



2nd
ANNUAL



tune-up

INVITATIONAL



September 16-17
Naperville Polo Club
Route 59 & 119th



Important Tournament Information

Dogs are allowed at the polo fields provided that they are leashed (especially when there are horses around). Please keep them under close control and clean up after them. Plastic bags are available at Frisbee Central.

Under the tent you will find:

- bagels
- bananas
- water
- ice
- trainers
- field assignment information and any changes
- programs
- tournament items for sale
 - T-shirts - \$10, \$15
 - discs - \$8
 - caps - \$12

NO BOTTLE CAPS ALLOWED!

A horse can be made lame by a bottle cap under the hoof. So while the consumption of alcohol is permitted at the polo club, glass bottles are not allowed anywhere around the field or parking areas. Any bottles on the grounds will be immediately confiscated. With respect to the polo players and their horses, let's leave the bottles at home.

Trainers will be available for taping and assisting with injuries on

Saturday 9:00am - 5:00pm.

Sunday 9:15am - 3:30pm.

Thanks to **Bill Hughes**, certified trainer, former guts champion, and teacher from Naperville Central High School, and volunteer assistants from the University of Illinois-Chicago Circle.

The legal drinking age in Illinois is 21 years old.

Your compliance with the law is necessary to insure a safe, repeatable event. Thanks!

We Recycle! Please help us by using the recycle bins at the tent. Bring water jugs to the tent and we'll refill them for Sun.

**Special Thanks
to**

Shirley Kuhn and the Naperville Polo Club

Ultimate Players Association

Hinckley & Schmitt

Jacobs Bros. Bagels

Discraft, Inc.

Power Bar

Chicago Ultimate Teams and Volunteers

Welcome to the 1995 Chicago Ultimate Tune-Up Invitational!

When we first came up with the idea of holding a tournament in the fall,
it was to make up for the loss of the Cuervo Finals.

A "little gathering with a couple of good teams" that's all we wanted.
Now...one year and 54 teams later we have the Chicago Tune-Up '95.

Boy how we have grown!!

Our goal now, as was then, is to host the best, cheapest tournament we can,
while still offering all the amenities of Nationals.

We've made some changes this year, adding a Women's Open Division and
expanding the Men's Open Division. We also have food, music, and beverages at
the fields. The standards (bagels, bananas, oranges, water, trainers) are in place.

Yet, since this is a players tournament, we are certainly interested in your
feedback. Surveys were given to each captain in the team packet and more are
available at the tent...please fill one out and turn it in to the Survey box.

We welcome and thank all the teams for coming this year!

You make the tournament worthwhile! It's our hope that everyone has fun,
stays healthy, and gets that big layout catch in the endzone to win!

