

huck

a d s a
alberta disc sports association



INSIDE:

2001 CALENDAR

If you can't print it out contact huck@adsa.ab.ca
and we'll figure some way to get you a
memorabilia calendar of 2000.

Enjoy - Compliments of ADSA

Also...

- message from el Presidente
- flowers & fisheads
- lots of photos
 - disc golf
 - adsa minutes
- **HUCK contest**

AGM (Annual General Meeting) - Tuesday, January 16, 2001 at Uof C, MacEwan Student Centre, Rm 276 at 7:30pm.

If you would like a topic addressed please email the ADSA secretary at: secretary@adsa.ab.ca



MESSAGE FROM EL' PRESIDENTE

Okay, start thinking about elctions, now that the US election is still deciding if Bush's ballots have been tampered with (he could only hope), Canada is well STOCKED daily with PC's trying to think LIBERALLY, (could use a little GREEN day myself), and it has started snowing to get us into ski season. So I ask who wants to be thinking about disc sports right now? You do!!! Because your disc golf and ultimate season relies heavily upon your involvement right now.

Let's start the year 2001 by making the old adage "out with the old and in with the new." true.

It is time to elect, re-elect and oust the current ADSA board. Now I understand we have proponents and we have opponents, so the AGM is your time to make your opinion count.

Get on the list and get to the AGM on January 15, 2001 atAGM (Annual General Meeting) - Tuesday, January 16, 2001 at Uof C, MacEwan Student Centre, Rm 276 at 7:30pm.

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The current ADSA board is unanimoius in the opinion that a re-structuring must occur with the present system. However, in order for this to occur we must have the electorate present to make the changes. Otherwise, you may be complaining to your friends, in June, of your distaste with how everything is organized.

Let's borrow some of the action we all see on the field and on the course and let's use it behind the scenes.

GO AHEAD MAKE A DIFFERENCE!!!!

THE WINTER ULTIMATE TRAINING HAS
BEGUN AT THE **U of C OLYMPIC
OVAL** EVERY TUESDAY AT 7:30PM. FOR
MORE INFORMATION CONTACT
ROBIN BAUER: bauer91@yahoo.com.

IT WAS A GREAT SUCCESS LAST YEAR AND
WILL NO DOUBT BE AGAIN THIS YEAR.

GET OUT THERE AND GET IN SHAPE!



**Dave McCann
and the 10 Toad
Frogs** release party -

Dec 10 - Thursday, at 8pm
at the Carpenters Union
Hall. Call Dave for tickets:
209-1676.

FLOWERS

Flowers for LIT, who moved Calgary's second open seeding from 16th to 12th at Nationals!

Flowers to everyone who supported me when Sammy went away - Flapman

Thanks Brent Perkins for all your work over the last season and for keeping the spirit of Ultimate alive.

The Canmore Wapooti executive for another fabulous weekend in the mountains!

Glenn Larson - League Director extraordinaire! Happy retirement!

Thanks to the crew who diligently went through the hundreds of great photos submitted and chose the calendar & HUCK highlights.

ALL CAPTAINS - YOU made the season what it was - congratulations and thanks!

Kim Babcock deserves rare and expensive bouquets for putting up with the most 'shit' this year (see fishhead for Tri-Wood to understand). Thanks for your perseverance and endless smile!

Rob Kirk, you did an awesome job with all your dubious tasks this summer as the ADSA STEP student. xoxo! Would you do it again?

Congratulations to the Juniors and Flo for winning spirit at Canadian Nationals - that's the way to it - spirit, spirit, spirit!

To Support Ho's and pleather... you undoubtedly won the party at nationals - long live pleather - viva la Support Ho's!

Julie Kirk - the dedicated Juniors coach. Great job!

Congratulations Nicole and Mark on your engagement - way to go Nicole!

To the very very generous crew who made this HUCK what it is - full of great photos and articles. Sincere thanks - retired HUCKster.

Paul Lepper for your continuous energy in supporting disc sports - you my friend are a God! WE THANK YOU!

Ian Batty, Andrew Pane and Rob Kirk for continually updating the database for ADSA. Not an easy task with over 600 members (and half of whom can't write legibly).

Big thanks to Andy, Kevin, Paul, Noah, Joel, Bent, JP, Pat, Grant, Drew, Roger, Kim, Tanya, Dianna, Glen, Ron, Shannon, Bill and the ADSA board for making Canmore DG happen. Many thanks to all others out there who help keep this course happening.

FISHEADS

Fish heads to teams filled with good ultimate players who defend bad calls and nauseum. Take responsibility for your actions.

