



Bad Habit Ultimate

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Why do we play Ultimate?

Ultimate is one of the most rapidly-growing sports in the U.S. today, but it still has not gained the respect of the other sports it is quickly outpacing. In 2001 the UPA, or Ultimate Players Association, had only 342 youth members. This number has reached almost 6,000 in 2007 and has not shown signs of slowing down. With the UPA's current efforts, Ultimate is spreading like wildfire across High School and College campuses across this country.

College Ultimate is an opportunity for students to be involved in an athletic endeavor regardless of their background. We have former soccer, baseball, basketball, football, and track athletes playing for our club here at Catholic University as well as individuals who have never had the opportunity to compete in organized sports. There are many reasons to join your college Ultimate club, but here are a few of my personal favorites:

Competition: The UPA College Championship Series is a series of tournaments leading up to College Nationals. There are two divisions: College Open and College Women. The Series takes place in the spring of each year. The College division is comprised of teams in 8 geographic regions which are then divided into sections. The top teams at Sectionals qualify for their Regionals Championship. 16 teams may play at Regionals for the chance to play at Nationals. The UPA College Championships is a 3-day tournament usually held towards the end of May every year.

Spirit: From the Rules of Ultimate. *"Ultimate relies upon a spirit of sportsmanship that places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules, or the basic joy of play. Protection of these vital elements serves to eliminate unsportsmanlike conduct from the Ultimate field. Such actions as taunting opposing players, dangerous*

aggression, belligerent intimidation, intentional infractions, or other 'win-at-all-costs' behavior are contrary to the Spirit of the Game and must be avoided by all players."



Jared Aumen looks to throw a backhand against Carlton University of Ottawa, Canada at the University of Delaware's SHOWdown tournament in November.

More on Ultimate

Taken from www.upa.org

Combining the non-stop movement and athletic endurance of soccer with the aerial passing skills of football, a game of Ultimate is played by two seven-player squads with a plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. A player must stop running while in possession of the disc, but may pivot and pass to any of the other receivers on the field. Ultimate is a transi-

tion game in which players move quickly from offense to defense on turnovers that occur with a dropped pass, an interception, a pass out of bounds, or when a player is caught holding the disc for more than ten seconds. Ultimate is governed by Spirit of the Game™, a tradition of sportsmanship that places the responsibility for fair play on the players rather than referees. Ultimate is played in more than 42 countries by hundreds of thousands of men and women, girls and boys.

"What is Ultimate?" as defined by the UPA Board of Directors?

The UPA umbrella is broad but does not cover every disc-related sport. The UPA Board of Directors believes that one key factor that defines Ultimate is that the players need to be the ones in control, even if it's a professional league, even if there are referees, even if it's played on sand with 4 players to a team.

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Rules of the Month:

Traveling: The thrower must establish a pivot at the appropriate spot on the field and keep all or part of the pivot in contact with that spot until the throw is released. Failure to do so is a travel and results in a stoppage of play and a check.

Picks: A pick occurs whenever an offensive player moves in a manner that causes a defensive player guarding an offensive player to be obstructed by another player. Obstruction may result from contact with, or the need to avoid, the obstructing player.

What's going on?

- First Monthly Newsletter
- Tournament Schedule
- Player Bios
- CUA v. GMU

President: Samantha McClellan
 Vice-President: Adam Ranjo
 Treasurer: John Golden
 Captain: Alan Janzen
 Captain: James McMahon

Upcoming Tournaments

February 23-24—St. Mary's Ultimate Tournament @ St. Mary's University in Maryland

March 8-9—Huck of the Irish @ Salisbury, MD

March 15, 16—Novafest @ Villanova University

March 29, 30—Roll Call or Steakfest @ either Poolesville, MD or Shippensburg, PA

April 12, 13—Capitol Sectionals @ Salisbury, MD

April 26, 27—Metro East Regionals @ Princeton, NJ*

May 24, 25—D-III Nationals @ Versailles, OH*

*attendance subject to results of prior tournaments

Definitions:

Huck—a deep throw or pass, similar to a 'fade' in football.

Flick—a forehand throw

Pull—Similar to the kickoff in football.

Swing—a long pass that covers the field horizontally.

#14 Samantha McClellan, Senior

Years Played: 3.5

Nickname: "Sam"... the token female

Teams played on: CUltimate/Bad Habit, Schaefer, Red Delicious ;)

Greatest Ultimate Moment: Beating Maryland A's team, fall of 2005. I was the only girl on the field, and I definitely scored on them at least twice that game. When I heard someone on the side yell at my defender, "If that girl scores on you again, just bend over and grab your ankles" that was probably my favorite moment.