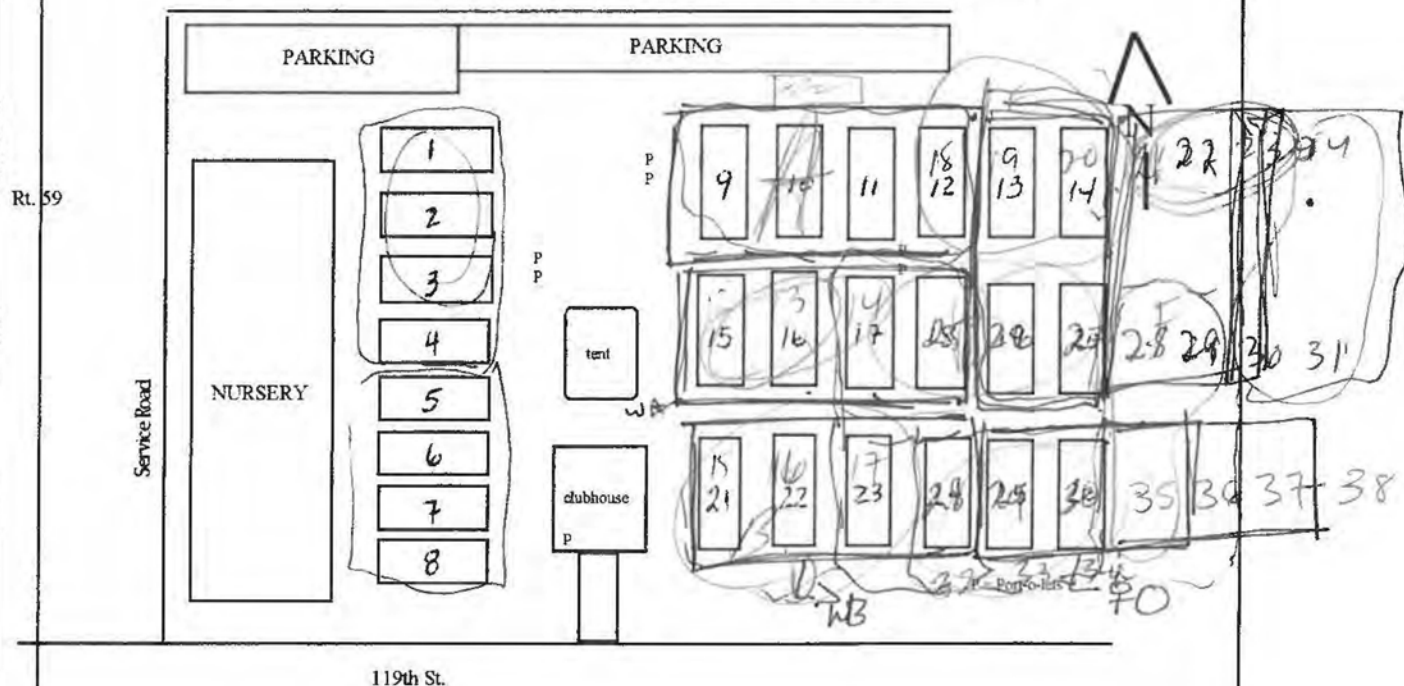
Peace,

Cola & Lynne

PS. Special thanks to our teammates, friends, and family who have helped us put
this together. Also, thanks to the Kuhn's and the Polo Club for welcoming us back!

Field Maps : Team field assignments can be found on the last page of this program.
Any changes to field assignments will be posted in the tent.

Please don't park on 119th street, as cars may be ticketed!



The easiest way to understand Ultimate is to watch it—the basics of the game are immediately apparent.

40 yards		<ul style="list-style-type: none"> • The disc may only be advanced by throwing it. • A point is scored by catching the disc in the end zone. • Any contact between players is a foul. • Any incompletion is an immediate change of possession • Play is continuous until a point is scored • Players call all their own fouls. 	
	25 yards	70 yards	25 yards

Each team has 7 players on the field—substituting only between points. There is more running in Ultimate than any other team game. This years champions will play 7 of the best teams in the world in 4 days.

The Disc is what separates Ultimate from all team sports. The disc used is the Ultra-Star, a 175-gram sportdisc made by Discraft, Inc.

Offense

- **The Thrower** has ten seconds to throw, but a lot of fakes can happen in that 10 seconds. The two basic throws are the backhand and the forehand. The backhand is easier to learn because the back of the hand acts as a wind break during release. But the forehand has a shorter, quicker windup, and is actually more common in tournament play.
- **The Receiver's** job is just like in football. Look for cuts, fakes, buttonhooks, long breaks, and players dragging their feet to keep in bounds. In Ultimate, the first point of contact determines in bounds—not both feet.
- Catching a disc is really pretty easy—if you can get your hand on it, you can catch it. Spectacular diving catches are common, especially since the disc floats in the air so long.
- **Set Plays** are used by most teams at this level of the game, especially whenever play stops. The rest of the time teams use what's called flow offense, which is usually quite freeform and is guided, if at all, more by experience and field sense than by rules or principles.
- **Offensive styles** vary between teams. Some teams throw the disc upfield at every opportunity, while others swing the disc across the field before gaining yardage. Throwing straight upfield is more efficient—it takes fewer passes to score—but it requires harder throws.

