



9TH BIG PHAT PHNOM PENH HAT TOURNAMENT GUIDE



Introduction

Welcome to the 9th edition of the Big Phat Phnom Penh Hat!

This year the theme is Ultimate Symphony, so I hope you are ready to rock out! The next two days will be filled with ultimate, partying, and music.

Everything will take place either at the fields, which are located in Chroy Changvar (GPS coordinates: 11.599, 104.933 or see directions later in this booklet) , or in the BKK area.

Now, let's get this party started!

Flo



អង្កាញ់ (St. Thomas Bean)

In your player pack you will find some “angkoñ”; they are seeds from a vine plant that grows in the North-East of Cambodia. These seeds are used for games played around the Khmer New Year (mid-April). The games often involve throwing the seeds to hit a certain target, or knocking them against each other.

In addition, the seeds can be used as a simple percussion instrument; tying in nicely with our Symphony theme!

Make sure you ask one of the Cambodian players in your team to explain how to use the angkoñ to make music or play games.



Shirt designs

Like last year, Raytecs did an amazing job at designing the shirts. We told their team about the theme and let them run wild with it. Below is the explanation from the designer Socheata about what all the designs mean and how she came up with it:

Tuba Thumbers: A golden metallic guy with a small tuba coming out of the big gold tuba, forming the action figure and throwing a small tuba (as a Frisbee) in a Frisbee thumber position. In the futuristic city, the planet's fossil fuels are derived from tuba sound.

Harpsichord Huckers: Two harpsichord players (1 guy and 1 girl) defending their magical harpsichord back and front from the bad black spirit horse. Front defender in a front head huck and back defender in a back head huck inside a cold shade forest.

Beethoven's Backhands: A group of music band performing music on the street at night. A statue of Ludwig van Beethoven floating in a night sky full of sparking stars, behind his statue there are some hands throwing Frisbees in backhand position up and down.

Hammering Horns: A horn man with a gold horn as a weapon in a forest. He's trying to hunt a lost wild creature by throwing a horn toward it.

Flute Flicks: A guy walking across the village and playing flute along the way with the sound of his flute bringing joy to the villagers. They follow him and sing along to his song and that music cheers the Frisbee players as well.

Schubert's Scoobers: Inspired from the painting of Schubert and his dog, Schubert is a hero riding his giant beast into the rescue of a burning fire. His weapon is a super strong Frisbee that he throws to break a way to the giant castle in the imagination.

Sinn Sisamouth's Swing: Swing refer to throw the Frisbee to other side-line to open the field like Sin Sisamouth pull out his brand new "SWING" record to start the Party. To brighten up the retro mood, there are energetic multi-colour psychedelic smoke floods behind the retro geometric shape background.

Handel's Handlers: George Frederic Handel standing on a pile of Frisbees to show that no matter how many Frisbees u throw at him, he still can manage to handle it perfectly like a boss. Even if it stacks up to the sky, he breaks no sweat. He's like a Frisbee Handlers boss.

Break Tro (ព្រៃត្រូ): The magical Cambodian instrument, tro performed by Hanuman breaks the universe into another dimension where Hanuman is defending a "Break Throw" in a galaxy full of objects such as hot air balloons, kites, piano octopus hand battling between sports and music.

Violin Vert: Inspired from the Vert Stack in Ultimate Frisbee play and Alice in Wonderland, Frisbee armies line up vertically on the chessboard following the queen of violin. Being the antagonist, the queen plays her only magical violin to keep her Wonder (Frisbee) land under her control.



Transport

See 'Maps & Directions' at the end of the document for, well, maps and directions....

As per usual, we will be using cattle trucks to haul players to the fields. The pickup locations are in front of Wat Lanka (corner Sihanouk and St. 51) OR 3Mangos guest-house (see the map section).

From the airport, a taxi costs \$12 into town and a tuktuk \$9 (you can get cheaper rates if you leave the airport parking lot and flag down someone on the road; but get your haggling game on in that case!).



Contact information

Contact us if you need help. The following are local numbers; if calling internationally, replace the 0 with +855 (e.g. 010.315.601 => +855.10.315.601)

For general problems call:
Flo (TD): 010.315.601 (English)

For directions to the field call:
Da: 077.369.551 (English, Khmer)

For party problems (e.g. drank too much beer, drank not enough beer, etc.) call:
Jared 089.293.250



Registration & Fees

Registration is **70 USD** (if you haven't paid in advance), payable in US dollars at the registration party. If you know that you can't make the registration party, please let us know in advance that you'll be registering on Saturday morning.

