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Welcome People, Glad to See Ya!!

Welcome to the 5th Annual Santa Barbara Ultimate Classic. We're extremely glad you came to what is considered one of the most fun and unique tournaments in the universe, and we hope that your stay is a pleasant one. This year's tourney boasts the largest field of competing teams on the west coast, representing six states, including, for the first time, Hawaii. We'd like to acknowledge all the teams that took the time and energy to join us here as we celebrate and participate in this year's Classic. More than anything else, we want you and your buddies to enjoy yourselves and have fun. We believe fun to be the most important ingredient in the game we consider to be the best. It is important to us that you play hard, play a lot, and smile during the entire event, for then we consider our efforts to be a success.

Personally, I would like to thank all those people in the world of ultimate who have made my life in the sport such a fine pleasure and worthwhile experience. I've retired at least twenty times, but I'm still out there running and playing, and that is because of YOU people. Ultimate, and the people of ultimate, have made my life a joy. Thank you, all of you.

Special thanks goes to Mr. Tom Kennedy who exposed me to the sport so many centuries ago. Thanks Granddad.

Special thanks are due the following for their contributions. Without their help, time, contacts, and legwork, it wouldn't have been possible.

Assistant Director/Left-Hand man- Jimi Mallon
Assistant to the Assistant/Treasurer- Dale Kimbal
Program Contributions- Bart Merrill, Bob Austin, Geek, Liz Kruidenier, Joanie Schumacher, Brian O'Donnell, Trish Meyer, Sean-Daddy, Yogi, Dee Rambeau, Goerge Leonard, Guru.

Best Boy- Jeff Hirsh

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T-Shirt Production-Techstyles

Extra special thanks to KTYD, Bud Light, Woodstocks, Isla Vista Market, The Pub, the Sojourner and the Ducks, and the rest of our sponsors. Also to be thanked are Mr. Crowe, a Ted, a couple of J.K.'s, Ms. Green, Snuffy, Chris Perry, Karl Cook, Mike, Gold Coast, their wonderful computer and the entire Condor Extended family.

Good luck at the Nationals, Black Tide!!!!

Daniel L. Schradermeier



To Ref or Not To Ref?

by Bob Austin

Why hasn't Ultimate gotten the sponsorship and television exposure it seems to deserve? Why does Ultimate's popularity seem to have peaked? Why did a national magazine categorize Ultimate players as "the L. A. Raiders" of disc sports? Why has an Ultimate player flipped-off the entire crowd at the last three national championships? Why have many Ultimate players left the last few nationals and/or regionals with a bitter taste in their mouths? Why are some Ultimate teams and players considered "good" or "bad", regardless of their ability?

The reason is that Ultimate does not have a competent system to interpret and enforce it's rules. As a consequence, unnecessary delays, arguments, fighting, bending of the rules and outright cheating are becoming more prevalent. Granted 95% of Ultimate games do not now and will never need a system to interpret rules. But that 5%, which include the Nationals, Regionals, and the semis and finals of major tournaments, do. Arguments and delays over any call must be eliminated. The "take it over" and "it's my call" must also go. The rules now state that

the player with the best perspective should make the call. Let's make that person a non-biased non-player. To give the players the opportunity to keep the game under their control, let's use the "referee" only on contested calls and only after a short player discussion.

PROPOSAL

The referee "crew" will consist of three people. One "linesperson" will be stationed on each sideline. They will make active (immediate) line calls (in/out, goal/not in). They will also assist the "field judge" on plays that the field judge is unable to make. The linespeople will move along the sideline keeping upfield of the disc.

The other referee will be called the field judge. He/she will be on the field, behind the disc following the action. The field judge will only rule on a contested call in which the "discussion" between the players has exceeded ten seconds. He/she will then make a judgement (no foul committed, foul on the defense/offense, no traveling, traveling call upheld, the disc was caught/down, the count was fast, the count was legal, etc...). If the field judge is out of position, he/she will point to the linesperson nearest the play and that person will make the call. An abusive player will be issued a warning (card?), and then faces the possibility of removal from the game or a penalty assessed to the team.

This system, or one of a similar nature, gives the players the opportunity to settle disputes, to use their good judgement, and to incorporate the spirit of the game. Only when players are caught in contradiction is a referee called in. In many games, the field judge will not be called on to make a decision. If they are used, decisions will be made quickly, without resorting to the weak "take it back to the thrower" non-decision, which results in bad blood between the players.

