



EVENT GUIDE

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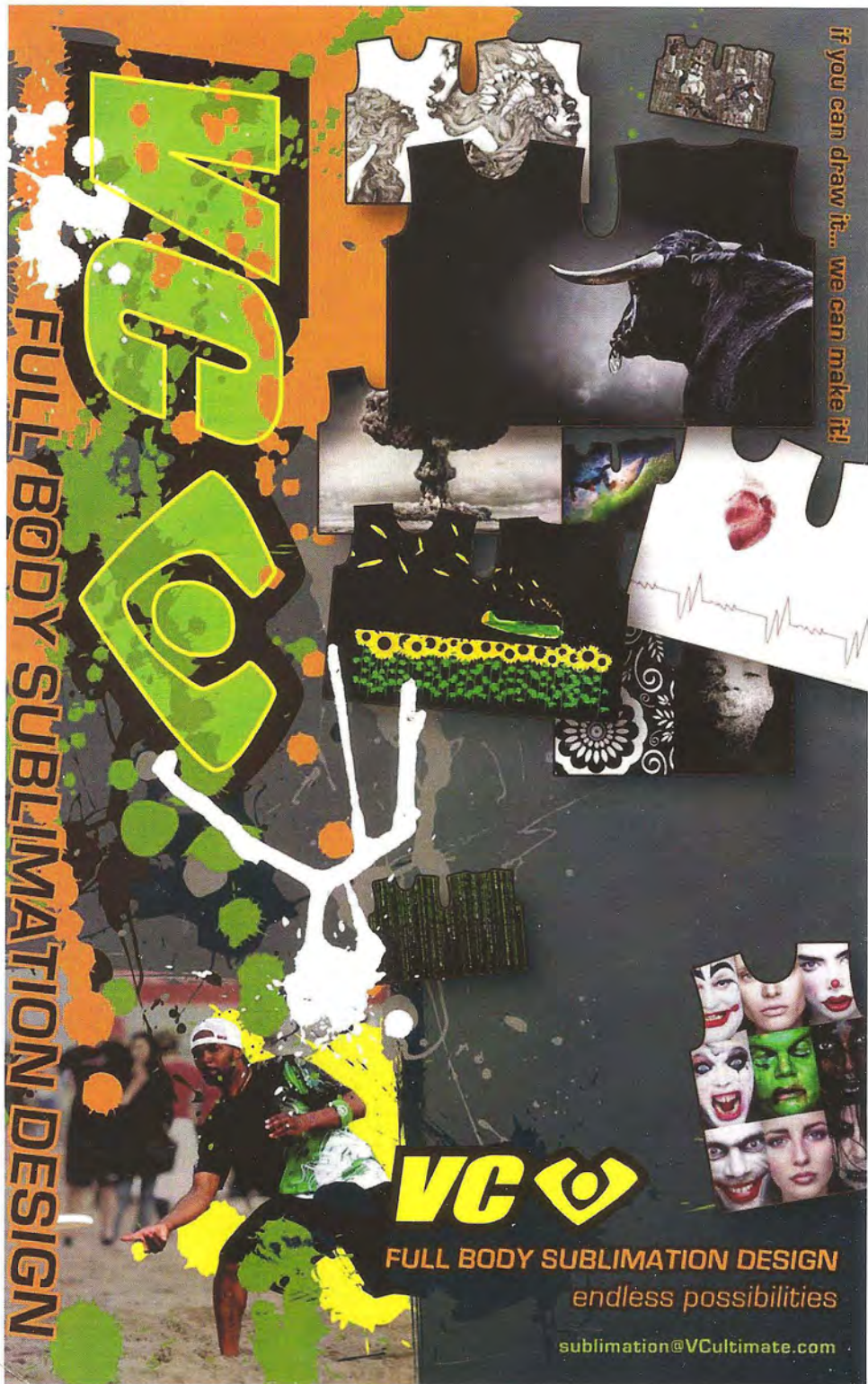


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STAFF

EVENT STAFF will be wearing red "Event Staff" shirts. If they can't answer your questions, they can point you to one of the following people to help you out.