US dollars are universally accepted in Cambodia, and you can change other currencies for US dollars at the airport or at various points in the city.



Rules

We'll be using the WFDF Rules 2017 version. Ask Flo for a signed copy!



Sponsors

Sairecabur is a SAP consultancy company with one consultant. He has experience in SAP implementations in multiple markets and for multiple companies, primarily focusing on master data and logistics. Besides SAP consultancy, Sairecabur also provides basic computer courses. For more info go to: <http://www.sairecabur.com>

Agile Development Group are a strategic design and international development consultancy based in Phnom Penh. Fusing human centred design and enterprise development, they have created Phnom Penh's first accessible tuk tuk, built an eco-friendly accessible hotel and are now working on developing an agricultural training farm. Oh, and they also do a lot of work writing curriculum for youth development! If you would like to know more, speak to Ian about their work.

Aussie XL is a local bar/restaurant that has been a loyal sponsor to Cambodian Ultimate! On Sunday, after the tournament, anybody still left standing is welcome to come join us for a post-tournament Sunday roast & drinks.



Physiotherapy Phnom Penh

Two of our certified Dutch physiotherapists will be present at your tournament!

We will provide first aid care and advise for muscle and joint injuries happening during and after the games. Of course we will be more than happy to give advice on how to prevent injuries.

We will offer foam rollers and Lacrosse balls at special tournament price! Of course instruction on how to use these tools comes with them too.

The tournament organization will provide white tape for ONLY those who are in NEED!. We may have to charge for our medical taping if being applied.
The physiotherapy team wishes you all an injury free tournament!



CRAMPS!!

What is a cramp?

Painful contraction of mostly muscle

Causes of a calf cramp

Dehydration
Irregular eating (carbohydrates)
A lack of fitness or conditioning
Poor recovery strategies between training sessions or matches
A lack of sleep

How do we avoid cramp?

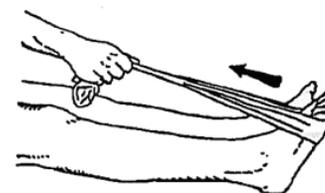
Eat and drink regularly
Perform regular stretching in-between games
Rest well in-between games, sleep well the night before ;)

Treatment for a calf cramp

Stretching
Soft tissue massage
Rest
Eat fruit or bread and make sure you drink well after.

Our Advice

Drink between 6 to 8 liter water during the day. Drink a little bit but very often.
Don't forget to take some salty and/or sweet snacks in-between games





About the URCA Conference

The Uity Results Coaching Academy (URCA) Conference is an online conference that enables everyone to learn from the best coaches in the world. Learn how to play zone from Ben Wiggins or how to develop mental toughness from Tiina Booth. URCA conference talks are free to viewers during our live event every year. An URCA VIP pass allows coaches to view the event presentations all year long. we are happy to be providing URCA2017 VIP passes to one team captain of every team at this year's Phnom Penh hat.

About our Training Programs

Melissa Witmer of Uity Results is the creator of The Ultimate Athlete Project. Since 2012 The UAP has helped over 2000 athletes from over 34 countries to get stronger, faster, and more in shape for ultimate. We are happy to award 12 Weeks to Game Time, a shorter version of the UAP, to MVP winners.

If you would like to try some of Melissa's programming, you can download a free 6 week speed, agility, and conditioning program from our website, ultyresults.com





Women's Ultimate: Bee force

Here we are, at the ninth edition of the Big Phat Phnom Penh Hat. In those years we've grown to a thriving community, officially registered with the WFDF, with players from all ages, nationalities and background. However we still missed out on half of the Cambodian population... women! This is not just a shame for the girls, as they don't benefit from all the opportunities ultimate could bring them, but certainly also for the Cambodian ultimate community itself.

Therefore, in the summer of 2016 Sreyda and I jumped on our motos and toured around PP to visit schools and NGOs to introduce girls to the sport and invite them to the first ever women Frisbee clinic in June 2016. Together with the other organisers we democratically picked the name Bee Force: we are not the tallest, the strongest, or the biggest, but we are fast and we never come alone, and you bet a group of Bees can put up some Force!

At this first clinic we had an overwhelming number of over 60 girls joining. A group of enthusiasts stayed with us and joined our every two weeks women only trainings and in November they were ready to play the first ever Cambodian Women Hat tournament!

You might meet some of our girls at the BPPPH, and for sure Alli, Sreyda and I will be around – always happy to share experiences and learn from others when it comes to organising ultimate opportunities for girls.

