

Eye On Community

The Ultimate Game Came From An Ultimate Beginning

By Julia Hagan
Special to the Lion's Eye

Anyone up for a game of Ultimate Pluto Platter? It's not an invitation to sample a spicy Asian entree. It's what college students nationwide would be playing on their university lawns had the name not been changed to Ultimate Frisbee back in 1957. The new Frisbee name, chosen by the Wham-O company, was a reference to the Frisbie Baking Company pie plates used for play by students on the campus of Yale University.

Wham-O, the brand that also brought you the Hula-Hoop, Super Ball and Water Wiggle, began to market the flexible plastic disc as a new sport, and sales soared.

The origins of the Ultimate Frisbee, the game, are not far from Delaware County. The game was invented in Maplewood, New Jersey, in 1957 by a group of high school students and is a competitive team sport, similar to American football.

The goal is to earn points passing the disc into the opposite endzone. Players cannot run while in possession of the disc. The name was coined by Jared Kass, an Amherst college student who described the game in an interview as "the ultimate sport." Officially, the sport is known only as Ultimate because the Frisbee name is trademarked, and

Wham-O designs are not always used.

College athletic programs welcomed the new sport in 1972 and the first intercollegiate competition was held between Rutgers and Princeton. Although most popular and perfected among college students, the campus scene could not contain



Picture Provided by Google

the game's growing fanbase. By 1976, clubs had formed worldwide and the Ultimate Players Association began three years later.

Similar to other field games in strategy and design, serious Ultimate Frisbee players take pride in a unique respect for sportsmanship, emphasizing the "Spirit of the Game", abbreviated SOIG. The UPA states, "Highly competitive play is encouraged, but never at the expense of the bond of mutual

respect between players, adherence to the agreed upon rules of the game, or the basic joy of play. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other 'win-at-all-costs' behavior are contrary to the spirit of the game and must be avoided by all players." Teams of ten cheer their opponents at the end of each game.

The Ultimate Frisbee team at Penn State University Park was suspended last year, despite the sport's tradition of good will. The Club Sports Advisory Council suspended the team for damaging fields during the "Spring Phling" tournament in April 2005. According to an article in Penn State's *The Collegian*, the team is not permitted to hold formal practices or participate in collegiate tournaments until fulfilling an adequate amount of community service.

The article stressed, however, that students interested in playing Ultimate at University Park should not give up hope. Team captains at University Park encourage interested players and are preparing for a strong return to the field and intercollegiate play.

For more information on Ultimate rules and regulations, visit <http://www2.upa.org/ultimate/rules>.

Karate Competition: Who Is Top Of The Chop?

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Children and adults screamed, punched, and kicked in enthusiasm at the 2006 Delaware County Karate Championships. In Penn State Delco's gymnasium, karate enthusiasts from all over the area came to compete against each other and to showcase their skills over the weekend.

An adult competitor from the American Tang Soo Do Academy, Bill Ott returned for his twelfth year at this championship. He recognized some of the benefits of competing against so many different schools all in one day.

"[The competition] mainly gives my students a chance to practice their skills against other students, who they normally would not compete against," said Ott.

Students from the age of five and up competed in three major events: forms, fighting, and weapons. Winners accepted bronze, silver and gold medals. Throughout the afternoon, some students lost and returned home while others gained medals to compete for more. Two large trophies waited to be given to the final two adult champions in forms and fighting.

Erica Scott, a former Penn State staff member competed and assisted her father Master Frederick Scott at the event. Master Scott organized the karate championship and founded Ankor Karate Institutes, which hosted this year's karate competition.

Master Scott's interest in karate sparked when he was living in Japan in the Army during his early twenties. He then took his degree in physical education from West Chester University and experience as a manager of a construction company and



founded Ankor in 1977 in Aston.

Why do so many children and adults return year after year to compete? Master describes karate as a mental discipline. It gets people to train for a long period of time, to try and form a mind set to constantly improve oneself. He added that karate overlaps in other areas of life as well.

Delco's gym was flooded in children sitting around red glossy mats, and parents covering over on the bleachers to take pictures.

"A lot of kids are intense. They are eager to do well for their instructor and their school. Karate helps to build self confidence and develop an assertive attitude," he said. His daughters, Erica and Mika both trained for most of their childhood. Master Scott takes a lot of pride in that his daughter, now grown, have trained along side him and took an interest in something so special to him.

Erica, who spends at least two to three times a week training with her father, said that he coaches her in life, not just karate.

For more information on Ankor Karate Institutes or Master Scott visit the school's website at www.amkor-karate.com.

Beating The System Continued

Continued from Page 4

The independent study program allows for students to receive credit for work they do outside of the normal schedule of courses. Students may receive anywhere from .5 to 18 credits for work they complete based upon the amount of work and approval from Academic Affairs and a professor willing to oversee course material and its quality.

The applications of this allow for some interesting opportunities. Students with hectic work schedules are able to complete work on their own time, avoiding painful time conflicts. They also, and more saliently, are able to schedule courses not offered during a particular semester, or even at that particular campus. For example, a student who may need a course offered at Abington in order to graduate with his or her desired major may remain at the Delaware County campus and take the course under the guidance of a qualified teacher willing to grade the student's work. This technique can be utilized as many times as students wish during their Penn State careers (given the proper approval and guidance), allowing many, many possibilities for requirements to majors and minors not offered to be completed right here at our own beautiful campus.

Going about setting up an independent study is similar to the late add process. A form can be obtained through the Academic Affairs office (212 Main). Students must first decide what course they'd be interested in taking (this can be done through the use of the Penn State Bluebook or <http://www.psu.edu>) which lists all the courses offered throughout the university [when doing this don't forget to

copy down the schedule number as well as the course name and number as the needed forms require it]), then they must find a professor qualified to teach the chosen course. E.g. if one wished to take a 400 level psychology course, they'd most likely have no problem finding someone in our HDFS staff more than capable of overseeing that particular course. This professor must then supply the student with a syllabus for the course including grading policies and a brief description of the course. The student may then submit the form after receiving and advisor's signature to Dr. George W. Franz, Dean of Academic Affairs. If the form is approved, the student then must take the signed paper to Registration and have them add the course to the student's schedule.

As with late adding, students must be aware that professors as well as Dr. Franz hold the ability to deny any proposal. If a professor declines a proposal, it may then be submitted to another qualified professor.

Both of these methods of late adding and forming an independent study CAN be utilized at the same time. The rules and processes for both apply as to how this is gone about. However, students, as always, should first seek the counsel of advisors before making decisions which may affect their education to ensure the best course of action is taken.