles cannot raise it—or loss of bladder or bowel control, should seek immediate treatment because of the risk of permanent paralysis.

Once a person experiences an episode of back pain, it is important to strengthen the muscles that surround the spine, as well as the abdominal muscles, to prevent recurrence.

For more pain-relieving exercises to relieve your back pain, write to us at the Alabama Orthopedic and Spine Center. As spine specialists, we see the most complex cases of back pain in Alabama; that's why we're so big on preventive medicine. We think the best weapon to fight off a back attack is not a pill, bed rest, or a heating pad. It's simply a stronger and more flexible back.

For more information on our practice, see our Web Page on the Birmingham Matrix (<http://www.the-matrix.com/aosc/index.html>), or call us at (205) 838-BACK.



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Captain D's extends a warm welcome to all Ultimate players. Congratulations in making to the 1995 UPA Championships.

Try one of our convenient locations:

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2060 Pinson Valley Parkway
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1473 Montgomery Highway
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1381 1st Street North
4713 Highway 280 East
560 West Town Plaza
3067 Warrior River Road

530 18th Street, B'ham
666 Bessemer Highway
1725 Finley Boulevard
1141 Forestdale Boulevard
1284 Decatur Highway
9973 Parkway East
1407 Main Street
7845 Crestwood Boulevard
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1736 Ashville Road



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Magic City Brewery produces some of the south's finest handcrafted beer. We are open 6 days a week for lunch and dinner. Stop in for a great meal or a refreshing beer.

**Host to The 1995 Championship Party
Sunday Night, November 5th,
6:30 pm until
421 21st Street South**



We are proud to be a sponsor of this outstanding national sporting event. We welcome all players to the 1995 UPA National Tournament. Tune your radio to 98.7 for the best in Lite Jazz.

Birmingham Beverage

Proud distributor of Coors, Rolling Rock, Abita & other premium beers, welcomes all Ultimate Players to Birmingham Alabama. Good Luck in your games. Play to THE SPIRIT of the GAME!

The Miami Refugees 1995

We're awfully damn proud to know that our Refugee raft has backup lights, 'cuz that's how we got to this gig, by backing in... Our wretched cast of miscreants have been complaining for about three weeks that it's hard to run when your feet hurt from shooting ourselves there so often lately!

But what the F- - - Bro', me and my homies are here and that's what matters! One of the twelve best Open teams in the U-S-of-A. All those losers in our wake can't claim that. Every team here can boast of this with pride. It wouldn't be proper though, if I didn't take a second to give a special shout-out to Kurto, the leader of the band, the Grand Poobah. Standing up at the front of our raft, like Washington crossing the Potomac, except he's holding up a jar of the "Famous Back-Yard #1", urging us on down a path to Lord knows where. No other captain from our Region (the South) can claim to have taken teams to The Big Dance seven out of eleven years and the last five in a row. With six players from the original '84 team, that's quite an accomplishment. So if you're on our sideline, stop and give Kurt a pat on the back and an Attaboy and then yell out on his behalf- "GO REFUGEES"! J.H.

NYC (COJONES)

Like Phoenix from the ashes, NY Cojones rose last year from the jumble of shattered lives and battered egos that was once the great and powerful New York. And like their progenitor, they rose fast and reached high, nearly knocking off the heavily favored (and eventual champion) DoG in a thrilling semifinal match last year.

1995 however has seen the onset of the sophomore jinx, with performances falling far short of expectations. A humiliating blow-out loss to Double Happiness in Santa Cruz was the grand marshal for a year long parade of mediocre showings, each effort less inspired than the last. even the most ardent Cojones supporters were seen furtively walking away from the parade route, unable to stomach the sight of the Worlds' consolation float.

This fall surprising victories in Chicago and at Northeast Regionals have generated speculation that the boys from NYC might have enough of their forefathers' fire to march their way to a title, but seasoned observers know better. This team is not New York. Where the evil empire steamrolled their way to championships the Sack Attack will have to claw and scratch theirs. So if it's that old New York black magic you're looking for, check out Squash in the Masters Division. But if your taste is for youthful exuberance mixed with unfocused energy and spiced with a touch of recklessness, stop by the NYC sideline. Cojones will be in evidence and scratching is encouraged.

CHICAGO MASTERS - Although Chicago Masters (formally "Slack") lost some aging superstars to the Open division (*Guys.. please come back! They're just using you. We're your real friends.*), key additions from around the country have kept us as competitive as last years' team. We'd like

to exploit this opportunity to say that our division should have a four-day format, so we can have more byes to go watch the Chicago women play. Happy Ernie?

Mid-Atlantic Women's Masters Team, Old and in the Way - A powerhouse of mothers and virgins from the fertile Mid-Atlantic boasting many attributes, hopefully Ultimate is one of them.

"Old and in the way." That's what we heard them say, but we'll run your team around and around. These great old broads can play!

WHAK

New York Women's Ultimate is sporting a new face with the addition of proven players from other teams, and a group of young players looking to get their feet wet at their first Nationals. Whak has worked hard to build a dedicated core of player who can surpass the difficulties of living in a city often inhospitable to Ultimate. Dealing with the hardships of fields composed of choking sludge and having to dodge the constant bombardment of softballs or verbal garb, we've been pushed to our limit. We have been given nothing so we are looking to take.

