

DISCY BUSINESS

IUP ULTIMATE

OCTOBER 2011

Battle of the Burg

IUP COMES OUT WITH A VICTORY FROM GETTYSBURG TOURNAMENT

When Susan Batchelder first played Ultimate Frisbee, 11 years ago, it was with the ultimate hi“It was in Omaha, where I grew up,” said Ms. Batchelder, a 29-year-old fourth-grade teacher who lives in Oakland, Calif. As a senior in high school, she started dropping into a pickup Ultimate game that went on Wednesday nights in town.



Fighting for the winning point

“This was Ultimate Frisbee the way it was played in 1975: all men, all of whom had been playing together for the last 20 years, wearing funny out-

fits,” Ms. Batchelder recalled. She was often one of only two women on the field. “Clancy, he wore his athletic tube socks pulled up to his knees and these short shorts. Another guy, he played in a onesie with rolled-up boxer shorts. They were the funnest, nicest guys around.”

It wasn’t until Ms. Batchelder got to Middlebury College in Vermont that she realized that Ultimate, could be a real sport. She joined the women’s team and learned how to throw a forehand, the quick-flick sidearm throw that is crucial to any game.

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IUP Irukandji Girls Team after Gettysburg Tournament

Welcome Newbies

IUP WELCOMES FOUR NEW GIRLS TO THE TEAM

A white Frisbee skittered and soared across the spring afternoon as students scrambled between rows of sugar maples that marked the sidelines of a makeshift playing field. An uninformed visitor to the Tufts University campus in Medford, Mass., last week might well have decided that the “Third Invitational Mother’s Day Classic” had been taken over by platoons of demented discus throwers. What the galloping giddiness actually involved was

an Ultimate Frisbee game between Tufts and Hampshire College of Amherst, one of the final events of the season for the nation’s newest intercollegiate sport. A zany mixture of razzle-dazzle football, playground basketball and soccer, Ultimate Frisbee has sprouted on campuses in the East in the past few years and is spreading westward. It could prove to be just the solution for colleges crippled by the runaway cost of athletics for students.

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BATTLE OF THE BURG (CONTINUED FROM PAGE 1)

The game has the speed and endurance of soccer plus the aerial passing and end-zone scoring of football. Once a player receives the disc, he or she stops running and has 10 seconds to pass it to a teammate; a team scores by completing a pass in the opposing team's end zone. The beauty of disc flight and the athleticism of the chase have won Ultimate its fans.

"I love to run with purpose, meaning I hate the track, but I like to chase things," Ms. Batchelder

said. "I love the fact that when you're playing, you make hundreds and thousands of little decisions — where the disc is, where your body is — but they happen without thinking."

It may be a non-contact sport according to its rules, but Ultimate is hardly free of injuries. The quick cutting and sprinting have made anterior cruciate ligament tears among women players especially common. She played with Stanford University and won the championship for her lucky team.

WORDS OF WISDOM

Encouraging Words From our Coaches

Coaching is not a natural way of life. Your victories and losses are too clear cut. Make sure that team members know they are working with you, not for you.

Leadership, like coaching, is fighting for the hearts and souls of men and getting them to believe in you. Coaching is a profession of love. You can't coach people unless you love them.

What makes a good coach? Complete dedication. A successful coach



Coaches Aleda and Lindsey needs a patient wife, loyal dog, and great quarterback - and not necessarily in that order. I'd rather be a football coach. That way you can lose only 11 games a season. I learn winning from coaches.



The right and wrong way to hold the disc

How To Flick

TECHNIQUES TO IMPROVE YOUR FLICK

This throw is also known as the *flick*, *two-finger*, or the *side-arm*. Focused in the wrist, this throw takes little time to execute. Along with the backhand, it is one of the two most common throws used in Ultimate as it allows throws from the opposite side of the body from the backhand.

Grip: The middle finger is extended and laid along the rim of the disc. The index finger is placed against the middle finger for power, or pressed on the bottom of the disc pointing towards the center for stability. The thumb is pressed against the top of the disc. The wrist is cocked back, and the arm is extended out from the body.

