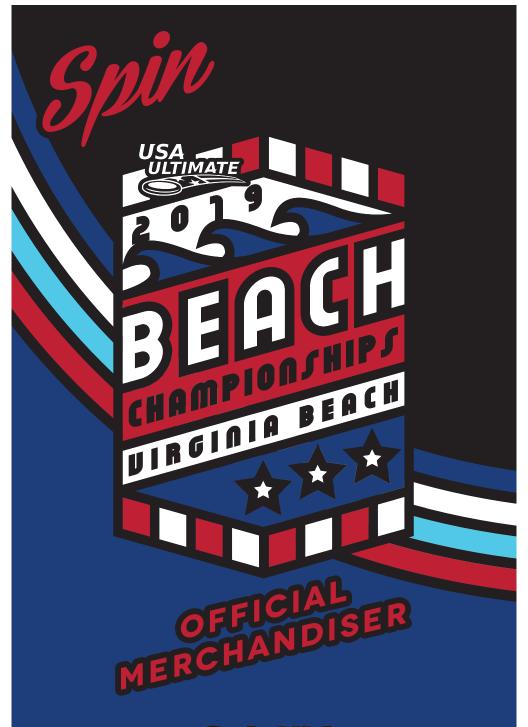


EVENT GUIDE \$2



# SpinUltimate.com



# **Table Of Contents**

### EVENT INFORMATION

Welcome	2
Weekend Overview	3
Event Staff	3
Competition Rules	5
Site Rules	5
Noisemaker Guidelines	6
Learn to Play	7

### SPECTATOR INFORMATION

Ultimate in 10 Simple Rules	
Men's Teams	10-17
Mixed Teams	
Women's Teams	
Masters Mixed Teams	30-36
Grand Masters Men's Teams	
Great Grand Masters Men's Teams	41-43

### PLAYER INFORMATION

Spirit of the Game	. 45-47
Health & Safety	. 49-51

### SCHEDULES AND MAP

Men's Schedule	
Mixed Schedule	
Women's Schedule	
Masters Mixed Schedule	
Grand Masters Men's Schedule	
Great Grand Masters Men's Schedule	
Field Map	

USA Ultimate, 5825 Delmonico Drive, Suite 350, Colorado Springs, CO 80919 719-219-8322 / www.usaultimate.org / info@usaultimate.org

# Welcome

Most of our volunteers come from the Virginia Chapter of the Surfrider Foundation. Aimee Rhodes, Secretary of the Virginia Chapter and our Volunteer Coordinator, wrote the following:

The Surfrider Foundation Virginia Chapter is dedicated to the protection and enjoyment of the world's oceans, waves and beaches through a powerful activist network. Our impactful local network of chapter volunteers serves as the first response to local threats in coastal communities across Virginia. We are the boots on the ground who collaborate on both the local and national level with regional staff and issue experts to carry out Surfrider Foundation's mission through campaign, program and educational initiatives in

our local communities. Surfrider Foundation has built a vast network of coastal defenders who transform the passion for local coasts into lasting protection. Bringing local knowledge with experts in law, policy and science has allowed our formula for success to gain multiple victories for areas bordering the Chesapeake Bay and Atlantic Ocean. Surfrider Foundation Virginia Chapter regularly cleans up Virginia's beaches, waterways and ocean by collecting thousands of pounds in trash every year.



VIRGINIA

Aimee Rhodes

Secretary of Virginia Chapter of the Surfrider Foundation

Dear USA Ultimate Beach Championships attendee:

On behalf of the members of the Virginia Beach City Council and community, it is an honor and a privilege to extend enthusiastic support for the *2019 USA Ultimate Beach Championships*.

We appreciate the importance of the USA Ultimate Beach Championships and make a commitment to strive to exceed our customers' expectations. Your competitors will delight in our city's rich natural beauty, history, culture, excitement and diversity.

Many industry-related investments, private and public, have been made, and are continually made, to add to Virginia Beach's overall appeal. In addition to the beautiful beach, nature trails and golf courses, enjoy the varied shopping experiences and excellent restaurants serving the finest seafood and regional cuisine. Discover and learn something new at the Virginia Aquarium – rated one of the top ten museum/aquariums in the United States. Shopping experiences at 310cean/Beach Centre, excellent restaurants serving the finest seafood and regional cuisine; the Adventure Park at our Virginia Aquarium & Marine Science Center – great for team building opportunities, and iFLY where your competitors can experience true free-fall conditions in its vertical wind tunnel, as you float on a wall-to-wall cushion of air.

I know that our Virginia Beach Convention & Visitors Bureau staff will work closely with you to ensure a most successful event.

Sincerely,

Bably Deer

Robert M. "Bobby" Dyer, Mayor







# **Weekend Overview**

#### Friday, May 10 at Holiday Inn Oceanside

6:00 p.m. – 8:00 p.m.	Team Registration
8:00 p.m. – 8:30 p.m.	Captains' Meeting

#### Saturday, May 11 at Virginia Beach

9:00 a.m 6:00 p.m.	Competition begins
5:30 p.m. – 7:30 p.m.	Dinner for athletes, coaches and chaperones

#### Sunday, May 12 at Virginia Beach

8:30 a.m. – 3:30 p.m.
 Post-Finals:
 Competition continues including championship games during the later rounds.
 Award Ceremonies. Immediately following the finals, awards will be presented to the champions and second-place teams in each division, as well as Team Spirit Award winners.

# **Event Staff**

Tournament staff members will be wearing staff shirts. If they can't answer your questions, they will point you to one of the following people for further assistance:

Tournament Director – George Alcaraz of Resort Management, LLC Volunteer Coordinator – Aimee Rhodes of Surfrider Foundation Learn To Play Coordinator – Dale Williams Virginia Beach Sports Marketing – Kenneth Payne Also: Bri Cahoon, Therese Whitehurst and Andrew Spataro

#### **USA Ultimate Staff**

Director, Member Services & Community Development – Josh Murphy Manager, Events – David Raflo Manager, Competition & Athletics Programs (Club) – Carolina Gonzalez-Llanos Manager, Competition & Athletics Programs (Youth) – Joy Ferenbaugh Manager, Community Services and Development – Leah Dolan-Kelley Coordinator, Youth & Education Programs – Sarah Powers Communications Coordinator – Larry Melton

# UltiPhotos

USA ULTIMATE Championships Official Photographers

ultiphotos.com 🛛 🖪 🛩 UltiPhotos

# **Competition Rules**

- USA Ultimate Official Rules of Ultimate 11th Edition will be in effect with modifications
- "Contact" marking violation call.
- Beach fields will be used.
- Shoes/cleats not permitted.
- All games go to 13, point cap at 15 except Men's C Pool and Mixed Masters A & C Pools to 15/17.
- Halftime is five minutes.
- Each team has one timeout per game and can use one (and only one) timeout in overtime even if they have used their timeout previously.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 13 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Cap does not affect timeouts.

# Site Rules

- **No Tobacco!** Facility, event staff and security will be checking to make sure people are not smoking. Please abide by the rules.
- No glass or metal bottle caps!
- Pets, glass containers, motorized vehicles and any other items that are deemed unsafe are prohibited.
- Spectators and equipment must stay at least three yards away from sidelines! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least three yards.
- **Trash and Recycling!** Place recyclables in the recycling receptacles, and place trash in the trash. Keep the facility clean.
- Language This is a family environment. Please keep this in mind.

# **NOISEMAKER GUIDELINES**

The following guidelines for noisemakers will be applied at USA Ultimate events. They are designed to strike a balance between limiting artificial noise that adversely impacts the competition or the on-site experience of participants with allowing for noise that helps create an enthusiastic, fun and supportive environment. Players, teams and spectators are expected to abide by these guidelines while on site at the event.

- Powered noisemakers are not allowed at the event site. This includes, but is not limited to, air horns, sirens and electronic bullhorns.
- Novelty noisemakers are NOT permitted, except under the following conditions:
  - o Must remain outside of the equipment lines.
  - o May only be used between a goal being scored and the offense signaling readiness for the next point.
  - o May not be used during timeouts taken during active play.
  - o Novelty noisemakers include, but are not limited to, whistles, vuvuzelas, squeeze horns and musical instruments.
- Music-playing devices with external speakers are permitted under the following conditions:
  - o Must remain outside of equipment lines, except during warm-ups and half-time.
  - o Must remain at a reasonable volume considering other event participants and attendees.
  - o May not be used to play music with offensive lyrics or themes.
- No noisemaker of any kind is permitted that may present a safety hazard.
- Any noisemaker permitted above may be disallowed if the volume or content of the noise is deemed to be offensive or disruptive to the enjoyment of the event, or the noisemaker is used in an un-spirited manner such as to taunt, intimidate or give a team an undue competitive advantage, as determined by event staff.

Event staff and observers will inform teams and individuals of these guidelines as needed. Repercussions for violation of these guidelines may include confiscation of the noisemaker, removal of the individual from the event site and/or in-game sanctions associated with the Misconduct System.



VIRGINIA BEACH, VA Between 10th & 11th street

# FIRS

LEARN TO PLAY ULTIMAT Free Clinic & Disc May 11 3:00 - 5:00 p.m. Boys & Girls Ages 18 & Under

REGISTER TINYURL.COM/USAU-LTP-BEACH Or on site at info tent

# Ultimate in 10 Simple Rules

**1.** The Field: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

**2.** Initiate Play: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

**3. Scoring:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

**4. Movement of the Disc:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

**5.** Change of Possession: When a pass in not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

**6. Substitutions:** Players not in the game may replace players in the game after a score and during an injury timeout.

**7.** Non-contact: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

**8.** Fouls: When a player initiates contact on another player, a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

**9. Self-Officiating:** Players are responsible for their own foul and line calls. Players resolve their own disputes.

**10.Spirit of the Game:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules and the basic joy of play.





Now you can bring ultimate with you everywhere you go, with a **USA Ultimate Visa** card! You get great benefits while supporting youth outreach efforts, U.S National Teams and grassroots development programs.

Just using your **USA Ultimate Visa Rewards** card raises awareness for the sport of ultimate and these crucial programs while simultaneously earning you rewards! Plus, UMB Bank will donate \$50 for every newly activated account and USA Ultimate receives a percentage of all net retail transactions.



Choose from five great designs!

Visit usaultimate.org/affinitycard for more information and to find out how to apply!

### AGGRESSIVELY MEDIOCRE

### HAMPTON, VA

Captains: Charles Jones, Ben Bradley, Hunter Woods



Aggressively Mediocre is mostly straight out of the 757. Aggressively Mediocre is not a phase we're going through, it's a lifestyle, and unless you are on the team you wouldn't understand. It is every part of our life: ultimate, work, friends and especially family. Being a part of Aggressively Mediocre is not a conscious choice; it chooses you. Later on, after years of acclimating to a culture of aggressive mediocrity, you begin to realize that even

though you were chosen, you always knew deep down it was where you belonged. If you play us now, then look out, because we're coming after you in an Aggressively Mediocre way.

#### ROSTER

0	I I	00	C' 1 ''
2	Hunter Woods	22	6'1"
5	Charles Jones	30	5'9"
7	Peter Rastelli	23	6'4"
8 9	Jack Downer	25	6'7"
9	Kyle Barnes	22	5'11"
11	Fred Hudson	19	5'6"
29	Benjamin Bradley	27	5'7"
30	Ryan Ayres	24	5'9"
36	Christophe Snead	26	5'8"
40	Joshua <sup>'</sup> Ford	25	5'7"
55	Chase Snead	23	5'9"
95	Jake Carosi Primes	21	6'0"

### AMPERSAND

### PHILADELPHIA, PA

Captain: Patrick Sherlock phillyamp.com @PhillyAMP



AMPers& is back for its third year! Our sp&ex is tight and our offh& throws are ready. Our err& is to create some p&emonium and comm& the beach. Nard will probably have a h&lebar mustache, and hopefully Stu's gr&ma shows up again!

0	Patrick Sherlock	35	5'8''
1	Bobby Roos	29	5'11"
	Matt Zumbrum	34	6'3"
2 5	Michael Panna	32	5'9"
7	Steve Rosso	29	5'11"
8	Luke Ryan	27	6'1"
12	Ryan Flamberg	26	6'1"
14	Stuart Hean	27	6'1"
15	Rob Robinson	28	6'0"
26	Austin Bonelli	30	5'9"
29	Nicky Spiva	30	6'1"
44	Max Charles	25	5'6"
81	Sean Mott	25	6'0"
99	Eric Nardelli	26	6'0"



### AND THE WARHAWKS

#### **BROOKLYN, NY**

@AndtheWarhawks Captain: Ben Van Heuvelen

> Danny and the Warhawks was founded in 2015 by Boston-area Frisbee legend Danny Clark, who immediately quit the team. In the wake of his departure, And the Warhawks was born. Ever since, we have sought to embody the spirit of our departed leader, combined with that of a fearsome bird of prev. Caw! Caw!

