

# Campers learn ultimate skills from world cham



**GARY AUERBACH** (bottom left photo), 1995 world champion in freestyle Frisbee, stopped by the ENERGY Sports Camp in Pelham last week to teach some flying disc tricks to the campers. Besides the spinning and body tricks, Auerbach also taught the youngsters some fundamentals in Ultimate Frisbee, a co-ed team game growing in popularity in large cities. /VOICE Photos

Many may not have ever heard of Ultimate Frisbee, but most at least have experienced the casual recreation of tossing around that flat, flying disc.

Gary Auerbach, whom one might call a certain expert on Frisbees, stopped by the ENERGY Sports Camp last week to teach the younger generation about the revived interest in the sport, along with its new forms.

"Ultimate Frisbee is by no means mainstream yet, but it's definitely growing in places like Toronto," the 30-year-old resident of the same city stated.

The co-ed game involves teams and tossing the disc much like one would in football, but with fewer rules and much less physical contact.

"It's a great aerobic workout based on the repetition of running and other movements, but it's always unexpected as to what will happen in the game."

Auerbach's skills come from the freestyle end of the sport, which in 1995 earned him the title of

world freestyle champion.

To his charges at camp, he demonstrated some of his skills, and imparted some of the secrets to moves which combine for great freestyle routines.

The campers also had a chance to work in teams, shoot for certain distances or targets, and when resting, chat with a world champion.

Auerbach does less competition and more demonstration and teaching these days, through his company called the Spinning Bees.

"This (sport) offers pretty much anyone a way to participate and have fun while getting some exercise," he concluded.

Frisbee golf, or DiscGolf, is another growing sport to work on one's skills at hitting a target. A course as close as Lewiston, N.Y, or the west end of Toronto is available for those vying to be closer to the pin.

The ENERGY campers spent the rest of the week working on the tricks and moves learned from Auerbach, using the lessons of teamwork enforced by the camp as well.