The Gutter Girlz

"Emerging from the depths of the sewers, the Gutter Girlz have risen to street level to play together. Crawling from all corners of the Southern Region, they are women with a mission: to play great Ultimate and consume every drop of alcohol in the Greater Birmingham, AL, area. Playing with the low life has given them the experience to rise to the occasion. Anybody got a bottle of Mad Dog?"

Ya'll listen up here. Last year the Cornell Buds went easy on ya'll in Kentucky, but this year the Buds are bringin' a SIX PACK OF WHOOP-ASS. That's right; the first can for former Bud Josh Faust, four more for pool play, and a freshcan for the semis. We also got a special 40 oz silo of Malt-Whoop-Ass for our unfortunate finals opponent. Whoop 'em Buds. pfffsstt.

We hail from the land of the 10,000 lakes
We are some tough women--make no mistake.
We play in the snow, we play in the mud,
We play when mosquitoes drain our bodies of blood.
We play with spirit, we play with flair,
We play for the team that they call "Jane Air."
Well, we can run fast and we can run far,
But if you wanna catch us, you'd better get your car,
'Cuz we'll be in the endzone pulling down a score,
Or making ho-blocks till they can't take it anymore,
Or tearing up the dance floor--for that we win the prize,
And we always look our best, 'cuz we accessorize!
Now the windchill's getting down there and we've had our first snow,
But Jane Air is really happy to be going to the show.
The beginning of November is just about the time
To leave our frozen lakes in search of warmer climes.
So thanks to all you folks for the effort you've put forth
In putting on a party for your friends from way up north!

Old Pros

There once was a team from the Bay
Alabama they went there to play
In rain or in sun,
Their goal was 'More Fun'
And dance 'till they won the par-tay

Now the Emerald City she knows
These women have masterful toes
First they were the Oz
And then Destiny
Now the Old gals, they are Pros

**We're Women on the Verge
We got it goin' on.
We're from the city of Seattle
Where we drink our coffee
strong.**

**They say it ain't over
til the Phat lady sings.
They say Godiva will walk,
and the Fly Girls have
wings.**

**We hear Ozone declared,
the South will again rise.
Watch for a Nemesis coup,
and a Mischief surprise.**

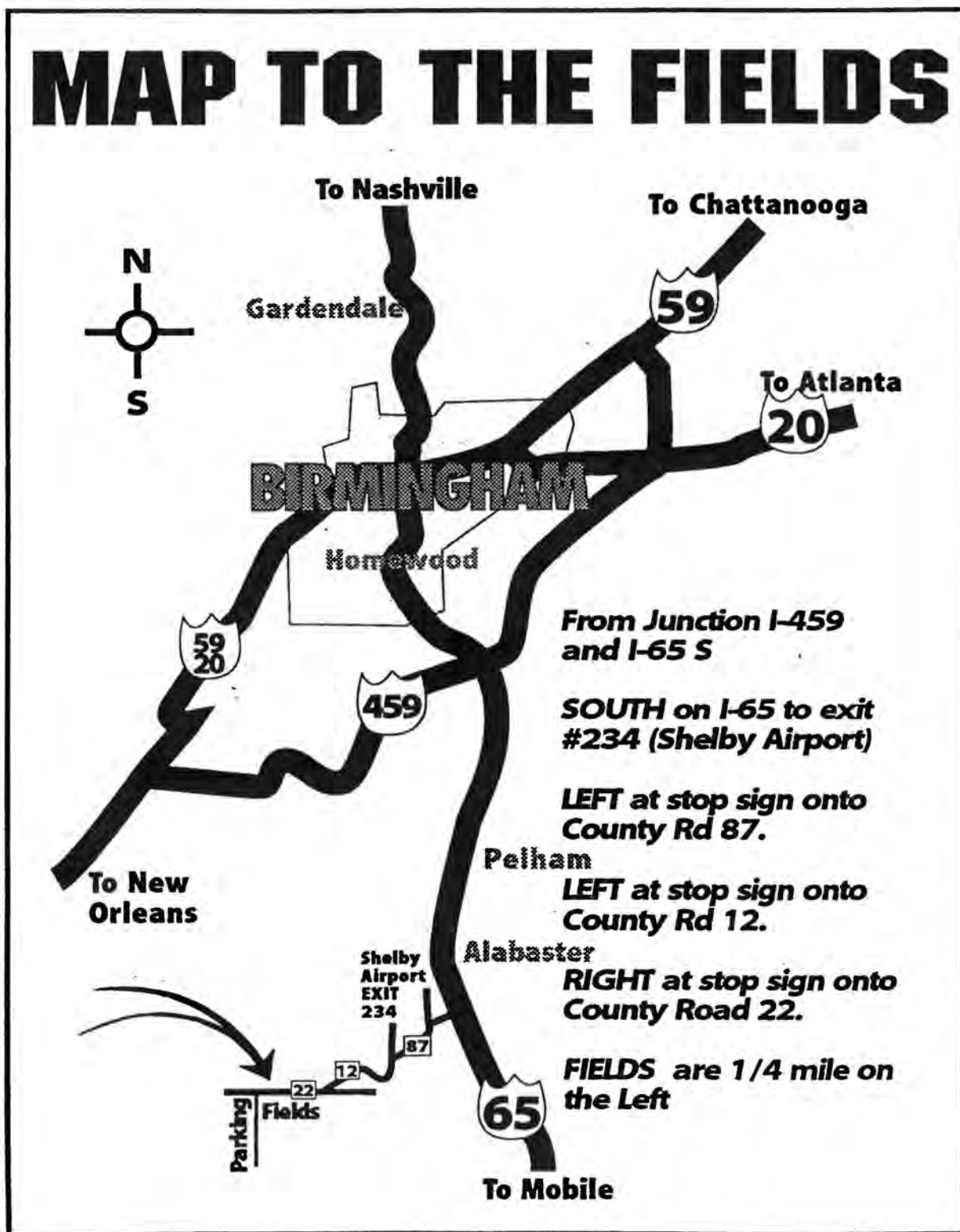
**We went to jolly England
We stole the bleedin' show.
Now we're in Alabama
screaming "ROLL VERGE
ROLL!"**