The referee issue in Ultimate is emotion filled. Some players feel that using a ref will be releasing an "evil" force into the sport. Big Brother paranoia and mistrust of authority are some of the many and imagined fears. Self-regulation had it's time and has it's place. However, with the advent of high pressure and fast paced Ultimate, we cannot afford the luxury of the lengthy, biased debate forum now used in disputes.

Before any objective debate about referees can begin, we all need to observe it. People who refuse to even consider or try a referee format do not have a leg to stand on. If we don't try referees we have no basis for discussion. Maybe it will work or maybe it won't. Until we give it an opportunity no one will ever know for sure, and we will be destined to "take it over...and over" forever.



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The Bobo Syndrome By Scott "Geek" Erickson

Since sports autobiographies are currently in vogue, I was considering excerpting a chapter from my upcoming book, "Geek, the Man behind the Stupid Nickname", but I decided to make you all wait and shell out the bucks for the hard-cover version. Instead, I would like to say a few words about.....Bob Austin.

Bob's reputation (among other things) has grown to immense proportions lately and I think that it is only fair that somebody set the record straight. It would be preferable to find somebody objective, but unfortunately just about everybody objects to Bob. Bob's meteoric rise to fame, here in the twilight of his career, can be traced to several reasons, most notably that famous day when the "Austin Rule" was born. There is something disturbingly immortal about having a rule named after you. No, the rule was not a brainchild of Bob's based on Aengus sending another pull into the Eucalyptus trees. It was, in fact, based on Bob's inability to get a pull inbounds for somewhere close to.....oh.....six months.

Another reason for Bob's increase in notoriety is his penchant for showing up on winning teams. Different winning teams. Did you ever stop to realize that Bob just may be the biggest frisbee whore on the west coast. It takes one to know one and in my opinion Bobo edges out Bob Sick and Bullet by a hair (he still has a way to go to reach the national

caliber of a Mark Orders). What other man can claim to have won the Winter Crystal five (count em') straight times, while playing for five different teams. Talk about sleazy! Of course some people would like to say that the title is following HIM around. Yeah.....sure.

The amazing thing about Bob is that he continues to play Ultimate at all. He has had (well, he claims to have had) a major back operation, major knee operation, and he has an "injury of the week" for every week of the year. In spite of this fact, and the fact that Bobo is the oldest living Ultimate player next to Pat Poole (who doesn't count), the guy plays about 300 days out of the year! If there is a game to be played, there you'll find Mr. Bob, sneaking onto the line and never, but never, coming out.

But all of this leads me to my point. Bob is symbolic of the reason that most of us play Ultimate in the first place. I call it.....the Bobo Syndrome. I think that back in the dark cavities of our minds we tend to think, "You know, if....well....like....if that guy Bob Austin can be a superstar and media magnet, invent throws and rules and meet lots of girls playing Ultimate.....then for God's sake so can I!!" I mean, what does he have that the rest of us don't have too?!? That is the beauty of this game (until the real athletes come and take over). That it allows almost anyone to aspire to a lofty level. I hope that it stays that way.....at least until Bob and I retire.

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Yogi's Corner

Yogi's Quiz Corner

Q. Who was the first person to wear goggles in major competition?

- A. Moses Malone
- B. Kareem Abdul-Jabbar
- C. James Worthy
- D. Goggles

Q. Name the career leader in turnovers for the S.B. men Condors?

- A. Y. Eu. Galalot
- B. Moose
- C. Kareem Abdul-Jabbar
- D. Barton Merrill

Q. Name five famous Yogis:

- A. Yogi Bear
- B. Yogi Berra
- C. Yogi Durra
- D. Maharishi Mahatma Yogi
- E. ?????????

Yogi Remembers: Weird plays in S.B. Ultimate History:

- Daniel's choking attempted bead catch at '84 Solstice (Extremely difficult)
- Bobo is hand blocked by a cone at '86 Nationals
- Jeff Woods hits Tim Real's mother with disc at '86 Regionals (She should have had it!)
- Kent's pull into hurricane wind nets seven yds. at '83 Nationals



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The Color of Ultimate

Already established sports, like soccer, basketball, rugby, and football, have been compared to the sport of Ultimate. All stress quick individual movement and team "flow", which are then combined within a passing and running framework; the result is fast-paced action. Similar elements among these sports are things such as rules, offense/defense, team strategies, and learned specific skills. But outside this common realm, Ultimate assumes an identity all its own.