Defense

- **Defenders** are governed by two rules; any contact between players is a foul, so the defender has to make each play clean or it doesn't count; any incomplete pass is a change of possession, so a knock-down is as good as an interception. Look for lots of spectacular diving blocks—the slightest change in the disc's flight can be the difference between a completion and a turnover.
- **The Marker** is the player guarding the thrower. Their goal is usually to deny one throw (either forehand or backhand) so that their teammates have less area to cover. The marker's ultimate goal is to block the throw (a "point block"), without letting the thrower "break the mark", i.e. make the throw the marker is trying to stop.
- **Person-to-person** is the most common defense—each defender covers one offensive player all over the field. This scheme varies with changes in the marker—most teams will either force the thrower towards the sideline (a "side trap") or towards the middle ("force middle").
- **Zone defense** is based on letting the offense swing the disc across the field, but blocking all the upfield throwing lanes. Most offenses try to go around a zone with lots of easy throws until the zone gets tired—or until the offense make a mistake. An alternative is to try to throw over the zone with a vertical throw called a hammer. This is more effective, but it's risky, especially in the wind.

Spirit of the Game

Perhaps the most striking feature of Ultimate is that it has always relied on players to make their own calls and to resolve disputes on the fields between themselves.

"highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to agreed-upon rules of the game, or the basic joy of play."

—The Official Rules of Ultimate

Women's Elite Division

Ozone, Atlanta, GA... Check the Ignition Timing... this is a team that's set to go all the way. After a second place finish at the World Flying Disc Federation Championships in England, the sporty women from Atlanta are cruising to peak at Nationals.

Lady Godiva, Boston, MA...Check the Fuel Injector... Stronghold of the north east, these women are energized for the fall championship series. Equipped with all the options, this classic team is tough to beat at home and on the road.

Schwa, Portland, OR... The latest model of this team is a smooth machine that runs so quickly and quietly that their opponents wonder just how they got throttled. After impressive west coast tournaments this spring and fall, this team is ready to put it on the road.

Phat City, San Francisco, CA...Curb the Idle Speed... Don't let the name fool you, this team can move on the field. Distributing the disc at will on the field, they are dangerous and deadly. With engines revving, they've come to the right place to test their power.

Nemesis II, Chicago, IL...Check the Power Steering and Options Package... With renewed direction, the home team is focused. They look to test this new mixture of standard features and the latest options. Watch for them to get into the right gear, and then ...steer clear!

Townies, Santa Cruz, CA...Check the carburator... Looking for the right combination of "flow" and "go", this team is set to fine tune their machine. Quick on the accelerator, this team responds to changes in pressure by blowing past their opponents. Beware!

Rare Air, Boulder, CO...Check the spark plugs... This is a team that is ready to take off. When fired up, they will race head to head with any opponent. Wired from last year's trip to nationals and a strong summer series, they are in Chicago to prove that the spark isn't a flash.

Grits, Chapel Hill, NC...Check the Anti-lock Brakes... Revamped and padded with young blood, the newly designed Grits team is a hot rod ready to roll. All that power with the right handling means look for the disc all over the field...no corner is a safe corner.

Philly Peppers, Philadelphia, PA...Check the distributor cap... With all cylinders firing, the Philly Peppers balanced steady attack challenges the most experienced team. And if Mel and Stacey are driving, by all means --get off the road!!

Lucy, Washington, D.C....Getting the most per mile... Lucy is an efficient ultimate machine. Their streamlined play exploits the aerodynamics of the disc. Downshifting--they know not. Their attack is five speed and straight to the finals.

Spike, Ann Arbor, MI...Check the Pistons...(Bad NBA pun...oops) This eight cylinder beauty puts seven on the field and one on the sideline...and when they are all fired up and moving, anything can happen. Don't let the rebuilt engine fool you...this machine is made to cruise.

Soho, New York, NY...Check the Cruise Control... Speed limit, what? This team is fast and always on the move. They are looking forward and are ready to pass by anyone who is in their way. One foot on the accelerator and one hand on the disc, they won't slow down until after they've reached their final goal!

Pool A

- 1 - Ozone
- 2 - Phat City
- 3 - Nemesis II
- 4 - Grits
- 5 - Philly Peppers
- 6 - Soho, NY

Pool B

- 1 - Lady Godiva
- 2 - Schwa
- 3 - Townies
- 4 - Rare Air
- 5 - Lucy
- 6 - Spike

Games are to 11 points.

Two timeouts per game.

Mirror at halftime.

Cap on at 1 hour 20 min.

Round robin pool play on Sat.

Crossover/quarter finals on Sun.

Check tent for field assignments.

