



A Message from TFDA's New President

By Garrett Dyer... Garrettd@bigfoot.com

It was August 1995 and I was at the Pullen fields tossing some disc with a friend of mine. A few guys showed up and started throwing around as well, and having played a very basic form of the game in the past, I recognized that they were playing Ultimate. After a while, a guy came over and asked if we were State students (any guess who this is?) and we told him no. He then told us about the Hat Series games that were then played at Meredith College. I showed up that next Thursday and played my first real game of Ultimate, where players actually knew how to throw a flick. Crazy thing to think that I'd someday be in the position I'm in now.

I'm in the unique position of having grown up as an Ultimate player right here in the Triangle. I started off playing with Zen, and then in March 1997, Christian did me the favor of talking me into going to Columbia, SC with Flatball Nation. Since then, I've probably played a game or two with most of you who are reading this. That's important to me, especially considering how diverse the group is, because I feel like I can represent you better because of it.

So what's going on with Triangle Ultimate these days? Lots. So much so, that I don't have the time to experience it all. Forest Hills, Zen, Hat Series, Dixie Flicks, THOR, Cranky, Ring, Backhoe, Whippit, Elvis, Cary pickup, SAS, IBM, Corporate League/Championships, the coed team that the Dobyms brothers are putting together (whatever their team name is), not to mention the 3 universities: Duke, UNC, and NC State. I'm sorry if I've left something out, but that's a lot to whip out off the top of my head. Point is, if you're looking for somewhere to play Ultimate, there's enough of it going around to satisfy the hardest of appetites, and that makes me proud of what we have to offer as an Ultimate community.

This year's Winter League is going to be bigger and better than ever before. We're picking up the sponsorship ball and running with it now that we've got a few things working for us (like a new web server and a 501(c)(3) non-profit status). We hope to make a large contribution to the TFDA coffers this year, and not make the membership bear the brunt of it. We'll expand to 24 teams, yet I still want to put an emphasis on getting back to being a more social league. I understand that in the winter it's not all that warm and that puts a damper on your willingness to hang out, but I still think there's plenty of opportunity to sit down before or after your game and watch another team's game. Crack a chillie and watch Erin Cashman run circles around her defender. Pull up a lawn chair and see the most decorated player in the history of Ultimate play: Kenny Dobyms (but don't him I said that...it'll give him a big head). Stand on the sideline and make sure Eric Guajardo hears you say, "Eric, you're killing us!" Whatever. Just come out to the fields and stay awhile. We all like to have our game spectated, so let's be our own best audience.

I'm enthusiastic about the future of Triangle Ultimate. In my little reign as top TFDA dog, I hope to see us finally secure a year-round site where we can host tournaments, have practices, run Winter (and maybe Summer?) League, or just a place to go socialize. We're building on that dream now, and hopefully it will come true sooner than later. And I know you will all get sick of hearing me say this, but "do your part, volunteer." It ain't gonna happen without a little effort.

Be good.

Geeman

East Meets West in Goaltimate

By Bryce Tennant ... brycet@hotmail.com

At first we didn't take Goaltimate very seriously, even if \$30,000 was on the line. Flying ourselves to San Diego, even for a chance to win money, was a real drawback, for starters; but then the sponsors offered free flights and, hey, we were gung-ho. Strange how that works, but when we actually received the tickets we realized we could be rich—well, as rich as a frisbee player can get playing frisbee. So we formed a team of seven people (Augie, River, Bryce, Brent, Roy, Sandy and Chris), took it to Crabtree and tried to get good.

What is Goaltimate? Imagine Ultimate in a halfcourt basketball way, or something like hotbox. With Goaltimate you have a goal (11 feet high, 6 yards wide) with an "end zone" behind it. I have to throw it to you through the goal and your feet have to be in the end zone. After we score a goal we take it back, a la halfcourt hoops, and then attack the goal again. If we turn it over, the opponent has to then take it back before attacking the goal. Games are to 5, and you play to the best three of five (like sets in tennis). Other rules of note include a five-second-stall count, and self officiated but passive observers were there to be the final voice of disputes. Ring, I thought, had an advantage because of our basketball history. We've played in a Durham Parks and Rec league the past two winters with a championship trophy earned one year. And Goaltimate is really hoops with a disc.