#### ROSTER

0	Jacob Taylor	32	6'2"
2	Sean Keegan	32	6'1"
3	Jon Cox	29	6'0"
2 3 4 5	Spencer Olmsted	29	6'0"
	Taylor Pope	39	6'5"
10	Mike Miller	37	6'0"
14	Ryan Woodhouse	26	6'0"
15	Kévin Norton	27	6'6"
21	Dan Heijmen	35	6'1"
31	Chris Kocher	27	6'1"
42	Ben Van Heuvelen	38	6'5"
44	Jody Avirgan	38	6'0"
45	Brett Matzuka	33	5'10"
48	Casey Degnan	38	5'11"
67	Clark Cofer	26	6'1"

### BAYONET

#### **CHAPEL HILL, NC**

Captains: Tanner Barcus, Wendell Wilson



We are a ragtag crew that loves beach ultimate.

1	Tanner Barcus	25	6'1"
2 8	Tim Monahan	31	6'0"
8	Alan Best	27	6'3"
9	Michael Meilstrup	28	5'6"
10	Alex Grosskurth	24	5'8"
12	Tom Grigg	26	6'4"
15	Kerry Green	31	5'10"
16	Frank Qin	29	6'0"
22	Lucas Darden	29	6'1"
31	Alex Kaja	28	5'2"
34	Tristan Green	28	5'8"
42	Wendell Wilson	31	6'2"

### BERNIN' DOWN THE HOUSE

### **BROOKLYN, NY**

Captains: Calvin Vannoy, Stefan Dicker, Brett Kaiser Coach: Emily Cho



All wet! Hey you might need a raincoat Shakedown! Dreams walking in broad daylight Three-hundred sixty-five degrees Burning down the house!

Bernie's back, bbs

### ROSTER

1	Taylor Rasco	30	5'10"
5	Matthew Thomas	31	5'10"
7	Brett Kaiser	30	5'10"
10	Brandon Contarsy	33	5'9"
11	Stefan Dicker	27	6'2"
12	Casey Lemay	30	6' <u>0</u> "
13	Jay Sehgal	27	5'10"
19	Nicholas Eng	28	5'9"
27	Eric Moore	29	5'10"
28	Ryan Saffa	27	6'2"
33	Glenn Lenberger	31	6'2"
40	Jordan Hupp	29	5'10"
51	Calvin Vannoy	29	6'1"
55	Jonathan Kwan	30	5'11"

### BLADES OF SAND

### NASHVILLE, TN

Captains: Ian Mack, Nick Wang



A band of misfits that enjoy being around each other in the quest for the Beach Championships Spirit trophy.

0	Matt Cowan	32	5'11"
27	Amiel Hanley	20	5'11"
7	Evan Mack	25	6'2"
11	Anthony Hoenie	24	5'10"
16	Leekon Wang	32	5'10"
20	Dave Richmond	27	5'10"
23	Robert Johnson	30	5'8"
35	Byron Head	27	5'10"
52	lan Mack	28	6'1"
70	Sam Gagnon	21	5'10"
72	Nathan Rosenberg	32	5'10"
99	Alex Hamilton	24	6'3"

### BLUD

### **ROANOKE. VA**

Captain: Mike Glowczynski Coach: Kevin Foster roanokeultimate.com @RoanokeUltimate



Named after the settlement of Big Lick, better known in modern times as Roanoke, Virginia. Big Lick Ultimate Disc (BLUD) is Roanoke Ultimate's team name for multiple divisions, from open to grand masters. BLUD was created in 2001 by players like Joe Antone, Dan Sell, Mike Smiley Glowczynski, Shane Sawyer and Dr. Dave

Johnson. BLUD focuses on blending competitive, spirited play along with comradery and good times. Our team is comprised of a core group of current, dedicated Roanoke Ultimate players. We invite new and upcoming players to join us for exposure to more competitive play. BLUD welcomes guests from other teams and even other countries. Finally, we remember to always keep the door open for our past BLUD players that helped grow the sport of ultimate in Southwest Virginia.

### ROSTER

1	Mike Glowczynski	47	5'10"
5	Austin Beeker	23	5'10"
6	Eddy Kasper	27	5'10"
7	DJ Irving	27	6'0"
9	Jonathan Choi	24	5'10"
10	Christian Sullivan	27	6'1"
17	Patrick Gettino	27	6'1"
18	Lee Lewis	26	5'9"
19	Kevin Foster	27	6'3"
24	Daniel Smith	32	5'4"
35	Mitch Minford	28	6'3"
76	lan Gillen	21	6'2"

### FLÜDWHALE

#### **RICHMOND, VA**

Captains: Geoff Horsfield, Justin Morrison richmondultimate.com @rvaopen



Twelve-year-old street kid Jesse is caught by police after joining his buddies in spray-painting a marine amusement park. With the blessing of a new foster dad. Jesse must work at the place and clean up the damage. There he meets an unlikely fellow rebel: Willy, an ill-tempered killer whale,

netted from nearby Pacific coastal waters. Jesse befriends the moody animal and secretly trains Willy to do tricks. The park's owner, seeing a chance to profit, has Jesse and Willy perform for customers. but Willy, aggravated by the crowds, doesn't cooperate. Management sabotages Willy's tank to collect on an accidental-death insurance policy. Jesse finds out and rallies some fellow employees and his lawand-order foster family. In an exciting predawn mission, they "free Willy" into the open sea.

00 2 3 4	Jameson Hinkle Justin Morrison Morgan Robinson Matthew Goff	32 31 30 31	5'6" 5'10" 5'11" 5'8"
9	Griffin Lang	24	5'7"
10	Matt Reynolds	23	6'2"
11	Tim Jackson	25	5'11"
12	Justin Keller	23	6'0"
13	Keys Pattie	28	5'10"
15	Geoff Horsfield	31	5'8"
21	Jack Field	23	5'11"
29	Josh Reynolds	28	5'9"
31	Carter Mize	28	6'0"
44	Cam Barnhardt	26	6'2"
57	Austin Bartenstein	30	5'11"

### HUMILISWAG

### FT. LAUDERDALE, FL

Captains: Elliot Trotter, Shane Sisco, AJ Jacoski @humiliswag

- Chasing elite beach ultimate
- Living the dream
- Spirit, humility, unity
- Ride the Wave
- Question everything
- #frislife #brocean

### ROSTER

4 5 7 9 13 20 22 23 25 26 30 33 42 55 9 7	Jaime Perez Michael Fairley Bradley Scott Thomas Echols Shane Sisco Tony Lopez Jeremy Langdon Jordan Queckboerner Will Chen Allan Laviolette Andrew McKelvey AJ Jacoski Devin Cox Max Trotter Bobby Ley Filiot Trotter	25 29 24 32 28 28 28 28 34 27 31 27 27 26 32
77	Elliot Trotter	32

## JOEL!

### PHILADELPHIA, PA

Captains: Joel Prushan, Ian Dietrich Coach: Brett Wall



For years, Joel mired in ultimate obscurity. Riding the bench for his first two years of college ultimate at a low regionals level D-III school, he went abroad to find himself. In Barcelona, he found beach ultimate and grew as a player and a man. He became an

O-line starter on a team that took home the silver medal in the men's division at the Spanish Beach Nationals that year. Upon returning home, he availed to his college teammates the pleasure of the beach, only to have it fall on deaf ears. Upon graduating and moving up to the club division, he continued to preach the gospel of the beach. This team is a result of the gospel. Joel continues to be mediocre at ultimate.

2 3 6	Dylan Smith Adam Callaghan Joel Prushan	22 25 25	5'4" 5'5" 6'0"
6 8	<b>Roberto Wingfield</b>	26	5'8"
9	Brian Doherty	25	5'11"
13	Nicholas Nugent	22	6'0"
14	Harrison Schell	26	5'11"
15	Casey Zhu	21	6'4"
18	Cam Rabinowitz	21	5'8"
22	Logan Yu	24	5'9"
27	Matt Brenfleck	23	5'10"
35	lan Dietrich	22	5'10"
41	Bert Catzen	26	5'11"
92	Max Franklin	21	5'8"
99	Jeff Zheng	19	6'0"



### MIDRIFT

### IOWA CITY, IA

Captains: Steven Czechowski, Jimmy Wiesbrock



All it took was one guy saying, "Yeah, ultimate on the beach would be fun," and here we are five years later. We form this team once a year exclusively

for this tournament, and we come to have fun, play ultimate and crush it. With most of us coming from a land-locked state, it's exciting to prove our athleticism and skill every year to new teams. We've all played either together or against each other in the Midwest, and that's how we all became connected. We enjoy Virginia Beach a lot and use it as a time to get back together and catch some sun before the club season starts. Looking forward to some good competition, good waves and good times.

### ROSTER

3 5 7 10 12 18 19 22 28 29 35 44 49	Ethan Levine Jimmy Weisbrock James Hean Matt Stoker Nathan Wiemers Peter Shayman Steven Czechowski Michael Egan Chris Sedgewick Adam Levine Austin Gangel Nathan Gibbons Gabe Etzel Zaca Denzeck	30 28 29 28 30 26 34 30 36 27 24	5'10' 5'11' 6'3" 5'9" 5'7" 5'10' 5'8" 6'1" 5'8" 5'10' 5'8" 5'10' 6'3" 5'11' 5'71'
55	Zane Pennock	28	6'3"
66	Tyler Stutzman	33	5'9"

### PARANOIA

### WASHINGTON, DC

Captains: Charlie Patten, Steven Wartinbee @ParanoiaHoya



Paranoia was formed in 2015 from players within the greater Georgetown ultimate community and includes many former (and current) captains and coaches of the Georgetown men's team, Catholic Justice. While we come from a diverse background of club teams, many of us have competed together in college or on mixed teams at Wildwood, Lei Out, the Ocean City Beach

Classic and, most recently, Paganello. Paranoia's best finish at the Beach Championships to date was fourth place in 2017.

1	John Recchia	24	6'0"
	Luke Curran	21	5'11"
3 4 5	Delrico Johnson	29	5'10"
5	Houston Parks	24	6'3"
7	Matt Cullom	22	6'2"
12	Alex Paulos	26	5'10"
13	Jonathan Toib	20	5'11"
17	Eric Miner	32	6'5"
19	Anthony Bernard-Sasges	23	5'11
25	Charlie Patten	28	5'9"
27	Steven Wartinbee	24	6'3"
30	Christian Boxley	22	5'10"
70	Robert Patten	26	6'0"
87	Glenn Poole	31	5'9"
88	Kunwoo Shin	22	5'8"
91	Troy Holland	24	6'0"

### RISKY BIDNESS

#### CHICAGO, IL

Captain: Shazad Mehta facebook.com/groups/4787927705/ @riskybids



Risky Bidness started in 2006. Several alumni of Southern Illinois University of Carbondale had graduated and were still interested in playing ultimate together. Their first tournament was a Halloween tournament in central Illinois. After that, interest kept growing as well as the roster. We now regularly attend many in-state tournaments as well as a few across the country. Our emphasis has always been

spirit above all else. This is our first Beach Championships appearance and hopefully not our last. Mainly from the Windy City, we hope to share a "Chicago Handshake" with all of our competitors this weekend.

#### ROSTER

0	Rommel Austria	37	5'10"
1	Joshua Willis-Jones	23	6'0"
3	Shazad Mehta	37	5'10"
3 5	Gabriel Posluszny	29	6'0"
6	Tom Ferguson	34	6'0"
7	Jeffrey Kraft	39	6'0"
8	John Óavid Benda	34	6'1"
9	Guido Strotheide	44	5'8"
10	Yatindra Patel	27	5'5"
11	Kate England	32	5'1"
17	Yash Abbott	30	5'10"
27	Mike Ospina	33	6'1"
64	Steve Stanish	33	5'9"
99	James Howald	46	5'7"

### SOMERVILLE YOUTH

### SOMERVILLE, MA

Captain: Jason Shnipes

In 1849 the Welsh Church organized "er mwyn cynal cymdeithas ysbrydol ac eglwysig yn ein hiaith ein hunain yn y ddinas hon" - so they could meet spiritually as a Welsh language church in Boston. By 1870 it spread to Cambridge and Somerville. Passed down through the ancestry of Tegan, Llewellyn and lago were the sonorous melodies of the crwth. The lavish tones of the instrument combined with the local heartland fineries fused into a subtly harsher, but undeniably handsome, sound that took the town by storm. Passed along from patron to patron and porch to porch, the genre became known as the Somerville Crwth.