Throw: A snap of the wrist imparts spin as the disc releases off the middle finger, as well as some forward velocity. Extension of the lower arm pro-

vides additional power, as does shoulder and upper body rotation, although too much reliance on arm movement can lead to "floaty" throws with little spin.



Janet flicking the disc

LOOKING UP THE FIELD

October						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2 Practice 2-4 Behind Stadium	3	4	5 Practice 5:30-7:30 Behind	6 Practice 5:30-7:30 Behind Stadium	7	8
9 Practice 2-4 Behind	10	11	12 Practice 5:30-7:30 Behind Stadium	13 Practice 5:30-7:30 Behind Stadium	14	15 Edinboro Girls Tournament
16 Edinboro Girls Tournament	17	18	19 Practice 5:30-7:30 Behind Stadium	20 Practice 5:30-7:30 Behind Stadium	21	22 F & M Girls Tournament
23 F & M Girls Tournament	24	25	26 Practice 5:30-7:30 Behind Stadium	27 Practice 5:30-7:30 Behind	28	29 Halloween Party Details TBA
30	31					

Money, Money, Money

FUND RAISING IDEAS FOR THE FALL SEASON

Many fund raising consultants and nonprofit managers are enamored with “creativity.” But when that word means nothing more than flashy graphics and splashes of brightly colored ink, everyone loses.

If the decades-long experience of direct marketers has anything at all to teach the fundraising profession, it's that *different* isn't always *better*. An

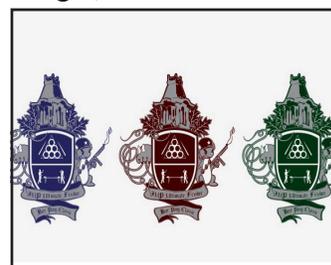


Ultimate t-shirts to sell at tournaments

economic downturn does not justify throwing out what has worked in the past. In fact, it's a time for caution and cost cutting.

There are lots of easy ways to cut fundraising

costs. You can stop prospecting for new donors. You can eliminate thank-yous to donors. You can cut out telemarketing efforts, slash the direct mail budget, and reduce the



Designs for discs to sell

major gift staff. The only problem with this heedless approach is that it's a prescription for bankruptcy.

Business goes on, whatever the economic conditions. You can't *not* raise funds. You can't treat loyal and responsive donors like statistics. And you can't stop building your donor database. If you do these things, your donor list will shrink.

Going for Gold

GOALS FOR THE SEASON AND HOW TO ACHIEVE THEM



Pancaking the disc

And the rise of women in Ultimate is another crucial part of the sport's growth. Watching these women play, one can see the athleticism that has attracted them: gorgeous arcing throws, full-extension dives, insane vertical leaps, and discs pinched out of the sky with the barest of fingertips. "I play pickup most every week, even in the winter," said Fi Cheng, 33, who works for a solar backpack company in New York. She helps run a spring and fall league in Prospect Park in Brooklyn, and is treasurer of Westchester Ultimate Disc, the biggest Ultimate organization in the metropolitan area. "I've noticed a lot more women playing than when I started. There

are women in their late 20s or early 30s who have been playing for 10 years now."

The Ultimate Players Association, the governing body for the sport in the United States, has nearly 30,000 members. Total membership has risen 168 percent since 2003, when the association began breaking down membership statistics by gender. From 2003 to 2008, membership of women nearly

doubled, composing about a third of total membership.

Among members, play spans from beginners' pickup and laid-back summer leagues to elite clubs like Fury, a women's team in the Bay Area that has won four national championships and the World Ultimate Championships last year in Vancouver.

"While there are significantly fewer female players than male players.



Laying out for the disc

Discy Business is a monthly publication sent to current IUP Ultimate players and alumni.

The main goal of IUP Ultimate is to gather students who share in the love of the sport to play the game.

For more information, contact our president, Joe Bowers at J.Bowers@iup.edu



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