Men's Elite Division by Yungai, guest editor*

DoG Boston, MA

While most players are generally annoyed when there are dogs on the field, this particular Bostonian breed is not your atypical hound. Blackie comes to play, despite a short leash and an oft-used choker. Any sign of friendliness means it wants something you've got. Its bark is definitely worse than its bite. Yet DoG's always sniffing around, looking to wolf down whatever loose snacks he can find. While most dogs like to run, this mutt only runs in a pack. Freak happenstance made this bowzer winner of the K-9 championships last year. Despite the historical odds-on loser factor, the flea-bag came up against the "smart money" and away with the bone. Dog catchers will be advised that this stray hasn't had its shots — it could be rabid and probably hosts a wide variety of worms. Sources say that DoG's name actually stands for Death or Gleet. Some choice. For those who don't know what gleet is, let's just say that if you get doggie style with any of these woofers, you'll be likely to find out.

Seattle Sockeye Seattle, WA

This anadromous fish is readily identified by its pink underbelly, dark green spots, and telltale shape of its rapidly downslanting small head. Anadromous comes from the greek meaning "running upward" indicating the constant uphill struggle this group intends to make for itself. Typically, heavy fall rains and high river levels trigger the upstream migration of the death-wish fish to follow their urge to run, breed, and die. Few schools of ultimate concentrate on these three basics as well as the Sockeye. Sockeye will give its all to get to the hallowed spawning ground, but its final gasps for its last breath will ensure it goes belly up even if it makes it. Fresh catch grills up nicely over charcoal, and a wide variety of sauces work well in accompaniment (see Mrs. D for a fresh supply of the green salsa). Add fresh herbs and serve warm with a Hogue Cellers or Columbia Crest Cabernet to complete the full Washingtonian experience.

Z Chicago, IL

When Rich Hollingsworth started this team, no one knew his most guarded secret. It wasn't the turnaround backhand he'd been working on, or his funky sidearm release, but something he had tried not to expose all his life. Rich was a functional illiterate. When asked if he had any ideas for a team name, he scrawled a Z-like mark on a piece of paper, and sheepishly held it up for his core players to see. Since that fateful day, Rich has learned to write perfect Z's, differentiate them from S's, and to even pronounce "Zee" with emphatic confidence. So what does Z stand for anyway? And what is this team like? these two questions have one thing in common: the answer will be anyone's guess. Newsgroup predictions from swamis such as Jon "They didn't cut me; I quit the team" Gewirtz and Edward "I'm not a sycophant; I just act that way" Coyne suggest that this team will be a walkover. The brevity of most descriptions of this team suggests that their host of X factors are yet to be revealed...I wonder if Rich really meant to write an X that day.

Ring of Fire Chapel Hill, NC

Many people know the name but are still asking, just what is this ring of fire? Is it some centuries old socio-religious symbol of trial ritual? Does it refer to the flammability of the stains they leave in the bathtub? Is it the seat-of-ones-pants feeling the morning after eating a lot of spicy food for dinner? Or is it an allusion to the multiple incidents of matrimonial failings that have left many of these players with nothing but frayed emotions, alimony payments, and seedy motel nights with local convenience store checkout girls? Few know the answer to these puzzlements, but while you're trouncing this dispirited bunch 21 - 7, you may find the time to try and figure it out.

Rage Philadelphia, PA

n. 1. a. Violent, explosive anger. See Syns at anger. b. A fit of anger. 2. Furious intensity, as of a storm or disease. 3. A burning desire, passion. 4. A current, eagerly adopted fashion; a fad or craze. 5. A bunch of losers from Philly. 6. Feelings Rage players have for not having submitted a team bio.
- intr.v. raged, raging, rages. 1. To speak or act in a violent anger. 2. To move with great force or intensity; a storm raged. 3. to spread out or prevail forcefully. 4. To slam a bunch of losers in their team bio.
[ME <OFr. < LLat.rabia < Lat.rabies < rabere, to be mad.]

Cojones

This team is named after their favorite mexican dish, cojones y pene en mole, a delicacy made entirely from special parts and secret ingredients from the back half of the mexican burro, a domesticated member of equus asinus. This team will stick together through thick and thin, and since they've already experienced some of the thin, they are anxious to move on to thicker sauces and even larger meals. Around these guys, you'd better keep your braying to a minimum and all your jewels safely tucked in. Show no sign of fear when you are met with a rapacious look from a Cojones player. They may be hungry, but what they can't catch they can't eat.