3	Alex Caulfield	23	5'10"
7	Michael Dillard	23	5'6"
12	Sam Dushay	27	6'0"
14	Matt Fasanó	25	6'2"
16	David Vanderlyle	25	5'4"
18	Ariel Rascoe	24	5'7"
19	Jason Shnipes	25	6'1"
25	Carter Thallon	25	6'1"
31	Skyler Tom	24	5'11"
34	Benjamin Wittenberg	23	5'11"



### SUPER BASH BROS.

### **DURHAM, NC**

Captains: Matt Bode, Stephen Poulos



Super Bash Bros. traces its roots to 1999 when Stephen Poulos took Matt Bode's lunch money on the mean streets of Saffron City. After that moment, young Bode vowed to never play with Donkey Kong again and to train, while Poulos slept, until he became Bash Bros champion

and recouped his lunch money. Thanks largely to his unconventional training schedule and in part to his wise choice to practice with Pikachu, Bode shocked his way into the Bash Bros Championship in ought-two and used his lunch money to get barbecue from the picnic. Feeling magnanimous in victory, Bode offered Poulos some pulled pork and mac and cheese, whereupon they decided to resolve their differences and become the Super Bash Bros.

Every day on that grind, work mentality on the mind, never mind what's next, Bros. on deck 'bout to flex, Bash Bros. got skills leave teams perplexed!

2	Mason Oppert	26	6'1"
4	Victor Smith	29	5'7"
7	Rashaad Saunders	31	5'8"
13	Bryan Conklin	32	6'6"
14	Stephen Poulos	38	5'11"
17	JD Rust	30	5'10"
19	Ethan Bolthouse	23	5'10"
21	Dan Wilson	25	5'4"
23	Michael Wetzel	25	6'1"
33	Jesse Lieberman	31	5'11
42	Alex Davis	30	5'10"
64	Andrew Tong	25	5'8"
68	Nick Redmond	25	5'10"
73	Andrew Vande Berg	22	6'3"
79	Matt Bode	28	5'10"

### 90S BABIES

#### WASHINGTON, DC

Captains: Zach Norrbom, Anthony McLean Coach: Kelly Ross @90sbabies3



90s Babies was formed in 2016 to provide an opportunity for elite young ultimate players in the D.C. area to play high level mixed ultimate year-round. The 90s Babies have competed in events like First Nights of Flight and regional indoors, as well as other beach tournaments such as the Ocean City Beach Classic. The 90s Babies have attended the

Beach Championships the past two years and are looking forward to 2019!

#### ROSTER

2 4 5 6 8 9 10 15 17 18 19 24 25 32 64 32	Marcus Thaw Dane Warner Jillian Du Alex Piper Kris Harrison Kyle Khalifa Zach Norrbom Emma Price Eliza Pugh Christine Valvo Noah Newberger Molly Barlow Laurel Oldershaw Anthony McLean Becca Arbacher Mark Flores	26 26 25 24 25 26 25 26 25 26 25 26 25 24 28	6'0" 6'2" 6'3" 5'11" 5'9" 5'6" 5'9" 5'4" 5'2" 5'2" 6'2" 5'6" 5'2" 5'2" 5'2" 5'2" 5'2"
93	Kate Trenerry	29	5'6"

### BEACHBOAT

### CINCINNATI, OH

Captains: Ryan Gorman, Brittany Winner cincyultimate.org/teams/beachboat @beachboatulty



With a core of Cincinnati Steamboat's club mixed players at the helm, Beachboat is excited to make another return trip to the shores of the Atlantic. Steamboat was formed in 2008 and is the Great Lakes region's longestrunning mixed program. Over the years, shipmates have travelled extensively to play grass

tournaments around the world, but in 2011, eager to test out our sea legs, we navigated uncharted waters as Batello a Vapore to the harbors of Paganello and docked there again in 2012. Now, with some new crew on board, we're hoisting anchor and setting course to Virginia Beach to compete together on American sand at our fifth Beach Championships in May 2019. This comes after four successful seasons for the program where we've finished higher at the USA Ul-timate Beach Championships each year (2015 - T-11th, 2016 - 7th, 2017 and 2018 - 5th)!

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### BIG FISH

#### FALMOUTH, MA

Captains: Brian Sauro, Pat McGrath



Big Fish has played at the Beach Championships every year since it started, some years in two divisions. The players come from the coastal areas of the Northeast, united by a love of the ocean and beach ultimate, as well as a connection, however

tenuous, to the Woods Hole Ultimate Frisbee Club (WHUF) and its longstanding summer ultimate scene on the beautiful beaches of Cape Cod.

#### ROSTER

1 5 6 8	Moriah Lee Carrie Gill Jesse Chiello Sarah Tulin	5'10 5'9" 5'7" 6'0"
10	Wes Johnson	5'11
13	Brian Sauro	5'8"
14	Marta De Giuli	5'7"
19	Bethany Ortquist	5'9"
20	Tanner Halkyard	6'5"
21	Dan Proulx	6'2"
22	David Friedman	6'1"
27	Cade Halkyard	6'2"
37	Steven Wilkinson	6'2"
47	Pat McGrath	6'0"

### CULT OF SUTRO

#### SAN FRANCISCO, CA

Captains: Crystal Alton, Evan Hoyt



In the geographic center of San Francisco stands a 977-foot tower, solemn and ever watchful. Thought by some to be the cosmic center of the universe, Sutro Tower sits (even at this moment) upon its hill emitting untold magnitudes of love, light and a likely dangerous amount of radioactivity.

In early 2019, the Cult of Sutro was formed to spread the love of Sutro to the beaches of Santa Monica, where Sutro led us to glorious victory in the name of Sutro. Ready for a bigger challenge, this new and improved following includes members from our original throwback team, as well as new inductees living in S.F., Georgia and N.Y. We are a group of friendlovers committed to sharing the light and love of Sutro with all humankind, and to playing some great beach ultimate along the way. Praise Sutro!

### DJ NI NI'S BEACH BUNNIES

### ST. LOUIS, MO

Captains: Chung Lee, Michael Faaborg



Thump, thump thump. The beat drops. Through the haze of fog machine and your ninth Orange Crush, a figure emerges. As your eyes adjust to the multicolor strobes, you spy a turntable, and standing behind it is that same figure shredding on guitar whilst simultaneously spinning tracks. Not impressive enough? She's also head banging with a

giant bunny head on.

Word, meet DJ Ni Ni, a cultural icon in Virginia Beach and our team's inspiration. On the beach, we aim to function as Ni Ni's ultimate acolytes and eternal hoptimists, spreading good cheer, spirit and whipping our hair back and forth. Don't carrot all about that?

Whether we win or lose by a hare or by a whisker, we're simply earresistible and no bunny has as much fun as us on the sand. Who says there's no such things as hoppy endings?!

### ROSTER

3	Jackie Weiss	24	5'3"
4	Terran Tout	27	5'7"
7	Michael Faaborg	28	6'0"
9	Mason Zetsch	24	6'1"
13	Megan Epperson	36	5'6"
17	Susan Matthews	27	5'6"
22	Mike L'Hommedieu	34	5'11"
24	Chung Lee	38	6'0"
26	Grant Eschmann	34	6'0"
29	Stephen Hawkins	31	6'5"
31	Doug Jacobs	38	6'1"
33	Elizabeth Honigfort	29	5'4"
44	Ryan Chubb	26	6'0"
49	Steph Jacobs	36	5'6"
86	Amanda Johnson	31	5'11"

### FOG CITY

### SAN FRANCISCO, CA

Captains: Bill Liu, Jodi McCloskey fb.me/FogCityUltimate



The lazy yawn of morning fog lolls its tongue over The City, wrapping its sandy ultimate players in a grey haze. Hucks go up to legs you hope belong to a teammate; someone you can't see passes you something then hugs you; a disc drops out of the dank haze like the moon itself and donks you in the dome. After playing at Ocean Beach for years, we knew there could only be one name for a Bay

Area beach team: Fog City. We're a team all about love, balling out with each other and spreading the good vibes of the Bay to everyone.

2	Scott Miller	30	5'11"
4	Alex Pien	27	5'10"
11	Katherine Yost	24	5'1"
14	Jonathan Goldsmith	26	6'0"
17	Christina Casler	26	5'7"
18	Hannah Rohret	29	5'7"
21	Kwai Philpott	28	5'6"
22	David Bloodgood	25	6'0"
30	Jodi McCloskey	32	6'0"
37	Daniel Zakaria	27	5'7"
44	Gianna Tesler	30	5'5"
51	Matt Jaffe	28	6'1"
64	Leah Tsinajinnie	28	5'3"
77	Alec Surmani	30	6'3"
88	Bill Liu	35	5'8"



### FRIENDS WITH JUICE

### ALBANY, NY

Captain: Veronica Kolegue-Spalaris

We are a team of friends who bring the juice. All associated out of the Albany capital region in some regard, we bring a high level of play and spirit to the Beach Championships. And of course, the juice.

### ROSTER

1	Tony Valentin	24	5'7"
2	Graham Turner	24	6'3"
4	Sarah Thomann	22	5'6"
6	Gabriel Hage	29	5'5"
11	Hayley Manning	29	5'10"
12	Courtney Cash	22	5'3"
13	Karoline Hart	28	5'6"
24	Matthew Duffy	26	5'11"
54	Matthieu Frenchie	26	6'0"
88	David Koch	30	5'10"
97	Taylor Simpson	28	5'7"
99	Veronica Kolegue-Spalaris	25	5'8"

### HUDSON VALLEY FUNK

#### **NEWBURGH, NY**

Captains: Bri Chanowitz, Caro Turner, Jimi O'Connell @HVFunk



The Hudson Valley Funk is a competitive mixed club ultimate Frisbee team out of Newburgh, N.Y. The Funk strives to be an inclusive club team that provides opportunity for competitive ultimate to those living in the greater Hudson Valley area. Our team looks to be regionally competitive in 2019 but will not overlook the importance of a

supportive team culture and/or the value of hard work.

1	Benjamin Phillips	24	6'3"
4	Caroline Turner	23	5'2"
9	Victoria Robustello	20	5'3"
10	Robert Owens	29	5'9"
12	Kimsun Barber	24	5'4"
14	Luke Shkreli	21	5'10"
16	James O'Connell	25	6'0"
21	Briana Chanowitz	26	5'7"
22	Tom Manner	30	5'7"
34	Alex Gerstle	21	6'2"
77	Meghan MacEnroe	24	5'4"
80	Anthony Coppola	24	5'11"

### LOCALS

NORFOLK, VA

Captains: Chris Work, David Caplan



Some of us were born and raised here. Some of us were brought to the area by the military. Some of us came here for school. Some of us

came here for work. Whatever the reason for being here, this is where we call home, and the one other thing we have in common is our desire to play ultimate. So, with a tournament happening on our own beach, how could we not get together for a good time?

#### ROSTER

2 3 4 5 7	Kate Eshelman Jonathan Puebla	31 31	5'8" 5'8"
4	Naveed Asghar	21	6'1"
5	Joe Lin	25	6'1"
ž	Stetson Roof	31	5'8"
10	Ariel Vogel	21	5'5"
13	Celeste Ostman	38	5'6"
16	Julie Kafka	28	5'1"
17	Kevin Kopf	28	5'10"
21	David Caplan	31	5'7"
23	Jessica Tow	24	5'1"
28	Bob Steinberg	53	5'10"
40	Eric Herold	32	5'7"
42	Chris Work	36	6'2"
72	Hailey Connolly	22	5'5"
83	Pebbles Daez	22	5'4"
88	Reid Dickie	22	5'7"

### NO TSU OH

### HOUSTON, TX

Captains: Max Grove, Katey Forth, Sean McCall, Doug Richardson



This latest iteration of No Tsu Oh has been around since 2015. After a hiatus from the beach, it reformed in a quest to compete for a beach national championship. Based out of Texas, No Tsu Oh thrives on the ideals of respecting your opponents,

respect for your teammates, love of orange crushes and oversized cubes. It's not hard to have a good time with your toes in the sand.

