

WFDF Newsletter • 16 March 2011

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Message by the President

Dear WFDF Members and flying disc enthusiasts:

We are reinitiating the WFDF Newsletter in an attempt to develop a stronger dialogue among WFDF, our Member associations, and all disc players. It is a first step in what I hope will be an increasingly interactive forum for communication, one that will hopefully take advantage of the evolving social media opportunities in the months and years to come.

I am very excited by the opportunities to move WFDF forward, and daunted by the challenges. I realize I will need to earn your trust as President and I hope we can – through a concerted effort of preparation, two-way input, and joint prioritization – achieve a solid consensual working relationship. As President, I report to the board, which in turn is elected by the Members of Congress who represent the players, and I recognize that I need to get you all to embrace my agenda, but that to do that I also need to articulate it and give you an opportunity to provide your own input.

In these first two months of 2011, we have focused on a number of administrative matters to prepare the organization to be more responsive and organized. On the personnel side, Volker Bernardi of Germany joined WFDF as its first full-time Executive Director in late January, and Si Hill of UK Ultimate agreed to serve as the interim Chair of the Ultimate Committee. We completed the revision of the Ultimate Event bid document, put out the call for tournament bids which are due March 28, and selected Colombia as the Local Organizing Committee for the 2011 Pan-American Ultimate Championships to be held in late November.

We put forward Hungary and received approval for it to become a full Member of WFDF, and have several other national associations which will be submitted for approval as full Members shortly. Administratively, we developed the 2011 budget (which hadn't been completed last year) and received Congress approval for it, and completed negotiations of the Memorandum of Understanding with BULA.

Finally, we have had some initial discussions with the PDGA and FPA to discuss potential areas of cooperation, and have explored opportunities to work more closely with Ultimate Peace in development efforts.

We have a number of challenges and opportunities facing all of us, including deciding how we want to deal with the Olympic movement and their anti-doping requirements, improving our global development efforts, upgrading our

internal communications and governance standards, and further supporting our current and prospective members.

Si Hill and Volker Bernardi head up our anti-doping effort, with the aim of getting us in compliance with WADA standards by mid-year, with the focus on developing an education program for this year and considering a limited testing program in 2012. We have outlined the need for a total revamp of our systems and web site, and are establishing a task force to lead that effort. Please give me input on other items you think need to be accomplished, and of your views of the priorities.

Congratulations to Fumio Morooka of Japan, a current member of the SportAccord Council, who was re-elected as an at-large board member. We also congratulate Jack Cooksey of the USA, who was elected as Overall Committee Chair, Ryan Scott of the USA, who was re-elected as Guts Committee Chair, and Patrick van der Valk of Portugal, who was elected as Beach Ultimate Committee Chair.

Of course, I wish to thank outgoing President Potts who has a number of accomplishments of which he can be proud, including successful participation in the 2010 U23 Championships and 2009 World Games, and bringing Beach Ultimate into WFDF; I am confident that flying disc enthusiasts world-wide are grateful for his contributions.

I want to acknowledge the enthusiasm, efforts, and dedication of Rü Veitl, who stepped down after several years as Chair of the Ultimate Committee. Also, Harvey Brandt did a tremendous job of almost single-handedly getting overall events back into the WFDF mainstream and I am sure Jack will successfully build on his efforts. And we thank Skippy Givens who continues in a half-time capacity through the end of March in assisting Volker in the transition.

Before closing, our condolences and best wishes go out to JFDA and all of its members. The catastrophic earthquake, tsunami, and nuclear issues remind us of just how fragile our sense of comfort and well-being are. While Moro reports that things are stable in Tokyo, we understand that they have still not been able to confirm the safety of around 30% of the JFDA members yet, and we send our prayers that all will prove well.

I look forward to serving all of you and would appreciate any candid, constructive input you are inclined to give me.