PLASTOCENE MAN: Washington Area Frisbee Club Men's Masters Team

In the primordial swamp of Washington DC, people discovered a previously unknown member of the human family tree to join Homo Erectus and Bigfoot. These beings gather around plastic floating in the wind and have a peculiar ritual to keep this plastic floating at all cost, with great anguish and pain (thought to be a prelude to cannibalistic sacrifice) when they do not succeed. One theory is a primitive GALA religion, the earth mother, based on the beings repeated slamming of their bodies into the earth, and their body decorations of grass, soil and water. Language ability sounds rudimentary, consisting of grunting ten times, shrieking as they run around in circles, and moaning sounds like; huck, flick, and ahhhhh. One guess is that they escaped from their place in the warehouse next to the ark of the covenant. Others have speculated they may be the remnants of Jurassic Park's cheaper cousin, Paleolithic Preserve. But whatever they are, the Washington Area Frisbee Club thought that they deserved the chance to practice their strange rituals in Alabama with all of you.

Directions to the Main Field Site (Shelby Academy)

From the hotels take I-65 South, towards Montgomery, to exit 234 (Shelby County Airport). Take a right off of the interstate, go to stop sign, turn left (onto Hwy. 87), and travel to next stop sign. Turn left at this stop sign (onto Hwy. 12), go to next stop sign and turn right (onto Hwy. 22). The main field site will be on your left. You can also just follow the signs to the University of Montevallo / Shelby Academy, or the Nationals signs. Please follow the traffic directors and park only in designated areas. Do not park in the Church parking lot!



1995 UPA National Championships

Pool A

Cojones
Z
Port City Slickers
Sockeye
Miami Refugees
Cornell

Pool B

Double Happiness
Death or Glory
San Diego
Chain Lightning
Ring of Fire
Lemon

Pool C

Phat City
Ozone
Nemesis II
Mischief
Philly Peppers
Whak

Pool D

Lady Godiva
Women on the Verge
L.A. Flygirls
Lucy
Hucksters
Jane Air

Pool play to 19/21, Semis & Finals to 21/23
3 time outs per half, 1 in overtime

Pool play to 17/19, Semis & Finals to 19/21
2 time outs per half, 1 in overtime

Open Division					Women's Division				
Thursday, November 2, 1995									
Time	Team	Team	Field	Score	Time	Team	Team	Field	Score
9-11:30 Pool A	Cojones	- Miami Refugees	14		9-11:30 Pool C	Phat City	- Philly Peppers	7	
	Z	- Sockeye	10			Ozone	- Mischief	11	
	Port City Slickers	- Cornell	8			Nemesis II	- Whak	13	
10-12:30 Pool B	Double Happiness	- Ring of Fire	12		10-12:30 Pool D	Lady Godiva	- Hucksters	15	
	Death or Glory	- Chain Lightning	6			Women on the Verge	- Lucy	9	
	San Diego	- Lemon	1			L.A. Flygirls	- Jane Air	3	
1-3:30 Pool A	Cojones	- Z	14		1-3:30 Pool C	Phat City	- Ozone	7	
	Port City Slickers	- Miami Refugees	10			Nemesis II	- Philly Peppers	11	
	Sockeye	- Cornell	8			Mischief	- Whak	13	
2-4:30 Pool B	Double Happiness	- Death or Glory	12		2-4:30 Pool D	Lady Godiva	- Women on the Verge	15	
	San Diego	- Ring of Fire	6			L.A. Flygirls	- Hucksters	9	
	Chain Lightning	- Lemon	1			Lucy	- Jane Air	3	
Friday, November 3, 1995									
9-11:30 Pool B	Double Happiness	- Chain Lightning	13		9-11:30 Pool D	Lady Godiva	- Lucy	8	
	Death or Glory	- San Diego	7			Women on the Verge	- L.A. Flygirls	14	
	Ring of Fire	- Lemon	11			Hucksters	- Jane Air	10	
10-12:30 Pool A	Cojones	- Sockeye	15		10-12:30 Pool C	Phat City	- Mischief	12	
	Z	- Port City Slickers	9			Ozone	- Nemesis II	6	
	Miami Refugees	- Cornell	3			Philly Peppers	- Whak	1	
1-3:30 Pool B	Double Happiness	- San Diego	13		1-3:30 Pool D	Lady Godiva	- L.A. Flygirls	8	
	Death or Glory	- Lemon	7			Women on the Verge	- Jane Air	14	
	Chain Lightning	- Ring of Fire	11			Lucy	- Hucksters	10	
2-4:30 Pool A	Cojones	- Port City Slickers	15		2-4:30 Pool C	Phat City	- Nemesis II	12	
	Z	- Cornell	9			Ozone	- Whak	6	
	Sockeye	- Miami Refugees	3			Mischief	- Philly Peppers	1	
Saturday, November 4, 1995									
9-11:30 Pool A	Cojones	- Cornell	6		9-11:30 Pool C	Phat City	- Whak	12	
	Z	- Miami Refugees	11			Ozone	- Philly Peppers	10	
	Port City Slickers	- Sockeye	1			Nemesis II	- Mischief	4	
9-11:30 Pool B	Double Happiness	- Lemon	14		9-11:30 Pool D	Lady Godiva	- Jane Air	13	
	Death or Glory	- Ring of Fire	7			Women on the Verge	- Hucksters	9	
	San Diego	- Chain Lightning	2			L.A. Flygirls	- Lucy	3	
Semis					Semis				
1-4:00	A1	- B2	6		1-4:00	C1	- D2	12	
1:15-4:15	B1	- A2	7		1:15-4:15	D1	- C2	13	
Sunday, November 5, 1995									
Finals					Finals				
1-4:15	Open Division Finals			15	9-12:15	Women's Division Finals			15

