OCTOBER 19 & 20 NEPERVILLE, IL



NAPERVILLE POLO CLUB ROUTE DA 119TH ST. & ROUTE DA

# Important Tournament Information

#### Captain's Meeting

Friday night at 9 pm at Spaghetti Warehouse

Play begins
Saturday at 9:30 am.
Sunday at 9:30 am.

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

#### Under the main tent you will find:

- -bagels
- -bananas
- -water
- -ice
- -field assignment information
- -trainers
- -programs

#### -tournament items for sale

- T-shirts \$10, \$13
- discs \$7
- Tune-Up caps \$10

The legal drinking age in Illinois is 21 years old. Your compliance with the law is necessary to insure a safe, repeatable event.

Thanks!

#### 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 glass bottles on the grounds will be immediately confiscated.

Thanks to Michael Hall and the certified trainers from MidAmerica Centers for Orthopeadics & Sports Medicine. Trainers will be available for taping and assisting with injuries on

Saturday 8:30am - 6:00pm Sunday 8:30am - 5:00pm.

Please help us out by taking care of your trash. Please clean up as you go...

Bring plastic water jugs to the main tent at the end of the day. We will refill them for Sunday.

#### Sorry no Public Phones are at the fields.

The nearest pay phones are at the Speedway on 111th St. and Rt.59.

Interact Service Club is providing babysitting and selling sack lunches in the clubhouse. Your support for this fundraiser is appreciated!

#### Welcome to the 1996 Midwest Regional Ultimate Championships!

In our region, things are going **WILD!** Wild card, that is. With 69 teams competing in the men's open division, the Central region secures it's first ever wild card bid to nationals. Thus, twenty teams, who have qualified through their sectional play, will compete for those coveted three spots. The Midwest led the nation in the number of teams at sectionals. In the Master's division, one of the three teams will advance.

Women's Ultimate continues to grow as well. Finishing third in the national race for the wild card with 26 sectional teams, we can't overlook the expansion of the West Plains sectional and the emergence of new college and club teams throughout the Region. Welcome Back -Betty and St. Louis! From this tournament, the top two teams will advance to the UPA National Championships in Plano, Texas.

The Midwest promises to be the hotbed of Ultimate in 1997 and 1998! Summer leagues are growing at an unprecedented pace. New teams -men's, women's, and co-edare traveling to regional and national level tournaments to improve their play. Regional tournaments are boasting record participation and spirit! With the 1998 World Ultimate and Guts Championships in Blaine, MN, the best ultimate in the world will be in our backyard! Will you be ready?!

Lynne Nolan Women's Regional Coordinator Tournament Director Greg Williams Men's Regional Coordinator



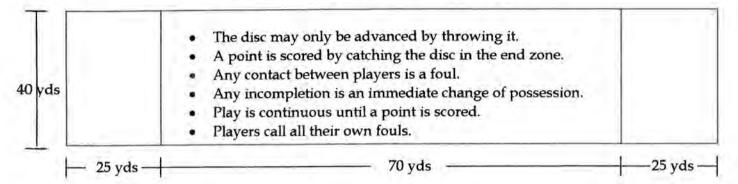
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of the
1996 Midwest
Regional Ultimate
Championships

For the Ultimate source of great pasta dishes, try our veggie or meaty offerings. Ultimate players receive a 10% discount on their meals. Please show this ad.

Located on Ogden Ave. and Rt. 59, just north of the fields

#### Spectator's Guide

The easiest way to understand ultimate is to watch itthe basics of the game are immediately apparent.



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 2 days.

The Disc is what separates Ultimate from all team sports. The official discs approved by the Ultimate Players Assoc. is the 175 gram Ultra-Star by Discraft Inc. and the 175 gram Ultimate Tool by Whammo.

#### 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 back-hand is easier to learn because the back of the hand acts as a wind break during release. 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 the disc is really pretty easy-if you can get your hand on 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 tends to be guided by experience and field sense.
- Offensive styles vary between teams. Some teams throw the disc up field at every opportunity, while others swing the disc across the field before gaining yardage. Throwing up the field is more efficient-it takes fewer passes to score-but it requires harder throws.