00	Jonathan Helton	6'0"
0	Max Grove	6'5"
5	Kaela Helton	5'8"
7	Ben Lewis	6'1"
0 5 7 8	Elise Franke	5'6"
10	Ames Fegert	5'11"
11	Katey Forth	5'6"
14	Edith Teng	5'6"
16	AJ Beard	5'6"
17	Doug Richardson	6'0"
18	Laura Gerencser	5'10"
19	Sean McCall	6'1"
20	Nikki Gilbert	5'6"
21	Reid Bacon	6'4"
23	Bex Forth	5'6"
44	Dalton Smith	5'11"
82	Matt Lyle	6'2"



### OPIG

### **ARLINGTON, VA**

Captains: Ashley Morgan, Jenny Fey, Ryan Morgan, Kevin Riley



Bohemian Rhapsody. Prom night. Coat hangers. Tim's boxers. Big bear. Bolero. Mars Pavilion. \*\*\*\*Opig!

During 15+ years as a team, we won us some beach titles. We like to drink Micheladas and Car

Bombs. We used to be young and good looking. Now, we have a lot of moms and dads on the team. I guess we are still good looking.

### ROSTER

0	Cody Johnston	27	6'0
1	Jenny Fey	33	5'8
1 2 3	Jesse Shofner	25	5'5
3	Jackson Cochran	23	6'0'
6	Ashley Daly Morgan	34	5'7
7	Kevin Riley	34	6'0'
8	John Walden	22	6'0'
10	C Ryan Morgan	37	6'0'
13	Kathleen Ratcliff	38	5'8'
17	Luke Wolckenhauer	35	6'1'
18	Crystal Davis	35	5'7'
20	Aɗam Simon	36	6'0'
24	Alex Ghesquiere	41	6'1'
27	Steve Helvin	42	5'1
29	O'Linda Sevier	21	5'6'
35	Rebecca Simon	36	5'8'
88	Kelly Hyland	31	5'6

### PLANTS WITH PANTS

#### FREEPORT, NY

Captains: Scott Mulderig, Stacey Ng



Plants with Pants is based out of Long Island, N.Y., and officially formed in 2019. making its debut at Lei Out this past Janu-**TPANTS** making its debut at Lei out this past Janu-ary. Many of us have played together for several years on the mixed club team FLI and at other various beach tournaments, including

Wildwood and the Ocean City Beach Classic. A few of our players are also dedicated members of the Long Island Ultimate board and have successfully organized a beach tournament of our own ("Wildwood Warmup") for the past three years. Plants with Pants is excited to make its first appearance (of hopefully many) at the Beach Championships and look forward to what the future holds for us!

1 5	May Patino Pedraza Madison Cannon	27 23	5'4" 5'4"
			5'9"
9	Scott Mulderig	33	
11	Marisa Gargaro	25	5'2"
12	Laura Marrin	29	5'7"
17	Whitney McCarthy	24	5'7"
19	Stacey Ng	30	5'5"
20	Brian Cotter	27	6'2"
31	Collin Bartoldus	26	6'1"
51	Paul McDermott	22	5'11"
53	Christopher Kizis	28	5'10"
96	Eric Cannella	29	5'7"

### POINT BREAK

### LOS ANGELES, CA

Captains: Remy Schor, Alexa Cohen, Russell Gaskamp



Vaya con Dios

#### ROSTER

1	Ben Parrell	35	5'9"
3	Evan Valdes	33	5'9"
4	Kristen Pojunis	24	5'7"
5	Rebecca Smith	37	5'5"
8	Alexa Cortez	27	5'6"
12	Eric Lissner	29	6'1"
13 14	Mitchell Steiner	27	6'0"
14	Andrew McRae	32	6'2"
16	Lori Eich	37	5'6"
21	Alex Drum	31	6'2"
23	Remy Schor	39	5'5"
28	Katy Stanton	33	5'7"
29	Amy Halvorsen	27	5'7"
30	Russell Gaskamp	35	5'11"
80	Grant Boyd	36	5'9"

### REX ON THE BEACH

### CHARLOTTESVILLE, VA

Captains: Matt Graves, Lauren Lieske, Yannick Albert @tyrannisorus

Rex on the Beach is formed from members of mixed club team Tyrannis and other players from the Central Virginia area. With a strong belief in having fun playing ultimate with friends and Spirit of the Game, Rex on the Beach is looking to improve on Tyrannis' finish from last year. Pardon us if we stomp on your sandcastles during our weekend romp in the sand. Sic Sunburn Tyrannis!

3	Jess Cimicata	23	5'3"
5	Lindy Torvinen	23	5'6"
6 7	Jake King	24	5'10"
7	Joe Terrana	25	5'4"
8	Matt Graves	28	5'10"
9	Hope Martin	24	5'7"
11	Kay Comer	28	5'8"
12	Will Clark	30	6'0"
14	Noah Carter	26	5'11"
17	Rebby Rook	29	5'6"
19	Lauren Lieske	24	5'8"
21	Caroline Tsui	20	5'7"
34	Phillip Martin	32	6'3"
98	Julius Tallant	26	5'10"
99	Yannick Albert	30	5'10"



### SQUIRTLE SQUAD

#### CRANFORD, NJ

Captain: Jesse Hynes Coach: Andrew Misthos @BigSquirtle



Squirtle Squirtle SQUIRTLE squirtle, squirtle Squirtle squirt. Squirtle squirt squirt squirtle Squirtle SQUIRTLE SQUIRTLE! Squirtle squirt squirt; Squirtle squirtle squirt?

;Squirtlé squirtlé squirt, squirtlé squirtlé squirt sauírt?

### ROSTER

0	Natalia De Jesus	24	5'6"
1	Sadie Jezierski	22	5'5"
11	Andrew O'Connor	27	5'10"
12	Amy Zhou	26	5'2"
16	Keiĺa Strick	23	5'6"
20	Matt Lefebvre	29	6'1"
25	Rebecca Halleran	24	5'8"
26	Kate Douthat	35	5'7"
32	Rebecca Driver	23	5'8"
33	Jesse Hynes	29	5'8"
34	Ingrid Petterson	24	5'7"
50	Drew Rasmussen	25	6'3"
66	Dmitry Suvie	25	5'7"
67	Tyler Berkeley	23	5'11"
69	Justin Carter	26	6'2"
77	Bo Li	30	5'10"
88	Nikki Hair	24	5'4"

### WELL FED

#### MADISON, WI

Captains: Liz Held, Aidan Boyle



Well Fed is a Madison-based team of Midwesterners who have discovered they like to play beach ultimate. Some of us play club ultimate together, while others play each against each other, even matching up several times throughout the club season. We have come together over our love of

beach ultimate because we enjoy each other and want to see if we're any good at this game. The plastic pink flamingo has been the official bird of Madison, Wis. since 2009, and it will be our mascot and inspiration as we forge ahead into this new territory.

1	Caitlin Clevenger	28
2	Adam Trautman	30
		26
4 6	Joey Knutson	
	Stephanie Lamb	29
11	Sara Pike	22
17	Matthew Foreman	30
18	Aaron Swaney	30
23	Lizabeth Held	32
26	Kayla Patterson	24
27	Clay Schelitzche	34
33	Aidan Boyle	28
41	Molly Schelitzche	31
42	Sarah Stoker	28
44	Stephanie Wood	32
69	Andrew Landphier	30
80	Ben Finkelstein	31
00	Dell Fillkeisteili	21

### FILTHY RICH

#### **RICHMOND, VA**

Captain: Hana Choi



Just a bunch of ladies trying to get filthy rich by toeing the line with some nasty bids. Our squad from Richmond is here to win some games with some dirty layouts (our white jerseys are more like brown jerseys). We throw

some money hammers to the back corners of the end zones and drop dimes to our deep cutters. We take all this to the bank, and just like our marks, we know how to get around. We're not just wolves on Wall Street though; we're lions in the lane and Zazu in the air. We got pride, fam, and we'll take you on a circle of life.

### ROSTER

0 2	Lisa Dang Nicole laleggio	24 30	5'5" 5'3"
10	Skye Whitlow	24	5'8"
12	Hannah Elledge	27	5'7"
13	Hana Choi	26	5'5"
14	Liv Kirk	25	5'6"
15	Melanie Felix	25	5'2"
16	Kristin Wevenberg	23	5'3"
17	Caylin Carbonell	28	5'6"
19	Allie Wallace	24	5'10"
21	Mary Helen Simpson	26	5'6"
22	Molly Rowland	22	5'10"
23	Hannah Hellman	27	5'10"
31	Grace Rutkowski	22	5'9"
55	Missy Schlomann	23	5'6"

### I AMP

### PHILADELPHIA, PA

Captains: Andrea DeSabato, Raha Mozaffari phillyamp.com



We'll leave the LAMP on for you.

### ROSTER

1	Andrea DeSabato	32	5'5"
2	Anna Thompson	21	5'3"
3	Natalie Bova	23	5'1"
4	Raha Mozaffari	32	5'3"
3 4 5	Linda Morse	23	5'9"
6	Yuge Xiao	22	5'3"
7	Malti McKinnon	25	5'8"
8	Emily Shields	26	5'4"
9	Beata Szekeres	27	5'3"
10	Jackie Fane	29	5'6"
11	Danielle Walsh	28	5'8"
12	Liz Hart	23	5'8"
13	Allysha Dixon	26	5'4"

13 Allysha Dixon



### ROCKFORD BEACHES MADISON WI

Captains: Robyn Fennig, Becky LeDonne



The Rockford Beaches are a women's professional beach team with a storied history. The Beaches originally played from

1943 - 1954 in the All-American Girls Professional Beach League. The Beaches won the league championship in 1945, 1948, 1949 and 1950. After a short hiatus, the Beaches returned to action in 2015, winning the USA Ultimate Beach Championships in 2016 and 2018.

Dottie Hinson, All-The-Way Mae Mordabito and Marla Hooch are no longer swinging bats, but this ragtag crew of Midwestern swingers will dazzle you with their heavy-hitting and curveballs. The Rockford Beaches bring their mantra to Virginia Beach: "There's no crying in beach ultimate!"

We're the members of the All American League. We come from cities near and far. We've got Madisonians, Texas ones and Swedes. We're all for one, we're one for all, we're All American!

### ROSTER

1	Elise Bjork	30	5'9"
4	Sarah Meckstroth	27	5'8"
5	Rose Glinka	31	5'2"
9	Becky LeDonne	29	5'7"
10	Alison Vandegrift	29	5'9"
16	Sarah Levinn	29	5'10"
19	Melissa Gibbs	33	5'7"
30	Jean Huang	26	5'7"
44	Robyn Fennig	31	5'6"
49	Lucy Williams	28	5'8"
97	Emíly Langland	31	5'2"
99	Dana Demmert	28	5'8"

### SAND CATS

### **DURHAM, NC**

Captains: Georgia Tse, Christine Bookhout @NCsandcats



We return again and again to the Beach Championships to see if which of our loves are greater: our love for beach ultimate or our love for cats? It is the true human struggle. Cats rule, dogs drool. Fact

1	Georgia Tse	24	5'6"
2	Madee Shade	26	5'7"
7	Sydney Harris	24	5'5"
11	Emma Peaslee	27	5'4"
12	Katie Backus	27	5'7"
20	Sophie Knowles	24	5'9"
22	Heather Zimmerman	30	5'1"
27	Toni Gomes	31	5'5"
33	Amanda Murphy	24	5'3"
52	Erynn Schroeder	26	5'6"
55	Klara Calderon Guthe	24	6'0"
88	Christine Bookhout	33	5'6"

### SNOWBIRDS

#### ANN ARBOR, MI

Captains: Jordan RoseFigura, Courtney Traore



The SnowBirds are a beautiful, high-flying flock made of players from different locations who are migrating to the beach.

### ROSTER

2	Wendy Siu	26
2 3 6	Kelsey Cowles	29
6	Lian Órtner	27
8	Paige Speight	25
11	Kari Lavik 🛛	31
12	Lari Ferreira	27
17	Sam Brook	28
20	Emma Boyd	25
22	Ashley Bielinski	27
24	Jordan RoseFigura	36
26	Courtney Traore	29
	DechecíThemesen	0.0

85 Rachael Thompson 25

### THROWTORIOUS RBG

### WASHINGTON, DC

Captains: Grace Riley-Adams, Carolyn Posner @throwtoriousrbg



Now in our fourth year, Throwtorious RBG represents the Washington, D.C. area — home to the amazing Supreme Court Justice Ruth Bader Ginsburg. Our team comes together for a glorious Beach Championships weekend each year, but we owe our success to our offseason commitment to the RBG WORKOUT (https://rbgworkout.com/). Throw-throw-throw-throwtorious!

