

Las Positas College Ultimate Sponsor Program



What is Ultimate?

Ultimate is a fast moving team sport that uses a Frisbee instead of a ball. Formerly called Frisbee football, Ultimate is a non-contact sport which is played on a football field. Each team fields seven players, however, numerous substitutes are required much like the game of hockey. Ultimate is a fast paced, spontaneous game requiring a great deal of running, passing, and team work. No referees are used as the players are taught to play fair, respect the rules, and their opponents. The "Spirit of the Game" rule is highly valued in ultimate and develops sportsmanship among players. Ultimate offers an excellent educational team experience for students as well as a rigorous game developing physical fitness.

What is an Ultimate Sponsor?

Ultimate Sponsors are individuals and/or businesses who make a small donation to Las Positas College Ultimate Program. The donations are tax deductible (tax ID #941670563) and sponsors are under no obligation to continue their sponsorship. Many of our sponsors have been with us for over 20 years and appreciate what this co-curricular program is providing for the students at LPC. In exchange for their tax deductible donation, sponsors are given a handsome disc (Frisbee), newsletters, which are promoted on college bulletin boards, tournament programs, the LPC website, etc.

TEN SIMPLE RULES OF ULTIMATE

1. **THE FIELD-** A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.
2. **INITIATE PLAY-** Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pull") the disc to the offense. A regulation game has seven players per team
3. **SCORING-** Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. **MOVEMENT OF THE DISC-** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. **CHANGE OF POSSESSION-** When a pass is not completed (e.g. out of bounds, drop, block, interception) the defense immediately takes possession of the disc and becomes the offense.
6. **SUBSTITUTIONS-** Players not in the game may replace players in the game after a score and during an injury time-out.
7. **NON-CONTACT-** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. **FOULS-** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. **SELF-REFEREEING-** Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. **SPIRIT OF THE GAME-** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Las Positas Team

Livermore
 Accelerated Printing
 Albertson's
 Applebee's
 Associated Professionals
 Associated Students LPC
 Atom Appliance
 Angel Transportaion Services (Raposa Trucking)
 Bostroms Auto Body
 Big Apple Bagels
 Chem-Treat - Mark Hatch
 de Haro Construction
 Faculty/Staff/Adm. -LPC
 Garlex Pizza
 Granada Bowl, Inc.
 Knodt's Flowers
 L.A.R.P. Department
 Dr. John Lee, D.D.S.
 Livermore Cyclery
 Livermore Trophies & Tees
 Livermore Vacuum Inc.
 Magoo's Pizza
 Morrow's Boots/Leather
 Perry Martin Upholestry
 Physiotherapy Associates
 New York Life/Blue Cross - Shield, Robert G. Maguire
 Dr. Hammond Probst D.D.S.
 Purity Cleaners & Laundry
 Portola Chevro
 Professional Accurate Reliable
 Rock House Deli
 Russ' Pizza
 Triad Systems Inc.
 Safeway, (First Street)
 State Farm. Keith Hall
Sunrise Mountaineering
 Tri-Valley Optometry
 Dr. Glen Urban, D.D.S.
 Virtues of Coffee
 Wilcox Reality
Pleasanton
 ACA Codependency Counseling
 AfterMarket Distributing
 Amador Valley Vending
 Bella Barista Espresso Co.
 B & S Hacienda Auto Body
 Big O Tires
 Blue Oak Builders
 El Molina Restaurant
 Garlex Pizza- Hopyard, Valley, & Santa Rita locations
 Kraft-General Foods
 Handle with Care Packaging
 KK'S-Komics, Kards & Collectables
 Dr. M. McKinn, D.D.S.
 Dr. Stephen Merritt, D.D.S.