Double Happiness San Francisco, CA

Schooner Pet Stores n Chicago reported an unusual run on gerbils Friday. Elsewhere in the news, the skirted lads known as Double Happiness were seen sashaying in from the S.F. Bay Area. Word is that they are wont for new men to enter their inner folds. After last year's debacle at Nationals, as they stood out in the shivering cold, they concluded they needed to learn some new tricks, and moreover, acquire personnel learned enough to turn them around. Their all night recruiting, er, recruiting efforts have landed them some midwestern beef and a few former New Englanders. Sporting shiny new black leather lederhosen bought on their recent European tour, these players will be seen to swing, or dump and then streak, long, if they can. They like to run, hard, and everyone on this team is a receiver. On defense, they have very active hands marking, so you gotta be alert that they don't pick your pocket or anything else you've got back there.

Boulder Boulder, CO

This latest Boulder bunch sports a blend of veteran talent and eager youngsters, and some are curious to see if they can put the two together here. Their win at this year's Fourth of July once again displayed some ability to hold home court, but were you there? No, and neither was anyone else, save a few Regional rivals from the South Coast. This team is known for more gacks than victories, including such events as the pride game against Z at last year's nationals. Talk on the net reveals this to be no surprise, with "Ghengis" Tom V. blaming his own receivers when throwing into the marker's hand, and "Showboat" Jim Glynn routinely spiking the disc before establishing possession in the endzone. What can you say about a team that maintains an open door for Randy Ricks, the player who single handedly defined the parameters of swillbag hacker Midwestern cheating MO-boy ultimate? No, this team will have to find a way to overcome these obstacles, and stop relying on Gestner's broken foot, or waiting for Rob to come back to town for the ski season. And with Bob Pease "Porridge Hot and Cold" gone, Ian if, I mean, even if they can overcome, the rock is sure to roll back down the hill again. So the story goes.

*edited for space and for NC-17 rating by Miss Nolan.

Pool A

- 1 DoG
- 2 Chesapeake
- 3 Z
- 4 Chain Lightning
- 5 Sockeye
- 6 Dallas
- 7 Philly Rage

Pool B

- Double Happiness
- Cojones
- Ring of Fire
- Boulder
- St. Louis
- Houston Houndz
- Huckingfoosiers

Elite Men's Format : Games are played to 12 points.

- No mirror at halftime.
- Cap on at 1 hour and 20 min.
- Add 2 points to lowest score; play to end game.
- Round robin pool play on Sat.
- Two pool games on Sun.
- Then Semi's and Final's.

Women's Open Division

Added this year due to popular demand, the top two teams from this division will enter the elite division for Sunday's second set of quarterfinals.

Jane Air... Minneapolis, MN...total performance vehicle
Lilith... Bloomington, IN...sleek, proven, reliable
RoShamBo... Chicago, IL...hot off the line, agile, and powerful
Madison Ultimate... Madison, WI...precision, decision, deluxe
Betty... Lawrence, KS...midsize from mid america, packs in power
Avatrice... Champaign, IL...dizzying array of options
Medusa... Chicago, IL...part of a potential bumper crop, looking to make an impact
Disc Claimers... Cincinnati, OH...full coverage insurance, the full package deal

<u>Pool A</u>	<u>Pool B</u>	Games are to 13. Two timeouts per game. Mirror at halftime. Cap at 1 hour and 30 min. Round robin pool play on Sat.
1- Jane Air	1- Lilith	
2- Madison Ultimate	2- RoShamBo	
3- Betty	3- Avatrice	
4- Disc Claimers	4- Medusa	

Men's Open Division

Expanded to include 20 teams, this division testifies to the increased level of competitive ultimate play across the country. This division was filled in record time this year!

The men's open division is in four pools of five teams.
Teams will have four games on Saturday and one cross-over game on Saturday. Sunday will include Quarters, semis, and finals.
There will also be a second bracket set up giving teams at least two games on Sunday.