1995 UPA National Championships

Open Masters

Us
Chicago Masters
Beyondors
Squash
Love Handlers
Plastocene Man
Master Blaster

Women's Masters

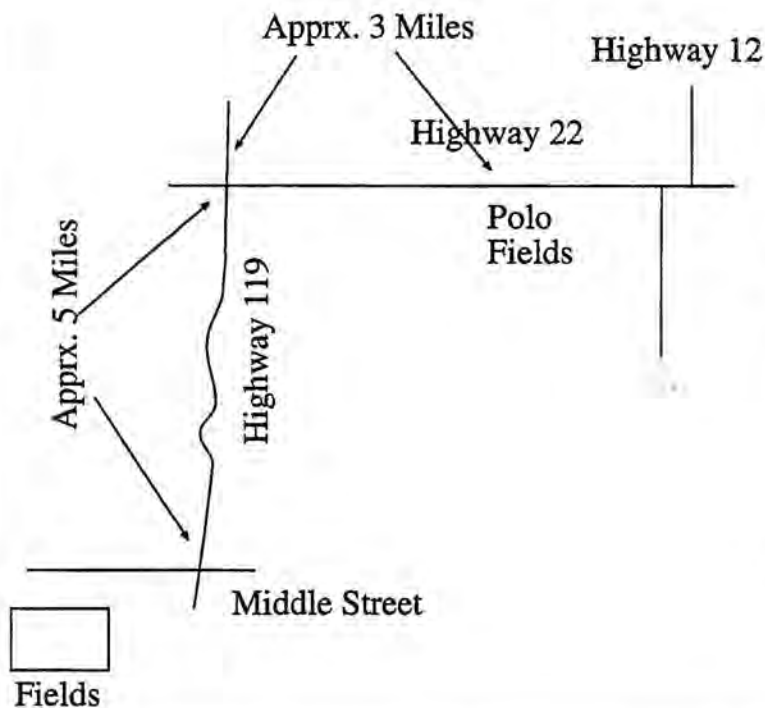
Ro Sham Bo
Old and In The Way
New England
Old Pros
Outlaws
Gutter Girlz

