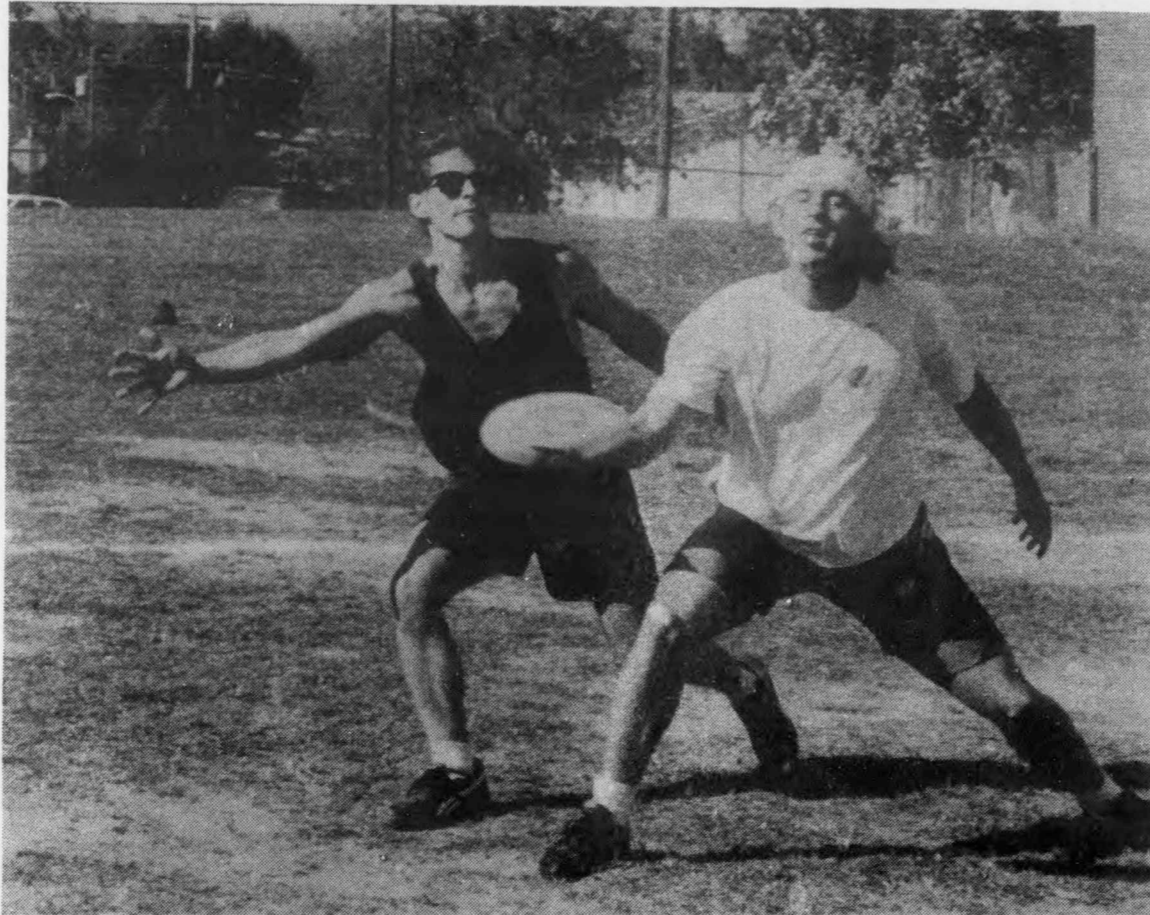


ULTIMATE IN SPORT CAMPUS REC



Ultimate is the fastest growing sport in North America.

Over the course of the last few years Fredericton has become introduced to the fastest growing team sport in the world. Beach volleyball, you say? A good guess, but no. The sport is called "Ultimate". Never heard of it, you say. If you have recently attended a university or college in North America you have probably already been exposed to it. Most schools in the U.S., including high schools, play Ultimate as an intramural sport. Most universities and large colleges have a varsity team. But for those of you who are still asking "What the heck is Ultimate, anyway?" Here's the lowdown... Ultimate is a fast-moving field sport played with a Frisbee-like disc. You may have heard of "Frisbee-football" before; that's Ultimate. The action of the game combines the passing and scoring of football, the cutting and guarding of basketball and the non-stop field movement of soccer. Because Ultimate is a team sport in which each player must act as quarterback, receiver and defender, a large number of participants can be actively involved throughout the course of play. Ultimate is played on a field similar to a football field, with 25 yard endzones at each end of a field that is 70 yards long by 40 yards wide. Two seven-person teams are on the field at once, with substitutions allowed only between goals.

The object of the game is to pass the disc from team-mate to team-mate until a pass is caught in the opponent's endzone. Running with the disc is not allowed and the player must stop running and establish a pivot foot before attempting the next pass. In the meantime, potential receivers cut towards and away from the player with the disc, often running established plays or patterns. The disc may be thrown in any direction and there are no offsides. One point is awarded per goal. In tournament play, the first team to 15 points wins; however, this can be modified to any number of points or the game can be played to time, if necessary. On defence, no overt contact or tackling is

allowed. Rather, while the team in possession of the disc is advancing toward an endzone, the defending team tries to force a turnover by guarding the thrower and potential receivers, or by playing a zone defence. A turnover results whenever a pass is not completed - when it is caught or knocked down by an opposing player, is caught by a player out-of-bounds, or touches the ground at any point. This results in an immediate change of possession of the disc. The use of a flying disc in Ultimate adds a dimension not seen in ball games and is one of the elements that makes Ultimate a truly unique sport. Unlike a ball, a disc sinks, floats and curves - a skilled thrower can guide it over and around defenders and float it ahead of a running receiver. An Ultimate game is filled with leaping one-handed catches, short give-and-go passes, field-length bombs and diving blocks and catches. Players are sprinting everywhere at high speed, and throwers look like ninjas with their wide and wild variety of passes. It is an intimidating sport to watch, an exhilarating sport to play. The action is intense, exciting and continuous.