LOCAL ORGANIZING COMMITTEE STAFF

Tournament Director – Kate Arnold
Volunteer Coordinator – Chris Olig
Head Scorekeeper – Dan Rubenstein
Local Media Coordinator – Jeff Maxted
Social Coordinator – Tom Annen
Field Site Coordinators – Anthony Hiller,
Brad Wendt
Player Packs – Ari Davidson
Greater Madison CVB – Jamie Patrick

USA ULTIMATE STAFF

Chief Executive Officer – Dr. Tom Crawford
Managing Director, Competition and
Athlete Programs – Will Deaver
Manager, Championships and New
Media – Matthew Bourland
Manager, Championships – Byron Hicks
Manager, Membership and Sport
Development – Anna Schott
Director, Youth Development – Meredith Tosta
Director, Marketing and
Communications – Andy Lee
Office Manager – Erin Wolter
National College Director – Jeff Kula
Head Observer – Greg Connelly

USA ULTIMATE

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WELCOME

Welcome Players, Coaches, Family and Friends,

On behalf of the entire Madison Ultimate Community I'd like to welcome you to the 2010 USA Ultimate College Championships. We've been looking forward to the weekend with great anticipation; it's not every day that swarms of amazing college athletes descend on our city to showcase some of the best Ultimate in the world!

Madison is home to one of the biggest summer leagues in the country, and with more than 2,500 local summer league players there is no question that we have the most Ultimate players per capita of any city in the country! Local players will be out in droves, and happy to help answer any questions you may have about getting around town, where to eat, or what kind of cheese you should take home as a souvenir.

We've put in a lot of hard work to make sure that this event lives up to the standards set by past Championships, while maintaining a distinctive Wisconsin flair. While you are here, try to make it downtown for the Worlds Biggest Brat Fest, or to the Memorial Union Terrace on the UW campus for sunset. Madison is a beautiful city, and we hope you enjoy your time here!

Good luck to all of the teams, you've worked hard to make it here and we wish you the best!

Best Regards,

Kate Arnold, Tournament Director
2010 USA Ultimate College Championships

COMPETITION RULES

- USA Ultimate Official Rules, 11th Edition will be in effect. Observers will be used in all games, along with the Unified Misconduct Foul system.
- All games to 15, point-cap at 17.
- Half-time is 10 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g. In a game to 15 goals, overtime occurs when the score reaches 14-14).
- Soft time-cap goes on at end of round time on schedule. Add two points to higher score after first score after soft time-cap. Game ends when first team reaches new game total, or when first team reaches 15 ahead by at least two points, whichever comes first.
- A hard time cap will be put into effect for all pool and consolation/placement games (9th-20th). The hard time cap will go on 15 minutes after the soft time cap. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

WEEKEND OVERVIEW

FOOD CONCESSIONS AVAILABLE AT REDDAN PARK:

Rocky Rococo Pizza, Milios Subs, Brats, Hot Dogs, Chicken Sandwiches from the grill, Italian Ice, Kettle Corn, Coffee.

THURSDAY, MAY 27 AT HOLIDAY INN MADISON WEST

6:00pm – 7:30pm: Team Registration

8:00pm – 9:00pm: Captain's Meeting

FRIDAY, MAY 28 AT REDDAN SOCCER PARK

8:15am: National Anthem, performed by Leila Tunnell and Kaitlin Baden (UNC-Chapel Hill)

8:30am – 7:15pm: Pool play

Evening until 9:00pm: After the action concludes at Reddan, head down to the Worlds Largest Brat Fest, an annual tradition in Madison. Brats, hot dogs and veggie brats will run you \$1.50 complete with fixings, and if you have a few extra bucks you can get a beverage, local ice cream, or a funnel cake. Proceeds go to local charities! To get to the Brat Fest take the Beltline (Highway 12/18) east and exit at John Nolan Drive. You can't miss it.

