



1994 UPA Midwest
© Regional Ultimate ©
Championships



October 15-16
Route 59 & 119th
Naperville Polo Club

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.

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.

Please help us out by taking care of your trash. Please clean up as you go... recycling bins for plastics and cans are located in the tent. No glass allowed!! Bring plastic water jugs to the tent at the end of the day and we'll refill them.

Captain's Meeting
Saturday at 8:00 am. (Women)
8:40 am. (Men)
Play begins
Saturday at 8:30 am. (Women)
9:00 am. (Men)
Sunday at 9:00 am

Thanks to **Bill Hughes** and **Amy Grant**, certified trainers. **Trainers** will be available for taping and assisting with injuries on

Saturday 10:00am - 5:00pm
Sunday 10:00am - 4:30pm.

Bill has worked with the Olympic Diving team and is past president of the Illinois High School Association of Athletic Trainers. Amy works with Bill at Naperville Central High School.

Special Thanks
to

Shirley Kuhn and the Naperville Polo Club

Ultimate Players Association

Hinckley & Schmitt

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Performance Bicycle Shops

Discraft, Inc.

Power Bar

Four Lakes Pub

Stefani's Restaurants

Cathy O. --Disc & T-shirts

Welcome friends, family, and spectators!

Could it be that we are starting an Ultimate tradition here in Naperville? I hope so. We are pleased to host the 1994 UPA Regional Championship tournament here at the Naperville Polo Club. This is our third tournament at this beautiful facility in just over a year's time. The Naperville Polo Club has welcomed us and has worked with us to coordinate the best tournament possible. If you see any of the Polo folks around, especially Walter and Shirley Kuhn, let them know how much we appreciate their facility and their work on our behalf.

Congratulations to all teams on your success at Sectional tournaments throughout the Midwest Region. We know that you are fired up and ready to play for the coveted berths to the UPA National Championship tournament to be held in Lexington, KY on Nov. 5-8th. The top two teams from each division will qualify for Nationals. Go Midwest Ultimate! With high school students, family, and friends watching, let's showcase the best of ultimate...the intensity, the game, the spirit.

Enjoy!

Lynne
a.k.a "Miss Nolan"

An Ultimate Story...

Once upon a time, about a month ago, an Ultimate tournament was held at the Naperville Polo Club. Teams from all over the country met at these fields to play a sport they loved. So much did they love that sport that they paid airfare, hotel, rental car fees out of their own pockets just for the chance to play some of the best teams in the country. On these very fields, players commented on how beautiful the fields were, how organized the tournament was, how great it was to have trainers! And then those players went out onto the fields and played Ultimate. They were intense, throwing exciting passes, diving for the disc, pushing themselves and their opponents to the very best levels of play. Exhausted at the end of the first day, the players had smiles on their faces. They had played hard; they had played well,....and they were coming back to play even more Ultimate the next day. And play they did...with even more intensity (as impossible as it may have seemed). Somewhere within the Ultimate player lives a love of the sport that pushes them to ask their belabored bodies to run for one more point, one more disc, one more score. In the late afternoon, championship games revealed the gutsy, the talented, and the tired champs, who were awarded the treasured tournament prizes.

Eventually everyone went home pleased at a weekend well spent.

The next day, the humble tournament coordinator stopped by the fields to "check in" and make sure everything was "okay". Walt began, "Well, you know,I came out to the fields at 7 am today. And I took a look around, ...and then I had to get in the golf cart. I went around the fields, and...I was amazed that I only found a spoon and two nickels. (I let out a silent sigh.) Even the neighbors across the way commented, 'How can you have all those people out there for two days, and have it look like noone was there?'" While Ultimate players love their sport, they certainly respect the environment as well. The tournament crew worked until dusk to clean up. A huge part of the tournament crew was part of my family, a sister and three of my brothers, who worked hard during the whole weekend to make the tent, tournament, and clean-up run smoothly. Because of them, I was able to be a player... a luxury many T.D.s don't get. If you were here that weekend and have a chance to say "Thanks", I'm sure they'd appreciate it. (Say "thanks" for this weekend too!)

