

Jason Seidler



Jonathan Gewirtz

Jewish-American Ultimate Frisbee All-Stars Going to Israel to Play and Teach Oct. 5-9, 2005

An all Jewish Ultimate Frisbee team, made up of some of the most successful Ultimate players in the history of the game, come together annually at the April Fools West tournament held in Santa Cruz, CA. The team has posted the most victories in the history of the tournament. The team known as the Matza Balls has been invited by FLOW, Israel's national flying disc association, to come to Israel in early October 2005. There, they will star in Israel's first ever international Beach Ultimate tournament (BulaFLOW), to be held in beautiful Herzelia. They will also hold a one-day clinic for hundreds of Israeli and European Ultimate Frisbee players who are eager to play at a higher level. In the 1990's, a few Matza Balls were among an elite American team invited by Japan to teach and advance the sport. Seven years later, Japan contended for the World Championships.

"The Americans allowed us to see and experience a different game than we were playing, from the inside out. Then we took what we learned and made it our own. We are very proud of our success."
Masa Honda - Former Captain, Japanese National Ultimate Team and President, Japan Ultimate Assoc.

Our Mission

To advance and strengthen the emerging sport of Ultimate and Beach Ultimate Frisbee in Israel, Europe and beyond.



FLOW WITH US CLINICS

All clinics will be fun, fast moving, and full of different challenging activities with a special focus towards Ultimate on the Beach. Teachers will promote an approach to playing ultimate that combines exemplary spirit of the game, winning strategies, superior fundamentals, and practical problem-solving. With literally hundreds of years of experience playing at the highest levels, your instructors will be able to answer many difficult questions, and advise on how to improve individual as well as team performance.

All clinic participants will receive a specially prepared playbook, containing drills and plays borrowed from the best teams in the worlds with a unique section about Beach Ultimate.

Two unique levels will be offered, Advanced and Intermediate, both will be designed with special emphasis on Beach Ultimate. Participants should choose their level based on the descriptions below.

ADVANCED LEVEL - For players who have played for several or more years, and who have competed in games with other teams. Participants should be able to throw a solid forehand and backhand, inside outs and benders (outside in) both ways, hammers (upside down). They should have some experience playing zone and man to man defense and offense. In this clinic, we will focus on three areas: Field Strategy, Skills Fundamentals, and Game Management.

1. Field Strategy. We will discuss and practice the four core field strategies: man to man offense, man to man defense, zone offense, and zone defense. We will show and practice variations that help adjust to weather, opponent play, and game rhythm. Players will receive tips on how to make their best contribution to the team.

2. Skills Fundamentals. Here we will focus on defensive footwork, marking, skying/jumping, pivoting/faking, throwing, and cutting. Drills used by top American teams will be run, and great attention will be paid to individual execution.

3. Game Management. We will discuss the best way to use timeouts, call lines/subs, and decide defensive/offensive sets. We will incorporate these tips into our scrimmages to make the learning applicable. We will share our insights and secrets for how to win games that seem impossible to win.

INTERMEDIATE LEVEL - For players who have played some Ultimate, and who have some throwing and catching aptitude. This is ideal for a person who has had a positive taste of ultimate, and wants to learn more and improve. In this clinic, we will focus on two areas: Field Strategy and Skills Fundamentals.

1. Skills Fundamentals. Throwing and cutting will be a major focus here. Through drills and hands-on instruction, each participant will learn many new throws they can put to use in scrimmages. We will also cover defensive footwork, marking, skying/jumping, pivoting/faking, non-verbal communication, and diving. Getting open and playing tight defense will be central.

2. Field Strategy. Through scrimmages and mini games, we will discuss and practice the four basic strategies: man to man offense, man to man defense, zone offense, and zone defense. We will help individuals discover the positions and roles they enjoy the most, and practice applying the throws and cuts learned in the fundamentals section.

Matza Balls website

<http://www.maztaballsultimate.com>

BulaFLOW website

http://www.frisbee.co.il/events/bulafLOW/BulaFLOW_main.asp

Beach Ultimate Lovers Association website

<http://www.beachultimate.org>



OUR UNIQUE STORY

We are the Matza Balls. We are nice Jewish guys who throw and catch Frisbees together once a year in Santa Cruz, California at the annual April Fools West Ultimate tournament. Sounds like a bunch of nebeshes, right? The kind of guys whose mothers bring chicken soup to sip between games? Who sing Hebrew songs and dance the horah to warm up? Who scream 'oy vey' when their teammates make a mistake or makes a great catch? Absolutely!



