World frisbee champion tosses some tips

Sarnia - This Week

Students were spinning at Ecole Saint-Thomas D'Aquin last week, when world champion Frisbee thrower, Gary Auerbach showed up to spin a few lessons.Auerbach was invited by physical education teacher Pat DuFour, who learned about the frisbee champ and his free flying education and invited him to Sarnia from his Toronto-based office.

With waves of giggles and applause, Grade 2/3 students viewed Auerbach's collection of Frisbees, including a red plastic disc which a student had adorned with feathers in an effort to make Auerbach's Frisbees fly better, and an original tin plate from the Frisbie Pie Company.

The game of Frisbee originated in Connecticut near the turn of the century, when students would eat pies from the Frisbie company, and then turn the plates over for a game of catch before heading back to class.

Instructing 280 students throughout the day, Auerbach related the performance of his frisbees to the flight patterns of an airplane. With student's active involvement, they learned that tilting the Frisbee in different directions would have it flying on different angles.

Students played tag games and learned some of the rudiments of being a hot dog Frisbee pro. In the midst of wildly cheering students, Auerbach was dispensing a bit of worldly advice.

With cautions about how to play safely -find a soft frisbee, don't throw it at anyone's head- Auerbach taught the best method of frisbee-throwing.

"Point your toe where you want the Frisbee to go, hold it tightly, rock forward,and give it a snap at the end."

Despite the oft asked question, Auerbach doesn't own a dog, and encourages people to play Frisbee with other people.

Auerbach now makes his living plying his trade, and spinning Frisbees at workshops and clinics for schools,camps, offices and parties through his company Spinning Bees.