The tourney fielded 18 teams cut into six pools. The top team in each pool advanced to the money round (two pools) with the best team in each pool advancing to the finals. We reached the money round but then lost our next two matches.

My impression was mixed. I liked the pace and the overall idea because I've played basketball since grade school; however a number of rules need to be changed to improve the sport. But the general impression I took away from the other players I spoke with was one of disfavor. The game really didn't offer anything, other than money, that Ultimate offers. The comments ranged from "stupid sport" to "boring" to "I'll never play this again." Suffice it to say that Ultimate has nothing to worry about, cause if ya can't play Ultimate you will suck as a Goaltimate player.



HomeSpun is a publication of the Triangle Flying Disc Association (TFDA)—www.tfda.org.

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Dixie Flicks Takes Savannah by Storm

By Leslie Frost ... lefrost@imap.unc.edu

The new Triangle women's master's team The Dixie Flicks played their first tournament at Savannah's Toss in the Moss this August 28th and 29th. At precisely that time period, Hurricane Dennis was brewing up some mighty gusts for that very same city. Was Mother Nature just getting all excited about more Triangle women's Ultimate? Or was she, with the ferocity of her displeasure, warning us to go back to our dull, humdrum, pre-competitive days? Being a new team is never easy, but worrying that your existence may be cosmically blighted adds to first tournament jitters.

But enough invocation of the great literary theme of human vs. nature. In real life, it turned out that there was no great monumental atmospheric disturbance in Savannah that weekend at all. And we beat Charleston and scored, yes scored, against the mighty Ozone.

The Dixie Flicks have been playing together since July, when recent Triangle arrivee from Norway Diana Jansen, put together a women's team so she could play some competitive games. If, at first, competitive wouldn't be the word used to describe what was happening up and down the fields at Crabtree, from the beginning play was a lot of fun. And with some recent additions and lots of hours of play, things have improved exponentially since then.

When she moved to the Triangle, Diana hadn't played Ultimate for about five years. Asked to give a brief history of her Ultimate play, she said: "The first time I played Ultimate was in 1982. I played for six years in the Southwest with every existing team at one point or another. The last two years I played with the Babylon Sisters in Boulder, Colorado. I was forced into retirement because I moved to the countryside in Norway. Ten years and many moves later I found Ultimate again (at a corporate tournament where I played with Ericsson). A fellow player named Jeff Rearick told me about Zen practice (which I still attend—they have great Ultimate spirit). However, I missed competitive women's Ultimate. I prefer women's Ultimate over coed because I get to play a bigger role, and since I'm married now...it's easier." (reporter addition: wink wink nudge nudge)

Her ambitions for the Dixie Flicks are that the team welcomes all women, no matter what level their play, and that it encourages Masters to come out.

But enough about Diana, let's get back to the tournament and that windy, cloudy, rainy weather with the dire hurricane predictions hanging like Spanish moss above

our heads. Since we began with a bye, our first game was against the mighty Ozone, of whom one might well have asked, "What the hell are you doing here?" The first team Ozone played informed us that they had been unable to score, and wished us luck.

And we did score and it was good, a throw from our Charlotte pickups Anne to Karen (we had a total of three from Charlotte to take 11 total to the tournament).

Things generally just got better from there. Most of the games were close enough for us and while we had lots of ideas for improvements after assessing each day's play, there were some magnificent highlights. To name a few: Brigitte Gonzales's four stuffs in one point (which says more than we'd like to remember about the length of the point, though not enough about Brigitte's awesome D); Sherry Kappel Knecht's amazing stoppage of an Ozone score; Lisa Beck's dive in the mud to come up with the goal ; Ö And on the sidelines, when he wasn't entertaining his parents with witty conversation and generally splendid tournament commentary, was Bryce Tennant, who shared his bottle of Canadian Mist with the team after our final loss to Atlanta's Fetch. A few swigs later we all wondered why we hadn't asked him to share it before.