#### Defense

- Defenders are governed by two rules: 1) any
  contact between players is a foul, and 2) 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.
- Zone defense is based on letting the offense swing
  the disc across the field, but blocking all the up field
  throwing lanes. Most offenses try to go around a
  zone with lots of easy throws until the zone gets
  tired-or until the offense makes a mistake. An
  alternative is to try to throw over the zone with a
  vertical throw called a hammer, an effective but
  risky throw into the wind.

#### About the teams...

Velvet Pelvis (St. Louis) is a fresh young team straight out of the Gateway to the West. The original team, playing a tourney in Memphis, was comprised of seven women who were told by a mysterious man in blue suede shoes that, "Velvet Pelvis can swing it and grind it like no other." Of course, he was talking about Ultimate.

Calamity Jane (Indiana Univ.) is coming off a very successful season, placing fifth at college nationals. With their band of new recruits, these wild women of the Midwest will be testing out their new guns in Chicago. Yippee Kai Yaya Mutha Huckah!!

Nemesis II (Chicago) hopes you'll find this tourney a treat. May your play be exceptional and your victories sweet. After 14 Ultimate years or so, our bones may be creaking, but we hope this year our game is peaking. Our legs are strong, and our throws outright spooky; our goal of nationals is nothing kooky. Catch the spirit! (And the disc.)

Go, Dog, Go (Kansas City)
highlighted its summer season
this year with tournament
victories over Dallas in Tulsa and
over Blue Ox at the Minnesota
Ultimate Tournament. Go Dog
took first in it's section for the first
time in three years, beating
Springfield, the defending
champions.

Trash (Twin Cities of MN) is proud to make it to its 5<sup>th</sup> consecutive appearance at Central Regional, by whatever means necessary. Our decision to stick with a t-shirt color of orange can only be considered seasonally fortuitous.

Luna Discs (Univ. of Iowa) is a young team that has been establishing a bunch of die hard people who keep coming to practices. We are working well together and continue to improve. The local Goodwill has been a treat as our team costumes will be hard to beat! Pella (Pella, IA) Pella, a town of only 10,000 people (farm animals not included) is sending its best to regionals for the third time. Pella...

(This space was intentionally left blank to be filled in by "Captain" Kirk Hackert. Now you will never know the story of how our great grandparents came to this country in search of a place to play frisbee. It was a good one, filled with mystery, adventure, and ho they had to defend themselves from buffalo with only a disc. Oh well, now future generations will never know. Thanks, Kirk.)

...and that is how Pella got a frisbee team. We from Pella would like to say to everyone, "Have a great day of Ultimate and if you come up against us, please take it easy on us, we want to win one.

Ann Arbor (MI) qualified for Club regionals this year for the first time in several years, finishing second in the Michigan section by beating rivals E. Lansing and Grand Haven. Our team is largely new - of the 18 people who played for us last year, only two are still with us. About two-thirds of our players are University of Michigan college players, with others having arrived from places ranging from the old Myron team to Stanford. Our success this Fall has arisen partly from our rebuilding efforts for the UM college team, which is developing into a future powerhouse. Our current team nickname (which changes frequently) is "TUKA" The UnKatchable Axe, after the fabled UM running back Tim Biakabatuka.

Gargoyle (Chicago) "What are these fantastic monsters...? What is the meaning of these unclean monkeys, strange savage lions and monsters? To what purpose are here placed these creatures, half beast, half man? I see several bodies with one head and several heads with one body. Here is a quadruped with serpent's head, there a fish with a quadruped's head, then again an animal half horse, half goat...Surely if we do not blush for such absurdities we should at least regret what we have spent on them." -St. Bernard of Clairvaux, 12th Century

Sugar (Ann Arbor, MI) Sugah, ah...honey, honey. Such sweet O and perfect flow; chocolate fans with sticky hands. A truly high energy bunch, the Ann Arbor team is a balanced blend of rock candy hard veterans and raw beginners. These girls have refined style of play, but they know how to raise cane on (and off) the field. You know this Halloween Regionals tournament wouldn't be the same without Sugar! Everyone likes Sugar, but if you get too much, it will make you sick.

GLU - Glamorous Ladies of Ultimate (Minneapolis) conceptualized merely a couple of years ago, has rapidly grown into a soulful and strong Midwest competitor. GLU consists of a diverse group of women. Whether a student, a mom, a professional or none of the above, all GLU members have in common a few simple goals: to build a cohesive Ultimate team while striving to achieve new personal heights of athleticism, to provide a positive community for women who want to play Ultimate and to have a great time! We not only want to win the game, we want to win the cheer!