Pool play to 17/19, Semis & Finals to 19/21
2 time outs per half, 1 in overtime

Pool play to 15/17, Semis & Finals to 17/19
2 time outs per half, 1 in overtime

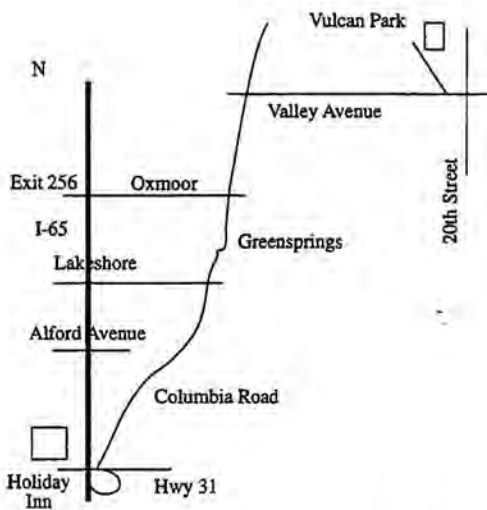
Open Masters					Women's Masters				
Thursday, November 2, 1995									
Time	Team	Team	Field	Score	Time	Team	Team	Field	Score
8:30-10:30	Us	- Love Handlers	2		8:30-10:30		-		
	Chicago Masters	- Squash	4				-		
	Plastocene Man	- Master Blaster	5				-		
11:30-1:30	Chicago Masters	- Master Blaster	2		11:30-1:30	Ro Sham Bo	- Outlaws	18	
	Beyondors	- Plastocene Man	4			Old and In The Way	- Old Pros	19	
	Squash	- Love Handlers	5			New England	- Gutter Girlz	20	
2:30-4:30	Love Handlers	- Master Blaster	2		2:30-4:30	Ro Sham Bo	- Old Pros	18	
	Us	- Squash	4			Old and In The Way	- New England	19	
	Chicago Masters	- Beyondors	5			Outlaws	- Gutter Girlz	20	
Friday, November 3, 1995									
8:30-10:30	Us	- Master Blaster	18		8:30-10:30	Ro Sham Bo	- Old and In The Way	2	
	Chicago Masters	- Plastocene Man	19			New England	- Outlaws	4	
	Beyondors	- Love Handlers	20			Old Pros	- Gutter Girlz	5	
11:30-1:30	Squash	- Master Blaster	18		11:30-1:30	Ro Sham Bo	- New England	2	
	Love Handlers	- Plastocene Man	19			Old and In The Way	- Gutter Girlz	4	
	Us	- Beyondors	20			Old Pros	- Outlaws	5	
2:30-4:30	Us	- Chicago Masters	18		2:30-4:30	Ro Sham Bo	- Gutter Girlz	2	
	Beyondors	- Master Blaster	19			Old and In The Way	- Outlaws	4	
	Squash	- Plastocene Man	20			New England	- Old Pros	5	
Saturday, November 4, 1995									
8:30-10:30	Beyondors	- Squash	5		8:30-10:30	Semis			
	Chicago Masters	- Love Handlers	8			W1	- W4	16	
	Us	- Plastocene Man	15			W2	- W3	17	
Semis					Finals				
11:30-1:30	M1	- M4	5		11:30-1:30	Women's Masters Finals			
	M2	- M3	8						
Finals									
2:30-4:30	Open Masters Finals			15					

Maps To Parties

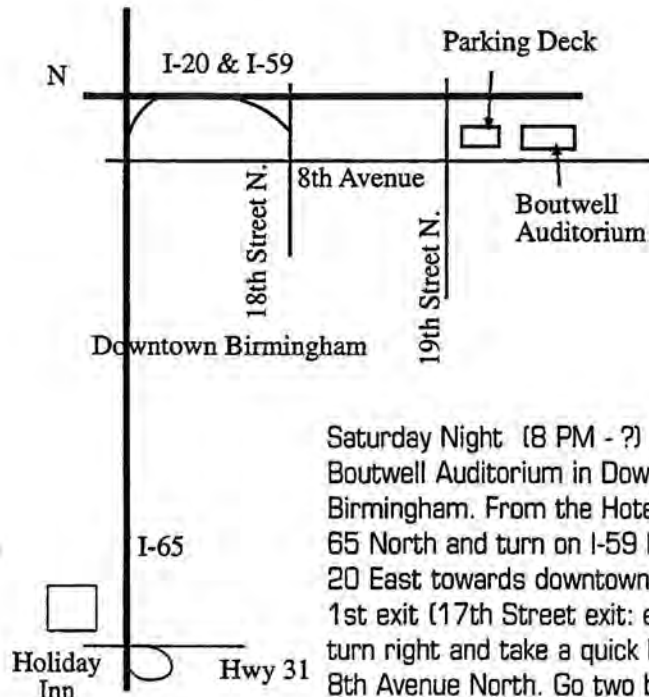


Directions to Montevallo Fields (Masters Fields)

Follow directions as above to main field site, continue past the main field site (on Hwy. 22) for about 3 miles and turn left onto Hwy. 119, towards the University of Montevallo. Stay on Hwy. 119 for about 5 miles and turn right onto Middle Street. The fields are about 1/2 mile on the left next to the baseball fields. The Ramsay Conference Center is about 200 yards directly east of the fields; see enclosed map for locations. Be aware that alcohol is not permitted on the University of Montevallo campus.



Friday Night (7 PM - 11 PM) Party at Vulcan Park, overlooking the City of Birmingham. From the Hotels, take I-65 North to the Oxmoor Road exit (exit #256), and turn right. Go 0.1 mile and turn left onto Green Springs Hwy., at first light. Go less than 0.5 mile and turn right at 2nd light onto Valley Avenue. Stay on Valley Avenue for 2.1 miles, through 7 lights and turn left into Vulcan Park just before the 8th light (look for green "Vulcan Park" signs on your left). It will cost you \$1 per person to get in.



Saturday Night (8 PM - ?) Party at Boutwell Auditorium in Downtown Birmingham. From the Hotels, take I-65 North and turn on I-59 North / I-20 East towards downtown. Take the 1st exit (17th Street exit: exit #125), turn right and take a quick left onto 8th Avenue North. Go two blocks and park in the deck (\$2) at the corner of 8th Avenue and 19th Street. The Auditorium is just east of the parking deck. Admission to the party will be \$5 per person. This party will end at 1 AM and will reconvene at the Holiday Inn.

From the Director of Competition

Welcome, competitors and staff, to the 1995 UPA National Championships.

This year we seem to have an exceptional number of new faces and new teams. Lemon is the first team in any division to come to Club Nationals from the state of Ohio; similarly, Jane Air is the first from Minnesota, and Sockeye the first from the state of Washington. On the other hand, the Ring of Fire qualified for their fourth straight, the Miami Refugees for their fifth, and this year marks Chain Lightning's 10th Nationals appearance, dating back to 1982.