On the other hand, we have been and currently are made up of some of the best Ultimate players in the world, have won 6 out of 11 tournaments entered, and have beaten some of the best organized club teams in the U.S. How's that for nachas? How does a bunch of yiddishe mamas boys come together and work this magic, and why? A little history would be in order.

Many of us have been playing Ultimate for over 20 years. During that time, we recognized that numerous opponents at local and national tournaments had names like Weiss, Gewirtz, Levine, etc., and lo and behold, those yids were no shlepps! They were some of the best players on the field. And loud? You shouldn't know from that kind of volume.

In 1987, Steve Courlang made phone calls around the country and gathered tribe members from 6 or 7 teams to play together at the April Fools West Tournament, then at Stanford. The team called themselves *The Red Sea Pedestrians* and noshed on gefilte fish, washed it down with Manishevitz, and sprinted around the field like they were in Syria running for the border. Unfortunately, they lost in the quarterfinals, but bonded and were determined to do it again.

8 years later, David Barkan, who had been living in Israel in 1987, resurrected the Hebrew disc slingers. This time, he named them the Matza Balls, and that name, so to speak, has stuck. In 1995, the first year, the Matza Balls had players from New York, Boston, Chicago, Seattle, L.A. and San Francisco. They faced some tough teams up until the finals, beating them all one by one. They then faced Seattle, a modern day Goliath, in the final game. Seattle would go on in six months to be #2 in the U.S., but the remaining Maccabee wannabees pulled off a stunning upset, and the legend began.

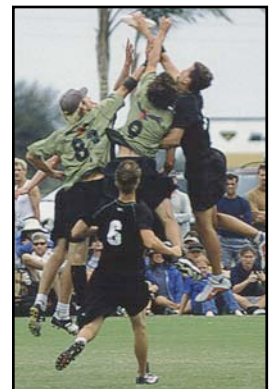
Many of the faces of today's Matza Balls have changed from years ago, but the spirit and connection to our roots makes our annual tradition a simcha of the highest order. Come see us play. Join our sideline mayhem. There are even single ones for those nice Jewish girls who like their men in cleats-L'chaim!!!

QUOTES FROM THE JERUSALEM POST (See full article on last page)

"The latest sport to hit Israel in a big way, Ultimate is an energetic non-contact sport played by thousands the world over. While the game has existed in Israel for well over two decades, it has graduated from a robust and entertaining beach game to highly competitive sport in the last two years."

"In Israel, the sport is steel relatively small - but then again, who had a cellphone in Israel 10 years ago?"

Jerusalem Post, Friday May 6, 2005, By: David Kaplan



HISTORY OF ULTIMATE IN ISRAEL:

There has been informal disc in Israel since the mid 1970s, with Ultimate introduced perhaps as early as 1976. There were several enthusiastic players, including Shimon Landman - who had played a few games at the Mercer County, NJ summer league in 1986 and 1988, yet there was little organized Ultimate until the early 2000s. In April 2004 a team from Israel called "Holy Landers" played for the first time outside of Israel, in the Beach Ultimate Paganello tournament. There are over 300 Ultimate players in Israel today, growing rapidly.

BIOGRAPHIES

David Barkan - Has been playing Ultimate since the late 70's. He developed a love of the game that drove him to build and lead many great teams, including the San Jose Jam, the Boston Hostages, East Bay Firestorm, Double Happiness, and of course, the Matza Balls. He is recognized in the Ultimate community for his fiery play, passionate leadership, and focus on friendships across team boundaries. He was chosen twice to represent United States Ultimate in Japan, in 1992-93, teaching and coaching hundreds of Japan's Ultimate players.

In his last season with Double Happiness, he won the 1995 World Championship in Street, England after beating both east coast powerhouses New York and DoG from Boston. Weeks after achieving that milestone, David met his wife-to-be, Nancy. He retired from full-time play, but forged ahead with the Matza Balls as an annual gathering, leading the Yids with lids to six out of eleven joyous April Fools West tournaments.