Lately, the sun has been setting early on our evening practices near Lake Nokomis and the crisp breezes that remove the dried golden leaves from the trees whisper demands for frisbee gloves and long sleeve shirts. Another summer of preparation has passed, the tournaments of autumn are whistling by as quickly as the season itself and GLU enjoys the bountiful harvest of its efforts.

Fast, strong, sophisticated, Elegant! Go Get "em, GLU!



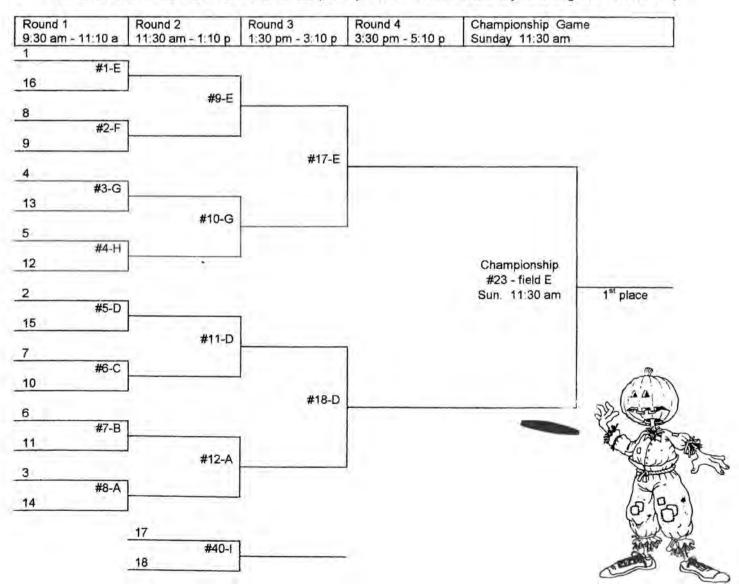
#### Women's Divisions - Top Two Finishers Advance to Nationals

The women's championship division will follow the UPA 16 team double elimination format, as seen in the brackets below. Teams eliminated from the championship bracket after two rounds of play will play a mini-tournament to determine final regional standings.

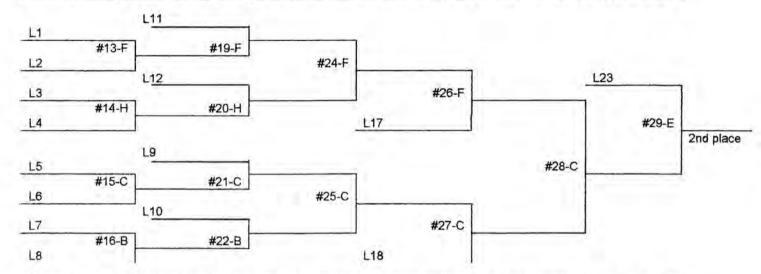
		Championship	Seeding	
1	Nemesis II	(Chicago, IL)	10 GLU	(Minneapolis, MN)
2	Jane Air	(Minneapolis, MN)	11 Flaming Discs	(Athens, OH)
3	Sugar	(Ann Arbor, MI)	12 Estrogen	(Lincoln, NB)
4	Betty	(Lawrence, KS)	13 Medusa	(Chicago, IL)
5	Lilith	(Bloomington, IN)	14 Syzygy	(Northfield, MN)
6	Mudeaters	(Madison, WI)	15 Luna Discs	(lowa City, IA)
7	One Huge Me	(Cincinatti, OH)	16 Calamity Jane	(Bloomington, IN)
	Velvet Pelvis	(St. Louis, MO)	17 Sticky Tongues	
9	RoShamBo	(Chicago, IL)	18 Avatrice	(Champaign, IL)

#### Championship Format - Saturday

Games are numbered and fields are lettered. (Example: Nemesis II v. Calamity Jane is game 1 on field E)



Consolation Pla	У					
Saturday			Sunday			
Round 2 Round 3 Round 4 11:30 am - 1:10 p 1:30 p - 3:10 p 3:30 p - 5:10 p			Round 5 9:30 a - 11:10a	Round 6 11:45 a - 1:45 p	Round 7 2:15 p - 4:00 p	