Fisheads to Shouldice for not having a clue about how to schedule bookings - yes, ultimate is a sport and we would like to use the fields we have paid for and booked.

Fishead to the Tri-Wood Community NIMBY 'resident' who vandalize the disc golf course.



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QUESTION

Yo yo:

Hi Di, if that's who's responsible for this excellent Huck. Congratulations, it looks great. Terrific work. However...

Just a little point, though: Under no circumstances do people enjoy getting unsolicited 2.5 MB files in their mail. Is there some way that you can send only a link to a website where it's available for downloading at a more convenient time than when I'm trying to get important email? (Unless it's being printed in that way, in which case I'll wait for the hard copy.)

For that matter, why PDF at all? It's really hard to read. From my point of view, I'd rather receive 16K worth of ascii text, and forget the pictures of Brad Powell's head.

Hate to complain, but I think you have to consider us poor sods out here with 56K modems. Kb

ANSWER

Thanks for the comment - very valid. Here's why we sent HUCK as an attachment to those who requested it online.

In the past we have sent a message with just the link to the adsa web site and heaps of people complained that they either didn't have access to the web, couldn't figure out how to download it, couldn't receive attachments with their email provider (hotmail being a big problem) or didn't have the time to go to the site and download it. So, for those who have chosen to receive HUCK via the net, and to ensure that all adsa members received HUCK, we sent it directly to their emails.

We are making the files as small as possible to accommodate those on 56K or 28K modems, but this is still not small enough. So, for this issue we will be going back to the download format off the ADSA web site.

HUCK has always been downloadable on the ADSA web site (adsa.ab.ca). Also, many ADSA members have requested HUCK as hard copy - which is truly the best way to receive it - spend



some quality time with it and reflect on the past and consider the upcoming events (like the AGM in this issue).

For this issue we can easily mail HUCK to an ADSA members house (as long as they gave us their correct address when they filled out their ADSA form).

Let us know if the digital version isn't working for a member and we'll be happy to mail it.

Cheers
HUCKer

ADSA MINUTES

ADSA Board Meeting
Tanya's House
October 3, 2000, 7:30PM

Present:

Kim Babcock, Dianna Ducs, Rob Kirk,
Glenn Larson, Andrew Pane, Tanya
Trimble, Paul, Brent Perkins, Brad
Powell, Paul Lepper

Minutes:

* Call to order: 7:41 PM

* Disc golf

o Canmore update

* We needed signs, cleanup, etc.

* New signs are ready; funded by
Kevin and Paul (\$1150).

* Nordic center has build disc golf
kiosk.

* Still need some way to get people
to buy memberships. Many different
promotional possibilities discussed.

* Course will be shut down in the
winter.

* \$1150 reimbursement being made
to Paul for Canmore signage.

o Financial issues (grants/funds/insur-
ance/etc.) discussed at length.

o Might need to break disc golf and
ultimate completely, and just use
ADSA as umbrella organization for
name recognition.

o Put up and took down 4 courses
this year. Forest Lawn is doing well,
but being brought down for winter.
Still fighting the city on various
fronts.

o Rob has put together a document
on how to create an ADSA disc golf
course.

o Need to have a forum to convince
Edmonton and Canmore to remain
part of ADSA.

o Need to come to a decision regard-
ing how disc golf will be managed
(keep ADSA or switch to regional
associations) before AGM.

o Kim will come up with a list of job
titles required for disc golf for AGM.

* Finances

o Possibility of having some ADSA
members reimbursed for their efforts.

o Need to raise the visibility of ADSA
expenses.

o Brent is going to have full financial
statement for next HUCK.

o Going to have full audit of our
books by Price-Waterhouse Cooper.

* Ultimate

o Rob needs to write a proposal for
Calgary Ultimate Club in order to get
fields from them. Glenn and Brent will
provide the necessary documenta-
tion.

o HoDown went over budget by
about \$670.

o Brent met Calgary Parks & Rec
regarding class D & E fields.

o Calgary Soccer Centre (Memorial) is
willing to let us use their fields next
year.

* AGM

o Need to restructure ADSA before
AGM.

* Nobody outside of Calgary seems
to be interested in the umbrella
structure.

* Possibly elect an Edmonton rep.

* ADSA requirements are more than
can be handled by such a small
board.

o How to get more people out to the
AGM?