But attention in the Open Division is focused on the three returning teams from last year's final four: defending champs Death or Glory, two-time finalists Double Happiness, and the successor to the New York dynasty, Cojones. The defending champs did not win their Northeast Regionals -- although during New York's run of five consecutive championships, they failed to win their regionals three of the five times. Double Happiness won Worlds this year (over Cojones and DoG in a close semis and finals), and won the Tune-Up this year over Cojones. DoG and Z, two time Central champs, were the other semi-finalists at the Tune-Up. Can Z live up to their number four seed?

Last year's Mid-Atlantic Champion made it to the semis. This year, they're not here as Port City won that Regional. Typically, teams don't fare well their first time out, but they were here in 1992, and they have a number of former College Division Champions (from East Carolina and Wilmington). The other M.A. team, Ring of Fire, has been an extremely strong team for the past three years, except at Nationals.

In the Women's Division, other than Jane Air or the LA Flygirls, everybody is repeating from either last year or the year before. The Northwest Champions have won four of the last five years, and this year's NW Champs, Phat City, are seeded first. But Lady Godiva, missing the finals last year, for the first time since 1990 has been unstoppable in the East. But neither of these teams were at Worlds, where Women on the Verge and Ozone finished first and second -- a reverse from Ozone's semifinal victory over the Verge in last year's Nationals. Both Ozone and Godiva are making their ninth consecutive appearance -- a women's division record. The Flygirls from L.A. continue an old tradition of strong southern California teams, while Whak from New York, and Mischief, a newly reconstituted North Carolina team does the same. The other repeating teams: Lucy, Philly Peppers, and Hucksters will try to improve on last year's performances.

In the Masters Divisions, well, it really is tough to know the teams without a scorecard. Many of the teams names have changed, and many of the players are new to Nationals (is it possible to use "new" in the paragraph describing Masters?). On the other hand, a good number of players are former Open and Women division Nationals competitors. Two of the few repeating teams, defending champions Us, and the previous champs, Beyondors are back.

To players I say: congratulations, have the time of your lives, and savor these times. To staff: a million thanks, because without you, this event just wouldn't happen. And I hope that you will get to do a little spectating.

Will the East Coast dominance over the Open Division be challenged this year? The West Coast dominance over the Women's Division? Can the South continue its rise? Can the Central recapture it's past? I hope to be able to pull up a lawn chair, sit back, and watch some of the hottest Ultimate in the world. And to the spectators I say: pull up a lawn chair join me!

We're at Nationals. Life is good.
I love this game.

Eric Simon - UPA Director of Competition

From the Women's of Director

I'd like to welcome both players and spectators to the 1995 UPA National Championships. This year boasts a fine field of twelve with both perennial favorites and newcomers alike. I think you will find great matchups throughout the tournament in both pool and elimination play. I am anticipating an exciting Sunday morning championship and hope everyone plans to attend. This is also our fifth year of hosting a women's master division and I think we'll all agree that it is getting stronger every year. Be sure to check out the WMD finals on Saturday.

This is my first year as National Women's Director and I hope to get a chance to meet as many of you as possible. Please let me know how things are going and what we can do to make this, for you, the best Nationals ever!

Remember that Nationals is a chance for both players and fans to see ultimate played at its highest level. I trust this year's National Championships will exemplify how competitive ultimate and good spirited play go hand-in-hand!

Kim Forsten
UPA National Women's Director

A Brief History of The Ultimate Players Association National Championships

compiled by Eric Simon

OPEN DIVISION

YEAR	LOCATION	1ST PLACE	2ND PLACE	SEMI-FINALIST	SEMI-FINALIST
1979	State College, Pa.	Glassboro	Condors	Mich. State*	Orlando
1980	Atlanta, Ga.	Glassboro	Aerodisc	Mich. State*	Condors
1981	Austin, Tx.	Condors	Knights of Nee	Sky Pilots*	Hostages
1982	Austin, Tx.	Rude Boys	Tunas	The Gang	Hostages
1983	New Orleans, La.	Windy City	Spinoffs	Condors	SkyPilots
1984	Santa Barbara, Ca.	Tunas	Flying Circus	Windy City	Condors
1985	Washington, D.C.	Flying Circus	Kaboom	Windy City	Tunas
1986	Houston, Tx.	Windy City	Flying Circus	Titanic	Kaboom
1987	Miami, Fl.	New York	Windy City	Titanic	Tunas
1988	San Diego, Ca.	Tsunami	Titanic	New York	Windy City
1989	Washington, D.C.	New York	Tsunami	Titanic	Iguanas
1990	W. Palm Beach, Fl.	New York	Iguanas	Titanic	Windy City
1991	Sanford, Fl.	New York	Big Brother	Iguanas	Tsunami
1992	San Diego, Ca.	New York	Commonwealth	Windy City	Rhino Slam
1993	Selma, Tx.	New York	Dbl Happiness	Big Brother	Rhino Slam
1994	Lexington, Ky.	Death or Glory	Dbl Happiness	Cojones	Chesapeake
1995					