Women's Open Saturday - Teams who are eliminated after Round 2 will play a mini-tournament with teams #17 and #18 to determine regional rankings 13 - 18. Teams will be reseeded as follows:

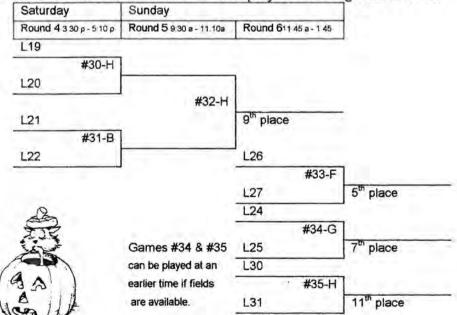
	Pool A	Pool B
1	L14	L16
2	L13	L15
3	#17	#18

Saturday		Sunday			
Round 3 1 30 p - 3 10 p	Round 4 3 30 p - 5.10 p	Round 5 9 30 a - 11 10a	Round 611 45 a - 1 45		
1 v 3 A(A) B(I)	2 v 3 A(A) B(I)	1 v 2 A(A) B(B)	A1 v B1 (A)		
2 Bye	1 Bye	3 Bye	A2 v B2 (B)		
7	8.40		A3 v B3 (D)		



Games #30-34 allow teams who are eliminated after Round 3 & 4 to play out for Regional finishes.

# GAME FORMAT Games are to 15. Two time-outs/game. Mirror at half-time. 5 min. half. 10 yard Brick Rule. Championship game is to 17 points, 3 time-outs (only 2 can be used in a half.)



#### Men's Divisions - Top Three Finishers Advance to Nationals

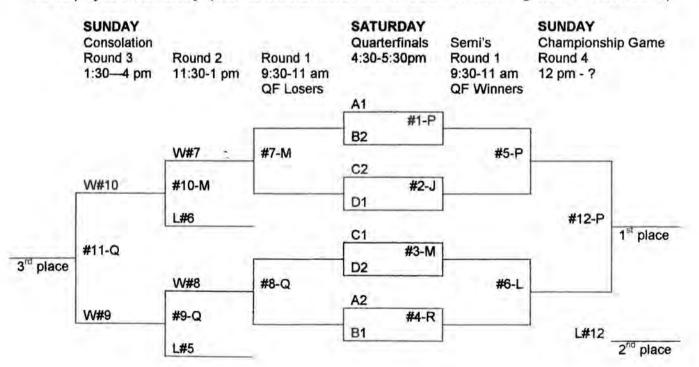
The men's championship division will follow a 20 team double elimination format.

	Champion	ship Seeding	
Pool A	Pool B	Pool C	Pool D
1 Z (Chicago, IL) 2 Springfield (Sprinfld, MO 3 C.U.T (Northfield, MN 4 Gargoyle (Chicago, IL) 5 TBA East	) Shazam (Chicago, IL)	Blue Ox (Minneapolis, MN) Hucking Foosiers (Indy, IN) Black Lung (Lexington, KY) Pella (Pella, IA) Ultimayhem (E. Lansing, M)	Go Dog Go (Kansas City,MO) B.A.T (Detroit, MI) Deth or Semon (Columbs,OH) Hodags (Madison, WI) TBA Central

Championship Format - Saturday (Fields are lettered, see field map for location.) Games are to 13 points, 2 time-outs, no half-time, mirror at 7, 10 yard brick rule, 10 min. point assessment.

