

COLUMBIA UNIVERSITY ULTIMATE FRISBEE TEAM

LIST OF DO'S AND DON'TS

1. Do not break into any Larry imitations when he is about to throw.
2. Never say "I'm open" to Bon Kinoian; he might throw it.
3. Don't encourage Ken Gary to try and catch with two hands.
4. Do try and throw to Jerry in such a way as he will be forced to dive to make the catch.
5. Do give a seditive to Steve before every game.
6. Do not convince Migel that he can throw a wristflip.
7. Don't throw your first pass to the "Italian Stallion."
8. Do tell Jim to pivot. Do not expect him to distinguish right from left.
9. Do not disturb Lyle's girlfriend when you wake him up to play in the morning.
10. Never expect Raymond to move and catch the Frisbee at the same time.
11. Do not get in the way of the Jarrett "Hammer."
12. Remember that J.P. is only made of plastic, and so he is very breakable.
13. It is too much to ask Michael Begam to attend practice; never actually ask him to play a real game.
14. If Comack starts to make sense, immediately feed him barbituates.
15. For good luck, rub BUDDHA'S stomach - this may take some time.
16. "Endzone, endzone!!" is the call of a very rare Frisbee mammal. Do not be alarmed and do not throw it long.
17. Do not play too close to Mark Silverschotz, lest you contract undesirable communicable diseases.
18. Remember that Jeff Birnbaum is insecure, and doesn't like more than eleven people in his car at once.
19. Kevin Cotchen is only identifiable by his IFA shirt, or any incomplete side arm.
20. Victor only lives with Bob and Ken; he doesn't actually play the game.
21. "A running Moss gathers no Frisbees."
22. Chris Schmidt is not a Nazi war criminal, however his sidearm is criminal.
23. Joe McCarthy is available for all games played in Brooklyn.
24. Phil Adkins::
  - a. If Phil stops being obnoxious, rush him to the nearest hospital.
  - b. Do not descend to Phil's level.
  - c. Remember that Phil finds it difficult to distinguish between the "good guys" and the "bad guys."
  - d. Phil thinks that breaking the rules is one of the rules.