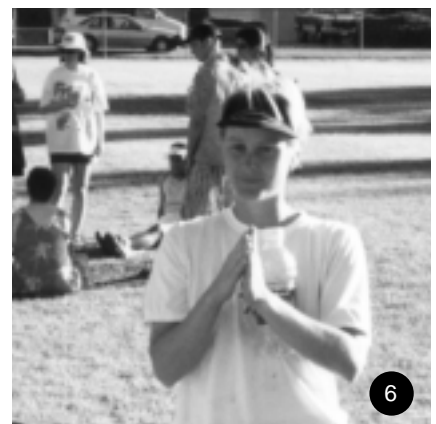
o Date: some time in January 2001 (to
be determined.)

o Have another meeting to decide on
AGM issues on November 6, 2000.

* Meeting adjourned: 9:51 PM

ADSA FINANCIALS

will be posted on the ADSA web site
prior to the AGM. adsa.ab.ca



'YOU DON'T KNOW WHAT YOU'VE GOT 'TIL IT'S GONE'

by Suzanne White

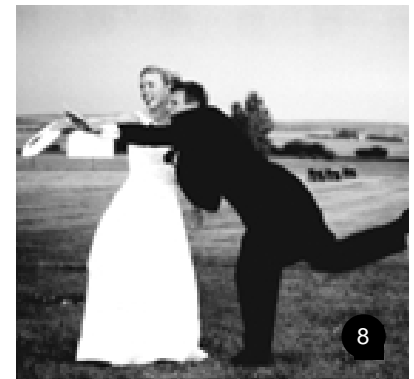
No truer words have been expressed about the sport of ultimate and the disc-loving community in Calgary. I never realized how truly unique and special the rag-tag group of disc-wielding duffers were until I left and came to Japan. At one point, I believed that I needed to leave the comforting, padded walls of ultimate. The daily practices, games, throwing sessions, discussions about upcoming tournaments and the insulated conversations felt stale to me. I had to test the waters of another life; I had to experience a disc-less existence for awhile.

The day after I arrived in Japan, my teaching colleague suggested going to the game of pickup being played in Maebashi, a city about 30 minutes away on the expressway. Despite my need to take a vacation from the disc-life, I was intrigued and suffering from jet lag. What better way to combat the time-zone fuzzies than a game of disc? Arriving at the riverside park, I knew something was different. There were no lawn chairs, no bags filled with various ulti crap, no one was wearing cleats and NO ONE was throwing flick. Approximately 7 people were throwing the disc in a big circle and when I suggested that they would probably have more fun if they used more discs and split off into pairs, instead of waiting 15 minutes between turns throwing and catching, someone mentioned that they only had one disc and gee, did I have any more? The fact that I had 2 discs signaled to the natives that I was someone for whom this Sunday gathering was not just a way to network and speak natural English. I was there to play. Perhaps my collection of knee braces and duct tape tipped them off as well.

As the games started, I elected to sit off for awhile and case the situation on the tiny field, crammed between 2 baseball diamonds. As my future ultimate disc buddies crawled towards the field, I expected teams to form using the time-tested method of light shirt-dark shirt (NO GRAY). Instead, they used the time-tested Japanese method of decision-making, rock-paper-scissors (jun-ken in Japanese). My first day in Japan and I found this to be odd. Now I realize that all decisions in Japan are made on the outcome of jun-ken. I can only imagine the jun-ken match that determined the fate of Pearl Harbor. After many rounds of jun-ken, the teams were determined. I was smiling, enjoying the humidity of the day and

realizing that there is life after CUL. The first pull of the day soared through the air, going for that sweet corner at the back of the endzone when BAM someone from the opposing team knocked it out of flight. "Turnover," I yelled. Everyone on the field stopped moving, looked at me and someone said, "We don't play that way." It was my first lesson in Maebashi ultimate and the way they play. Not only do they kill the pull, they don't stack, they don't throw forehand, they swarm around the thrower like 5 yr olds on a soccer field, they don't call fouls or picks, calling one another a fucking asshole is acceptable behavior, they don't force, they don't make cuts and standing absolutely still is a valid offensive move. I had no choice but to play and watch my ideals of ultimate get washed away with the rain that poured down in late afternoon.

I've been playing this particular game of ultimate for 2 months now and not much has changed except for a few small details. Now people run faster when I yell "go to," they know what a lay-out is and someone actually threw a hammer the other day and this is the way we play. But I miss phone-calls asking if I just want to go throw, those Saturday pick-up games that go on forever because no one wants to stop playing and I miss those tournaments that make you believe that a utopian society can be found on an ultimate field. Cherish the sport you love and the people that populate it; you don't know what you've got til it's gone. Oh yah, and wear sunscreen.



INVICTUS TRAINING

Invictus is going to start training as a team in January. We are looking to invite between 5 and 10 new athletes out to train with us between January and March. If you are interested in playing ultimate with us this coming summer this is a great chance to establish yourself as the new guy on the scene. Please contact myself if you are interested. Thanks,

bauer91@yahoo.com.