Robert "Nob" Rauch
President

Picture of the month

The following picture is famous – it made its way to the website of SportAccord to showcase Flying Disc Sports (www.sportaccord.com) – courtesy by Scobel Wiggins



WFDF Official Communications & News

Search for interested bidders for Events 2011 and 2012

WFDF has revised the Bid Guideline and published the 2011 version as bid document and based on the new version is looking for formal applications to host the following events:

- Asia Oceania Pacific Regional Event (2011)
- Pan American Regional Event (2011)
- WUGC 2012
- WJUC 2012

The deadline for applications will be 28 March 2011.

WFDF to Establish Systems/Web Task Force

This is the world of cloud computing, HTML5, and social media. However, WFDF has relied on the same basic architecture for its communications, web site, and systems for over a decade. We currently rely on the same arrangement for web hosting -- with its numerous limitations -- that was set up in the late 1990s. Most communication is done through use of yahoogroups, with its many inflexibilities. Moreover, there is no central repository for WFDF

documents or archives other than yahoogroups, such that many documents are lost as we have turnover in our volunteers and staff. And of course, WFDF needs to review and revise the structure and content of its web site and improve its communications with members, official agencies, and the public.

WFDF is seeking to establish a task force of volunteers that could assist us in reviewing our alternatives to establish a 21st century information and communications architecture. We are looking for a chair and several committee members who can assist us in scoping out the project, choosing among the alternative media and providers, and overseeing the implementation of a plan that is developed. There is a moderate budget for professional assistance in the implementation phase. If anyone is interested in participating as chair or a task force member, please contact WFDF President Nob Rauch at nob.rauch@wfdi.org.

Interim Ultimate Committee Chair announced

WDF would like to welcome Si Hill from the UK as the new Interim Ultimate Committee Chair.

WFDF appoints Volker Bernardi of Germany as Executive Director

The World Flying Disc Federation is pleased to welcome



Volker Bernardi from Germany as its new Executive Director. Mr. Bernardi, who will serve as the first full-time Executive Director of WFDF, assumed his duties in late January 2011. Kevin "Skippy" Givens, former part-time Executive Director, has stayed on as Administrative Consultant through March 31, 2011 to assist in the transition. Mr. Bernardi has

established a home office near Frankfurt, Germany to serve as WFDF's administrative headquarters.

"We are extremely pleased to bring on someone with Volker's Olympic Movement experience to WFDF," stated Robert "Nob" Rauch, WFDF President. "Although he is not a disc player, with his professional sports background we are confident Volker can assist us in effectively addressing the challenges and opportunities we are facing at WFDF, including developing our anti-doping programs, improving our global development efforts, upgrading our internal communications and governance standards, and further supporting our events and current and prospective members. And we want to especially thank Skippy Givens for all of his contributions over the last three years. Skippy has done a great job carrying out his responsibilities in a part-time position and WFDF is much better for all his efforts."

Mr. Bernardi has most recently served as a senior international sports consultant and has significant experience with several Olympic Movement associations. Over the last five years, he held a number of positions within the German Squash Federation as Secretary General and Chair of their Anti-Doping Commission and as CEO of their Marketing and Promotion Company. He also served as Director of the Marketing Commissions of the World Squash Federation and European Squash Federation and supported the 38th Chess Olympiad Dresden 2008 as Marketing Director.

Prior to this, Mr. Bernardi was the Administrative Director of the International Canoe Federation based in Madrid from 2000 to 2005, where he was responsible for administration and international relations with the IOC, ASOIF, and GAISF, and served as the WADA Contact Officer. Mr. Bernardi, 41, currently resides with his family in Harxheim, Germany, near Frankfurt. He is a German National but has spent a part of his working career in Madrid/Spain. He was trained as an

attorney specialized in sports law and, in 1996 and 1998, he concluded his legal state examinations at the University of the Saarland in Saarbrücken (Germany). He was awarded the Executive Master in Sport Administration Management (MEMOS) degree at the IOC and University of Lyon (France) in 2002. He is a lecturer in Sports Law at the Johannes Gutenberg-University in Mainz (Germany). Mr. Bernardi is fluent in German, English, French, and Spanish, and conversant in Italian.