Wishing you all a blast at our beloved Phnom Penh Hat,

Romina

Follow us: www.facebook.com/beeforce





Program for both days

Friday Master's Game

If you qualify (30 years for women, 33 for men), contact Jared. Warm-up at 1pm, game starts at 2pm sharp. [double check with Jared/Ian]

Takes place on street 380, next to the market. (see map)

Friday Night Registration Party

Friday from 6 pm, at **3Mangos guesthouse** on **street 360** (bai roi hoksup). If coming by moto or tuktuks, ask for "Apsara TV", which is the TV station next door (see map). This is where you pay your registration fee and collect your tourney stuff (disc, shirt, etc.).

Oh, there is a pool; so bring swimming trunks!

Saturday Games

First pull at 8am; so get there bright and early! There will be a small breakfast (bananas, bread, peanut butter, nutella). We will be providing lunch and there will be water and electrolytes on the field. Prepare to run around all day!

Saturday Night Party

As usual, we will hold a legendary Saturday night party with a great band.

The party takes place around the corner from the registration party, at **54 Langeach Sros II** on **street 370** (bai roi chetsup), between cross streets 51 and 57 (see map)

The **band will be on at 8.30pm** and we will put money behind the bar so that people can have a couple of free drinks from 8pm onwards.

Sunday games

Schedule depends on how well you do Saturday. But expect to start early. After we all watched the final there will be a band (!!) playing live on the fields and we'll have a slip 'n slide contest!

Sunday Post-Tourney Get Together

Aussie XL

No. 205A Street 51 (between Streets 288 and 294).

Playing Schedules

Pool A	Pool B
Tuba Thumbers	Schubert's Scoobers
Beethoven's Backhands	Harpsichord Huckers
Flute Flicks	Handel's Handlers
Hammering Horns	Break Tro (ဖြိုခွံ)
Sinn Sisamouth's Swings	Violin Vert

Saturday

Games to 11

Half time at 6 (mirror half)

Soft cap at 70 minutes (add 1 to the highest score after completing the point)

time out: 1 per team per game (1 minute, can't be called after soft-cap)

Time	Field 1	Field 2	Field 3	Field 4	Bye
08.00-9.10	Horns - Swings	Beethoven - Tuba	Break Tro - Violin	Huckers - Scoobers	Flutes, Handlers
09.30-10.40	Swings - Beethoven	Flutes - Horns	Violin - Huckers	Handlers - Break Tro	Tuba, Scoobers
11.00-12.10	Tuba - Horns	Swings - Flutes	Scoobers - Break Tro	Violin - Handlers	Beethoven, Huckers
12.30-13.30	Lunch				
13.30-14.40	Handlers - Scoobers	Break Tro - Huckers	Flutes - Tuba	Horns - Beethoven	Swings, Violin
15.00-16.10	Huckers - Handlers	Scoobers - Violin	Beethoven - Flutes	Tuba - Swings	Horns, Break Tro

19.30-late

Party at 54 Langeach sros II (street 370, between cross street 51 & 57)

Sunday

Same rules as Saturday.

Except finals, which go to 13 point (half time at 7)

Time	Field 1	Field 2	Field 3	Field 4
08.00-9.10	cross over (c1) b4 - a5	quarterfinal (qf1) a2 - b3	quarterfinal (qf2) b2 - a3	cross over (c2) a4 - b5
09.30-10.40	5th place play-in (play 1) L(c1) - L(qf1)	quarterfinal (qf3) a1 - W(c1)	quarterfinal (qf4) b1 - W(co2)	5th place play-in (play 2) L(c2) - L(qf2)
11.00-12.10	5th place Semi (l-s 1) L(qf4) - W(play)	semi-final (sf1) W(qf1) - W(qf2)	semi-final (sf2) W(qf3) - W(qf4)	5th place Semi (l-s 2) L(qf3) - W(play 2)
12.30-13.30	Lunch			
13.30-14.40	7th/8th place L(l-s 1) - L(l-s 2)	3rd/4th place L(sf1) - L(sf2)	5th/6th place W(l-s 1) - W(l-s 2)	9th/10th place L(play 1) - L(play 2)
15.00-16.20	Finals W(sf1) - W(sf2)			
16.30-17.30	Slip and slide competition Everyone (individually)			