-Robin

DISC GOLF COURSE UPDATE

Pearce Estates Park: We put the course in... then we were ordered to take it out.... Then we relocated it then we were ordered to take it out... and here we sit... wondering why? However, there is still hope... thanks to Craig BJ and Scott Wilson who from time to time still enjoy playing on the object course.... Call Craig if you want to play a round and support the ongoing saga.

Confederation Park: a total disaster.... There is no chance we'll ever get back in that park! We're still looking for our stolen number plate (hole 10) and a tone !

Forest Lawn: YIPPEE.... They love us... they love us so much that they put a treebark tee pad in for holes 3, 6, 9 !! Keep up the great work in keeping the park clean !

Canmore: Earlier this summer the Nordic Centre demanded upgrades to the course, or else it would be removed.... Thanks to the financial support of ADSA Disc Golf and the dedication from Paul Lepper and Kevin Whitfield, we were able to produce and install signage throughout the course. So yes, the course will remain there for yet another year. HOWEVER... the course will be closed for the winter for 2 main reasons: 1. conflict with other users (skiers) and 2. the disruption of the animal migration through that area. Hey... let's be thankful we have it for the summer months!



9

Lethbridge: Thanks AGAIN to Craig Burrows-Johnson, there is a NEW 18 hole course in Lethbridge... CBJ's baskets will be there in full force... However, due to difficulty with the installation from City Workers, the course will not be playable until spring next year. Three cheers for Craig !!!

Lily Lake: Thanks to Steve Mallett there is a new, creative, and difficult 27 hole course just 1/2 hr. drive north of Edmonton... great design Steve... thanks for the tourney !

Varsity Park: Rob Kirk and Kim have been meeting with the Community and City officials in hopes of acquiring Viceroy Estates Park (VarsityArea) for a new 18 hole course.... The preliminary meetings have started .. we'll keep you posted.

Centenary Park: Craig BJ and Kim have been meeting with City officials in hopes of acquiring Centenary Park (the Zoo island) for another 18 holes course. The Parks and Rec. Board is on our side and working diligently with us, however the City of Calgary will not put us into their working agenda until next spring - cross your fingers that we don't run into any other road blocks! ... we'll keep you posted.

Baker Center: We continue to push for disc golf in this park, as it is it very possible to re-attain this area... we only need the supportive people to surface... call Craig BJ for updates or to give your support.



POSITIONS AVAILABLE FOR ALBERTA DISC GOLF

Disc Golf Director: (1 person) This person would sit on the ADSA Board, being expected to attend all ADSA meetings throughout the year. The Director is an advocate for all disc golfers reporting directly to the Board.

Promotions Committee: (min. 3 people) These people would be responsible to "promote" disc golf throughout the Province in anyway possible. Ideas - design/distribute stickers, flyers, banners, flags, or advertise tournaments, organize tourneys, parties or special events. Bottom line: get disc golf noticed !!!

"Tour 2001" Committee: (min. 3 people) These people would be responsible to fully organize the "Alberta Disc Golf Tour" for 2001. Responsibilities would include refining the design of the tour - recruiting appropriate tournament directors, attaining tourney sites, dates and developing tour "guidelines".

"Women for Disc Golf" Committee: These representatives would be strong advocates for females in Alberta disc golf. Their main responsibility would be to coordinate the FEMALE DIVISION (s) within ADSA disc golf tournaments in hopes of attaining equality. Other responsibilities would be to promote the sport to other females via clinics, outings, tournaments. The ultimate goal of this committee is to recruit females to the sport.

New Course Development Committee: (min. 2 people) Responsibilities include first to seek out potential disc golf course sites throughout the province, then collaboratively work with City Officials in acquiring the potential site, designing the course, and lastly ensuring proper course installation and maintenance.

Grant Proposal Committee: (min. 2 people) Responsibilities include filing for numerous money grants for disc golf development throughout the year.

Web-Page Designer: This person (s) would be responsible to design and maintain a web site for the promotion of Alberta Disc Golf.

League Committee: (min. 2 people) Responsible to organize and carry-out a disc golf "league night" for the 2001 season.

For further info on these positions or ideas for other positions please contact Kim at #220-9029.

WHO IS KING OF THE COURSE ????

So it is said that this season closes with with the following people to be crowned "KING OF THE COURSE".....

Canmore Course Record: remains a 3 way battle between Armin Gutsche, Pete Verheyde and Dennis Milette with 7 under!

Forest Lawn Course Record: a whopping 15 under !!!!! by Rudy Verheyde with the help of an ACE on hole 2 !!!