One thing that gives the sport its singular, unique characteristic, is the use of the disc. For a treatise on the disc, and the skills surrounding the disc, numerous books are available at your favorite bookstore or library. The other major characteristic of Ultimate compared to other sports, is the lack of money within the sport, and how money, or the lack of it, profoundly affects the game.

Tournament competition, which Santa Barbara plays host to this weekend, is Ultimate at its most competitive, "professional" level. Over twenty-five teams have come to participate "balls out" to win the tournament. And what are the prizes? At most, T-shirts and T.T.A.M. (token travel assistance monies). What we have is the absence of money as a motivating factor, either directly or indirectly, now and probably in the future. Individuals and teams will attempt to play well out of a desire to hone skills for the attempt at the National Championships this fall, or just to have fun. The more common media sports can be quite different. They can be a way for the inner city kid to break out of the cycle of poverty or "pay" their way through school. At the other end of the spectrum a kid can get "buff" by having mom and dad finance private lessons, starting at the ripe age of five. This is not to be found in Ultimate. One can say with a positive note that in no way has money motivated Ultimate's greatest players in the 1980's. Guys and gals will not be investigated by the NCAA; what other sport can say that?

The lack of money in Ultimate pervades the whole game, not just the prize money. Cleats are about the only piece of costly equipment needed to play, so players get in a "Spartan" frame of mind. Twenty people can show up for practice and not one will have a disc. Other sports are quite different. How many pairs of basketball shoes does Magic have? How many balls does McEnroe have at any one time? These professionals also never worry about courts or playing space. The biggest challenge in town can be finding a practice field that doesn't require insurance policies under a million dollars. And we haven't included the price of playing under the lights, or the expenses one incurs in traveling to different tournaments.

Road trips become one more financial adventure. Why is Ultimate time one hour behind real time? The answer is that not many people have a watch, and most of us are only accurate sun-dial readers to within an hour. The lack of money also changes the players perceptions on the road. Honda Accords and Subarus begin to look like Cadillacs and Lincolns, and those V.W. buses are considered motor homes. T-shirts, spray-painted ten minutes before game-time, are called uniforms. Not only do we have to buy our own tape, but we also must tape ourselves up. During the day, if you stroll along the sidelines you can overhear talk about the team's "big feast" waiting at the end of the day. The "feast" is usually dried up pizza, or burrito fixings, bran muffins, and Brew 102.

The absence of money creates a more positive, caring, idealistic, atmosphere in the game. Players on the sidelines from both teams mingle freely and are sometimes friendly during the game. Egos rarely inflate. Women and men play in tournaments side by side; What other sport can boast this? Tournament parties can be as fun as, get crazier than, and release more positive energy than the games themselves. Sometimes they create more lasting memories. Ultimate IS disc, and the color of Ultimate is money. The aura that now surrounds Ultimate is extremely positive, and it makes me happy and proud to be associated with the sport. It adds to my humanity.

Brian O'Donnell

"Good Luck Condors"



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The Game of Games

An athlete in the Game of Games is one who plays life intensely, with heightened awareness of this endeavor. An athlete is one who can perceive discord and harmony both, who can accept contradiction as the very stuff of play while not losing sight of the ultimate harmony. An athlete in this Game of Games plays voluntarily and wholeheartedly, even while realizing that this game is not all that is; knows the rules and limitations of play, and seeks beauty in the order thus imposed; seeks to expand any frontier available and yet is not unmindful of ethical imperatives and the needs of others. This athlete contends in a game for a prize, and the prize is play itself, a life fully experienced and examined.

by George Leonard

The Way It Flies

What is this new sport?
I was just told "You'll love it"
79' intramurals, no problem, it's simple
You just throw and catch it--how could I know
I'd be playing it still, even as I grow old
So much joint pain and brain drain--all for the
plastic
Why don't I just stick to something less drastic?

It could be the people, I've made many friends here
Some enemies too, until the next beer
Something new every day, a mistake is a lesson
It slips into dreams, it's become an obsession
Laughter and tears, a life of its own
A million decisions whenever it's thrown
Knowing your teammates will appear as you turn
Hoping they'll cover because you've been burned
Leaving your feet time slowing all motion
What's with this sport and its' emotion?