1	Paige Nelson	26	5'6"
8	Ana Mark	29	5'8"
9	Grace Riley-Adams	25	5'6"
11	Sarah Buxbaum	28	5'4"
13	Lukiih Cuan	29	5'4"
16	Carolyn Posner	27	5'2"
17	Meghan Barlett	26	5'8"
18	Hanna Finigan	23	5'5"
21	Cara Groden	29	5'7"
30	Nami Sumida	26	5'4"
37	Carolyn Clendenin	25	5'8"
40	Jackie Feil	32	5'7"
88	Sarah Lord	25	5'5"
93	Blaire Thomson	27	5'9"



### WETOM: WITCH HUNT

### **BALTIMORE, MD**

Captains: Zara Cadoux, Britta Schaffmeyer

We Throw to Our Men: Witch Hunt is a group of feminist players connected through our shared ideology and humor. We also attend mixed tournaments with a few token cisgender men from time to time (and sometimes we throw to them - what a low bar!). Coming together as a womxn's team, we embrace the magic of womxn athletes and giggle about how our efforts to do social justice organizing in the ultimate community often result in witch hunts. #reclaim #huckthepatriarchy

2	Katy Craley	29	5'7"
3	Kelsey Dennis	24	5'4"
5	Gabby Aufderheide	23	5'11"
7	Mia Greenwald	27	5'7"
8	Bridey Gallagher	28	5'4"
9	Suzy Jivotovski	25	5'11"
12	Britta Schaffmeyer	36	5'6"
17	Kristie Kelly	23	5'2"
18	Wei Gao	27	5'3"
22	Zara Cadoux	32	5'9"
56	Margo Kelly	29	5'6"

### AGED AND CONFUSED

### **RICHMOND, VA**

Captains: Richard Rudnicki, Heidi Bates Coach: Coach Wooderson



The cream of the Richmond Ultimate community has risen to the top, and then it curdled. This is what's left – Aged and Confused, a salty group of veterans and a few Canadian friends, spouting a hazy recollection of glories past, reunited on the only surface soft enough for their aching joints.

### ROSTER

0	Richard Rudnicki	36
3	Heidi Bates	34
6	Brandon Bates	38
7	Kevin Sahli	43
8	Rebecca Butler	36
9	Rob Young	34
12	Brittany Taylor	30
14	Melanie Prescott	39
20	Janick St-Cyr	33
21	Brian Whitty	34
24	Rebecca Harris	33
33	Brett Butler	34
48	Chuck Cantone	33
84	Francoise Delisle	33

### BEACHES AND CREAM

### NASHVILLE, TN

Captains: Ryan McVay, Robin Sasseville, Jenny Newby, Nathan Piechal Coach: Ryan McVay @BeachAndCream



We are a collection of strong personalities gathered from across the Southeast, where one of the things we agree on is plastic should stay off the sand. Hailing from landlocked places, sometimes we marvel at the vastness of the water, but always while enjoying ultimate.

3	Cat Prueitt	35	5'5"
9	Rachael Aubert	30	5'8"
12	Don Clark	39	5'10"
13	Lindsay Turner	34	5'6"
14	Jenny Newby	31	5'7"
15	Phil Mantel	37	6'3"
16	Brandon Schoonmaker	35	6'2"
26	Sean Finlay	33	6'4"
33	Jessica Wackerman	30	6'0"
34	Chris Blackburn	40	5'9"
99	Nathan Piechal	34	6'2"



### CHARGE!

#### JENNIEVILLE, MD

Captains: Rod Hannon, Trish Hannon



CHARGE! was formed 17 years ago to give a group of long-standing co-ed teammates a reason to play in the sand. It was a welcome change to take off our cleats, soak up some sun and enjoy competitive disc in a new way. Several players on the squad now ONLY appear on the horizon when beach ultimate is on

the menu, preferring to never layout on turf again. Our roster has changed somewhat over the years, but the core members and spirit of CHARGE! still remain strong. Carefully crafted like your favorite cocktail, Charge! is assembled each year with equal parts of talent and friendship. We pride ourselves on high spirited and competitive play, happily heckling our own players as a means of team discipline. We encourage this spirit of play in our opponents as well, ending each game with a ceremony that recognizes the standout players on the opposing squad.

#### ROSTER

2 Rich Hart 6 Seth Martin 7 Blaire Surgent 10 Trudy Philip 11 Terri Brandt 16 Hon Yin Eubanks 23 Nicole Kresowik 28 Patrick Vennebush 29 Henry Ferland 36 Kirsten Leckszas 41 Chris Schulze 50 Graham Katz 51 Mandy Davis 54 Allie Hanson	50 48 537 42 346 434 52 53 538 538 538 538 538 538 538 538 538	5'9" 5'7" 5'8" 5'10' 5'3" 5'11' 5'3" 5'11' 5'3" 5'11' 5'8" 5'11' 5'8" 5'11' 5'8" 5'11' 5'8" 5'3" 5'4" 5'3"
66 Brian Lee	38 46 35	5'4" 6'0" 6'0"
	45	5'7"

### EARLY BIRD SPECIAL

#### **BAY AREA, CA**

Captains: David Anderson, Sky Taylor facebook.com/EBSultimate



Early Bird Special ("EBS") is a mixed masters ultimate team based primarily in the Bay Area, Ca. Our motto is, "Good fun. Good community. Good service."

2	Ginger Wong	40	5'7"
7	Andrew Applegate	35	5'10"
9	Jean Hsu	32	5'5"
11	Sky Taylor	33	6"0"
18	Matthew Brown	34	6'0"
20	Jen Thomas	33	5'3"
27	Lucy Burns	35	5'11"
36	David Ryal Anderson	36	5'7"
42	Mark Lessard	43	6'2"
52	Jennifer O'Connell	32	5'10"
77	Minerva Muzquiz	34	5'2"
81	J Tyler Walker	33	6'9"
97	Greg Sandstrom	33	6'2"

### LOVE HANDLES

#### **BOSTON, MA**

Captain: Damien Sulla-Menashe



Love Handles has existed as a beach ultimate team for nine years after going to our first Wildwood in 2011. Prior to this, we were a local club team in the Boston

area who mostly played on grass. We have been going to Wildwood every year since and have slowly evolved into a masters team, going to the Beach Championships last in 2017. We have also played at Lei Out in 2016 and in several of the Onset beach tournaments on Cape Cod. Now, we are strictly a beach ultimate team and look forward to our bright future as a masters and maybe someday a grand masters team. This year, we have initiated some players from the Washington D.C. and New York City areas into our club, but we still have several players from our original core team that went to Wildwood so long ago.

#### ROSTER

5	Michael Downing	37	6'2"
5 7	Jan Nygren	48	6'1"
8	Damien Sulla-Menashe	34	5'8"
12	A.J. Pave	37	5'9"
19	Rachel Markowitz	34	5'8"
22	Meg Gatza	33	5'4"
38	Jody Shumaker	38	6'1"
40	Sora Kim	35	5'1"
46	Ted Heinrich	36	5'8"
47	Audrey Chu	40	5'5"
56	Corey Cox	33	5'10
58	Cooper Martin	35	6'1"
72	Sandy Gani	38	5'8"
82	Anva Lagasse	38	5'3"

### OLD MONEY

### CHARLOTTE, NC

Captains: Marja Grillo, Anthony Grillo charlotteultimate.com/t/old-money @OldMoneyUlti



Failing to squander their wealth during their extravagant excursions to Virginia Beach and the Windy City in 2018, the loyal band of plastic huckers known as

Old Money has returned in 2019 to challenge for supremacy once again. New blood has replaced those unable to maintain their wealth of generations past. As they slow with age, they only become more graceful in their celebrations. Get those metal detectors out, because Old Money is bringin' the Cha-Chinggg to the beach!

5'11" 5'11"
6'1"
6'0"
5'6"
5'8"
5'2"
5'5"
5'6"
6'0"
6'2"
5'11"
5'1"
6'2"
5'6"



### OLD PHOAGIES

#### PHILADELPHIA, PA

Captains: Jeff Hale, Samantha McClellan



Foolishly re-wrapped, my eater thought what remains of me will be better with age. I am left on the counter, just shy of a respite in the fridge. I was picked as a "large" and proved to be too much to handle, cut

haphazardly 60/40 by the night-shift phoagie maker. Here I am, left to meat my decay, ache from my stale cut tomatoes. As I stagnate before I get disappointingly dumped, I contemplate my raison d'etre. The future is peppered with other has-beens. There, lettuce reminisce on hot and fresh times, filled with anticipation of being the object of desire only to be broken. Knowing I am about to be roasted, I cry out injury, looking to sub. My lettuce and mayo congeal, there is no salvaging without surgery. What a pickle to be in, unless I get covered in sand.

#### ROSTER

1 3 4 10 13 15 16 17	Jay Soda Eric Gallagher Kristen Dean Caitlin Gleason David Boyer Bryant Dean David Kiefer Rob Lindenthaler Bonny Hodges	48 35 40 32 33 34 33 33 40	5'11" 5'6" 5'7" 5'7" 5'11" 6'2" 6'0" 5'9" 5'7"
15	David Kiefer		
	Bonny Hodges	40	
22	Michael Dean	41	5'9"
25	Lory Soda	40	5'2"
26	Beth Burke	37	5'5"
61	Seana Lindenthaler	31	5'5"

### OVERRATED

### **ROCHESTER, NY**

Captain: Scott Franklin



Overrated brings together a core of current and ex-Rochester players, some who have been playing together for over 15 years at all levels of ultimate. Aging gracefully into the mixed masters division, the team competes at local and national beach tournaments and expands as needed for local club tournaments.

0	Steve Myers Joe Becker	34 35	5'10" 5'11"
2 3 4 5 6 7 8 9	Emily Cho	34	5'3"
4	Christine Purtell	44	5'4"
5	Ken Dziak	39	6'0"
6	Bryan Cho	45	5'8"
7	Lena DeTar	38	5'11"
8	Marisa Wilson	35	5'4"
	Katie Mihalenko	34	5'5"
11	Rebecca Canetti	35	5'0"
12	Kendra Smythe	32	5'9"
13	Scott Franklin	49	5'8"
14	David Lindsay	50	6'0"
16	Rhiannon Myers	37	5'10"
20	Angela Dana	35	5'4"
21	Jason DeMaso	38	6'0"
23	Daron Byerly	45	6'0"
28	Cathy Janvier	48	5'6"
32	Dan Bell	57	5'9"

### OVER THE HILL

### WASHINGTON, DC

Captains: Samantha Broaddus, Christian Heneghan



We are a group of experienced ultimate players back for more fun this year. Many of us are from the D.C. area, with a little Minnesota and Montreal sprinkled in for northern flavor. Team members drift under and over the Hill from year to year. Each player has played with at least one other Over the Hill teammate on another team, but Over the Hill only gets together once a year for the most hallowed tournament on the sand. We are excited to be

playing at Virginia Beach for the fifth time in 2019.

#### ROSTER

2 3 4 8 11 12 14 15 16 17 19 33 4 55 79	Huldah Gronvall Molly Roy Christian Heneghan Matthew Broaddus Jon Pressimone Melissa Iwaszko Samantha Broaddus Mike Malloy Lauren Edwards Christina Chang Claire Smullen Dusty Rhodes Jeff Hale Dan Dypsky Suzanne Wavroch	36 32 40 41 32 52 33 31 37 33 38 39 38 40	5'5" 5'8" 5'8" 6'3" 5'8" 5'7" 5'9" 5'10" 5'5" 5'7" 5'9" 6'0" 5'8" 5'10"
79	Suzanne Wavroch	40	5'8" 5'10" 6'4"
80 88	Alit Balk Grant Franke	43 36	64 5'9"

### SANDY LOVE

### CHARLESTON, SC

Captains: Charles Fuss, Chris Billman, Sara Bradshaw



2019 Sandy Love is a new beach ultimate team hailing from South Carolina. Entering into the mixed masters division for their inaugural year, Sandy combines the forces of several powerhouse mixed masters club teams with some new faces who have recently qualified for the division. South Carolina has an extensive ultimate network, with

over 10 adult USA Ultimate club teams operating in a single season, but has yet to establish an effective beach ultimate program. The hope is Sandy Love will kick off this program and develop the beach ultimate scene in South Carolina, and ultimately, everywhere.