Other Hobbies: Cross Country/Track (aka Running!), swimming, horseback riding, traveling, dancing, watching football, causing trouble and getting away with it.

Favorite Aspect of the Game: Going Deep...

My Ultimate Hero(es): Matt Broaddus and Dave Alexander

Something for the rookies: Settle down, make smart throws, and don't force it

Favorite Quote: "It's not a question of who's going to let me, it's a question of who is going to stop me."

Anything else? Began as a freshman, got dragged out there by a guy who no longer plays, and I was addicted. I went out there in the first place mostly because I decided I better learn how to play properly so that at family reunions I would be a top pick for when the whole family played.



#4 Adam Ranjo, Junior



Year's played: 2

Nickname: Ranjo

Greatest Moment in Ultimate: The Shippensburg Fall Classic, it was my best and our best overall tournament.

What do you do best? Zone wing and cup

Playing Style: Do what I can to help the team in any situation possible.

Anything for the rookies? The only way to keep yourself motivated through the bad weather and to keep showing up is to have fun.

Favorite Quote: "If you want to be respected by others the great thing is to respect yourself. Only by that, only by self-respect will you compel others to respect you." - Fvodor Dostoyevsky

John Templon, Alumni

Years Played - 9

Nickname - No, not really, at least none that ever stuck.

Moment - Two really stand out for me: qualifying for Regionals last spring with Alpha Squad 7 and the victory over UMD-B in the finals of their B-Team tournament. There was no one left except us and them and we played out the final game and played a tough game 17-15 or something like that, it was an absolutely great game that helped show us all that we were making strides as a team. (Another came to mind while writing the rest, on my last point ever at CUA against George Mason in Sectionals I threw up a prayer of a huck to Karpou. He came down with it to end the game and we finished .500 on the weekend with a number of close losses. To have it end that way was sweet.)

Best Part - Most people would say my throws, I would say my decision making. I think I put the disc in the right place to make another play each time while on offense. A lot of people can throw passes that go where they want, it's better to know what's happening later in the possession and make the right pass.

Playing Style - Slow and patient would probably be the best way to describe my style. I guess that comes from my sort of lack of athleticism. I know that I can't run faster or jump higher than a lot of people on a frisbee field, especially in men's games, so I try to do most of my work underneath and make smart decisions. Less turns means less defense I have to play. I appreciate the big huck just as much as the next guy, and I love throwing it, but there's usually a better option that helps the team do something better.

Tell Rookies Anything - Ultimate gives you back exactly what you put into it. If you throw with your friend while the lights are on at 10 p.m. on the Law School Lawn, or practice playing defense hard in practice instead of taking points off, you'll get better. I was terrible at defense for years, but looking back, I think it's more because I didn't try than I was bad at it. Dedicate yourself to doing something better, just one part of the game and you'll be amazed at how quickly you improve in that area.

Other - After being a captain for three years at CUA, playing important roles on a summer league team, and being a "bit player" as I'd put it for a team that just qualified for Regionals I think that the most fun I've ever had playing ultimate is when I could just play. I find that if I think about the game or think about the pressure I do terribly. When I just enjoy the game, play with good spirit and sometimes make my opinion heard I seem to do the best. Some of the most fun I've ever had playing ultimate is on the beach at Wildwood. I think that shows me a number of things, Ultimate, like any team sport, is about camaraderie. Not every player on the team should be your best friend, but you should get along with everyone and be able to work with them. I've made many friends through ultimate, I even met Rachel through ultimate. There's nothing better than being out there on the line with six of your friends, except for maybe the dinner afterwards.



John Templon, Michael Gatmaitan, and Rachel Dudek

#6 Kyle Gullings, Graduate

Years Played: 3rd year, but previously played 3 years of "really bad" indoor in Minnesota

Nickname: Grad Student Kyle, Little Monster

Can you describe your greatest moment in Ultimate? "Kyle! I'm coming!" (The Metz) Um...just kidding. No one event, but this oft-repeated scenario: being underestimated on speed, jumping ability, and tenacity, then running deep, the jump-and-toe-in endzone catch, and finally, telling the defender "good try" as I help him up.

What part of Ultimate do you do best? I try. I can't help but give games my all. On defense I read people and discs fairly well and have great "closing speed" - whatever that means. I think they just made that up. On offense I am primarily a deep with good field awareness, decent speed, and basic handling skills when needed. Also, I'm 5'6" but I jump like I'm 5'8". So watch out.