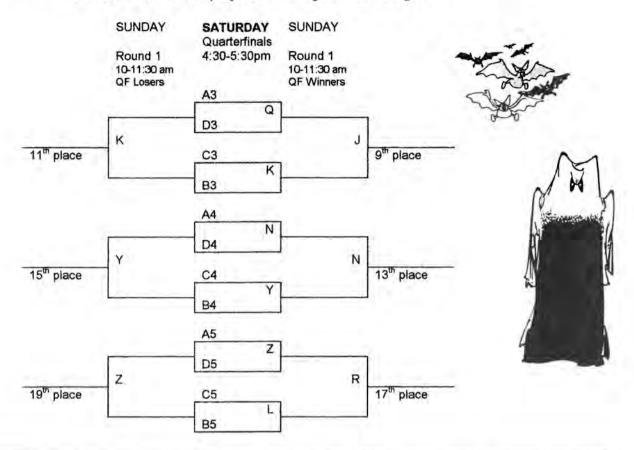
		OUND 1 -10:00ar	n	M. Parlin, A. W. L.	OUND 2 0-11:30a			1:00pm			OUND 4 0-2:30pm			UND 5 -4:00pm	
Pool	1 V 4	2 V 5	3	1 V 3	2 V 4	5	2 V 3	4 V 5	1	1 V 2	3 V 5	4	1 V 5	3 V 4	2
Α	P	Q		Р	Q		P	Q		Р	Q		Р	Q	
В	R	Y		R	Y		R	Y		R	Y		R	Υ	
C	M	N		M	N		M	N		M	N		M	N	1
D	J	K	Ε.	J	K		J	K		J	K		J	K	

After 5 rounds of play, the pools will be reseeded according to win/loss records. The top two teams from each pool will advance to the Double Elimination Championship Bracket. The quarterfinal games will be played on Saturday. (Games are numbered and fields are lettered - game #1 is on field P.)





### Men's Division - Consolation Brackets for teams who finished #3 - #5 in pool play are listed below. Teams play out final regional standings.



#### Men's Master's Division : All games will be played on Saturday on Field L.

Team	CLETTER I	Ro
1. Windy City	(Chicago, IL)	9:3
2. Posse	(Minneapolis, MN)	1 v
3. Grand Master Flash	(Chicago, IL)	2 8

Round 1 9:30-11:30am	Round 2 12:00- 2pm	Round 3 2:30-4:30pm
1 v 3	2 v 3	1 v 2
2 Bye	1 Bye	3 Bye

Games are to 21, with 2 time-outs per half, 5 min half-time, 10 yard brick rule, mirror at half.

## Men's Open Tournament - This tournament will be a round-robin, with semi's and finals. Games are to 15, two time-outs per game, 5 min. half-time, mirror at half, 10 yard brick rule. Games are to be time capped at 1:40 minutes.

Team

1. Cooler By the Lake (Milwaukee,WI)

2. SouthBend/Indy (South Bend/Indy)

3. Univ. of Iowa (Iowa City, IA)

4. BRU (Champaign, IL)

5. Torch (Chicago, IL)

6. BRU too (Champaign, IL)

8	Saturday		- 1	I Sunda					
1 10 am	2 12 pm	3 2 pm	4 4 pm	5 10 am	semi's 12 pm	finals 2:30pm			
1 v 6 V	1 V 5 V	1 V 4 V	1 V 2 V	1 v 3 V	V	N			
2 v 5 S	2 V 4 S	2 v 3 S	3 v 5 T	2 v 6 S	S				
3 V 4 T	3 v 6 T	5 v 6 T	4 V 6 S	4 v 5 T					

Captains may agree to change the start times of the semi's and finals. Thanks to Jon Cheney-Egan for his help in coordinating this division.

#### Midwest Regional Ultimate

The Year at a Glance

Dec. 20-22, '96 Holiday Indoor Extravaganza!
National Sports Center 24 teams, \$250 per team: Band, Food,
Beer, Massage, and trainers. Prize \$\$?
Greg Williams (612)-871-5337 or willi133@gold.tc.umn.edu

February (1<sup>st</sup> wknd\*) Arctic Vogue - Cincinatti, OII. Wes: wettenww@ucbh.sun.uc.edu

April 4 & 5\* (1st wknd) 16th Annual Fool's Fest -Lawrence, KS. Billy Schweiger 913-749-9334, or zontals@falcon.cc.ukans.edu

April 5 Chicago Women's Spring League - 5 weekends in Chicago at Montrose Park 10am-1pm, no experience necessary-invite a friend! email Aelliot@ameritech.com or LynneNolan@aol.com

April Dirty Socks Tournament - Terrehaute, IN contact Rose-Hullman at Hullman website

April 12 or 19\* Big Ten's - Madison, WI

April College Sectionals- five sectionals tourneys Pat Wolf-College Reg. Coord, or Julia North- women's crc see UPA Newletter for address info

May 10 & 11 Centrals - Kalamazoo, MI Drew Daniels - 810-541-8042 or drewan@aol.com

May 17 & 18\* College Regionals - contact Pat or Julia

May\* College Nationals 1-800-UPA-GETH
\*Dates based upon 1996 calendar-same weekend, new date.