3 4 5 6 8 11	Brett Egger Maggie Smith John Markham Ryan Stokes Ruth Stokes Ned Daniell	34 31 37 34 31 32	6'1" 5'10" 5'11" 5'6" 5'7" 6'3"
13	Charles Fuss	40	5'7"
20	Chris Billman	36	5'9"
21	Kristen Cobb	32	5'7"
25	Kyle Silva	32	5'11"
27	Rachel Fleetwood	29	5'3"
31	Meghan Ozell	33	5'6"
33	Moshe Rhodes	37	5'8"
37	Sarah Johnsen	30	5'10"
40	John Richey	36	5'8"
78	Sarah Bradshaw	40	5'3"
99	Rebecca Colbert	30	5'7"



### **Masters Mixed Teams**

### SHAM WOW

### WASHINGTON, DC

Captains: Justin Kratz, Stacey Spencer bit.ly/UltimateSHAM @UltimateSHAM



SHAM WoW is a mix of friends from the Greater D.C., Baltimore, Pittsburgh and Philly Region. Everyone has either played with or against one another in multiple club, college, masters,

beach and rec leagues over all of our long and storied careers. As Seen on TV, we have absorbed decades of ultimate experience and we are here to show that mixed masters isn't a fake, and we can bring high level play, high level spirit and high level entertainment to Beach Championships!

### ROSTER

### SHOSTAKOVICH

### **BROOKLYN, NY**

Captains: Kim Tischler, Pete Gilchrist



Shostakovich (and the Angry Buddha) is delighted to be returning to the fourth ever USA Ultimate Beach Championships, where the mixed masters division started! Originally founded nearly a decade ago to fulfill Taylor Richey's dream of winning the Ow, My Knee tournament in Albany (goal yet to be accomplished – perhaps at the 35th annual this summer). Shostakovich draws players from a

wide spectrum of club teams. Our unifying (if sometimes tenuous) connection is to pick up in Prospect Park, Brooklyn, a game dating back to the early 1990s that fostered competition from the high school through great grand masters ages. While our Angry Buddha has retired (at least for now), we look forward to channeling his admirable blend of intense competitiveness and embodiment of the Spirit of the Game in Virginia Beach.

1 5	Anna Membrino Pete Gilchrist	29 38	5'6" 6'1"
9	Ellis Kim	36	6'0"
11	Brendan Awerbuch	34	5'7"
14	David Vuckovich	33	6'0"
15	Becca Tucker	36	5'6"
23	Allison Springer	30	5'5"
27	Katrina Krasnansky	38	5'7"
30	Anna Meyendorff	32	5'5"
31	Julie Paik	30	5'4"
32	Lionel Wininger	35	5'10"
42	Mary Glickman	35	5'6"
45	David Goluskin	32	6'0"
50	Dana Grandoni	36	6'0"
89	Rob Devoogd	34	5'6"
99	Kara Neaton	32	5'11"

### **Masters Mixed Teams**

### SWAMP RATS

### **GREAT DISMAL SWAMP, NC**

Captains: Sara Dieter, Ben Dieter



With the heavy rains of 2018 and 2019, the Great Dismal Swamp Rats have been set loose from the confines of its borders and have spread our grimy reach. We've incorporated Rats from Colombia, South Carolina and Chapel Hill. We've even sent one of our existing members westward to Memphis. Inevitably, one

of our elder Ratsmen has moved up and may be seen prowling the grand masters division this year. As always, we're excited to be returning to Virginia Beach to defend the muck-covered mixed masters crown, and we look forward to a weekend in the sand.

#### ROSTER

00 1	Sharon Crawford Kate Morrison	34 34	5'4" 5'6"
5	Bridget Kane	36	5'4"
õ	Sara Dieter	37	5'6"
8	Jill Kubisek	40	5'10"
8 9	Josh Mullen	38	5'9"
	Ryan Sitler	33	5'8"
11	Ben Dieter	37	6'3"
12	Danny Bjorkman	39	5'11"
13	Joel Wooten	40	6'5"
19	Jimmy Mangum	42	5'11"
25	Trey Katzenbach	48	6'1"
27	Maureen McCamley	39	5'6"
29	Ann Sitler	31	5'2"
35	Mike Jolley	46	6'3"
81	Sean Murray	37	6'3"
84	Alexa Barwick	35	5'8"

### YE OLDE BOXCAR

### **DURHAM, NC**

Captains: Danny Marlow, Rim Vilgalys



Ye Olde Boxcar is back once again to continue our tradition of a bunch of broken-down wrecks getting stuck in the sand. Coming from the friendly confines of the Triangle in North Carolina, many of us having been kicking around the mixed division for years now. Four years ago, we decided to give the beach a shot and

have brought more and different friends from across the country to join us each year. A group of us has branched out to regular mixed masters with and against many of our teammates. But, the beach is what brings this particular group together each and every year, and we hope to keep coming back for many more.

3 7 11 13	Rimas Vilgalys Jen Greenholt Danny Marlow Kaitlyn Bayley	33 31 36 31	5'9" 5'10" 6'4" 5'6"
16	Margaret Shea	32	5'9"
20	Greg Tschoepe	39	6'0"
21	Morelva Campbell	38	5'4"
24	Bonnie Schmittberger	30	5'4"
32	Marshall McClure	33	6'0"
42	Spencer Rhodes	37	6'1"
55	Adrian Wilkie	30	5'6"
77	Graeme O'Connell	33	5'10"
89	Erica Brenner	30	5'5"
99	lan Newton	33	6'4"



### BORDERLINE

#### YARMOUTH, ME

Captain: Daniel McConville



Borderline is an open masters and grand masters club team from the Atlantic Region (Ultimate Canada) / Northeast Region (USA Ultimate) that was conceived in 2011 by a collection of Canadian Maritime and Maine players. The original

core group played on various open and mixed teams and developed friendships over the decades from competing against one another. Initially, Borderline competed as an open masters team. As an open masters team, we competed in the USA Ultimate Club Series in 2011-2013, earning a bid to the Club Championships in 2013. In 2014 and 2015, we focused on the masters division of the Canadian Ultimate Championship, winning Canadian Nationals in 2014 in the open masters division. The team grew rapidly as new players came of age, and in 2016, we formed a grand masters team. This will be our fourth time playing at the USA Ultimate Beach Championships.

### ROSTER

4 5 8 13 17 25 33 42 43 50	Mark TeKamp Max Chickering JD LeJeune Jamie Fitzgerald Chris Bangay Daniel McConville Ryan Stewart Dan Hostetler Shea Gunther Donnie McPhee	42 49 39 40 43 51 39 39 41 52	6'1" 5'10" 5'9" 5'11" 5'9" 6'1" 5'10" 5'10" 5'11" 6'3" 5'10"
		• •	
77 84	David Seaver Jason Pierce	41 48	5'11" 6'0"

### ELDORS

### SANTA BARBARA, CA

Captains: Matt Shaff, Greg Husak



The great birds keep aging. The first Condors won a National Championship in 1977. As those birds aged into the masters division, they took a Masters Championship in 1993. A new generation of Condors added a Club Championship

at the turn of the century, and now they have aged into the grand masters division to bring a new brand of championship to Santa Barbara, more than 40 years after the first one. After a successful Beach Championships in 2018, the Eldors are preparing for everyone's best effort in 2019!

1	Drandan Staata	10	6'1"
1	Brandon Steets	42	
5	Steve Chang	47	5'8"
6	ldris Nolan	41	6'1"
6 9	Ryan Yarbrough	43	6'0"
15	Chris McManus	45	5'11"
16	Jason Seidler	45	5'10"
17	Matt Shaff	47	5'10"
19	Nick Fiske	40	5'9"
26	Michael Namkung	48	5'11"
30	Corey Sanford	48	5'11"
33	Steve Dugan	48	5'10"
34	Michael Weems	47	5'9"
43	Thomas Burfiend	42	6'4"
55	Michael Hall	43	5'8"
57	Jimmy Price	47	5'8"
67	Benjamin Cohen	43	6'0"
68	Chris Sherwood	50	6'0"
83	Greg Husak	43	6'2"

### JOHNNY WALKER

**DENVER, CO** 

Captain: Jim Nolte



Though landlocked, this mountain team finds a way to make the beach a priority. We escape the snow and cold and enjoy playing without cleats!

### ROSTER

5	Jason Wedekind	46
9	David Street	40
10	Aaron Moredock	44
13	Buzz Ellsworth	58
14	Mitch Schminke	45
15	Jim Nolte	49
20	Jason Brask	48
23	Jeff Berget	40
26	Joe lannacone	40
28	Lou Abramowski	40
29	Bob Krier	47
35	Jason Howard	39
37	Gary Paskewich	45
47	Gabriel Fuzat	45

### SANDBLAST

### CHICAGO, IL

Captains: Gary LeDonne, Ricky Eikstadt

SAND BLAST

Sandblast returns to Virginia Beach in hopes of playing well against strong competition as always in the grand masters division. While you can count on some hucks coming from us,

we will unfortunately be Hockless this year.

### ROSTER

0	Steve Lacrosse	49	6'4"
2	Timothy Murray	41	6'0"
3	Matt Wilken	40	6'2"
4	Akira Yamaguchi	42	5'10"
2 3 4 5	Keven Moldenhauer	42	5'8"
7	Todd Grace	44	5'11"
10	Don Tom	47	5'7"
11	Rob Johnson	42	5'10"
16	Christopher Courtright	44	6'1"
30	Sam Lang	41	5'11"
32	Keith Allen	46	5'7"
33	John Gensel	41	6'0"
44	Jadon Scullion	43	6'0"
45	Gary LeDonne	44	5'10"
87	Ricky Eikstadt	48	5'7"
88	Leo Wang	42	6'5"

88 Leo Ŵang



### SANDYARD

### RALEIGH, NC

Captains: Terry Kramer, Brian Gane

Sandyard is a new team made up of old teammates, some friends and some friends of friends, all formed together to bring the BATTLE to the beach. Most of us have played together on Boneyard and with various other teams throughout the years. Ring of Fire, LCN, Raleigh Llamas, Spear, WUFF Warriors, ECU Irates and Alchemy. Those teams had a lot of success on the field over the years, but this team hasn't done anything yet. We still have more to prove!

### ROSTER

1 2	Sandy Hartwiger Jeff Plentl	44 44
3	Tim Brooks	52
4	Rodney Guajardo	46
5	Kevin Calcagno	42
6	Billy Maroon	47
2 3 4 5 6 7	Clayton Coltman	45
9	Keith Doucette	44
10	Jimmy Holtzman	42
11	Nat Taylor	49
12	Terry Kramer	46
14	Nick Crawford	42
17	Sean Britton	45
22	Brian Gane	41
35	Kevin Cale	45
40	Dan Konisky	48
42	Roger Lassiter	55
76	Troy Revell	42
87	Matthias Mueller	42

### SCRAPHEAP

### PITTSBURGH, PA

Captain: Mark Worley

Scrapheap comprises the discarded remnants of the Steel City's past club teams and players with whom we have developed friendships over the years. This is its second year in the grand masters division at USA Ultimate Beach Championships.

3	Woo Jin Ho	48	5'7"
5	David Nernberg	41	5'8"
7	Rob Luhrs	41	5'11"
11	Wei Lu	41	5'10"
13	Stu Snodgrass	48	6'0"
14	Mark Worley	41	5'8"
17	Gregory Weston	46	5'8"
20	Matt Weiss	52	5'10"
22	Dave Lionetti	47	5'10"
28	Jeff George	46	5'8"
44	Christian Jennewein	40	6'0"
73	Sean Geran	39	5'10"
77	William Brotman	41	5'10"
88	Steve Miller	42	5'11"

### VIRGINIA GENTLEMEN

### CHARLOTTESVILLE, VA

Captains: Alex Marshall, Geoff Keenan, Guy Babineau



The old fogeys of central and southwest Virginia finally got a team organized! We may win, we may lose, but we will always be gentlemen.

0	Jahr Oullau	E /
0	John Gulley	52
1	Shane Sawyer	46
3	Tim Wion	51
4	Brendan Phillips	42
8	Shawn Messick	39
10	Alex Marshall	41
11	Guy Babineau	55
14	Damon Pettitt	44
17	Aaron Abrams	45
21	Wayne Swanson	45
23	Mike Lyle	48
24	Geoff Keenan	48



### **Great Grand Masters Men's Teams**

### DOG

#### **BOSTON, MA**

Captains: Jim Parinella, Alex de Frondeville



Once more unto the beach, dear friends. This DoG just won't die. Though few remain from the teams that won championships in multiple divisions, the spirit remains.