Which brings me to the most memorable cheer of the tournament for us. Fetch dug deep and came up big with this tribute to us, sung to the tune of "Dixie." (Unfortunately no one can ever remember the second verse.)

*Oh, I wish I was in the land of huckin'
Only thing that's better is f--in'
Force away, force away
Force away
Dixie Flicks*

Triangle women: y'all are welcome to come out now, you hear? (Next stop: Sectionals!)



TFDA Finances Report

(September 1998 to March 15, 1999)

By Perry Sugg...perrysugg@mindspring.com

Beginning Balance (Sept 1, 1998)		\$7668
	<u>Debit</u>	<u>Credit</u>
EXPENSES		
NC Nonprofit Dues	\$ 50	
HomeSpun/WL registration form (1 issue)	160	
Winter League	7208	
- Field Rental \$3000		
- WL Shirts \$3993		
- WL Misc. \$215		
Liability Insurance	1982	
Checking Charges	116	
Bookkeeping Software (Quicken 99)	<u>111</u>	
Expenses Subtotal	\$9627	
DEPOSITS		
1998-99 Winter League Registration		\$5810
1999 TFDA Dues		9975
WL Discs/Hats		616
Returned Checks		<u>(-100)</u>
Deposits Subtotal		\$16,401
TOTALS	\$9,627	\$16,401
Current Balance (March 15, 1999)		\$14,442

- 1999 TFDA dues collected from 399 Winter League registrants. \$25 of each Winter League fee applied toward TFDA membership, with the remainder applied toward Winter League.
- TFDA dues for 1999 are a flat rate of \$25 with no student or family discount. Student discounts given for Winter League only.
- \$25 TFDA dues are tax deductible for the year in which dues are paid.

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Financial Report

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Kudzu 99

(August 30, 1999)

Expenses	
CASL Field Rental	\$1000
Misc. Expenses (Christian)	515
- Beer, water,	
- Field food, party food	
Misc. Expenses (Garrett)	<u>75</u>
- Frisbees, ice	
Total Expenses	\$1590
Entry Fees Collected	
13 Teams	\$1600
Total Fees	\$1600
Net	\$10

Disc Plus Baby Makes Three

Sherry Kappel...sherryk@tangram.com

Nearly everyone who's played much Ultimate has run across one of us: pregnant women who just kept on playing. It worries nearly everyone on the field, for various reasons; and to be honest, I can't imagine the pregnant person is ever completely relaxed about it—I certainly wasn't.

It's a difficult choice; it is your own (with consideration for your mate!), yet it affects many. Your doctor will have an opinion, yet no two doctors feel quite the same way. But what are the "facts" as best we know them?

To begin with, current medical opinion is that if you are healthy and physically active *before* pregnancy, it's okay to continue with it for as long as you are comfortable (this is *not* the time to start, however!). Staying fit is certainly better for you, the baby, and delivery. 'Comfortable' varies from person to person. Anne Burrows played all nine months, with both pregnancies, and says she "felt great"; another player said she just got too big by four months. I found that the worse I felt before play, the better I felt after. There is also clothing designed to make you more comfortable, such as belly supports.

You might also choose to keep playing, but limit the situation. For example, I stopped playing tournaments just past three months but kept playing Zen, where speed was less vital and contact less likely. A friend of mine couldn't handle the summer heat, even early on, but came back out in the later months when it was cooler. Certainly you need to listen to your body: fluids are even more important than usual, and you definitely don't want to push yourself physically to the very limit.