Bringing the Matza Balls to Israel is of great significance to David, who lived in the Holy Land as a teen and young adult.



Jon "Johnny G" Gewirtz - In 1987 Jonathan helped form the New York super-team called New York Ultimate. They won 6 National championships and 5 World Championships between 1987-1994 with Jonny playing a key role in each. After winning his final tournament with New York and coaching the USA Juniors at the World Club Championships in 1994, Jonny moved to Seattle and joined Sockeye, bringing New York's vaunted playbook and helping lead Seattle to 3 consecutive Nationals finals appearances. All were losses to the DoG juggernaut, but Seattle squeezed out one World Club Championship victory in that time. Parting ways with Sockeye, Jonny picked up with Furious George of Vancouver, participating in 3 more finals matches, winning again in 2002. Medal tally: 6 World and 7 National Championships.

Jonny's brother Danny Gewirtz lives in Maaleh Adumim with his wife Maya and three children one of whom begins army training this summer. Danny Gewirtz is the commissioner of the "American Football in Israel" Flag Football league. The league is based in Jerusalem <http://www.israelfootball.net>. Jonny is excited to teach his brand of Ultimate, with copious helpings of spirit, to the land of Milk and Honey.



Jason Seidler - Has been playing Ultimate since he was a child at UAHC Camp Swig. Led UC Santa Barbara Black Tide to two College National Championships, and then went on to win two UPA National Championships as well as earning a 5th place, Bronze, Silver, and Gold in his 4 World Championship appearances with the Santa Barbara Condors. He is a superstar with a huge heart. He is also a high school Ultimate coach in the San Francisco Bay Area and actively involved in the future of this incredible sport.

Playing with the Matza Balls in Israel is a great honor for Jason, who travelled to the Holy Land as a teen and was able to play with a few Israelis that had played the game 15 years ago. He remembers how excited they were to find someone who played the sport they also loved. They wished that more people in Israel knew of and played Ultimate. Jason knows this is the chance to help make that come true.



Seth Blacher - He lives in San Francisco, CA and has been playing Ultimate since his first year as a student at the UC Santa Cruz in 1987. In 1991, he captained UC Santa Cruz to its only men's national championship.

Seth played at the club level for 11 years as a captain of San Francisco's Double Happiness and Jam squads, competing at the national and world championship level each year. In 1995, Seth achieved international star status as he led Double Happiness to its world championship title in Street, England. As a high school teacher and Ultimate coach in the 90's, Seth was selected to represent American Ultimate in the 1995 US/Japan Ultimate Friendship Tour.

Seth has been a devoted member of the US Jewish Squad since 1995, bringing pride and confidence to the members of the Jewish Ultimate community.



Marc Weinberger - Has been playing Ultimate for almost 20 years. As a high-school student 1986, Marc helped start a summer league in his home town. As a college player in 1990, Marc helped found and captain the University of Iowa team before joining powerhouse Stanford in 1991.



Marc then went on to help form and lead several successful Bay Area club teams, including the San Francisco Jam in 1998. He has played in 5 UPA National Championships, including 2 semi-finals appearances and a 2nd-place finish in 2001. On the international level, Marc has played in the last 3 WFDF World Club Championships.

Michael Glass - Lives in Chicago area and first played Ultimate in the summer of 1978! Played club level Ultimate for over 25 years, mostly in the Chicago area and has won 4 National and three World championships. Together with Japanese legend Masa Honda put together the Japan friendship tours which brought Japanese Ultimate to a competitive level in a few short years.



Over the past 5-10 years he has been actively coaching youth sports, including juniors Ultimate and Ice Hockey . Michael also is actively involved with the growing sport of Disc Golf, playing tournaments on the P.D.G.A tour and designing and installing disc golf courses. He has wanted to travel to Israel since he was 10.

Dennis Karlinsky - Started playing Ultimate during his freshman year at the UC Santa Cruz on the College National Championship team captained by Seth Blacher. Dennis went on to captain the UC Santa Cruz team to a 2nd and 3rd place finish nationally during his playing career, before graduating with a Bachelor's degree in Economics. Transitioning to club Ultimate, he has participated in the past 9 national championships including winning in 2004 with Seattle Sockeye.



On the coaching and events side, Dennis has organized a multitude of tournaments including the first one to feature fully ref'd games (including pool play) and the first women's game with referees. Also, Dennis coached the UC Santa Cruz men's team for 2 years, including a birth in the 1998 college national championships.