#### ROSTER

1	Alex de Frondeville	52
25	Jay Talerman	53
5	Dave Pitcher	51
10	Marshall Goff	49
17	Mike Kelley	50
18	Adam Smith	51
67	Geoff Hyatt	52
72	Tim Coppinger	49
77	Bruce Jacobson	56
88	Jim Parinella	54
99	Cliff Hanna	58

### GREAT GRANDMASTER FLASH

FLORIDA

Captain: Eric Gilmore



Great Grandmaster Flash is the attrition players from the original grand masters team formed in 2009, Grandmaster Flash. In other words, it is the ultimate rest home for our grand masters players as they cross the ever-looming 50 years of are threshold.

Don't push us because we are close to the edge (and may fall and break something).

1	Tim Lloyd	53	6'4"
7	Eric Gilmore	56	5'7"
10	Ken Ludwa	50	6'2"
15	Desmond Keller	60	6'0"
17	Channing Benson	58	6'0"
25	Paul Pinto	54	6'3"
27	Tom Prince	59	5'9"
40	Gabriel Sanchez	55	6'0"
44	Goeff Gregory	59	6'1"
52	Robert McCormack	56	6'1"
56	James Cheek	56	5'8"
66	Daryl Fefee	66	6'0"

### **Great Grand Masters Men's Teams**

### SALVAGE

### **BOSTON, MA**

Captains: Duane Bronson, Dick Dorff tinyurl.com/SalvAgeUltimate



From the depths of Boston Harbor emerges a pod of formerly great individuals. There is a crisis at the border between life and mid-life, and these brave men are here to patrol that border and salvage what's left of their athletic years. Like the rusted hull of a sunken naval vessel holding onto existence, these noble heroes linger in the sand and tell the stories of

the glory they wished they had become.

#### ROSTER

1	Manuel Lamontange	50	5'10"
12	Dick Dorff	54	6'3"
13	Yvon Guy	55	6'0"
18	Daniel Gwartz	52	5'10"
22	Trey Paulissen	49	5'11"
23	Joe Bendix	51	5'9"
34	Duane Bronson	50	5'11"
50	Erik Sebesta	50	5'10"
57	Adam Schwartz	52	5'9"
63	John Turi	55	6'0"

### SECOND WIND

### CAMP HILL, PA

Captain: Patrick Wright Coach: Chris O'Connor



The name Second Wind harkens back to the youthful days of the Mid-Atlantic region. The Delaware Wind was one of the early teams in ancient beginnings of competitive ultimate. Today, we are all about aging gracefully and bringing it on the ultimate field. While on the

field, we embrace all kinds of wind that may come our way, and even generate our own from years of digesting cheesesteaks and brews. We are comprised of players from around the Mid-Atlantic region, representing Penn., N.J., Va., Md. and D.C. We also have a few friends blown in from across the country.

1	Chris O'Connor	61	6'2"
3	Rich Russell	50	6'3"
6	Dave Wilkins	57	6'4"
8	Thomas Glass	54	6'0"
10	Curtis Maier	55	5'9"
11	Gregg Landry	50	5'10"
13	Tim Eubanks	53	5'10"
15	Brian Barney	58	5'9"
16	Thomas Maroon	54	5'10"
18	Paul Minecci	50	5'10"
21	AJ Iwaszko	53	5'11"
22	Patrick Wright	56	5'8"
32	Carl Edwards	53	5'11"
33	Steve Feldman	52	5'7"
50	Bill Dristy	56	6'4"
88	Chatkan Bunnag	54	5'10"
00	Gliatkali Duilliag	54	5 10



### **Great Grand Masters Men's Teams**

### TRIAGED

#### **TRIANGLE, NC**

Captain: David Kaminski triaged.mybluemix.net/



TriAged formed in 2015 out of the Triangle area of N.C. (Raleigh, Durham and Carrboro) and quickly established itself as a contender in the great grand masters scene. We are a community-based team with a focus on Spirit of the Game, fun and

skill, and we always promise a spirited and competitive challenge.

This is TriAged's first appearance at the Beach Championships with a growing squad of beach-experienced players.

1 2 6 11 13 14 23 27 28 42 57 68 77 88 9 9 6	Rich Franck Dwayne Purper Eric Davis Frank Phillips Zemo Trevathan Buck Schneider Daran Edmonds Andy Brewer Mike Riley Chris Hurwitz Christian Schwoerke Damien Craig Alan Ellis Tom Reid Rabah Sbitani David Kaminski Greg Williams Butch Brown	$\begin{array}{c} 52\\ 51\\ 52\\ 53\\ 53\\ 50\\ 53\\ 50\\ 53\\ 50\\ 55\\ 50\\ 55\\ 50\\ 55\\ 50\\ 55\\ 50\\ 55\\ 50\\ 55\\ 50\\ 50$
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### HELP SHAPE THE NEXT GENERATION OF ULTIMATE.

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# **Spirit Of The Game**

Ultimate has traditionally relied upon the spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules of the game, or the basic joy of play. — 11th Edition USA Ultimate Rules of Ultimate.

### 10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

### 1. THE GOLDEN RULE: TREAT OTHERS AS YOU WOULD WANT TO BE TREATED.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

#### 2. CONTROL: SOTG TAKES REAL EFFORT.

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

#### 3. HECKLING AND TAUNTING ARE DIFFERENT.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

#### 4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

#### 5. DON'T "GIVE AS YOU GOT."

There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

#### 6. BREATHE.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

#### 7. WHEN YOU DO THE RIGHT THING, PEOPLE NOTICE.

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

#### 8. BE GENEROUS WITH PRAISE.

Compliment an opponent on his/her good catch. Remark to a teammate that you admire their honesty in calling themselves out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

#### 9. IMPRESSIONS LINGER.

Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

#### 10. HAVE FUN.

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

Special thanks to Eric Zaslow and members of the 2005 Conduct Committee (Jeff Dunbar, Kate Bergeron, Eric Zaslow and Will Deaver) for the development of this document. Adopted by USA Ultimate Executive Committee, March 29, 2005.



# **Spirit Circles**

Spirit circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but also have showed the international community the importance we place on respect for the game and for opponents. But, American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the international experience has been the tradition of the post-game spirit circle. While there are a number of ways to do this, here are some quick tips to get your team started:

- Following each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One or two people (often team captains) on each team will talk briefly about the game. Usually the losing team goes first, then the winning team.
- Things to talk about can include how the game went, how your own team played, what the other team did well, who on the other team played well and anything else that might be worth communicating, even if it's something you think could be done better (and don't forget to look in the mirror on this).
- After each team has had a chance to talk, the winning team takes a step into the circle and walks around counter-clockwise to slap hands with the players on the other team.

That's it! It's pretty simple and definitely an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing opponents for who they really are: part of the same community that loves ultimate. Please note that this is not required and is not meant to replace other post-game traditions you may have (e.g., cheers, games, photos, gifts or trading gear). Good luck, and please let USA Ultimate staff and other event organizers how it goes!

Please engage in spirit circles and other post-game activities after you have filled out the spirit score sheets.

# BETHE CAUSE THAT CREATES THE EFFECT.

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# **Health and Safety**

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape or bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff.

If there is an injury on a field that needs medical attention, inform a field marshal, and he or she will radio to the trainers.

If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields two hours prior to game time each day.

### CONCUSSIONS

#### EDUCATION

- USA Ultimate recommends the CDC "Heads Up Safety" program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate's participant waiver includes important information from the CDC regarding concussion safety: usaultimate.org/membership/usa\_ultimate\_membership\_ forms.aspx

#### COACHING REQUIREMENTS

 Coaches at USA Ultimate events are required to have completed a concussion awareness and safety recognition program (like the CDC program above or other local or state-recommended course). Coaches should not submit records of course completion to USA Ultimate, but should maintain records on-site while coaching.

#### **REMOVAL & RETURN TO PLAY**

• All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.

1. Remove the athlete from play.

2. Ensure the athlete is evaluated by a health care professional trained in concussion diagnosis and management. Do not try to judge the seriousness of the injury yourself.

3. If the athlete is a minor, inform the athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussions.

4. Allow the athlete to return to play only with permission from an appropriate health care professional.

### DOCTOR'S NOTE REQUIREMENT

 If, during a USA Ultimate event, an athlete receives care at a hospital, medical clinic or doctor's office, or is referred to a hospital or doctor by event medical staff, the athlete is barred from further competition in that event until he or she provides a doctor's note, on letterhead or prescription pad, to event medical staff stating that the athlete is authorized to return to competition.

### ATHLETE PROTECTION

- USA Ultimate takes the protection of event participants seriously. In accordance with SafeSport and the USA Ultimate Conduct Policy, all USA Ultimate employees, volunteers, athletes, members, coaches and chaperones are prohibited from engaging in the following conduct with athletes at any time (a more thorough description is available at www. usaultimate.org/protection):
  - o Bullying
  - o Hazing
  - o Harassment, including Sexual Harassment
  - o Emotional Misconduct
  - o Physical Misconduct
  - o Sexual Misconduct, including Child Sexual Abuse
- With the passage of the recent federal legislation to protect amateur and minor athletes, all SafeSport trained individuals (including coaches, team support, USA Ultimate staff) are now mandatory reporters.
- If you have questions or would like to file a complaint with USA Ultimate, please contact Dan Raabe at dan@hq.usaultimate.org.

### HEAT, NUTRITION AND HYDRATION

- Heat-related illnesses occur when the body's ability to cool itself by evaporation is limited. Sweating depletes the body's salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of a heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of a heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.

### PREVENTION AND TREATMENT OF A HEAT ILLNESS

- Avoid alcohol, caffeine and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications and diuretics can increase the risk for heat illness. Avoid them if possible.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
- Know your body be honest! Are you fit enough to perform under current conditions?



- Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important; good sources include sports drinks, yogurt, grapefruit juice, bananas and oranges. Sodium is also important; good sources include sports drinks, vegetable juices, pretzels, nuts, cheese and crackers. After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies.
- Don't drink too much. Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
- Monitor your urine. Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to any prior illness. If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin or get in front of a fan or breeze.

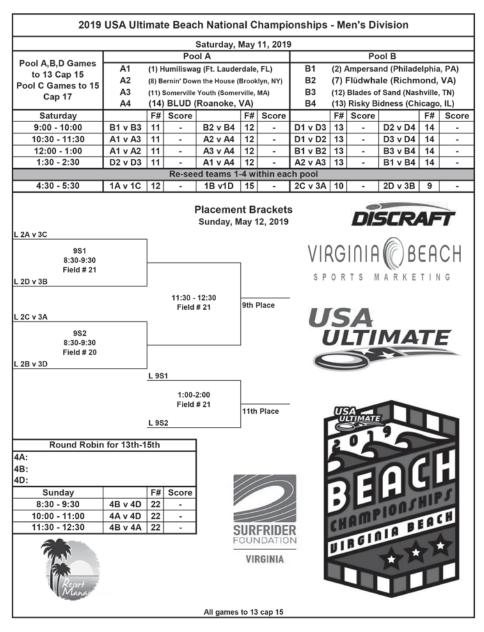
### SIDELINE SAFETY

- Spectators and equipment must stay at least five yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, people and other objects must be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform event staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and event staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or event staff, unsafe for players, staff or spectators.

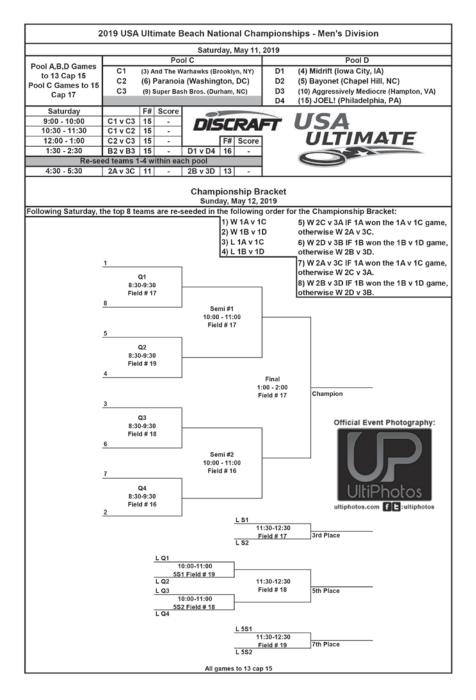
### LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via a PA system and through field marshals equipped with radios if there is a lightning danger. Play will then be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed building or vehicle with a hard top and closed windows.
- Event staff will be monitoring radar and listening for thunder. If lightning is occurring within 10 miles or thunder is audible, play will be suspended and all individuals should get in a safe shelter location.
- If you can't get to a safe shelter, try to avoid being the tallest object in an open field or on
  open water. Avoid other tall objects, metal objects and water. Assume a crouched position
  with only the balls of your feet touching the ground, your arms wrapped around your
  knees, and your head lowered. Minimize contact with the ground. Do not lie flat.
- Avoid using telephone land lines. Cell phones are safe, provided the person has followed other safety guidelines.
- Event staff will indicate to players when play is going to resume. Team captains should meet at Tournament Central to receive instructions for resuming play and any schedule modifications.