To Jeanne, Mike, Marty, and Dan, I can't thank you enough for your hard work, love, support, and enthusiasm.

Happily yours ever after, Lynne

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

About The Open Division

Z, Chicago, IL

This mix of seasoned veterans and hot young players showed promise here a month ago. The question is, can they hang onto it all the way to Lexington?

Buddha Boys Minneapolis, MN

The giants of their section roll down to regionals with usual Buddha style. But will they be on top of, or under the Buddha pile?

Go Dog Go Kansas City, KS

Little dogs come from near and far, but Go Dog Go has a fast fast car. With a lot of spirit and a little luck, they'll take the party and then Kentucky.

Myron, MI

They took the B-pool at Tune-up and are looking to stop the Z boys in their tracks.

Underdog, Columbus, OH

The secret compartment of these rings they fill with Underdog super energy pills. Can they save Polly Purebred?

Lemon Cincinnati, OH

These guys are bitter after almost making it for so long. Look for these sour old men on the field.

Di's & Chuck's Pella, IA

Could Naperville be their field of dreams?

ACME Ultimate West Lafayette, IN

Having made it to club regionals for the first time ever, these boys are full of surprises.

Carleton Northfield, MN

They ate their fill of cheese (heads) last weekend. And these college kids are still hungry.

Big River St. Louis, MO

Chicago's Arch enemy is back in force. Can they cross the river and make it through the gateway from the west?

Anything Cheesy Madison, WI

Hanker for a hunk-a... Hope these guys remembered to eat their Gouda and their Brie for this weekend.

Beach Ultimate Grand Haven, MI

Wonder how these topless players will fare without Todd to get them gas station shirts.

Hucking Foosiers Indianapolis, IN

Don't underestimate these old Hoosiers. Spirit of the game may be dead, but they aren't, yet.

Trash Minneapolis, MN

The original post consumer product. Don't throw them out, they'll recycle and be back in your face.

Springfield, MO

Not to be confused with the St. Louis guys. What's up with Missouri teams having no names?

North Coast Cleveland, OH

We're glad you came, because we like you, even if no one else does.

**If our little blurbs have offended you, get over it. (Or talk to Bob. He loves you all and wants your feedback)*



About The Women's Division

Nemesis II Chicago, IL

We used to have a bad reputation, but we're nicer now. So, if you don't like us, it's your own fault.

I-80's Iowa & Nebraska

Liz no longer lives in Xaos. Now she's on a road. Her team is definitely going places, she just doesn't know where, yet.

Betty Lawrence, KS

These blast from the past party girls disappeared for a while, but they still got it.

Heidi Ho Lexington, KY

Out from the hills, away from the stills. They're coming here, but we hope to head there.

Avatrice Champaign, IL

Betsy's back! Yet another goddess returns.

Syzygy Northfield, MN

Oh Syzygy, oh Syzygy how lovely are your passes. It wouldn't be a tourney if we didn't do that stupid cheer for you.

St. Louis, MO

Alyssa, you make the team. No, on second thought, you are the team.

Spike Ann Arbor, MI

Their running, like lightning, their throws are so pretty. But they don't have Andrea, she plays in the city.

Calamity Jane Bloomington, In

Ohios' no shows are your gain. Way to be ready Calamity Jane.

Karma Madison, WI

Having elevated from the Mud to more ethereal pursuits, these women are spirit incarnate. *You can change your name, but we still know your tricks.

Throws of XTC Chicago, IL

The more they play, the closer they come to ecstasy. "Why do you make your C's the hard way?"

Jane Air Minneapolis, MN

How do they fit all that attitude (and enthusiasm) into those itty bitty bodies?