Mr. Bernardi's appointment concludes a search that was begun in October 2010 and which generated interest from nearly 35 candidates from five countries.

MoU Signed between WFDF and BULA

A Memorandum of Understanding (MoU) was signed between World Flying Disc Federation and Beach Ultimate Lovers Association on 12 March 2011. The MoU outlines areas of cooperation between WFDF and BULA through 2015 in order to promote the development of Beach Ultimate on a global basis. As part of the MoU, existing national Ultimate Member associations are the representative for Beach Ultimate in their respective countries unless WFDF is notified to the contrary by the existing national Ultimate Member associations; an alternative governance arrangement may be made if agreed in writing by WFDF and BULA.

WFDF and BULA will jointly manage the 2011 World Beach Ultimate Championships in Lignano Sabbiadoro, Italy this 22-28 August 2011 and it is hoped that Asia-Oceanic, European, African, and Pan American Championships (for National Teams) will be scheduled for 2013, if they can be arranged. For 2011, the traditional BULA player and team eligibility rules would prevail, but thereafter the WFDF eligibility rules for participation in a WFDF Ultimate Championship will apply.

With the approval of Beach Ultimate as a separate Disc Sport at the 2010 Congress, Patrick van der Valk was elected as Beach Ultimate Committee Chair and as a WFDF Director effective beginning in 2011.

BULA – Beach Ultimate News:

The organisers of the WFDF & BULA World Championships of Beach Ultimate have opened the official website of the event under <http://www.wcbu2011.org>. From 21 to 28 August 2011 they are expecting 80+ teams and 1,200+ athletes from 35 countries and 5 continents on the beaches of Lignano Sabbiadoro (Italy). It will be the biggest Beach Worlds ever! The official website will have all the information for players, fans, and supporting organizations. Have a look around and if you can't find what you need...

News from National Federations

AUSTRALIA:

AFDA Youth Development Manual

Want to get youth Ultimate happening in your area and not sure where to start? The aim of this manual is to support those passionate about starting youth focused events.

The AFDA Youth Development Manual (pdf) can be found at:

<http://www.afda.com/resources/AFDA%20Youth%20Development%20Manual.pdf>

Contact: Anna Haynes - development@afda.com

USA:

USAU partners with National Center for Safety Initiatives to protect youth members

Boulder, Colo. (February 10, 2011)—USA Ultimate announced today a partnership with the National Center for Safety Initiatives (NCSI) that will enhance the level of safety and protection the National Governing Body provides to its youth members. The NCSI, which provides screening services for a large number of Olympic sport organizations, will be utilized by USA Ultimate in its coaching certification process and selection of chaperones for team activities.

The NCSI's mission is to serve as a leading resource in an overall effort to eradicate harm to organizations and communities across the globe through increased awareness, the creation of national standards and the integration of fully-managed background screening programs. The programs and services offered by the NCSI directly reduce the incidence of harm to children and protect youth serving organizations like USA Ultimate and its members from child predators while working towards the eradication of child abuse and molestation in sport.

Formed in partnership with the National Council of Youth Sports with the goal of significantly increasing the level of safety for youth, the NCSI's background screening programs are currently recognized as the industry standard of care in the youth-serving industry.

"We are excited to partner with such a strong and well-respected organization," commented Meredith Tosta, USA Ultimate's Director of Coach and Youth Development. "This added level of checks and balances will provide an extra layer of security and help ensure a safe environment for our youth members. As more kids are becoming a part of USA Ultimate and playing the sport at a record pace, it's incumbent upon us to provide them with an appropriate level of protection and security when participating in our programs, and the NCSI will help us accomplish these goals."

A streamlined and confidential process allows the NCSI to conduct the necessary background checks directly with the coaches and chaperones seeking certification or involvement with USA Ultimate. Once the process is complete, the NCSI simply provides USA Ultimate with a "Red Light" or "Green Light" status once the screening is complete.

