



EUROPE-BOUND: Southampton Frisbee Club, from left, Ryan Reynolds, Andy Kayley, Katie Gould, Jane Laney, Will Parker and Simon Williams. Below, Simon Williams takes a flying catch. Echo pictures by Harry Herd. Order nos: rad90843 (above) and rad1E622 (below)

It's catching on!

As frisbee sport grows ever more popular, city team prepares for Euro contest



By **Craig Mowat**
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POINT, aim and throw – that's how most people play frisbee.

But it turns out there's a lot more to it than that

Nowadays it is a competitive sport taken very seriously by teams around the world, including right here in Southampton.

And come the summer, a team from the little-known Southampton Frisbee Club will be pitting their wits and skills against the best teams on the continent at the European Championships in Germany.

Andy Kayley, president of the Southampton club, said the latest craze is called Ultimate Frisbee and that he is confident of the team's success at the championships.

"We came fifth in the tour but on aggregate we got enough points to go through to the European Championships in the mixed division," he said.

"We're really excited about this opportunity, especially as the club is so young. After working so hard this is an excellent reward."

Formed just two years ago, Southampton Frisbee Club has seen player numbers increase to about 80 members this year and seven of them will be taking part at the European Championships in Rostock this July.

They will be competing against teams from 20 countries and Mr Kayley is confident they will make it into the top eight.

Ultimate Frisbee is a relatively new

THROW LIKE A PROFESSIONAL

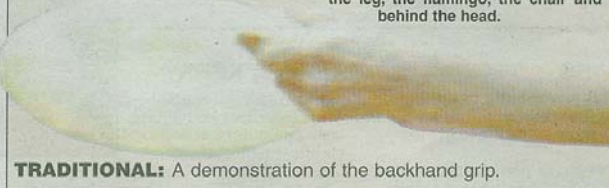
THE BACKHAND:
This is the most common technique. Stand sideways towards your target and grip the frisbee by placing four fingers under the rim of the disc and your thumb on top. Reach across the front of your body, then swing your arm back, releasing the disc towards your target. Tilt the outside edge of the frisbee down slightly on release.

THE SIDE ARM:
Again stand sideways towards your target, and grip the frisbee by placing your thumb on top and the first two fingers in the rim. Swing your arm along the side of your body towards the target and snap the frisbee like you would a towel. More snap means more spin. Use your wrist, not your arm.

THE THUMBER:
This is like the side arm except for the grip. Stand sideways towards your target, and place the thumb in the rim with four fingers on top of the disc. Swing your arm along the side of your body, waist-high, snapping the disc toward the target. Slightly tilt the outside rim down upon release.

OVERHAND WRIST FLIP:
Stand facing the target. The grip is the same as the thumber, then turn your arm and wrist over. With your wrist cocked backward, swing your arm above your shoulder and snap your wrist forward towards the target.

OTHERS:
After the basics there are trick shots that can also be learned, like under the leg, the flamingo, the chair and behind the head.



TRADITIONAL: A demonstration of the backhand grip.

game which involves a lot of speed and is played on a pitch 100 metres by 40 metres.

There are seven players on two teams and they have to score in the other team's end zone.

The frisbee needs to be thrown between players as they move up the pitch.

But players are not allowed to move when they have the frisbee and must pass it on within ten seconds.

Southampton Frisbee Club is now looking for sponsors to help them get to Germany and lead the city to victory.

● For more information call Andy Kayley on 07768 806885.