WOMEN'S DIVISION

YEAR	1ST PLACE	2ND PLACE	SEMI-FINALIST	SEMI-FINALIST
1981	B.L.U.	Synergy	Glassboro*	
1982	Zulu	Fisheads	Dark Star*	
1983	Fisheads	Spinsters	Dark Star*	
1984	Condors	Fisheads	Andromeda*	
1985	Condors	Animation	Fisheads*	
1986	Condors	Nemaheads	Safari	Smithereens
1987	Condors	Lady Godiva	Ozone	Nemesis
1988	Lady Godiva	Smithereens	Condors	Mamba
1989	Crush Club	Lady Godiva	Satori	Maine-iacs
1990	Maine-iacs	Safari	Satori	Lady Godiva
1991	Lady Godiva	Maine-iacs	Satori	Condors
1992	Maine-iacs	Lady Godiva	Satori	Block Party
1993	Maine-iacs	Lady Godiva	Ozone	Swarm
1994	Felix	Ozone	Women on the Verge	Lady Godiva
1995				

*Third place, there were no semi-finals.

A Brief History of The Ultimate Players Association National Championships

OPEN MASTER'S DIVISION

YEAR	1ST PLACE	2ND PLACE	SEMI-FINALIST	SEMI-FINALIST
1991	Red Menace	Club Nimeo	Mo' Better Master	Bye Da' Fault
1992	Rude Boys	Texas Twister	Club Nimeo	Plastic Surgeons
1993	Beyondors	Refugees	Los Airmanos	US Tampico
1994	US Tampico	Slack	Beyondors	Good On Paper

WOMEN MASTER'S DIVISION

YEAR	1ST PLACE	2ND PLACE	SEMI-FINALIST	SEMI-FINALIST
1991	Hot Flashes	Carpe Disc	Masters of Illusion	Ten Years After
1992	Over the Swill	Hot Flashes	Carpe Disc	Crow's Feet
1993	Texas Woo Dolls	Hot Flashes	Chia Pets	Queens of Royal Badness
1994	Pickled Peppers	Masters of Destiny	Hot Flashes	Riveters



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Complete Ultimate Apparel & Sportsgear

The advertisement features a large rectangular frame containing the 'ANTZ' logo in a bold, blocky font. A large ant is positioned on top of the 'N' and 'T'. Below the logo, the text 'ULTIMATE WEAR' is written in a similar bold font. Further down, the address '1808 N. Pleasantburg Dr. Greenville, SC 29609-4024' and phone numbers '1(803)268-7007 / 1(803)268-6425' are listed. At the bottom, a black banner contains the text 'Complete Ultimate Apparel & Sportsgear' in white. Several smaller ants are scattered around the frame, including one on the top left, one on the top right, one on the right side, one on the bottom right, and one on the bottom left.

WINNERS GET THE GOLD!



Truly unique "Gold" Nationals 1995 Discs were created this year in limited number by Discraft. These Discs will be given by the UPA exclusively to each member of the winning team in each division. So if you want to own the "Gold", you're going to have to earn it. Good Luck!

Plus, Discraft is giving away FREE Discs to the winning teams. Open/Women's Division winning teams receive 200 Discs each and Masters Division winning teams receive 100 Discs each, with a one color custom design imprint. After you win, give Discraft a call (810) 624-2250.

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Photo by Bob Scoverski

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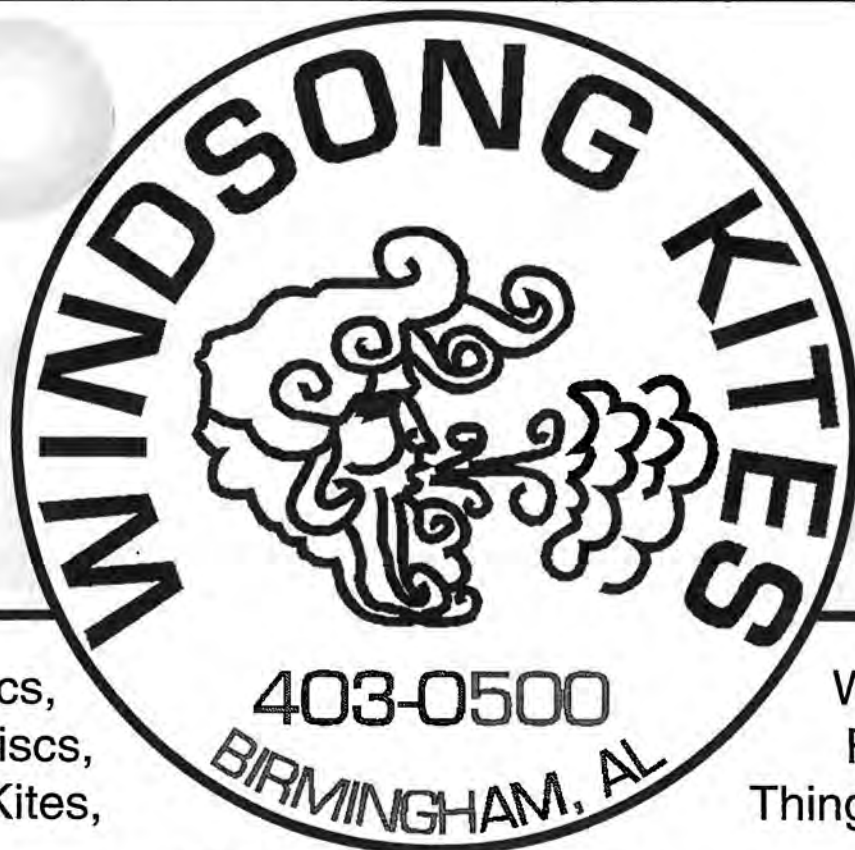
Welcome Ultimate Players. We are located just half mile south of the Tournament Hotel. Stop in if you've forgotten anything like cleats, shorts, shirts, etc! Open til 9 Monday thru Saturday.