As for the other players? You can choose to educate them, you can develop a thick skin, you can lighten the situation with humor. One woman at Winter League would inform the other team of her condition, and said she'd respect their preference as to whether she should play (they were typically fine with it). But Anne grew weary of the ongoing commentary: "There were a multitude of bad jokes—you count as 1.5 players, are four hands better than two?, dive, sky, etc. There were party poopers—you must be dying from the heat, how can you play like that. A few even question your judgement and the risks to the baby."

For those who do worry about the baby, I *can* say I've never met an Ultimate baby who is less than perfect (even after mom accidentally hit the dirt a few times, as I did—sorry, Dakota!). So, it's really up to you—and all of the moms I know say they're glad they kept playing. As Anne says, "Ultimate improved my pregnancy experiences as I kept fit and had fun."

Missy Summerville Joins TFDA Board

TFDA is pleased to welcome Missy Summerville to its board as Vice President and PR person. Missy replaces Nancy Winham, who recently completed her two-year term (many thanks, Nancy, for all your hard work!). Starting with last year's Winter League (WL), Missy has been the contact for inquiries, and she has some good ideas about how we can promote TFDA in the Triangle, so this should be an easy fit.

As part of her responsibilities, Missy will keep a list of fax numbers for area media. Whenever TFDA sponsors or participates in a newsworthy event (e.g., WL, tournaments, youth programs), Missy will write a press release and fax it to this list. This is a fairly new area for TFDA, but we are in a couple of community newspapers this fall and we hope to increase our visibility. The board will continue to discuss this and other ways to make our PR efforts more efficient and effective.

Additionally, Missy will be supporting Garrett with the multitude of WL tasks. The next time you see Missy, please thank her for her efforts to help TFDA grow!

TFDA Introduction

By Chris Roessler... chris.roessler@ncmail.net

(Editor's Note: Chris' TFDA duties are yet to be decided, but he brings lots of enthusiasm, as you will see!)

Hello, Triangle Ultimate. Some of you are probably surprised to see me here as I'm a relative newcomer to the scene. I became active in Ultimate only recently, but—as with many players, the game has taken hold of my free time. Once, I put my energy into skiing and fly-fishing, then I became seriously interested in Ultimate.

Really though, what better leisure activity could one ask for than Ultimate? It is great because you can play a lot in the Piedmont (7 days a week Xian, Geeman?); all you need are a pair of cleats (bum a frisbee and a field); it's a team sport (heckling is prolific); it's challenging mentally (mid point—which way was that force?), physically (Sub!) and emotionally (I can't believe I dropped that pull!, or Foul?!). Quips aside, the game truly pushes its players to higher levels of competition because it is so intensely fun.

The Triangle has got a great thing going with its Ultimate community, and that community can continue to grow. My main goal on the TFDA board is to help us get permanent 'Ultimate-first' fields, to use whenever *We* want. At least it's easier than building your own ski resort, and that way we can host the major tournaments and have others schlep to us.

Winter League is in the Air!

It's getting to be that time of year, so here's the scoop on this year's Winter League:

Fees: To shift some of the financial burden off the players, we will try to get local business sponsors. That means the WL fee will drop from \$45 to \$35 this year. Additionally, we'll no longer have multi-tiered fees—i.e., no student or couple rates. Everyone pays \$35. There is a very good reason for this, and it has to do with keep-ing the government happy. Captains will also pay \$35, but will receive a reward (to be named later) for their efforts.

Sponsorship: I mentioned sponsorship...we need 24 sponsors—one for each team. We are asking for \$350 from each sponsor, and if you can get a business to sponsor, you will play WL for free. Yes, the \$35 may not be a lot to some of you, but the hope is that you do it primarily to contribute to the greater cause, and see the free season as a small reward for your effort. In addition to a tax deduction for their donation, sponsors will get their name/logo displayed prominently on a team's shirts and on the TFDA Web page, plus mention of their contribution in *Home Spun*. If you know a business that you believe you can talk into a contribution, send Garrett (garrett@bigfoot.com) an e-mail and he'll send you more information. If you have no idea who to hit up for some cash yet really dig the sound of playing for free, let Garrett know that and he'll send you a list of some good target businesses. This is a win-win-win situation for all involved, so let's put some effort into getting all 24 sponsors for this season.