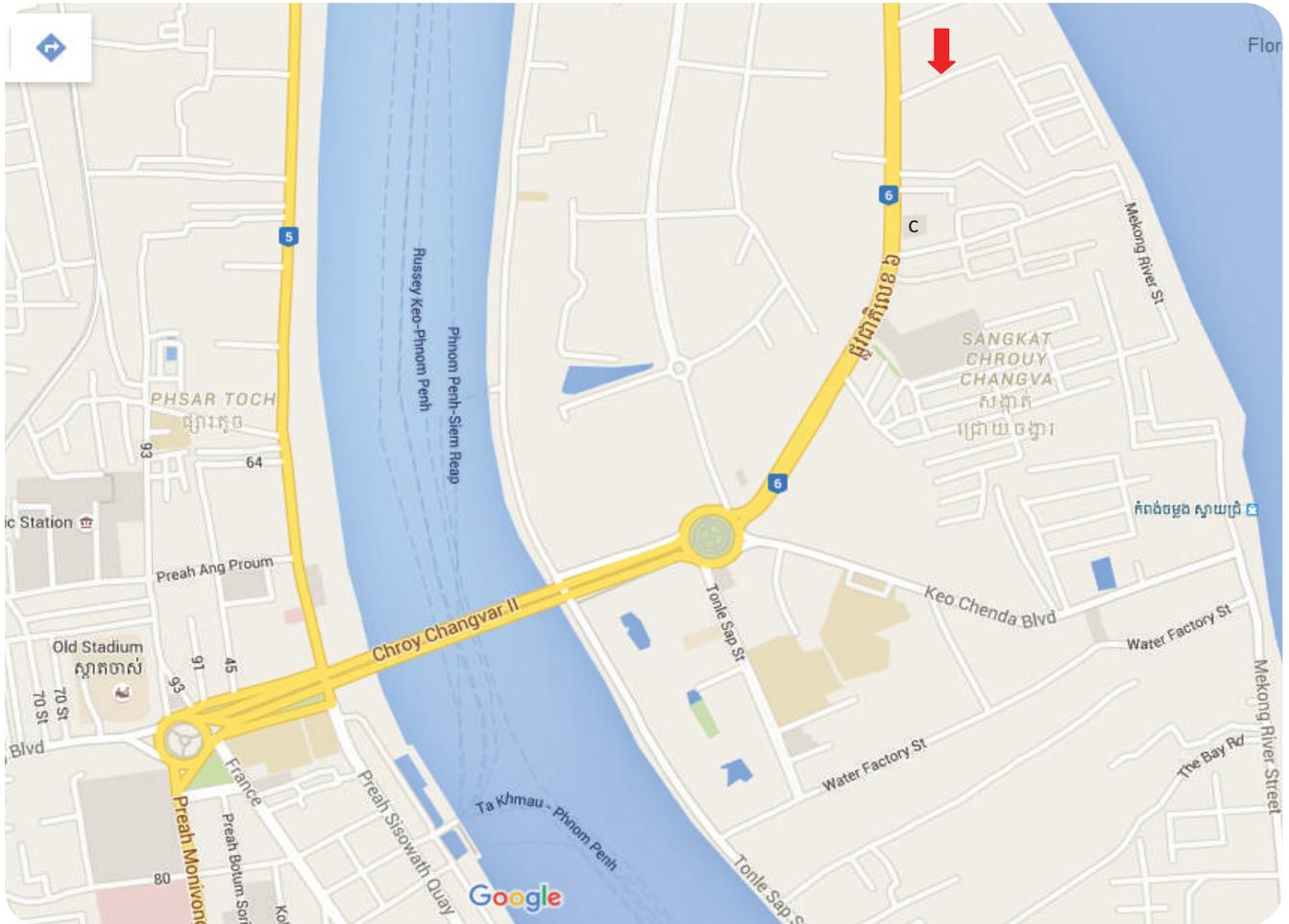


Maps & Directions

BKK area: The parties and Masters game



Chroy Changvar: the fields



ដើម្បីទៅកាន់ទីលានប្រកួត អ្នកត្រូវចរចរជាមួយអ្នកបើកបរដោយត្រូវ ឆ្លងកាត់ "ស្ពានជ្រោយចង្វារ" ដើម្បីទៅកាន់ "ជ្រោយចង្វារ"។ បន្ទាប់មកទៅត្រង់ពីរដងមូលនៅខាងស្តាំដៃប្រហែល ៨០០ម៉ែត្រ (នៅខាងស្តាំដៃទី២ បន្ទាប់ពីការ៉ាវ៉ស់សាំងកាល់តិក)

To get to the fields, you may have to navigate your driver to cross the “Japanese bridge” to get to the “Chroy Changvar.” Go straight at the roundabout and it will be after about 800 meter on the right (second right after the Caltex petrol station).

If you have one of those smart phones, the coordinates are: 11.599, 104.933