How would you describe your playing style? Sneaky.

If you could tell the rookies one thing, what would it be? Whatever your particular skills and weaknesses are, you've got a place on this team. But, you have to practice consistently for at least a year to find out what that place is within the group.

Favorite quote: "We are what we repeatedly do. Excellence, therefore, is not an act but a habit." (Aristotle)
Or, in other words, if you want to be good at something, quit whining and just go do it.

Anything else? Oh, I'll be here another 2 or 3 years!



*Have you heard of the Pope Mobile?
Yes I've heard of the Pope Mobile!
Big and strong and made of steel!
Big and strong and made of steel!
1,2,3, the Pope says "WIN"!*

Catholic Bad Habit vs. George Mason Massacre

By Dave Alexander

Nuns enter the ring.



There are those in the world who doubt the fighting prowess of nuns, but George Mason Massacre will not make that mistake again. To underestimate the powers of a nun in boxing gloves on a consistent basis can henceforth only be considered a bad habit.

Bad Habit blew into George Mason on a blustery wind Sunday. On a turf field, surrounded by the mighty leafless trees of VA, two teams in the early stages of the college season faced off. Desperately seeking to shake off the last of the Christmas cookies these small squad sectional rivals quietly began the 2008 season. The first point was a tribute to practice time gone by, a soliloquy on cold winter days unspent on skills or drills. After many minutes, Bad Habit finally located the end zone. The wind didn't settle down, but play seemed to. The order of the following is questionable, but the mark they left on GMU turf is indelible.

And there was much rejoicing!

Captain Jim stepped out of the '70s with his 'fro tied up in an orange bandana and faced off against his GMU 'fro bro. It was an epic hair battle, but Jim, with handles like hair, would

weave his way onward. When he became too much for his hair twin, he moved on to his next victim. The poor hapless gent never saw the giant paw coming as Jim blocked him on consecutive throws.

Habit took early control of the game, although Massacre's zone did seem to cause a few hiccups at first. With great energy and just a wee bit of fanfare, Sonic, known to his mom as Ryan, ignited a series of discussions surrounding the maxim that "chicks dig scars," with a sweet sliding grab. His early play was thrilling and filled with energy. After several memorable hustle plays, one that would have been still stands out. With a bead on an errant disc, Sonic slid in headfirst for the save, only to be upstaged by the lanky limbs of a flying Janzen who, headed in the opposite direction, snatched the disc and rolled in midair narrowly avoiding a collision. Sonic popped up and soldiered on.

Leading by a score of 7 to 4, Habit struggled to take half. The temperature was dropping, but not much was chillier than Peter Rabbit's handling. Playing well and conservatively, he put a semester's worth of dump practice to work in an impressive showing. He was just saving his kick block for later.

Habit took the half 8 to 4 and discussed the importance of timing their cuts. There would be improvement in the second half, but for those taking notes at home, there is still work to be done. One great place for anybody's cut is when the disc goes up to John on the dump.

His swing is becoming automatic... hydromatic... other words that end in 'matic. Cutters better be there, because this stuff is Golden.

The day grew colder and the Massacre started clawing back into the game. Sometimes the only way to come out on top is with good solid D. Frodo, who is unequivocally a person, led the Habit zone with relentless marking 'D' in the zone. The traditional offensive weapon who goes by Stills, turned his attention to defense and silenced those who dared near him. Ranjo experienced the highs and lows that come from chasing the offense deep. An early score over his head lit the fire inside of him, not unlike the fire that burns at manufactured quaintness. With a man behind him again, Ranjo tracked down a big huck, reached out his fingers and tipped the disc away, striking a blow to a tiring GMU.

The game had become surprisingly close. Habit led by 1, 12-11 and seemed in danger of squandering the early lead. A throw went up the line, and Lemon toed the line, avoiding out of bounds like it was a soccer goal out for revenge, and made a decisive and impressive grab.

Maybe earlier, maybe later, after Lemon had watched disc after disc float away on the February breeze, he finally found one to his liking, read it, and exploded upward and snatched it from the sky. Habit rejoiced.

The parties involved were tiring, discs dropped like the temperature, but Bad Habit, nuns fighting like the pious boxers they were meant to be, clawed to victory 15-11. It wasn't always pretty. It wasn't ever certain, but it's a nice round one.

Let's go, Habit!

Get into the Habit!