Pearce Estates: although the season was short, his record remains, never to be beaten, and is now a part of the history books as the King of the Course... STEEV LIMIN with 14 under !!!

Rundle Park: without a doubt the infamous Steve Mallett with 5 under on only 9 holes !! (and he's away for 1/2 the year !!)



**Shawn Nichol 1st Place
Men's Pro - Big Bear**

LILY LAKE

There's an amazing new 27 hole course north of Edmonton. For more information check out this

address:<http://plaza.v-wave.com/gilan/ultimate/lilylake.htm>

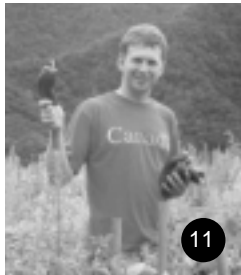


**Nolah Docherty 1st Place
Women's Pro - Big Bear**

**Rob Kirk - Ace -
hole number 5 Canmore.
Woooooooooooooooooooooeeeeeeeeee!**

SOME OF OUR FRIENDS OVERSEAS...

1. Chunghua big buddha you can climb into
2. Adam picking peppers (Near Shangri-la)
3. Our Turtles (Rocky and Yoda)
4. Sunset



TAIWAN FACTS

Beer costs about the same; Wine is expensive; Gas is about \$1 a litre
Milk comes in many favours (we like apple milk.. Yuck); Most Bread is sweet
Coffee costs as much as a steak dinner;
Most steak comes from New Zealand and Australia

We love you all.
Adam & Julie

TOP FINALISTS FOR THE SKINS CHAMPIONSHIP.....

**Congratulations to the fellow disc golfers
for an outstanding year of disc golf...**

PRO MEN:

1. Dennis Milette - 184 points
2. Armin Gutstch - 160
3. Pete Verheyde - 159
4. Rudy Verheyde - 151
5. Shawn Nicol - 150
6. Steev Limin - 122 (the Come-Back King)
7. Ryan Powell - 119
8. Lukasz Bruhl - 119

****Ryan Powell was the top money getter in the skins tourney - 3 CHEERS!!!**

PRO LADIES:

1. Merilee Gill
2. Julie Nicol
3. Nolah Docherty
4. Tanya Ashton
5. Karen Kraus
6. Carolyn Blasetti
7. Amber Moser
8. Jenn Cliff

**** Merilee was the top money getter in the skins tourney - YIPPEE!!!**

OPEN MEN:

1. Robb Watt - 175
2. Mark Dixon - 147
3. Pete Rioux - 146

4. Jim Stevens - 136

5. Tim Rioux - 127
6. Karl Kyndersen - 126
7. Jim Taylor - 117
8. John Viscarra - 107

**** Jim Stevens was the top money getter in the skins tourney - HOORRAY !!**

AMATEUR MEN:

1. Mike Kohut
2. Curtis Diggins
3. Mark Knettig
4. Glenn Larson
5. Scott Wilson

**** Glenn Larson was the top money getter in the skins tourney - FABULOOOSA!!**

DISC GOLF TERMINOLOGY, EQUIPMENT, AND TECHNIQUE FOR BEGINNERS

I thought HUCK would be good place to offer some Disc Golf tips to new players, Ultimate players who are curious or play occasionally, and those who just plain need the help!! Parts of the equipment section of this article have been borrowed and condensed from the discgolf online magazine published by Rick Bays.

To subscribe email rick@discgolfonline.com

If you play Ultimate and think "I'll probably never play Discgolf so I don't need to read this", remember the famous saying "Ultimate players with bad knees soon become disc golfers!" ;-)

Terminology

There are many models of golf discs available (at least 150!!) made by the major manufacturers (Discraft, Innova, Lightning, Millennium, and Ching to name a few). The flight patterns tend to fall into 3 distinct groups. Descriptions below are for right-handed, backhand throws (reverse if you are a lefty or throw forehand)

Overstable - discs that tend to turn to the left at the end of their flight.

(usually long range drivers)

Stable - discs which tend to fly straight

(putters and approach discs are usually very stable)

Understable - discs which can 'turn over', and hold a line to the right

Hyzer - A shot which curves left. This is the most common flight path, and is easily thrown with an overstable disc. Also known as 'skip-edge', as a low hyzer throw can be made to skip.

Anhyzer - A shot which initially curves right, straightens out, and finishes by turning left.

Usually best done with an overstable disc.

Applying a bit of anhyzer is crucial to adding distance to your drive. This is done by raising the outside edge of the disc at release. Also known as 'roll-edge' as a low shot with lots of anhyzer will roll once it hits the ground.