Craig "Craiger" Drizin - Began playing competitive Ultimate in Santa Cruz in 1979. In 1980 he helped found Ultimate KAOS, the club Ultimate team from UC Santa Cruz. In 1984, he helped students at UCSC form the Slug Ultimate college team and played Ultimate with the East Bay Ultimate team. After completing his masters degree at Berkeley he moved to Los Angeles and Played Ultimate with Iguana (1989 UPA National Semi-Finalist, 1990 Finalist).



He returned to the San Francisco Bay Area in 1991 to mentor younger Ultimate players. In 1994 he returned to Santa Cruz and was a captain of the powerful US Masters Ultimate team which defeated UPA Open Division national powers Seattle, Colorado, and Double Happiness (National Finalist) en-route to the UPA Masters National Championship.

He has played with the Matza Balls since their inception in 1995. He relishes the camaraderie and the gift of playing high level Ultimate annually with his Jewish brethren.

Chris Hayden - Currently resides in Prague, Czech Republic. He began playing competitively in 1991, and went to US Nationals with three different teams. Playing alongside five fellow Matza Balls, he was a finalist in 2001.



Chris holds a Masters degree in Teaching English as a Second Language, and most recently taught at Karoli Gaspar University, in Budapest, Hungary, on a Fulbright Fellowship. He currently resides in Prague, Czech Republic, where he has taken on the captainship of Four Fingers, an up and coming team of Czechs, Slovaks, and American expatriots. They finished 9th this summer in the European Championships, the best ever finish for any team from East Central Europe.

Mike Payne - Has been playing Ultimate in the San Francisco Bay Area since 1993. He started his career by playing for 5 years with perennial championship contender Stanford University, leading them to top-4 finishes in 4 out of 5 years, and finishing 3rd in voting for the National Collegiate Player of the Year in 1998. Mike coached the Stanford team from 2001-03, winning its first National Championship in 20 years in 2002.



Mike started playing club Ultimate in 1995, and since its inception in 1998 has been a player and Captain of San Francisco's top club team, Jam. The team has finished in the top 4 in North America 4 times in the past 7 years, and has attended 3 World Championship tournaments during that time. Mike is also involved with the administration of Ultimate in North America, as a member of the Board of Directors of the Ultimate Player's Association (UPA), the governing body for Ultimate in the USA.

Jeff Landesman - From Altadena, CA, started playing Ultimate in the Spring of 1978 at Horace Mann High School in New York City. As a freshman at Pitzer College Jeff started the Ultimate Braineaters, a team which still thrives 26 years later.



Jeff has enjoyed competing at every level of the game. He has played in a dozen National Championships and hundreds of tournaments throughout the United States. Jeff has been teaching Ultimate at the California Institute of Technology since 1996. Of all his tournament wins and Ultimate achievements none have come close to being as meaningful and memorable as the 6 final victories with The Matza Balls Ultimate Team.

Jacob Sider - Learned to play Ultimate at The Bronx High School of Science in 1986 which later won the high school National Championships in 1988 and represented the U.S. in the junior division at the World Championships in Leuven, Belgium. In 1988 and 1990 the Bronx Science team won the Bronze medal at the World Championships.



Jacob was a rookie on the 1991 UC Santa Cruz team that won the U.S. college National Championship in Madison, Wisconsin captained by Seth Blacher, a fellow member of The Matza Balls. In college he finished 4th and 2nd at the 1993 and 1995 Nationals.

Jacob has played on four teams that have competed at the U.S. National Championship: Port City Slickers, Saucy Jack, Condors, and Bonzi. He also coached the UC Santa Cruz college team from 1999-2000.

Jacob has played with Matza Balls since 1998. He is very excited about this Ultimate opportunity in Israel.

Danny Karlinsky - The youngest Matza Ball, but at nineteen years old, he has been called the "future of Jewish Ultimate." He hones his ample skills and amazing agility playing at the University of California Santa Cruz and will be leading his team this coming year. Arguably the Karlinsky with the quickest wheels...