Signup: Preferably on-line at www.tfda.org, or use the form on the next page. And don't forget to send your check!

Volunteers: It takes a lot of work from a lot of people to keep Winter League going. Please, seriously think about helping out this year!

Winter League Registration Form

(Note: We encourage you to sign up online at www.tfda.org; however, if you prefer you can send this form in with your payment.)

Name: _____

Gender: Female Male

Partner: _____

(I need to be paired with this person (s/he must also send a form))

Address: _____

City: _____ State: _____ Zip: _____

Home phone: (____) _____ - _____ It's fine to list this in the WL directory: Yes No

E-mail: _____ It's fine to list this in the WL directory: Yes No

1. How many games do you plan to play in out of 11? Mark One:

1-3 4-6 7-9 All

2. Will you participate in the Winter League Tournament (Feb 19-20)? Mark One:

Yes No Commit to anything that far away? HA!

3. Experience Level (choose the highest level you've participated in):

Club (current or former team name):

College (current or former team name):

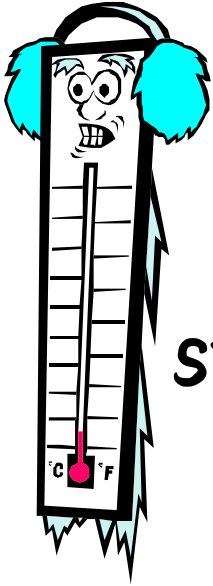
League (name of league and/or city):

Beginner

Send your form, plus a check for \$35 made out to TFDA, to:

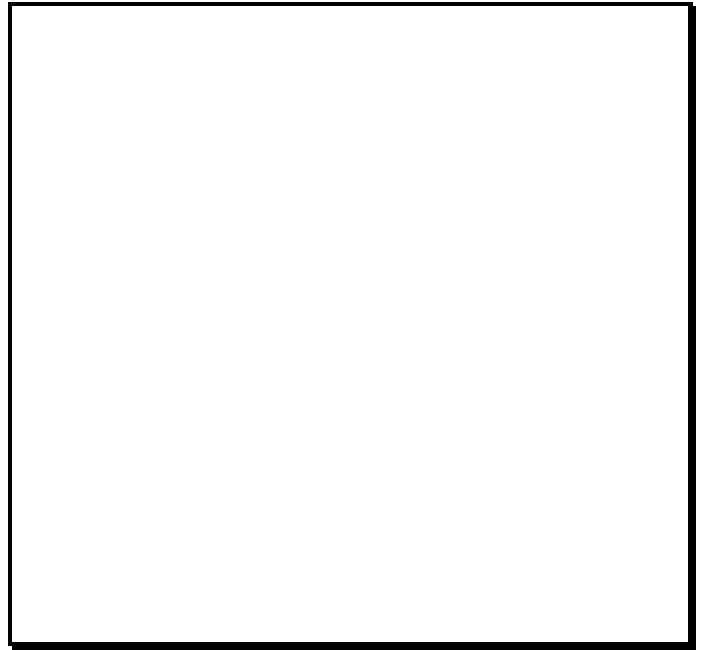
Mary Facciolo
1222 Cedar Creek Drive
Cary, NC 27513

Deadline is October 31, 1999!



Winter
League
Details and
Sign-up Form
Inside!

Help???



Good help is hard to find, as you can see from our *HomeSpun* stamping “volunteer” above! If you would like to be more active in TFDA (Winter League or tournament support, fields, etc.), please contact Garrett Dyer at Garrettd@bigfoot.com. To help with *HomeSpun* (writing and/or distribution), please contact Sherry Kappel—sherryk@tangram.com.

HomeSpun

A TFDA Publication
1028 Penselwood Drive
Raleigh, NC 27604-9604