Kansas Kansas

Moo, Moo. We love you. You used to be cows, but now you're--who? Welcome back venerable ladies.

FBI, IN

The FBI women are looking to open the door and tear through to Kentucky. They're hoping for a National investigation.

**If our little blurbs have offended you, get over it. (Or talk to Kris. She loves you all and wants your feedback)*

About the Masters Division

Slack Chicago, IL

"Bob" is. "Bob" becomes. "Bob" is not. Nothing is; nothing becomes; nothing is not. Thus: nothing is everything. Therefore: everything is "Bob." Abracadabra.

Duluth Masters Duluth, MN

You're ship has finally come in, even if your dock's a little warped after all these years. Notice, we didn't mention the Fassell brothers once.

**If our little blurbs have offended you, get over it. (Or talk to Bob. He loves you all and wants your feedback)*

Game Format and Field Maps

Women's Division

The Women's Division is being run by Kris Olsson, Women's Regional Coordinator. Please direct questions about games to her.

Women's games will be played on fields 5-8, 14-17.

Fields assignments will be given to team captains at the Captain's Meeting. They will also be posted in the tent. Due to the last minute cancellations this information isn't included here.

Open Division

The Men's Division is being run by Bob McSheffery, Open's Regional Coordinator. Please direct questions about games to him.

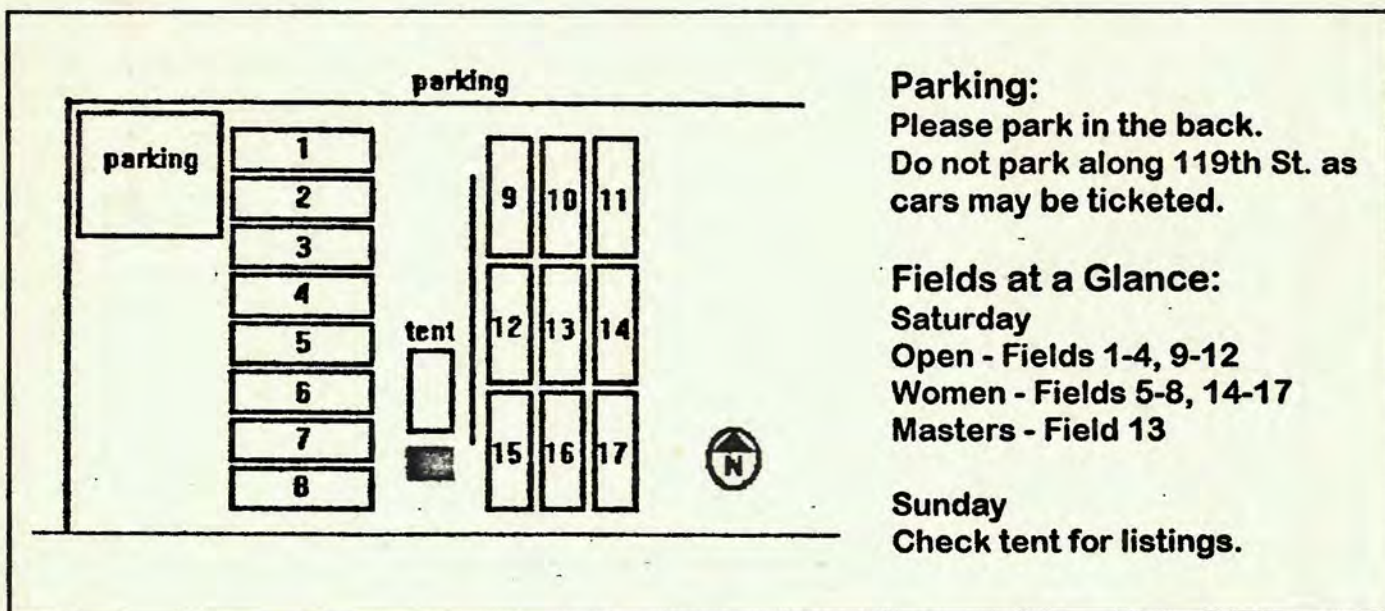
Men's games will be played on fields 1-4, 9-12.