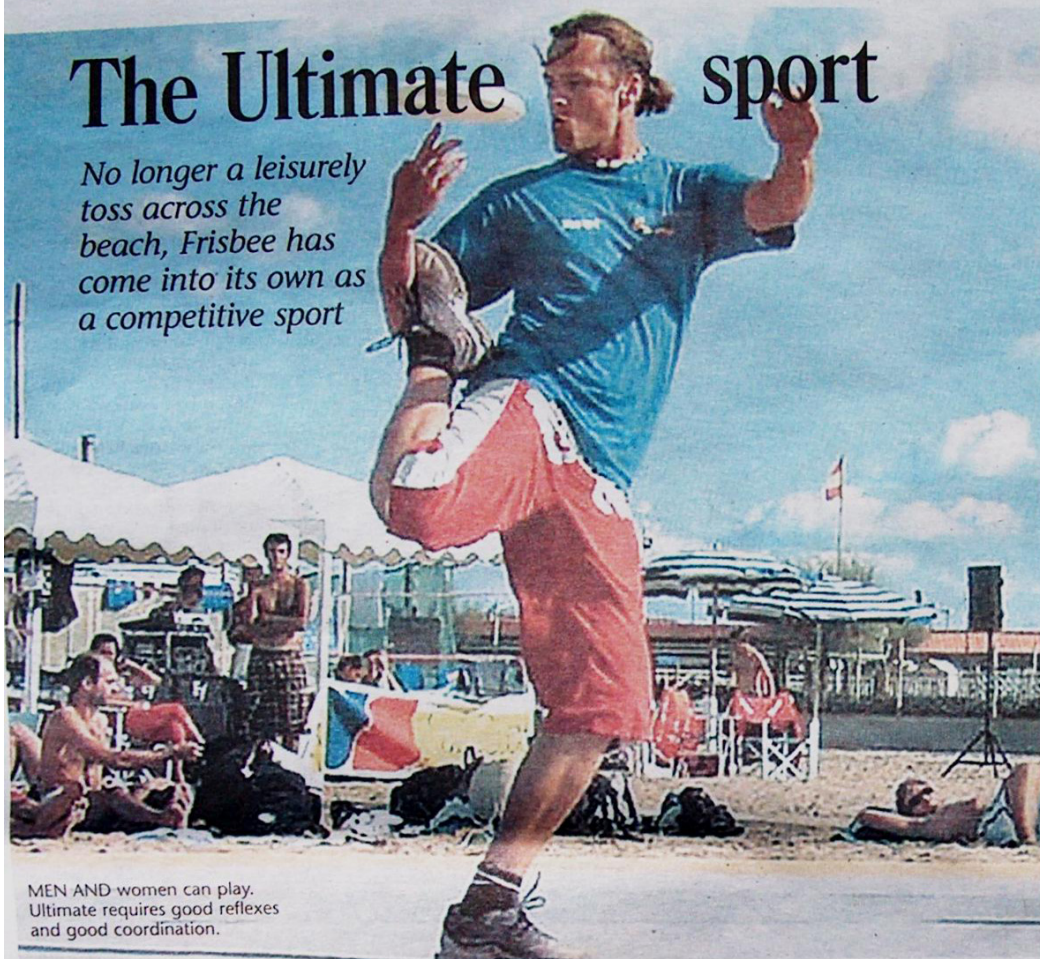
Matza Balls website
<http://www.maztaballsultimate.com>

BulaFLOW website
http://www.frisbee.co.il/events/bulaflow/BulaFLOW_main.asp

Beach Ultimate Lovers Association website
<http://www.beachultimate.org>

The Ultimate sport

No longer a leisurely toss across the beach, Frisbee has come into its own as a competitive sport



MEN AND women can play. Ultimate requires good reflexes and good coordination.

•BY DAVID KAPLAN

The latest sport to hit Israel in a big way, Ultimate is an energetic non-contact team sport played by thousands the world over. While the game has existed in Israel for well over two decades, it

has graduated from a robust and entertaining beach activity to a highly competitive sport in the last few years.

The action involves the throwing of a plastic disc, familiar to most people as a Frisbee.

"Ultimate is really taking off," says Micki Hefetz, a thirtysomething who has been playing since the age of 13.

"It's capturing the imagination of all ages, as well as both sexes. While a complex game to master, it's a simple game to get into. Unlike most other sports, no infrastructure is needed – only a disc and space," continues Hefetz.