College Sponsors

Nations Giant Hamburgers
 Pleasanton Bicycle Works
 Pleasanton Recreation Dept
 Rainbow Yogurt Faire
 Richert Luber
 Schoebers Athletic Clubs:
 Fremont, Pleasanton, So San Francisco, San Jose
 Sunshine Saloon
 Tri-Valley Optometry
 Togo's, Dan Pearson
 First Security Loan
 -Leo Hoffman
Dublin
 Albertsons
 Chabot Federal Credit Union
 Dr. Michael Ericson, D.D.S.
 Fast Signs (Banners)
 Hair Quarters
 The Photo Shop
 Vest Investment Properties
San Ramon/Danville
 Dr. Stuart Heller Optometrist
 Mortgage Borkers Jeff Biehl
 Greg Mack-Silkscreen, Art
 Dr. William Patterson, D.D.S.
 Dr. Donald Schinniner D.D.S.
 Pemberton Enterp. Pack/Ship
 State Farm, Marcy Gutierrez
 Wells Interiors
 W.G. Tharp Inc.
 Dr. Steven R Czekala D.D.S.
Castro Valley/Alameda
 ATHER Sports Injury Clinic
 Dean Witter- Michael Aubel
 Dr. Alan S. Tanisawa, MI.
 Kraft General FoD.D.S.
 Felson Companies, Inc.
 Fred Sherberies-Realtor
 Castro Valley Chevron
 PSO, Inc.
 Raiders Lockerroom, John Vella
 The Silver Group
 Team Sport Specialist, Inc.
Walnut Creek
 A Cut Above Landscaping
 Office Relief, Walnut Creek
 Beer, Beer, & More Beer
 P.J. Atkinson Construction
Corporate/Misc.
 Advance Installation, Union City
 B.Johnson, Tracy Properties
 Discraft, Inc. Sportdiscs, ods
 West Valley Appraisal, Patterson
 Calif. Engineering Contractors
 Inc. Mountain View
 Niello Infiniti
 Meetings Plus, Lafayette

The LPC Story

LPC opened its doors in spring of 1975. Formally called Chabot-Valley Campus, the college officially changed its name to Las Positas College in 1989, and LPC became the 107th community college in California. In order to provide co-curricular programs like athletics at a college with little or no facilities and funds, LPC initiated sport clubs in the sports of Ultimate, Handball, Fencing, and Karate (Tai Kwon Do). While LPC currently has only four officially recognized athletic teams (soccer and cross country), the sports clubs at LPC have a long and rich history. Primarily self funded, these teams have had a successful history. LPC's Ultimate program is unquestionably the finest 2 year college program in the nation. The primary opposition are almost all 4 year colleges and universities or open club teams. Still, LPC continues to produce winning teams year after year. Accomplished titles including league, state and even national championships are highlights of past teams. But the real success story goes to the hundreds of student athletes who have benefited from getting a quality education and have been a part of these programs which have provided an excellent opportunity for students to learn from the experiences of being a member of a competitive team. Preparing, planning, and participating in intercollegiate competition, living with the joys of victory, the agonies of defeat, learning to get along with one another, and being respectful are all social values that are not readily available to students anymore. We at LPC truly believe in these goals and values. We also realize that it is our sponsors who are the quiet heroes. Thank you.

"2003-2004" Las Positas College Men's Ultimate Team Schedule

Date	Event	Location
January 10-11	UC Santa Barbara	UCSB
January 31-1	UC San Diego	UCSD
February 7-8	Stanford Invitational	Stanford
March 27-28	April Fools	Santa Cruz
April 3-4	Davis Ultimate Invite	UC Davis
April 17-18	Sectionals	Livermore
May 1-2	Regionals	TBA
May 15-16	States	UCSC
May 28-30	Nationals	TBA

Coaches:

Kerry Karter 925-449-4609 or karter1@comcast.net
Rick Nultemeier

Practices:

Wednesday 7:00-9:00 Max Baer Park, Livermore or at
Las Positas College.

"It is not the critic who counts; not the man who points out how the strong man stumbled or where the doer of deeds could have done them better. The credit belongs to the man who is actually in the arena, whose face is marred by dust and sweat and blood; who strives valiantly; who errs and comes short again and again; who knows the great enthusiasms, the great devotions; who spends himself in a worthy cause; who, at the best, knows in the end the triumph of high achievement; and who at the worst, if he fails, at least fails while daring greatly, so that his place shall never be with those timid souls who know neither victory nor defeat."

Theodore Roosevelt

The "2003-2004" Las Positas College Men's Ultimate Team

announces



The "Ultimate" Sponsor Program

**Annual Fundraiser Project Helping Support
the L.P.C. Ultimate (Frisbee) Team**