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## Ultimate player loves game

Friday, June 09, 2006

**Cliff Pinckard**

Special to The Plain Dealer

There are computer discs, compact discs, video discs and even slipped discs.

Andrew Holland is more interested in flying discs -- and not the computer ones you send sailing across the room in frustration when you lose at "Halo."

Holland, 38, who owns and operates the software firm Eyemg Interactive Media Group in Akron, is a longtime player of ultimate Frisbee. And let's clarify something immediately -- it's not Frisbee golf. Players aren't just walking around.

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Ultimate Frisbee takes two teams of seven players and puts them on a field about 70 yards by 40 yards, with 25-yard-deep end zones. Players try to score by passing to each other to move downfield and get into the end zone. Each score is worth a point. If a player drops the disc or takes too long to throw or if the pass is intercepted, the defending team takes possession.

It's a sport Holland loves to play, which is apparent because of a Web site he operates, [www.gamesnake.com](http://www.gamesnake.com). The free site allows people interested in playing ultimate Frisbee or other sports to contact players to set up games.

For details on ultimate Frisbee, go to [www3.upa.org/ultimate](http://www3.upa.org/ultimate) or to [www.cleveland-disc.org](http://www.cleveland-disc.org).

Holland's love for the game is apparent when he discusses it.

How long have you been playing?

Since college -- actually since high school. It's a turnover sport, so it's a really good sport if you're trying to stay in condition for things like soccer or baseball and other sports. . . . It's highly, highly aerobic, and that's what I like about it now. The neat thing about ultimate Frisbee is it's nonconfrontational. You don't get people hitting people. The people who play it are competitive but very gentlemanly. The cool thing about ultimate is it's normally played coed.

What's the strategy?

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You're basically trying to move the disc up the field into an end-zone area. If you drop the disc or it's intercepted or knocked down, it's immediately going the other way. . . . A good thrower . . . can gun one of these discs 90 yards. Forty, 50- 60-yard throws are common. When you see ultimate at higher levels, you see the passes are much shorter. And you'll see a lot of strategy and formations.

Is this a good sport to make new friends?

That's the cool thing about sports; you meet people where the filter is a passion for the sport. The problem with getting older . . . socioeconomics define friendships. The neat thing about sports . . . you meet people you'd never meet. The cool thing about ultimate Frisbee, the people who play it are normally very laid back. It's more about the spirit of the game than about me taking you to school.

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What do people say when you tell them you play the sport?

A lot of times people confuse it with Frisbee golf. Once you explain it, they say, "Wow, that sounds like a lot of running."

What makes this a fun game?

You don't have to have a lot of money to do it. You can play it barefoot. You need a piece of plastic called a Frisbee, and you need a field. It's a great sport because it's cost-effective. You can be a player in ultimate. Size doesn't matter, like soccer.

Is it sometimes confused with Frisbee golf?

Frisbee golf is very close to golf. You're going to walk. I don't know of any Frisbee golf courses that have carts yet, so you will walk.

Pinckard is a sports copy editor at The Plain Dealer.

To reach Cliff Pinckard:

Friday@plaind.com

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