Field assignments will be given to team captains at the Captain's Meeting. They will also be posted in the tent.

Master's Division

The Master's Division is being run by Bob McSheffery, Open Regional Coordinator. Please direct questions to him.

Field 13 has been reserved as the Master's field. Please check the tent for updates.

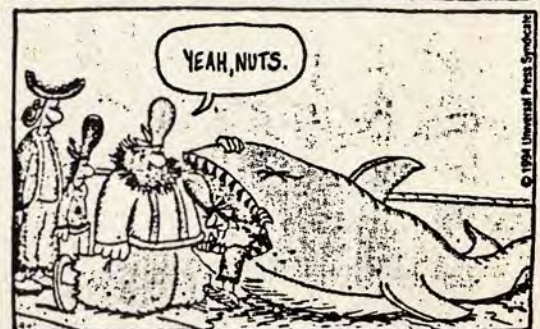


Special Note of Thanks
to Businesses who paid for advertising
in this program and on the shirts.
Please patronize them. We appreciate their help
in keeping player costs down.

Also, your purchases of T-shirts and Discs
help pay for this tournament. Thanks!

Overboard

by Chip Sunkin



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Friday 4-12 pm, Saturday 5-12 pm

Sunday 4-9:30 pm

Hi! I'm Barrett, for the one or two of you who have managed to avoid meeting me so far. I hope everyone had as much fun as I did at Tune-Up. I'd also like to thank all of you for coming to my birthday party, commonly known as regionals. I have a great band playing at my party at Four Lakes, and you're all invited to come and buy me birthday drinks. On the tourney side of things, it's great to actually have to earn women's spots at regionals. We have to admit it, we are getting better and bigger all the time. Oh, forgive me, I was speaking of Nemesis, aka Mommy central. Looks like a dynasty to me. But I digress. Good luck to everyone. Don't take what I wrote about your teams too seriously. Lord knows, I didn't. Have fun & Play Hard,

Love you, XXX

Barrett •Crash• White

After the field Kegs are drained
If you haven't fried your brain
From any team or club
Party on at Four Lakes Pub



Four Lakes Pub is Psyched
To welcome Ultimate Players
Take 59 North to 75th St East
To Rt. 53 North to Four Lakes Entrance
(Big sign and Stop light) Follow signs to Pub.

Western Suburban Ultimate League ?

Are you interested in playing on a Co-ed Adult spring or summer league team but live really far west of Chicago? Requests have been made by a number of "westerners" to play out here.

If you're interested, fill out the form below and hand it in at the info booth or send it to me at the address below.

Name:

Address:

Home Phone:

Work Phone:

Age:

Sex:

Yrs. of Play:

(No exp. req.)

Are you interested in helping make this great idea a reality?(Please.)
Check here____

Lynne Nolan 11 Aldon Ct. West Montgomery IL 60538 708 896-2148

Thanks
to our supporters!



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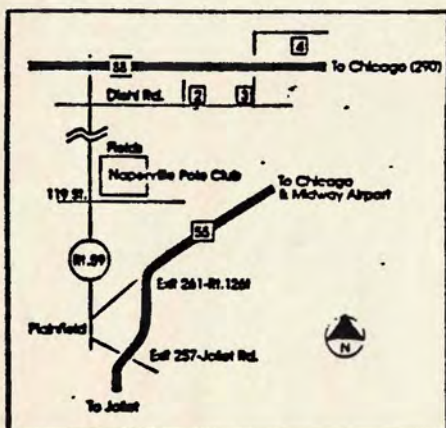
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Directions to the Naperville Polo Club:
Take 290 west to 188 west. Exit at Rt. 59.
Go south (9.5 miles) to 119th St. Go left to
fields.