You practice 1000 times but it will never be
mastered
'Cause so many throws still turn to disaster
You're always complaining, but still you want more
Why am I hooked, will I always be poor?
20 years I've been throwing so it's not just the game
I'm addicted to something; something's to blame
Wherever we are, it catches the eye
That's it! That damn frisbee and the way that it
flies.

Bobo



*Silent rotation
as it departs the hand,*

*Spinning sensation
in the air makes it stand,*

*Desperate frustration
as it drops to the sand.*

by Sean-Daddy Greening



Kicking the Spheroid Habit

*Surveying the tight unit
that had come so far,
the frame of mind was evident.
Dream of victory, though improbable
made defeat impossible.
Final confidences now aside
we set about our task.*

*I started slowly, moving
past the first line of defense.
Pausing, I approached
my appointed position.
Glancing back, I looked
for a signal from the rear.*

*Easing my well-trained
quadriceps into third gear,
I slid up behind
the sole remaining defender,
as my heart pumped
20 weight 40 through my veins.*

*My mouth chalky with anticipation
I awaited my break.*

It was time.

*Without the slightest hesitation
the entire unit moved as one.
I slammed my thighs into fourth
and blew by the single sentry.*

*Looking back I watched
the rear gunner cock
and fire the final shot.*

*Now easily in the clear
momentum carried me into fifth
as the well launched projectile
cleared all four lines
of defense behind me.*

*Thrusting every ounce of
my mass skyward and horizontal,
I left the ground
as the shot grazed my left ear.
Every finger grew, as two
grasped firmly the now earthward disc.*

*All air expelling beneath
groaning ribs, I
impacted earth and slid
across the goal line
with the game winning catch.*

—Dee Rambeau



Dinosaurs

Experts say that dinosaurs are virtually extinct, but there seem to be some relics still moving out on the playing field. These relics play a sport that stresses quickness, endurance, and some agility usually reserved for the young and mid-young: Dinosaurs are the aging, old-fart faction and they are considered endangered by the natural law of antiques. Dinosaurs were on the road driving their 65' Mustangs or 64' Corvairs to Malibu to throw pie tins before some of these up-and-coming young dudes could strut their stuff or say "disc", so we are talking Cro-Mongolian ultra-ancients. Members of the Klan of 'Daurs ought to be participating in the athletic prowlness of miniature golf, or the physically exhausted game of bowling (such athletes!!) Dinosaurs should be competing in the rigors of slowpitch softball (beer-gut ball), or sweating profusely to the intense profession of armchair quarterbacking. But noooooooo!!!!!!!

The keepsakes test the aging process to the maximum; they push their time worn bodies beyond known limits in the continuing test of ligaments and muscles. These creatures leave their wheelchairs, canes, seeing-eye dogs, and bifocals at home and hobble to the calling challenge of all the young dudes who stand poised and ready to swoop, pounce, and hammer our senior butts into the dirt.

The question arises as to why these dinosaurs try and exist in the mammalian generation?: The answer is that even dinosaurs require, desire, seek, crave, and wish for the drug called fun.

The tired strides may not be as long and quick, the stamina may last only two or three points instead of ten (Gee, they seem longer too!), but, the grins on

ever. The me, and its' s fun, things o cares about Where? So ? Lakers are eds the damn bother them too much fun ne. They feel ind spirit with plowing head sponse to an

probably read: the deadly and too much

are still some of the crusty and if taken

lightly, one may find themselves being stomped upon. History and time have provided a large pool of experience and knowledge to draw upon, and although dinosaurs are known to have pea-sized brains, the retention of when to dive, when to walk, when to play bump and run, when to motivate, when to scream traveling, when to poach, and especially when and how to relax, are catalogued and verbalized. Remember your custom and lore: Respect your elders, treat them ever-so-kindly, and know that sometime down that trip called life, some twenty-year old dude-punk will be eyeballing you (age 33 plus), licking his lips, and saying slyly to himself, "What a piece of cake this turkey is going to be!"

Daniel Schradermeier

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Ultimate. What is it all about? How does one become addicted to the game? Why do people go out of their way to spend time and money on something with so little material reward? It has to do, I think, with this: Ultimate is living. In Ultimate it is possible to experience the full range of human emotions: from anger at losing, to frustration at throwing dirt, to exhilaration at winning, to happiness at seeing friends from other teams who you only see at tournaments, etc., etc. We drive, play, spend because we love to compete, against ourselves as well as each other.