To learn more about USA Ultimate's chaperone approval process, visit:
www.usultimate.org/membership/chaperones.aspx

To learn more about USA Ultimate's coaching certification process, visit:

<http://www.usultimate.org/resources/coaching/cdp/default.aspx>

USA Ultimate and CBS Sports Network Increase Television Coverage of Ultimate College Championship

Boulder, Colo. (March 16, 2011)—The 2011 USA Ultimate College Championships return to national television this year with expanded coverage on CBS Sports Network, which will air the Championships for the seventh year along with the semifinals. The extended coverage is part of a new two-year partnership between USA Ultimate and CBS Sports Network that extends through 2012.

The 2011 USA Ultimate College Championships will be prominently featured on CBS Sports Network as part of its Alt Games programming, debuting Friday, June 24 through Sunday, June 26. The Open and Women's division semifinals will air as two 90-minute programs on Friday, June 24 (7:00-10:00 PM, ET). On Saturday, June 25 (2:00-3:00 PM, ET), highlights of the USA Ultimate College Championships will be featured in a special one-hour Alt Games preview show on the CBS Television Network.

CBS Sports Network will air extensive USA Ultimate programming, beginning with the Women's Final on Saturday, June 25 and the Open Championship Final on Sunday, June 26. The Women and Open Championship Finals will also air as stand-alone 90 minute programs in mid-July. Additionally, CBS Sports Network will live stream each of the four semifinal matches and both championship finals online.

The 2011 USA Ultimate College Championships will take place May 27-30 in Boulder, Colo., which last hosted the event in 2008. Throughout the four-day event, 40 Open and Women's division teams comprised of nearly 900-student athletes from colleges and universities across the nation will compete for national titles in the sport of Ultimate. The championship event represents the culmination of a regular season in which roughly 11,000 athletes from more than 700 colleges compete to qualify for a trip to Boulder. Last season, the University of Florida claimed the Open division championship over Carleton College, while the University of Oregon captured the Women's division title against the University of California – Santa Barbara.

The 2011 USA Ultimate College Championships are scheduled for May 27-30 at the Pleasant View Sports Complex in Boulder, Colo.

Medical corner

INJURY TIMEOUT

By Dr. Jamie Nuwer, MD, MSIII

Acute Knee Injury

Knee injuries account for 15% of all sports injuries and are common in Ultimate due to the frequency of cutting, jumping, and collisions. This article will address acute injuries and ACL injury prevention. This column is not meant to replace medical evaluation for your health problems. Always seek medical help for worrisome or persistent symptoms.

Just after a knee injury, the muscles around the knee spasm and the injured area swells in an attempt to protect the knee. This makes a reliable examination difficult. Thus when evaluating knees, a history of the injury and symptoms are often most important.

Warning signs of a serious injury are shown in Table 1. The warning signs are suggestive only, not diagnostic. Knees are complicated. You can view a diagram of the inner knee in Figure 1. Definitive diagnosis of a severe injury requires a doctor and often an MRI.

Initial treatment is RICE: Rest, Ice, Compress, Elevate. Ice for 20 minutes four times a day until the swelling stops. Avoid heat. Compress by wrapping the knee from below to above the joint. Elevate to at least waist level. Repeat this treatment any time the knee starts to hurt again. While waiting for your doctor's appointment you can control the pain with ibuprofen 600-800mg three times a day, or Tylenol if ibuprofen bothers your stomach. You can do the exercises in Figure 2 to keep your knee strong and reduce swelling. Your doctor will usually order an x-ray because 6% of acute knee injuries have an associated fracture and then determine whether you need an MRI.

ACL Injury Prevention

ACL injury is a continual hot topic for athletes. Women are five times more likely to tear their ACL than men. There is debate about why and the best answer seems to be a combination of factors including anatomy, hormones, and movement dynamics. Prevention aims to change movement dynamics.