<u>Pool A</u>	<u>Pool B</u>	<u>Pool C</u>	<u>Pool D</u>
1-Madison	1-Lemon	1-Wise Guys	1-Buddha
2-Shazam	2-Carleton	2-Trash	2-Myron
3-Chill & Co.	3-Cooler By the Lake	3-Brewers	3-North Coast
4-HoosierMamas?	4-Really Bad Oscar	4-Columbus	4-Black Lung
5-Ann Arbor	5-East Lansing	5-Manchester	5-'Zontals

Games are played to 12 points. No mirror at halftime.
Cap on at 1 hour and 20 min. Add 2 points to lowest score; play to end game.



Field Assignments : Check Pools for Each Division for Seeding Numbers.

Fields are clustered around pool play for quick field changes.

Quarters, semis, and final field assignments will be posted in the tent Sunday.

Round #	Men's Elite	Women's Elite	Men's Open	Women's Open
1 10:30-11:50 <i>9:30-10:50</i>	1 v 4 A (4) B (9) 24 2 v 6 (5) 22 (10) 31 3 v 7 (6) 23 (11) 30 Bye 5	1 v 6 A (16) B (2) 2 v 5 (17) (1) 3 v 4 (15) (3)	1 v 5 A (12) B (18) C (23) D (14) 2 v 4 (13) (19) (24) (20) Bye 3	1 v 3 A (7) B (21) 2 v 4 (8) (22)
2 12:10-1:30 <i>11:10-12:30</i>	1 v 5 A (4) B (9) 24 2 v 3 (6) 22 (10) 31 7 v 6 (5) 23 (11) 30 Bye 4	1 v 5 A (16) B (2) 2 v 4 (17) (1) 3 v 6 (15) (3)	1 v 4 A (12) B (18) C (23) D (14) 3 v 5 (13) (19) (24) (20) Bye 2	1 v 2 A (7) B (21) 3 v 4 (8) (22)
3 1:50-3:10 <i>12:50-2:10</i>	1 v 2 A (4) B (9) 31 4 v 7 (5) 22 (10) 30 5 v 6 (6) 23 (11) 24 Bye 3	1 v 4 A (17) B (1) 2 v 3 (15) (3) 5 v 6 (16) (2)	1 v 2 A (12) B (18) C (23) D (14) 3 v 4 (13) (19) (24) (20) Bye 5	1 v 4 A (8) B (22) 2 v 3 (7) (21)
4 3:30-4:50 <i>2:30-3:50</i>	1 v 7 A (5) B (11) 26 2 v 4 (4) 22 (9) 24 3 v 5 (6) 23 (10) 31 Bye 6	1 v 3 A (15) B (2) 2 v 6 (16) (3) 4 v 5 (17) (1)	2 v 3 A (12) B (18) C (23) D (14) 4 v 5 (13) (19) (24) (20) Bye 1	Crossover 1 v 4 A (8) B (22) 2 v 3 (7) (21)
5 5:10-6:30 <i>4:10-5:30</i>	1 v 3 A (6) B (10) 30 2 v 5 (4) 23 (9) 31 4 v 6 (5) 22 (11) 24 Bye 7	1 v 2 A (16) B (3) 3 v 5 (15) (2) 4 v 6 (17) (1)	1 v 3 A (12) B (18) C (23) D (14) 2 v 5 (13) (19) (24) (20) Bye 4	Bye Bye
6 9:00-10:20	1 v 6 A (5) (11) 5 v 7 (4) (9) 4 v 3 (6) (10) Bye 2	Quarters See tent	Quarters See tent	Top 4 → Elite Semis consolation
7 10:40-12:00	4 v 5 A (4) (10) 3 v 6 (6) (11) 2 v 7 (5) (9) Bye 1	Semis	Semis	Consolation Final
8 12:30-2:00	Semis	Finals 1:00	Finals 1:00	<div>Since I took the time to figure all of this out, I'll probably find a mistake right after I've printed these. Please remain flexible. Thanks! Lynne</div>
9 2:30-4:30	Finals			

Ultimate Party

Tune-Up means music.
Tune-Up means dancing.
Tune-Up means food.
Tune-Up means microbrew.

Plan on staying for field festivities after the last round of play.

Free beverages and music.

6:30ish - 11ish

Burritos and hot sandwiches (etc.) for sale.