



# Gandhi Ashram premises!

## City youth hooked to Frisbee

Parth Shastri | TNN

Ahmedabad: It was a new experience for Jignesh Vaghela, 24, when he started learning Frisbee from an international expert in 2006. And this is what he has to say — “Initially, it was just a disc game that we used to play as children. But once we learnt the rules we got hooked. I teach at Manav Sadhna school where I taught some of the children the game and believe me, it is now more popular than cricket!” he says.

Amdavad has finally caught up with Frisbee fever as the city is going to host the first national Ultimate Frisbee tournament at St Xavier's College grounds on Sunday morning. Teams from Delhi, Chennai and Ahmedabad will participate.

“I'm quite excited about the game. We play Ultimate in Delhi every weekend just for fun and to be in shape as it is just as taxing as rugby and football, but much more fun. We do not have much space but we have around 40 players there - most of them from USA working with various organizations,” says Nick Fulbank, 22, project associate with World Bank, India operations. He is here for the last eight months. According to him, the game has brought him to Ahmedabad and Gujarat.

Most players got hooked



Nick Fubank, Risha Hess and Manu Karan, participants of Frisbee competition

when studying abroad. Manu Karan, 28, was in the US for three years doing MBA. “During that time, I played Ultimate and when I got posted in Chennai with an engineering firm, I made a group of seven to eight people who felt the same about Frisbee. We then started playing on Chennai beach in the mornings. It's the best workout,” he says.

But what about Team Amdavad? Manav Sadhna, an NGO working closely with slum children of Rama Pir no Tekro, the biggest slum in the city, introduced the concept to its children two years ago. “We have many NRGs working with us.

During one such visit, they introduced the game to the volunteers as a leisure activity. But soon, it was a rage. We let it take bigger form as it teaches many humane qualities just by its course - brotherhood, sportsmanship, com-

### What is 'Ultimate'?

Previously, the game was called Ultimate Frisbee which is now simply 'Ultimate'. The genesis of the game was found in summer of 1968 when Joel Silver, producer of Hollywood blockbusters like Matrix, Die Hard, Lethal Weapon, introduced the concept to schoolchildren in the US. Over the years, it became the most popular Frisbee sport played the world over. It is a team game with seven players on each side. The game does not have umpires - players themselves decide about the points and passes. According to many, it is one of the few games that can be learnt within a short time span. It has a ground divided in two bases and a field where players can move with the disc. The game does not allow the players to snatch the disc from other player. They have to catch it on flight. The player with disc is allowed to move only one leg and has to pass it on to another to release themselves.

The game can be played on point system or time system, or both. It can be of 15 to 20 points or an hour or two, whichever is earlier, as per the game rules. However, in international tournaments, 90 minutes is standard time. In some of the tournaments, Spirit Award is given to the team that shows best of sportsman spirit.

passion, tolerance and above all, understanding of other players and other cultures. I am happy that we could arrange for a national-level

tournament, thus providing bigger platform of interaction,” says Viren Joshi, co-founder of Manav Sadhna Trust.