# **Men's Schedule**

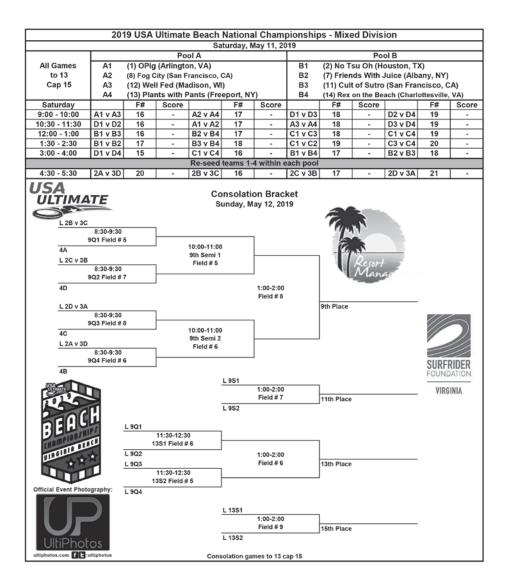


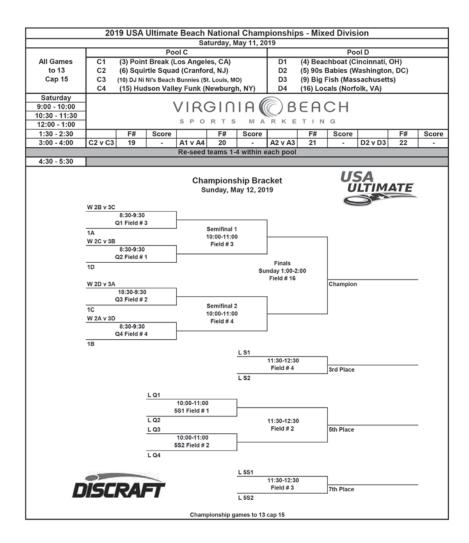




You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

# **Mixed Schedule**





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SCHEDULES & MAP

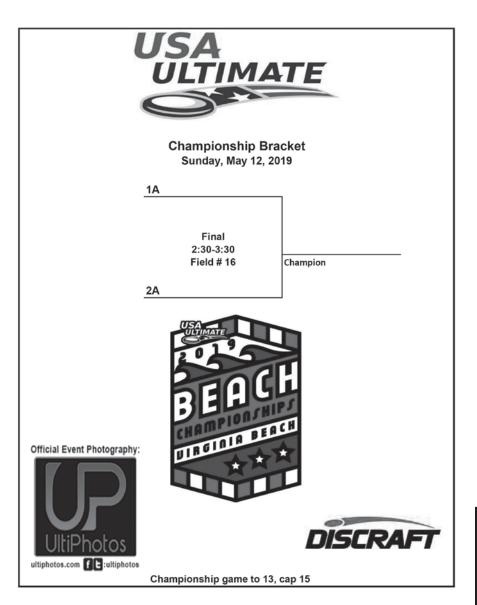
# **Women's Schedule**

2019 USA Ultimate Beach National Championships - Women's Division										
	Saturday, May 11, 2019									
	Pool A									
	A1	(1) Rockford Beaches (Madison, WI)								
All Games to	A2	(2)	Sand Cats	Sand Cats (Durham, NC)						
All Games to	A3	(3)	Lamp (Phi	iladelphia	a, PA	A)				
Cap at 15	A4	(4)	Throwtori	ous RBG	(Wa	ashington,	DC)			
	A5	(5)	Filthy Ricl	h (Richm	ond	, VA)				
	A6	(6)	Snowbird	Snowbirds (Ann Arbor, MI)						
	A7	(7)	WeTOM: W	Nitch Hu	nt (E	Baltimore,	MD)			
Saturday		F#	Score		F#	Score		F#	Score	
9:00 - 10:00	A5 v A6	20	-	A2 v A7	21	-	A3 v A4	22	-	
10:30 - 11:30	A1 v A4	20	-	A2 v A6	21	-	A3 v A7	22	-	
12:00 - 1:00	A1 v A2	20	-	A5 v A7	21	-	A3 v A6	22	-	
1:30 - 2:30				A1 v A5	21	-	A4 v A6	22	-	
4:30 - 5:30	A1 v A7	18	-	A4 v A5	19	-	A2 v A3	22	-	
			Sunday	y, May 12	, 20′	19				
8:30 - 9:30		A6 v A7 9 -								
10:00 - 11:00	A2 v A5	7	-	A1 v A3	8	-	A4 v A7	9	-	
11:30 - 12:30	A2 v A4	7	-	A1 v A6	8	-	A3 v A5	9	-	
			Re-seed	for brac	ket j	olay				

# VIRGINIA BEACH

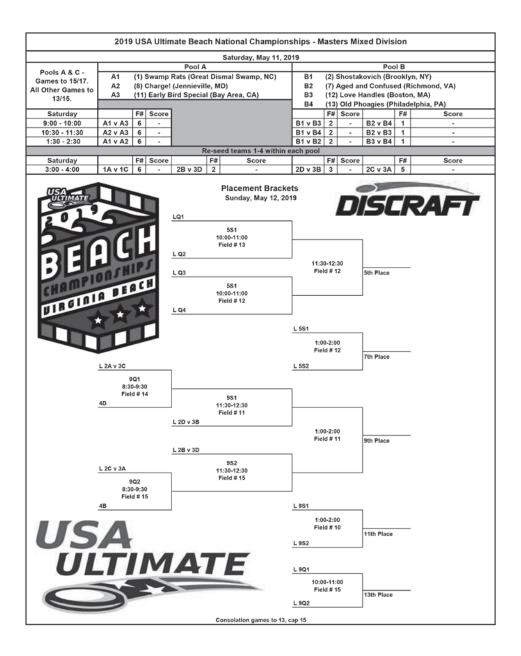




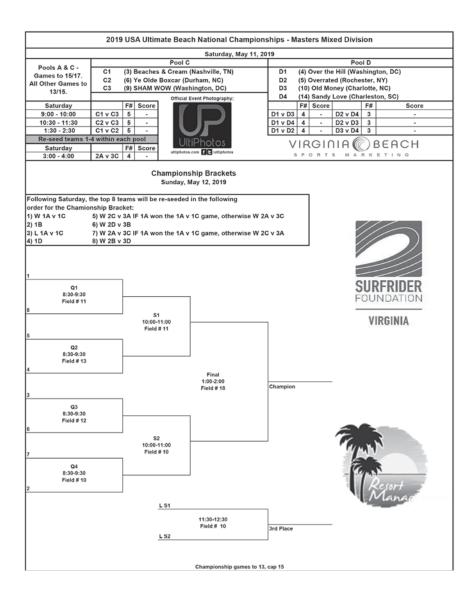


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# **Masters Mixed Schedule**







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# **Grand Masters Men's Schedule**

2019 USA Ultimate Beach National Championships - Grand Masters Men's Division										
Saturday, May 11, 2019										
	Pool A									
	A1	(1)	Eldors (Santa Barbara, CA)							
	A2	(2)	Sandblast	Sandblast (Chicago, IL)						
All Games to 13	A3	(3)	Johnny W	alker (De	nve	r, CO)				
Cap at 15	A4	(4)	Sandyard	(Raleigh	NC	)				
Cap at 15	A5	(5)	Scraphea	p (Pittsbu	ırgh	, PA)				
	A6	(6)	Borderline	Borderline (Yarmouth, ME)						
	A7	(7)	Virginia G	entlemer	ı (Cl	narlottesvi	lle, VA)			
Saturday		F#	Score		F#	Score		F#	Score	
9:00 - 10:00	A5 v A6	7	-	A2 v A7	8	-	A3 v A4	9	-	
10:30 - 11:30	A1 v A4	7	-	A2 v A6	8	-	A3 v A7	9	-	
12:00 - 1:00	A1 v A2	7	-	A5 v A7	8	-	A3 v A6	9	-	
1:30 - 2:30				A1 v A5	7	-	A4 v A6	10	-	
3:00 - 4:00	A1 v A7	7	-	A4 v A5	10	-	A2 v A3	11	-	
			Sunday	/, May 12	, 20 <sup>.</sup>	19				
10:00 - 11:00	A6 v A7 14 -									
11:30 - 12:30	A2 v A5	13	-	A1 v A3	16	-	A4 v A7	14	-	
1:00 - 2:00	A2 v A4	13	-	A1 v A6	15	-	A3 v A5	14	-	
Re-seed for bracket play										

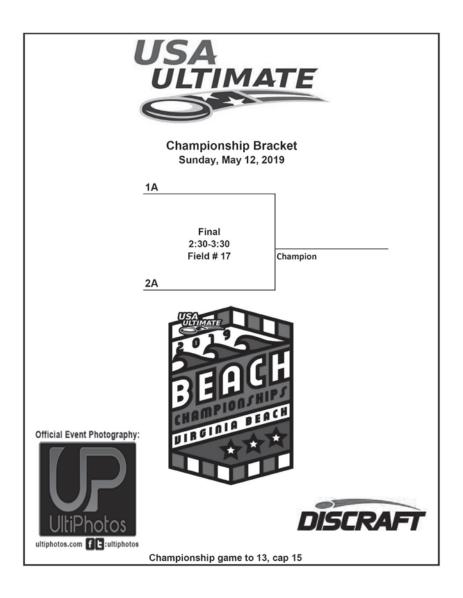
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## **Great Grand Masters Men's Schedule**

2019 USA Ultimate Beach National Championships - Great Grand Masters Men's Division									
Saturday, May 11, 2019									
	Pool A								
All Games to	A1	A1 (1) Second Wind (Camp Hill, PA)							
All Games to	A2	(2)	DoG (Bos	ton, MA)					
Cap at 15	A3	(3)	TriAged (1	Friangle,	NC)				
	A4	(4)	Salvage (I	Boston, N	IA)				
	A5	(5)	Great Gra	ndMaster	r Fla	sh (Florida	a)		
Saturday		F#	Score		F#	Score			
12:00 - 1:00	A1 v A3	4	-	A4 v A5	5	-	2012		
1:30 - 2:30	A1 v A5	8	-	A2 v A3	9	-			
3:00 - 4:00	A1 v A4	A1 v A5 8 - A2 v A3 9 - A1 v A4 8 - A2 v A5 9 - BEACH							
6:00 - 7:00	A1 v A2	16	-	A3 v A4	18	-	CHAMPIONSHICK		
6:00 - 7:00 A1 v A2 16 - A3 v A4 18 - Sunday, May 12, 2019									
10:00 - 11:00	A2 v A4	20	-	A3 v A5	21	-			
Re-seed for bracket play									

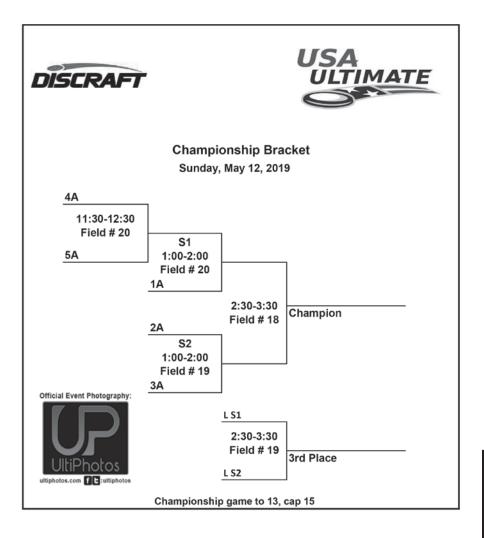
# VIRGINIA BEACH





VIRGINIA





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# Field Map





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# HOME OF The Ultra Star