

Students gear up to play the ultimate game

BY JOHN CUDMORE
Staff Writer

It's the ultimate. Actually, the term is ultimate. And it is perhaps the hottest sport in York Region Athletic Association schools these days. Though the sport's punts may cringe inside, ultimately there is no way around mentioning frisbee when describing the sport to the uninitiated.



The object of the fast-flowing, non-stop game is to move the disk down the football-sized field through a series of aerial passes culminating in the opponent's end zone for one-point goals. Passes must be made from a stationary position as running with the disk is not permitted after reception. Contact is not allowed. A dropped or intercepted pass is a loss of possession. Combining aspects of soccer, rugby, basketball and the set plays of football with bits and pieces of other sports, ultimate is truly a

smorgasbord of activities. "It has the flow of soccer but takes the spirit of the game to the next step. It's slowly making its way into the mainstream," said Pete Bowman, a Vaughan Secondary School teacher instrumental in introducing the sport to York Region schools four years ago. "We get kids who have never played sports before falling in love with it and we also get kids from mainstream sports falling in love with it. It's just difficult enough that it's hard to play." Sixteen co-ed teams will vie for the YRAA

title on Thursday at Milliken Mills Park. The game has no referee and disputes are settled by the players and captains. Though the absence of referees makes ultimate the only high school sport to operate without the presence of on-field officials, Bowman is confident the sport will be adopted into the OFSAA family in the near future. Thursday's regional championship, leads to the OFSAA Ultimate Festival, an unofficial high school championship tournament scheduled for May 24 in Bowmanville.

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Gymnast tops in province

SPORTS DIGEST

Samantha Katz, 10, captured the all-around segment in the novice one category at the recent 2000 Ontario Youth Gymnastics Championships in Oakville. In winning the overall title, the Academy of Sport and Fitness gymnast was first on vault and beam, fifth on bars and eighth on floor. Among other Academy performers, Jennifer Horowitz, 12, was second overall in the junior two class after finishing second on bars, third on beam, fourth on vault and sixth on floor. Chelsea Jackson, 9, was sixth overall in the pre-novice two class with a sixth on vault, seventh on bars, eighth on floor and 10th on beam.

Pioneers lose opener

The Markham Pioneers lost its Eastern Ontario Baseball Association senior opening day contest to the visiting Ajax Spartans 11-5 on Saturday. With the score tied at 4-4 through six innings, the Spartans erupted for four runs in the seventh to break the game open. Shelby Nelson collected three hits for the Pioneers, who resume its 24-game schedule tonight in Whitby. Jesse Dynes had two hits and two rbis and Jeff Fox, two hits and one rbi for the Pioneers. Steve Waggott took the loss in relief.

Are golfers ever satisfied?

When I teach someone for the first time, I always ask what their goals are for this season, and for the years to come. The beginner students usually reply "I just want to learn to hit the ball." The interesting part is, that as soon as a student makes contact they reply by saying "it wasn't far enough" or "it wasn't straight enough". This is called the Theory of Expectation. It was first developed by a famous psychologist known as Maslow (more notably remembered for his theory on the Hierarchy of Needs). Simply, it means that once we experience a certain level of satisfaction, we come to expect it every time, and immediately want to experience a higher level of satisfaction without every enjoying the last. This year, set your goals, and when you reach them, learn to enjoy them. When you take the time to enjoy your



Perry Curiston

success you will improve faster and will have more fun doing it. Address any comments to: Impact Golf Schools, c/o Perry Curiston, 19 Mill St., Stouffville, Ont. L4A 1C6. Or e-mail any comments to: impactgolfer@perc@3web.net. Perry Curiston is Director of Impact Golf Schools and was the 1996 and 1998 Ontario PGA Teacher of the Year.

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Registration

Markham Unionville Minor Hockey Association

WATERS HOCKEY CLUB

Annual General Meeting

May 29th, 2000
7:00 p.m.
Centennial Arena

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