Ultimate is a continual challenge and the challenge is this: could you have been a better sport during your last game?, is it possible that the opposing player was right and your foot was ob?, do you know the limitations to your present skills? I believe the answer is yes, nobody is always right or wrong, there is always room for improvement.

Ultimate is a microcosm of the world in which we live. If a bunch of people thrown together in a highly emotional situation can work things out, then I believe there is hope for the human race. Often things do not work out satisfactorily to both sides, but compromise never does. People need to accept the fact that nothing in life, or in Ultimate, goes exactly the way they would like. We need to be able to play together, and if we can accomplish that, anything is within our grasp.

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 '87- ????????????????

Womens

- '83- Eugene Dark Star def. Santa Barbara Condors
 '84- Santa Barbara Condors def. Eugene Dark Star
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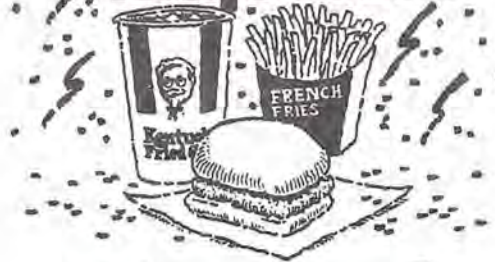


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UCSB Women Catch the Spirit:

"Committment, Desire.....Fun!!!"

The U.C.S.B. Women's Ultimate team has fallen together just in time for the Collegiate Regionals. The team's organizers had tried before, but the committment from others was not there. But this year's team was formed through an ad in the school paper, a couple of homemade posters, and word of mouth. On the first scheduled day of practice, 23 women showed up, 18 never having played Ultimate before. Hmmm!!! "How many would stick with it", we wondered, "when they realize that Ultimate is more than a game of catch?" Some dwindled out, but now, more than three months later, the team has a reliable seventeen. These dedicated players are psyched and willing to learn all they can about the sport.

This year's team is definitely the best group that U.C.S.B. Women's Ultimate has seen. Although lacking in experience, the committment and desire are strong. We believe that committment, desire and fun are important factors toward having a good team.

We wish everyone good luck and a great time (rather unavoidable at this tourney). Spread the word about Ultimate: If you tell two friends, and they tell two friends, and.....

by Tricia Meyer



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WINNING

by Y. Eu Galalot

How come the same teams Always win? Year in and year out the talent comes and goes and still the teams Always win. What is it about the Condors, Circus, Windy City, Kaboom, Boston and St. Louis that makes them winners?

The reason is they Know they are gonna win. They don't Think they are, they Know! Why?

It's not just talent, lots of teams have talent; they have come and gone without having achieved any degree of success, i.e. the Spinoffs, Stains and Dark Star. Though they have occasionally done well they have never exhibited the qualities necessary to become champions.

GAME PLAN

Winning is mental, and even though more than a few of you are mental, the game of Ulty begins upon the drawing board. Your leader or leaders have to formulate a concise, well thought out game plan. This requires more than simply hanging out and talking dirt about how bad you're gonna be. You have to decide on how you're gonna play O and the style of D you want to perfect, which requires some detailed planning.

The best teams spend Time trying to figure out what they are gonna do in any number of situations, and which players they want in there dealing with it. However, all the planning in the world won't win a game if you don't Work on your theories. What next?

DRILLS

Knowing what you want to work on is easy, Figuring out the best way of accomplishing it is an entirely different matter. Drills Suck, there is no doubt about it! No one wants to do them, every minor injury in the world appears, though that very same person will be pumped to play Ulty the minute drills are over. Though they do suck they help in a number of ways, primarily keeping a team focused upon the game plan that the leaders have put together. They also get the team consciousness together because everyone is practicing the same thing at the same time. This all leads right into the best part.

PRACTICE

When you first get into the game of Ulty it's just pure fun, you run around, throw a lot of swill, get burned deep, hey everything is great. When you get serious about Winning, Fun becomes Work. The essence of practice becomes the driving push to make yourself, your teammates and your team become the best they can be. The bottom line on the road to winning is that you push yourself and teammates harder in practice than they will be pushed in any tournament situation they face. If you don't push and get pushed your abilities are never realized.

Running hard is not the total essence of practice, all the running in the world won't make you a better Ulty team if you don't THINK while you practice. The whole object of developing a winning team is that you ALL work toward the same goal which means that the material worked upon in the drills carries over onto the practice field.