Hyzer, Anhyzer angle - the amount of angle applied to a throw at release.

Equipment

The basic equipment you will need is a driver, a midrange disc, and a putter. You can have fun by playing with just one disc, but if you want to improve your game and your scores - I would recommend a minimum of three discs. Practice with the three discs and once you learn them well you will need to add at least two or three more to really round out your shot selection.

For your driver I would recommend a fairly light weight (mid to upper 160 gram range to start with.) There are so many discs available now that it can be very confusing trying to choose just one. Don't choose a disc because you saw some pro throw 100 meters with it - choose one that fits nicely into your hand and is recommended for your skill level. Also, everyone's hands are different sizes and shapes, so a disc that works well for one player may feel strange to another. Among the myriad of drivers out there, I'd recommend a Gazelle, XL, Cyclone, Polaris, #1 Driver, or a Stratus (a very straight disc). Avoid learning to drive with highly overstable discs initially (eg. Banshee, Eagle, X-Clone, or any 'sleek-looking' disc with a low profile.) Overstable discs fly faster (and therefore farther) but are harder to control - the more overstable your first driver is, the more frustrated you will be. Since discgolf is great release from stress there's no use making it hard on yourself at the outset.

For a midrange disc I would recommend a

Comet, MRV, Aurora, Shark, or Roc (in the mid to upper 170 gram range). These types of discs are good for approach shots and short drives. Again, look for something that feels good in your hand and practice a lot with it.

For a putter, this is really a "feel" issue, and you need to pick something out that feels good in your hand and will fly well for your particular putting style. I would recommend you try an Aviar, Magnet, Rubber Putter, or an Omega (most putters also make very good upshot discs).

Technique

If you've never tried throwing a golf disc, the first thing you'll notice is that golf discs fly a lot differently than regular frisbees or the Ultrastars we use to play Ultimate. Each different model has it's own flight tendencies, but all you need to worry about is the driver you will be using. The best advice is to start slow - concentrate more on your technique than your distance - with time that will take care of itself as you become more confident with what you're doing. Also there is no one 'right' way of throwing - there are as many different styles as there are players. The basic instructions below assume you are right-handed and throwing backhands. (Or you're a lefty throwing forehand, which surely defies the laws of physics and will make everyone else in your group feel ill....)

Driving

First, get a grip on the disc that feels comfortable. Most players tuck 2,3 or 4 fingers under the rim, with the thumb on top (known as the power grip). Personally I use 2 most of the time. Having more fingers under the rim doesn't necessarily increase power, because most of the 'snap' comes from the point on the rim that rests between your thumb and index finger.

Second, stand parallel to your target, with your toes on an imaginary line to the basket.

Hold the disc out in front of you, just under shoulder height, and make sure you are holding it flat. Now, letting your shoulders turn, reach around to your left (the windup), and then in one smooth motion bring the disc back across your body and simply let go along your target line, snapping your wrist as you release the disc. Your weight should transfer to your left foot as you wind up, and onto your right foot as you follow through. Don't worry about taking extra steps or taking a run in the tee-box until you can control your release. Also, don't worry about taking your eyes off of your target as you wind up. Your eyes can deceive you, don't trust them!! ;-)

Think of your arm as a whip - control and power come from your shoulder, arm, and wrist (in that order too). As your shoulder turns into the throwing motion, your arm will follow with the wrist and plastic coming along for the ride.

A common problem for new players is that they tend to release the disc on an upward trajectory, which causes the disc to stall and fall left. To overcome this it is crucial to bring the disc across on a flat plane, as if you're trying to slide it across a table. Again, watch the more experienced players. As you get more comfortable you can gradually incorporate additional elements to add distance to your shots, such as.....

---a 3 or more step run-up

---an exaggerated wind-up (reach further behind you to increase the length of your whipping motion)

---faster arm speed translates into more snap at release and therefore more velocity

An effective way to practice driving is to go to an open field where there are no distractions, like no worries about staying ahead of the group behind you. Bring all your discs with you. Since you don't need to worry about where your disc goes in relation to a target, you can focus on your technique, and objectively watch where your shots are going without trying to hit a fairway. Try a variety of shots - hyzer, straight, and anhyzer. Try driving with your putter as well, you'll be surprised how straight and far they'll go! Throwing back and forth across a field with friend is also great practice, and you'll be able to get more throwing in as you won't need to run back and forth to pick up discs.

Putting

For putting use whatever grip feel OK and gives you the best control over accuracy. Most players use some form of the control grip. This is the default grip you probably use throwing disc on the beach, with your index finger along the rim.

