

Great throws can be a breeze

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Bond Brungard/For the Poughkeepsie Journal

Gary Auerbach gives students a demonstration of his championship Frisbee skills recently at the Milton Elementary School. Auerbach told the students that he learned to toss the Frisbee during summer camp.

Frisbee champ shows kids his skills

Visit offers ideas for Milton school

By Bond Brungard
For the Poughkeepsie Journal

MILTON — Summer camp can provide some valuable lessons — take it from Gary Auerbach.

Auerbach, 32, is the 1995 world freestyle Frisbee champion, a skill he discovered in summer camp. And last week, he showed some students in the Marlborough school district's Milton and Middle Hope elementary schools what it takes to master the popular flying disk.

"I discovered I was good

'I started dancing to become a better Frisbee player.'

Gary Auerbach
1995 world freestyle Frisbee champion

at something and better than my peers," said Auerbach, a Toronto resident who has relatives in the Hudson Valley.

Auerbach competed in Frisbee tournaments during the early 1980s, but in 1985 decided to become a ballet dancer. He danced in Europe, South America and the United States for the next five years, but in the early 1990s, he stopped dancing. With his sharpened bal-

ance and leaping abilities, he eventually returned to Frisbee fields, where he became a freestyle champion.

"I started dancing to become a better Frisbee player," he said.

Disk inspired games

The popular disk has inspired a following and several games, including Frisbee golf and Ultimate, a non-contact game played on a football-sized field where teams try to score by tossing

the Frisbee to each other in designated point zones.

Tom D'Angelo, Milton Elementary School's principal, said Auerbach's visit brought some fresh ideas to the school's physical education program.

"We're always looking for new things that are different from our curriculum," he said.

During his visit, Auerbach threw Frisbees to each student so they could try to make a running catch.

Jeffrey Bolson, a third-grader, said playing with a Frisbee reminds him of football — without the tackling.

"I like to jump, I like to catch," he said.