TALENT

No doubt you need it. How does a team go about attracting it? It sounds ridiculous, but winning attracts talented people. How are you gonna attract them if you never win? You have got to develop them! All the best teams have outreach programs where they spend a significant amount of time attempting to acquire talent. Some such as the Circus have an easier time, because they simply raid the teams in the area. The Condors on the other hand spend a great deal of time at the college level playing with people who are willing and interested but not too developed Ulty-wise.

The active recruiters will spend a lot of time hanging out on intramural Ulty fields watching and playing with those individuals who will in the future make up their team. Even after you get them to your practices, you will Never know how good they are if you don't play them in tournament situations. It becomes imperative to not turn away the future of your program simply because someone can't play killer D two weeks into their first Ulty exposure. The next rookie you recruit could be a Rich Gallagher, Marty Crowe or Neil Kirsch. So remember, even You were a rookie once--play the kid, you may be amazed!

TEAMNESS

Without it you're dirt, but what is it? It's not just a bunch of talented guys out hucking sidearms and it is not necessarily a bunch of guys who hang out and drink beer and smoke pot together. It is, however, a group of individuals willing to put away the lame parts of their egos for the superior goal of winning.

The team must be stressed above any goal of the individuals. You can't hide the fact that people are sensitive and that they want recognition for their effort, but you can spend the greater deal of your energy focusing upon just exactly what it is you are trying to accomplish. If you rag your teammates mercilessly when they gag, then you are being counter-productive to the goal of winning.

CONFIDENCE

The power behind Winning. You know how good you are. Your teammates know how good they are. The team is one in winning and everyone knows it, including the other team.

Winning breeds confidence, the inner strength grows and each time you pull one out you grow a little more sure of what can occur. You begin to know you are gonna make the play, you believe that your teammates will also. Each time you

demonstrate your surety upon the field everyone there will know what the possibilities are.

Belief in yourself helps, but you don't have to be the baddest player on the team; you simply must know that you can be the best player your abilities can achieve. If you work towards that goal and your teammates do too, the fortunes of your team will improve, if not immediately, then surely over the span of time. Winning is not achieved in one week, month, or even a year, it is the long term goal.

LUCK

How important is Luck? Very! However great teams don't just get luck, they Make it. How many times have you seen the second place team drop it or throw swill at the WORST possible time. Everyone says "Boy that first place team is really lucky." It's not merely luck, it is the byproduct of a well-conditioned team pushing the loser way harder than they thought they were gonna have to.

The winning team pushes the second place team to a level where they haven't had to deal with it before this and, invariably, the gag. Sure it's lucky that the winning team's pass took that air bounce over the defender--but hey- "ya know how it is". Sometimes the winners are just in the right place at the right time because they Know where that place is and the losers don't!

WINNING

Uity is a game, but Winning isn't! If you want to be the best, you're gonna have to spend a great deal of time working at it. Work is hard and not every practice will be that much fun or even progressive, but if you set up a goal and spend the time working on it, you Will see the results, just ask anyone on the Condors, Circus, Windy City, Kaboom, Boston or St. Louis.

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Around Town, Between Games

So, you've come to Santa Barbara to play frisbee, and usually that takes up ninety percent of your time and energy. Hopefully this tourney will give you some additional time to explore our quaint mission town (including the fabulous Goleta), and we'd like to offer a few suggestions to make your stay a touch more enjoyable. You'll find directions and more info at frisbee central, or better yet, ask one of the locals.

Restaurants are plentiful in Santa Barbara, Goleta, and Isla Vista. Listed here are some of our "favorites", all offer a comfortable atmosphere and affordable prices (it just so happens many are sponsors of this tournament):

For breakfast (Mom said it's the most important meal of the day!)

Egghead: Close to the fields, great portions, low prices.

Blue Dolphin Cafe: Good food and outdoor eating.

Cajun Kitchen: Louisiana Homestyle cookin'.

La Jicora: Pancakes and salsa in the morning.

Espresso Roma: For the serious coffee achiever.

Good Earth: Wholegrain breads and pancakes.

Lunch

I.V. Market: Sandwiches, food stuffs, and beer to go.

Subway: Whatta sandwich!!

Baba's Market and Falafel: Need we say more.

Mealtime:

Sojourner: Recommended by all (and by some Ted) as the BEST veggie cuisine in the county (if not the universe). Note the frisbee's on the wall.