Stance - again, there's no one 'right' way to do it, although there are 2 main stances you'll see. Some players lean forward onto their right foot and extend their right shoulder and arm towards the target. Others prefer to stand with shoulders and feet both square to the target and push the disc forward from their gut on a straight line. A bit of experimentation should determine what feels good for you.

To summarize: learn the proper throwing technique, start with a set of three discs and practice a bunch. Watch the better players and try to play a round or two with them. In order for our sport to progress we need to demonstrate the need for more courses. The more players there are, the more courses we can justly demand from our cities. This means we need to encourage the new players. Most pros realize this and won't mind spending a few minutes giving you tips at the course, and will play some rounds with you if just ask! Above all, have fun!!

-----ooooooooOooooo **ching

Steve Mallett
EDGA slave

....who by the time you read this will be golfing in Ft. Lauderdale and sunning himself on various islands in the Caribbean until he hears that that nasty winter thingy is going away.....

Email - global_discgolfer@hotmail.com

PS Big thanks to Kim + Pete, Armin (the gooch), Shawn + Julie, and everyone else who helped put together the 2000 tour and events (including a growing number of Edmonton golfers who came up big this year) Lets make next year even better!!

NOTICE - Edmonton is hosting Ultimate Nationals next August, and in conjunction we've decided to also host a national Disc Golf Championship on the Tuesday and Wednesday of the same week, to accommodate some cross-over. There are no details yet but we'll most likely play Lily Lake and Rundle Park, much like the Alberta Open format this summer. Watch this space and the net for details as the snow melts.....

CANMORE DISC GOLF LIVES ON

It has been a wild year for disc golf in Canmore. The season started off with the unpleasant reality that we were in serious jeopardy of losing the golf course. Terms for our continued use of the Nordic Centre were simple. Clean up the garbage and install signage or lose the course.

While these rules seemed simple enough, we were faced with several problems.

1. We had no money to pay for the signs.
2. We had no organization of disc golfers in Canmore and as such had no mechanism to communicate our precarious position.
3. Some of us measure our quality of life in number of trips to the golf course in a year. The prospect of losing the course was threatening to severely hamper our happiness.

In an attempt to address some of these issues, we tacked up some basic signs to make people aware of the issues. The response was awesome. Overnight, the garbage problem was reduced and we had some 'angels' step forward to help out with the signs.

Through some great public relations work with Ron Henderson from the Nordic Centre, Kevin Whitfield committed to installing the signs by the end of the season and took responsibility to clean up our act. As part of the deal, Ron from the Nordic

Centre committed to install a kiosk for disk golf, dig all the holes required and provide the sign posts. We were looking good as long as we could deliver the signs by the end of the season.

The process of getting the signs produced and installed went quite smoothly thanks to the efforts of several people. At this point, we would like to acknowledge the efforts of several individuals who stepped in to help. Big thanks to Andy, Kevin, Paul, Noah, Joel, Bent, JP, Pat, Grant, Drew, Roger, Kim, Tanya, Dianna, Glen, Ron, Shannon, Bill and the ADSA board for making it all happen. Many thanks to all others out there who help keep this course happening.

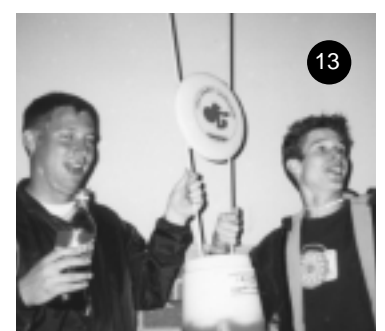
We have managed to turn the Nordic Centre Disc Golf course into a very professional looking facility. I would like to ask for everyone's continued support by keeping the course free from garbage (especially cigarette butts) and by buying annual ADSA memberships. Your contributions help to maintain facilities such as these and allow us to continue to promote disc sports in Alberta.

There has been an estimated 150% increase in usage in the golf course since last year. This kind of growth is going to require that we have everyone contributing. Please get involved and help us maintain this course.

Many Thanks
Paul Lepper



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NATIONALS IN VANCOUVER, JULY 27 - 30

RELICS, LIT, INVICTUS (sorry no photo submitted), **FLO,**
SUPPORT HO'S & JUNIORS (sorry no photosubmitted)

LIT

Calgary's second open division competitive team moved up from a 16th place seeding to 12th this year. We need a good pool of talent to move even further up the standings next year at Nationals. **WE WANT YOU!** We also have leadership positions available for those who step it up when it counts.

Instructions? Send your name and email to castor@coremonster.com. You will receive a welcome notification and be invited to join practice

next May via email. Think competitive ultimate is too much of a commitment? Remember, Canadian Nationals are in Edmonton. Not enough experience to come out? With Nationals in Edmonton, we expect to have enough to split the practice roster and send a third (as yet unnamed) open team. We guarantee you experience!