An imbalance that favors the ligaments, quadriceps, or one leg can predispose an athlete to ACL injuries. Prevention programs use combinations of plyometrics, balance training, and single leg lifting. When doing jumping exercises make sure you are using good posture with your chest leaned forward over your bent knees. Throughout a jump, go straight up with no excessive side-to-side or forward-backward movement and land softly using toe-to-heel rocking with bent knees, easing into recoil position for the next jump. Use single leg lifting to identify imbalances between your legs. You

should be able to lift with your hamstrings at least 60-70% of the weight that you can lift with your quadriceps.

One successful prevention program, the PEP program, can be found at www.aclprevent.com/pepprogram.htm. An ongoing study that enrolled 3,000 female soccer players showed a 74-88% reduction in ACL injuries over two years.

Overall, improve your landing biomechanics after jumping, increase your hamstring strength, and make sure that both of your legs are equally as strong. Doing all three of these tasks will greatly decrease your risk of an ACL injury.

References:

- Garrick and Webb. Sports Injuries, 1999
- Rouzier, Pierre. Patient Advisor, 2004
- Myer GD, Ford KR, Hewett TE. Rationale and Clinical Techniques for Anterior Cruciate Ligament Injury Prevention Among Female Athletes. J Athletic Training. 2004; 39(4): 352-364
- Mandelbaum BR, Silvers HJ, Watanabe DS, et al Effectiveness of a Neuromuscular and Proprioceptive Training Program in Preventing Anterior Cruciate Ligament Injuries in Female Athlete. Am J Sports Med. 2005; 33: 1003-1010

Table 1: Warning signs of severe injury and correlated common injuries

- Mechanism of injury
 - Twisting/cutting → ACL or meniscus tear
 - Side impact → MCL or LCL tear, patellar dislocation
 - Collision → anything
- Pain
 - NOT very painful → complete tear
 - Lots of pain → partial tear
 - Location, severity, and onset are important to remember
- Sounds
 - "Pop" that the athlete hears → ACL tear
 - Loud pop that surrounding players can hear → patellar dislocation
 - Crack → fracture
- Inability to weight bear → serious injury
- Feeling of instability → common symptom, frequently seen in complete ligament tears
- Immediate swelling → common symptom, frequently seen in ACL tear and patellar dislocation
- True locking (when you cannot move your leg) → meniscus tear, loose piece of cartilage or bone fragment from a fracture within the knee joint

Special thanks to Elmo Agatep MD, Ariel Dowling MS/PhD candidate, and Anna Nazarov for their editing comments.

Upcoming events

- | | |
|-------------------------|---|
| 18-23 July 2011 | WFDF World Overall Flying Disc Championships 2011, Fort Collins Colorado, United States |
| 30 July - 6 August 2011 | European Ultimate Championships 2011, Maribor, Slovenia |
| 22-28 August 2011 | World Championships Beach Ultimate 2011, Lignano Sabbiadoro, Italy |

To be listed in this section, your event should be an international event. If you plan to attend any of these events and would like to submit a new story about your experience, please forward all submissions to ed@wfdf.org for insertion in the next available issue.

All submissions are subject to editing prior to publication.

Call for submissions

If you would like to contribute to the WFDF Newsletter, please submit your content to ed@wfdf.org

If you would like your information to be posted in the next issue, email me for specific deadlines.

Not all submitted content is guaranteed to be published. Please note that event reports and other news should have international relevance.

Some suggestions for submissions include: tournament announcements and results from disc sport events with international presence or for national championships, disc sport initiatives that your city or country are undertaking, submissions to a "Featured Photo" section, miscellaneous media sightings involving disc sports, and stories about the development of a particular disc sport in your area.

Imprint

The WFDF newsletter is published approximately six times per year.

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About WFDF: The World Flying Disc Federation is the international sports federation responsible for world governance of flying disc (Frisbee™) sports, including Ultimate, Guts, and Individual Events. WFDF is a member of SportAccord and the International World Games Association, and it is a registered not-for-profit 501(c)(3) corporation in the state of Colorado, USA.