Woodstock's Pizza: Eating pies at their best, cheap, and mega pitchers of ice-cold brew.

Spinnaker's Galley: Bar-B-Que'd beef and chicken, beer, and the tastiest fries. Excellent prices, too.

Alex's: Healthy Mexican, homemade tortilla's, bar and dancing.

Pino's: Authentic Italian, classy, and good. (Pino even serenades).

Sizzler: All you can eat salad and fruit bar.

Ola` Amigo: On the beach in S.B., and maybe the best marg's in town.

Skandi Buffet: Scandinavian food and all you can consume for six bucks.

Kentucky Fried Chicken: 39 cent Chicken Littles

Dessert

Lickity Split: I.V.'s best and favorite.

31 flavors: Speaks for itself.

Penguins: Frozen yogurt and healthy desserts on State Street.

Hobsons: After dinner walk on the wharf for carbo loading.

Hottubs:

Shibuko Gardens: I.V. close for convenience

Magic Waters: Local model and Condor Linda Akutagawa recommends this spot for after tourney sores, aches, and pains.

Video's: Rental Network

For the few who do not feel that they've received enough of a workout on the fields, may we suggest: UCSB Pub: Campus Atmosphere, beer, wine and definitely a good time.

Spikes: Zillions of beers, big screen, food, more beer, and good people.

Zelo's: Condor and local favorite in Santa Barbara.

Pacific Coast and Dance Company: Party, dance, and party some more.

Bombay Bar and Grill: Good jazz and "mellow" atmosphere.

Isla Vista Unocal: The gas of I.V.

Beer and Food Stuff.

I.V. Market: Mega choices.

I.V. Co-op: Healthy, close, and affordable.

S.O.S.: Beer, wine, beer.

For further information, please consult the Santa Barbara free Independent entertainment paper (at Frisbee Central). We understand that time is somewhat limited, but there are some unique spots in and around our city. Twenty miles to the north is the wine country, and the wild country of Santa Ynez. Our town boasts a fine Art Museum, Botanical Gardens, and the Mission. There is also the casual walk down State Street, the Wharf, and/or our beaches. We think Santa Barbara and it's community is something special, and we want you to enjoy its' hospitality and variety. We hope you have fun!!!!!!!

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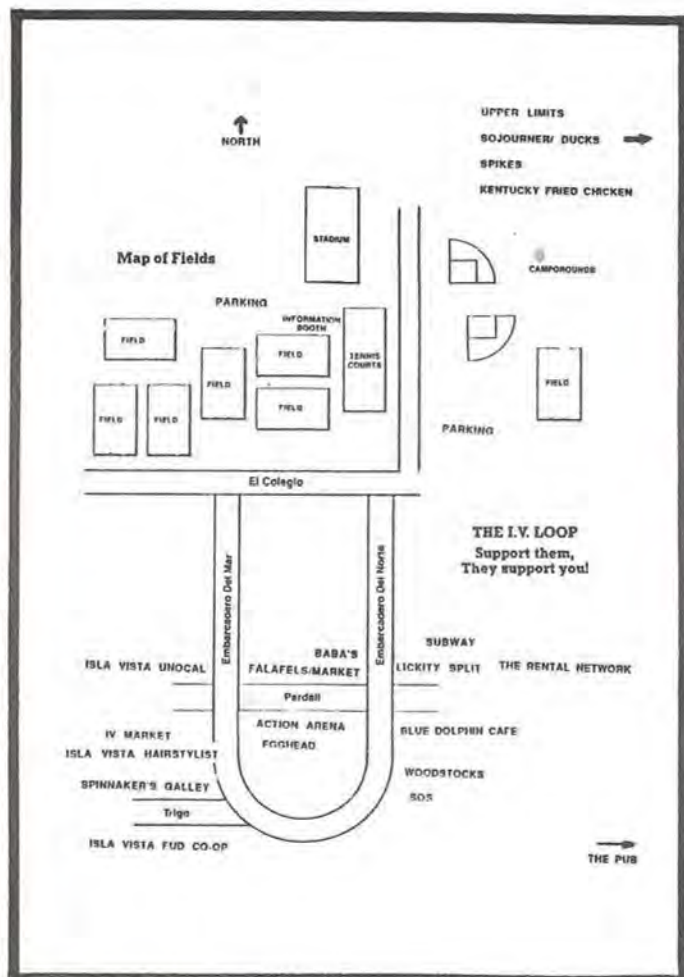
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