PS, can you give me a call, I have a few more things to chat about. 714 4147. Talk to you soon.

JP



FLO



SUPPORT HO'S



What an amazing year ladies!! We did it - we made it to Nationals, bonded with great ladies, learned some new tricks with the disc, partied hard and showed that it's possible to form a "team" within 2 months.

RELICS



Next year is a mystery at the moment, but I'm sure some dedicated individuals will step forward and take the lead. It will take more than one to make it roll - start talking. We've started a great thing for women's ultimate in Calgary and with desire and FUN as a critical element, make it happen again!

'We dominate the field, we dominate the party and for a small fee, we'll dominate you!'

HEY GUYS UP THERE IN THE COLD NORTHERN HEMISPHERE.

I hope you're all doing well. Summer's just poking its head around the corner here in NZ, looking forward to long hot sunny days at the beach, with a nice cold

beer. I'm still playing disc golf, and if any of you are interested in seeing what our courses are like, playing in sheep paddocks, large rolling hills, massive downhill drives, huge mother trees, sheep/cow shit everywhere, then click here and check out the photos

.....<http://ngatai.orcon.net.nz/ltd/photos.html>

I've really enjoyed it here in NZ, but as beautiful as it is, I'm getting the itch to get back home to Calgary, so I may be there by mid February, or in September. My place in Kensington is up for rent as of December 01st, so if you know of anyone that's looking to live near Sunnyside/Downtown for a while, and they're flexible with the situation of me not sure of when I'm returning to Canada, I'd really appreciate if you'd let me know.

Either way, reply back if you feel like it and let me know how things are going.

Cheers, Mark Dakiv

e-mail: mark.dakiv@telecom.co.nz

"Strive for a divine discontent with the status quo."

THE **2001 CALENDAR** ENCLOSED WITH THIS HUCK IS ALSO AVAILABLE ONLINE AT adsa.ab.ca. IF YOU WOULD LIKE A **COLOR COPY CONTACT huck@adsa.ab.ca** AND IT CAN BE PRINTED FOR \$20.00 - **GREAT GIFT!**



WINNERS FROM THE LAST ISSUE OF HUCKS MATCH UP:

Tara Tobler and
Tanya M. Ashton

Congratulations ladies and thanks for submitting! Go for it again this issue.



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TIPS WITH THE DISC

Where are the receivers?

If you have particularly good game sense or peripheral vision, you may be able to tell where the potential receivers are. One way you may be able to tell is by watching the thrower's eyes - it is difficult to fake effectively with your eyes. However, the receivers will either be on the open side, in which case the rest of the defence should be covering them, or cutting against the force and you should already be trying to cover the closed side as much as possible. Another way is from communication from defenders and the sideline.

WELL HUCK READERS, THIS IS IT FOR DI, THE END* OF 3 YEARS OF VOLUNTEERING FOR ADSA AND CUL.

It's been great, frustrating, time consuming, energizing, memorable and hopefully appreciated and a pleasure for all readers.

I do want to clarify a few realities with regard to the articles and photos in HUCK: articles are written by disc lovers, not professional writers and are unedited - what they submit is what you get, typos and all; photos are taken by disc lovers, not professional photographers and are scanned on various scanners resulting in a variety of creative looks to the photos. Each photo tells a story, to at least one person (probably not everyone viewing it) and this is enough for me to say keep the variety of photos coming.

With this said, and my goodbyes very very close (don't worry I'm not crying) I'd like to add that I hope the presence of HUCK has helped and will continue to help the lovers of disc sports see the wealth in a strong community.

Whoever takes over this role, be adventurous, generous and have fun - don't let the petty issues bring you down!

As they say in Japan - GAMBATE!

discin' di
retired huckster

*It's like a disease this volunteering thing, can't just end like that. "Get me off this thing called love."

BIG HUCK CONTEST...

THERE ARE 15 PHOTOS LABELLED THROUGHOUT HUCK, FROM 1 - 15. IF YOU CAN NAME WHERE THESE PHOTOS WERE TAKEN YOU COULD BE THE LUCKY WINNER OF A DISC OF YOUR CHOICE - ULTIMATE OR GOLF.

Just email huck@adsa.ab.ca or phone in your answers to 234 0144.

May the disc be with you!

(If you don't know all 15, give it your best shot (WHERE can be event name or location, eg. at Ho-Down or at Glenmore Sports Park). Whoever has the most correct answers wins.

Deadline for submissions January 16th at the AGM)