May 30\* Chicago Summer League Kick-Off
Tournament - Memorial Day CUSL - 312-960-1964

June 14 & 15\* Poultry Days - Versailles, OH contact Dale Wilker 513-298-9938

June Summer Leagues Fire Up in Ann Arbor, Minneapolis, Cleveland, & other cities. Check the UPA Spring Newsletter for contacts and complete listings.

August 9 & 10\* Chicago Summer League Championship Tournament CUSL 312-960-1964

August 16 & 17 Cooler Classic IX-Delavan, WI contact Tom Kremen at kremer@it.uwp.edu

Aug.23 & 24 M.U.T. Minnesota Ultimate

Tournament - Blaine, MN Greg Williams 612-871-5337 or willi133@gold.tc.umn.edu

Sept. 13 & 14 The 4<sup>th</sup> Annual Tune-Up Invitational - Naperville, IL Mike LaScola at Mikecola 1@aol.com or Lynne Nolan at LynneNolan@aol.com

Sept. 20 & 21 12<sup>th</sup> Annual Autumn Equinox women's tournament Rena Hecht at rhecht@ford.com

Sept. 27 & 28/ Oct. 4 & 5 Club Sectionals Division I & II - Top teams from each division advance to Regionals. Contact Sectional Coordinators.

Oct. 10-11/17-18 Midwest Regional Championships Division I & II - Division I Champions advance to UPA Nationals-(date/location TBA)

Nov. (1st week) **UPA National Championships** TBA 1-800-UPA-GETH

## Special Thanks to



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> Corn on the Cobb Spanish Rice \$1.00

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Saturday Only

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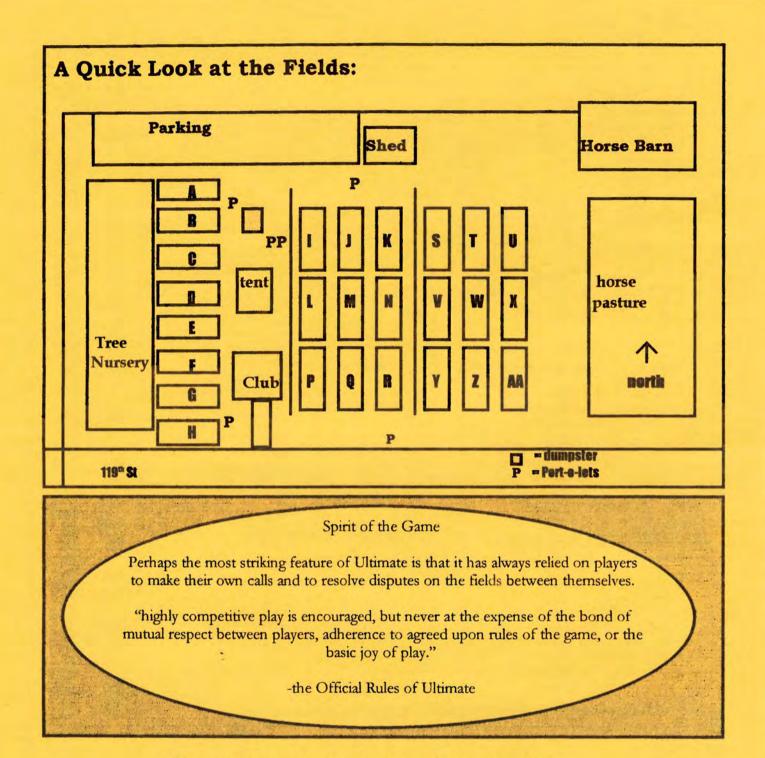
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at the

Good

Luck

Saturday Night Party at the Fields Free beverages and music! 6-8:30 pm



# Thanks to all who helped make the 1996 Midwest Regional Ultimate Championship a great event!

Special thanks to our Sectional Coordinators and TD's for their outstanding work!

Also, thanks to Nemesis II for coming through and helping me get the job done!

Thanks to Nancy, Cola, Irv and Cathy O. for all the detail work!

Thanks to Greg Williams for putting the men's Championship division together!

Now let's get on out there and play! - Lynne