Hefetz plays for the Holylanders, a Tel Aviv-based team that competed in the finals against their Jerusalem rivals, the Lion of Zion, in the first Israeli National Championships, held on May 28 at the Sportek in Tel Aviv.

"There was a lot of passion, commit-

ment, and energy out there, but at the end of the day we called it a draw."

Dori Yaniv is the executive director of the Israel Flying Disc Association (FLOW), the umbrella organization that oversees some nine very different styles of disc games, of which Ultimate is the most popular. The other two popular games in Israel are Freestyle and DiscGolf.

"Ultimate is a unique sport in that it is refereed by the players themselves. This is all according to a code of conduct known as 'the spirit of the game,'" he explains.

The code places the responsibility for fair play on the participants themselves. The most serious violation is contact. There is a variety of minor infractions, but contact between players is the big one. Skeptics might find it hard to believe, but Ultimate's system of self-refereeing works beautifully, says Yaniv.

The "spirit" in which the game is played pervades at all levels, from club competitions to international championships.

"It makes no difference even between top players. They may be very competitive, but they still manage to keep the flag of sportsmanship flying. If someone fouls, they will admit it. You will never find this practice among soccer or bas-

ketball players. Opponents continuously praise each other during a game for great passes – again, something most unusual in competitive sports," adds Hefetz.

While the spirit in which Ultimate is played distinguishes it from other sports, it combines many of the best features of soccer, basketball, American football, and netball. It is played between two teams in a rectangular area on a field or beach. A team comprises 20 players, with seven on the field.

"You are substituting all the time, otherwise you're gonna die," chuckles Yaniv. "It's very tiring, and you need to be fit to play competitively."

The play area spans 70 meters, exclusive of the goal zones at either end, in which an opposing player has to be standing in order to catch a disc to score. Players are generally running all the time, apart from the player holding the disc, who has to remain stationary while he throws. A game runs for 90 minutes or until the first team scores 15 points.

Another unusual element in this sport of "unusuals" is equality of the sexes. Men and woman play together on the same team, as the most important skills are good reflexes and coordination, which are common to both

genders. Strength is less important than technique. "A player has to use his head," says Yaniv.

In that department, neither gender enjoys an absolute monopoly.

Zvi Teff of Beersheba, a keen player for many years, believes that "Ultimate is by far the most graceful of competitive sports. While it may appear easy to play at first, it takes many years to master the throws and catches. There's a lot of mental activity in the game – one has to read not only what your teammates are doing and thinking but also the strength and changing directions of the wind."

Adds Yaniv, "Frisbee combines the most powerful tools – your hands and your greatest dream, to fly."

By all accounts, FLOW is doing a magnificent job of promoting the sport and popularizing it among Israeli youth. Before last September's international tournament in Italy – the first time that Israel sent an international team – a film crew came to Israel to make a documentary about the Holylanders, which was shown at the championships.

"The obvious spin-off from this is to bring awareness to the public of this wonderful sport that inculcates good values," says Hefetz.

On May 25, the national junior championships will be held at Ra'anana Park. Some 250 up-and-coming young players participate in a youth program administered through the schools.

"I really believe that this is the sport of the future – it's inexpensive and can be played almost anywhere. But most importantly, we have to educate and train youth," says Yaniv.

This September FLOW, together with the international body, will host the first international beach Ultimate championships in Israel.

"The event will be advertised under the banner BULAFLOW and take place on Herzliya beach. We are expecting huge crowds," says a clearly upbeat Yaniv, who advocates to all who are curious to simply "Go with the flow."

The sport has come a long way since a bunch of US college students discovered that the empty pie tins from the Frisbie Baking Company could be tossed and caught, providing endless hours of escapism from the mundane activity of burying one's noses in books. Many colleges, including the Ivy League behemoth Yale, have claimed to be the home of "he who was first to fling."

While there is no definitive answer to where and how the sport originated, its future seems far more certain. Ultimate is growing by leaps and bounds throughout North America, Scandinavia, and Europe, and particularly in Germany, where there are more than 100 teams.

In Israel, the sport is still relatively small – but then again, who had a cellphone in Israel 10 years ago?

For further information about the sport, including dates and venues for future events, visit www.flow.org.il or contact FLOW's Ultimate coordinator, Tomer Krauthammer: tomer@flow.org.il