A second unique feature of Ultimate is that whatever the level of play, be it sandlot, national or world tournaments, the players on the field are responsible for their own fouls and line calls - there are NO referees. Players are therefore required by the rules to adhere to the highest standards of sportsmanship and to respect their opponents. This element, the "Spirit of the Game", is greatly valued by players because it creates an etiquette and camaraderie not typically found in other sports. At a recent tournament at Bowdoin College (near Portland, ME) one of the Fredericton team's players called a foul ON HIMSELF during a very competitive match, a foul that the opposing team had not seen... and everyone applauded the "good call" harder than the previous "good plays". This is the sport that I want my kids to get their role models from. The mental discipline an Ultimate player learns is

something sorely lacking in most other team sports, and the benefits to fans and players alike are a joy to watch: NO BAD CALLS, FEW STOPPAGES IN PLAY, NO CHEATING! And all of this right through the complete spectrum of playing levels, up to the World Championships held every year. So where can you see/play this sport in Fredericton? The Fredericton Ultimate Club meets three times week and all are invited to participate or just watch. The play is co-ed and instruction and coaching are gladly provided. The Fredericton "travelling team" attends several tournaments a year, and has a slot at both the Canadian National Championships and the World Club Championships in 1995. The weekly playing times/locations are: Wednesdays: Albert St. School soccer field 5:00 to 7:00 pm. Fridays: Buchanan field at UNB, 7:00 to 9:00 pm (under lights). Sundays: Albert St. School soccer field from 1:00 to 3:30 pm. Contact either: Darren Reid w458-0895 h455-6910 or Andrew MacDougal 455-2157 With the weather getting steadily colder, the play will move inside to a gym soon. Now is a good time to come out and see some action, and then practice skills in a nice warm gym so that you'll be ready to play come spring!

INTRAMURAL SPORTS:

Innertube Water Polo Ends OCT. 19

OFFICIALS NEEDED

Officials are currently being hired for:
Soccer Softball
Hockey Ball Hockey
Basketball Volleyball

All those interested in applying should fill out an application form in the Rec Office Rm A121 LB Gym between 9:00 am and 4:00 pm Mondays through Fridays.

Referee-in-chief is also being hired for ball hockey. Anyone interested please inquire ASAP.

ICE HOCKEY schedules are now available at the Recreation Office, please pick up a copy ASAP.

FALL SPORTS

Registration materials will be available from the Rec Office approximately 10 days before the entry deadlines. Start planning your intramural activities now!

Sport	Registration Dates
CO-ED	
Bowling Tournament	OCT. 12 - OCT. 26
Badminton Tournament	OCT. 13 - OCT. 27

WOMEN'S
Volleyball Ends OCT. 18

MEN'S
Basketball Ends OCT. 19
Ball Hockey Ends OCT. 18

LADDER TOURNAMENTS

Are you a Racquetball or Squash player interested in testing your skills, finding new opponents, meeting other players, and having a good time. Why not join the Squash or Racquetball Ladder? Information and registration forms are available from the Rec Office. Entries are being accepted right now. Players will be placed on the ladder in the order in which they register.

SPORT CLUBS

The Rec Office is in process of compiling a list of current addresses and phone numbers for contact persons for all sport clubs. If your club has not yet submitted this information, please contact the Rec Office immediately. Anyone interested in joining a particular club or in getting information about clubs should contact the

INTERESTED IN CURLING?

The Fredericton Curling Club
Official Opening Week
October 17-22, 1994
7:00 pm NIGHTLY

A Week of Free Curling & Instruction
Tuesday, Oct. 18 - Official Club Opening
Saturday, Oct. 22 - "Funspiel" and Social

Come Join the Fun!
Sign up for Daily Draws
Get Some Free Instruction
Meet your Fellow Curlers

Autumn Stride and Glide

by George Hubbard

On Sunday October 23, an event will be held in Fredericton in Support of two local athletes going to the world triathlon championships. These two, Elizabeth Seiffert and Jamie Cleveland leave for New Zealand in November to take part in this prestigious Olympic distance event.

The supporting event held at the Forestry Complex at the top of Regent St. will allow entrants a choice

between a one mile run; a one mile run - three mile bike combination; or a one mile rollerblade. The first 50 entrants receive a pair of knitted training gloves.

Registration for this event is at the Forestry Complex from 1 p.m. to 1:45 p.m. and it starts at 2 p.m. The fee is \$5.00. Awards and refreshments will be offered.

For more information or to register please call George Hubbard at 455-7312 or Bob Matthews at 459-3222.

For You Down Under

THE CELLAR
EST. 1994

IN THE BASEMENT OF THE SUB

Fun in the Sun

You Could Be Florida Bound!

Prizes Every Thursday
T-shirts, hats, bags
Grand Prize: Trip for 2 to Florida (Spring Break)

All UNB and STU full-time undergraduates
over the age of 19 and all UNB faculty
and staff are automatically members

FOR MEMBERS AND GUESTS ONLY
STUDENT ID REQUIRED