**Birmingham's Pepsi Bottler Welcomes the
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Birmingham's City Newspaper -

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Wait 'till you get a look at Kenny's Quarters. A generous quarter of our delicious chicken that's been slow roasted to perfection. And Kenny's homemade side dishes and famous muffin are a tasty way to dress it up.

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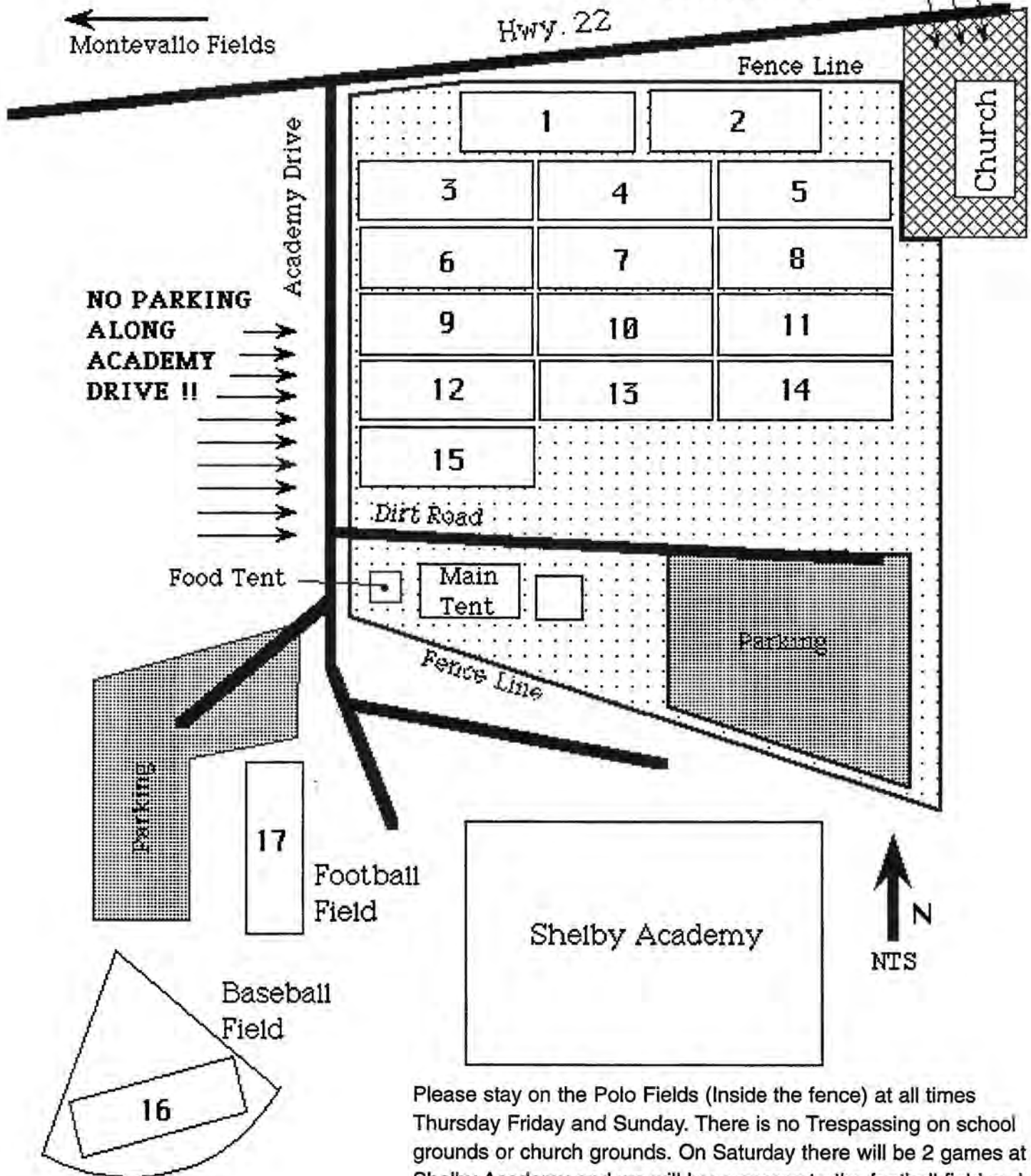


*BFI Welcomes all Ultimate
Players - Reminding you
to "Pick Up That Trash" &
"Make The D"*



Shader Realty - Birmingham's Premier Commercial &
Industrial Realty Company congratulates all players
in their show of excellence in making the 1995 UPA
National Championship Tournament. Welcome to
Birmingham!

**ABSOLUTELY NO
PARKING IN THE CHURCH
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Please stay on the Polo Fields (Inside the fence) at all times Thursday Friday and Sunday. There is no Trespassing on school grounds or church grounds. On Saturday there will be 2 games at Shelby Academy and we will have access to the football field and baseball field ONLY! Thanks in advance for your co-operation.



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