SATURDAY, MAY 29 AT REDDAN SOCCER PARK

8:30am – 5:00pm: Pool play

6:00pm – 8:00pm: Pre-quarters

Evening: Memorial Union Terrace (UW-Madison Campus) – Madison is famed for its location nestled between two large lakes. Don't miss out on the chance to head downtown and sit on the Memorial Union Terrace overlooking Lake Mendota, a favorite evening spot for students and families alike. Live Latin and Afro-Caribbean tunes will be playing all evening. Food and drinks can be purchased at the Terrace itself, or on nearby State Street. While you are at the Union, check out UW Madison's own Babcock Dairy Ice Cream. To get to the Memorial Union, take Park Street into town, turn right on Johnson and left on Lake. Park for free in Lot 46 at the corner of Johnson and Lake, or pay a bit to get closer at the Lake Street Parking ramp.

SUNDAY, MAY 30 AT REDDAN SOCCER PARK

8:30am – 4:00pm: Placement rounds

12:30pm – 2:30pm: Open Division Quarterfinals

1:30pm – 3:30pm: Women's Division Quarterfinals

3:30pm – 5:30pm: Open Division Semifinals

4:30pm – 6:30pm: Women's Division Semifinals

SUNDAY EVENING, MAY 30 AT REDDAN SOCCER PARK

5:00 – 7:30pm: Dinner served at the fields to participating teams and event staff. Catered by Tutto Pasta.

7:00pm: Callahan Award Ceremony (2010 College MVP – Men's and Women's)

7:30pm: College Alumni All-Star Showcase - Central Region vs. The World

Halftime: Throwing accuracy challenge

MONDAY, MAY 31 AT OTTO BREITENBACH STADIUM

10:30am: Members of the UW Marching Band will play a short performance and the National Anthem before the 11:00am finals game.

11:00am: Open Division Final

1:00pm (or 30 minutes after Open Final, whichever is later): Women's Division Final

HALFTIME AND POST-GAME: AWARD CEREMONIES.

- During halftime, awards will be presented to the Spirit Award teams and Spirit Award individuals (one from each team). Thanks to Discraft and Five Ultimate for their support of the Spirit of the Game awards.

- Immediately following finals, awards will be presented to 1st and 2nd place teams in each division. Thanks to Discraft for their support of the USA Ultimate College Championships.

- Finals of individual throw-run-catch competition will be held during halftime and between games as time permits.



USA ULTIMATE INFORMATION TENT

Stop by the USA Ultimate information tent if you have any questions about the event or about USA Ultimate! During all rounds Friday through Sunday there will be a USA Ultimate staff member available to answer questions. We will also have event guides available for purchase as well as other USA Ultimate information and schwag. Discraft has also provided four collectors discs for silent auction, including two 1993 UPA College Nationals discs from the last time the event was in Madison. Bids can be placed at the USA Ultimate Info Tent.

Please come by and let us know what you think of the event, talk to us about the new website, learn about our outreach programs and enter the drawing to win cool USA Ultimate prizes! Players, be sure to send your parents over to have them sign up for a USA Ultimate Friends & Family membership so they can stay in the loop about your favorite sport!

ATHLETIC PERFORMANCE TESTING

Curious how you compare to athletes in other sports, to other Ultimate players, to yourself? Strength and conditioning coaches and staff from the University of Northern Iowa athletic department will provide the opportunity to answer some of those questions throughout the weekend. Visit the Performance Testing Booth at Tournament Central to sign up to test your speed, quickness, and jumping ability, and to learn more about how strength and conditioning can help you become a better Ultimate player.

SITE RULES

- **Dogs** – Leashed at Reddan; No dogs at finals stadium!
- **No Glass**
- **No Alcohol** – This goes for both the main field site and the finals stadium. There will be facility employees and event staff checking to make sure people are not drinking. There will also be lots of moms, dads, and kids watching the action. Please abide by these rules. The stadium is at a high school where, of course, alcohol is prohibited. If you are caught with alcohol at either of the field sites you will risk disqualification for your team as well as potential ramifications outside of the event for breaking the field regulations. Thank you!
- **No Smoking** – USA Ultimate has a no smoking policy at its championship events.
- **Spectators and Equipment** – Must stay at least 3 yards away from sidelines and behind any spectator/equipment lines or barriers! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards. ***New this year: Only rostered players and coaches/team support staff with credentials will be allowed in the team tent areas and on the sidelines between fields.***
- **Trash and Recycling** – Place recyclables in the recycling receptacles and place trash in the trash.

OVERALL COMPETITION

Throughout the weekend, players and spectators will have the opportunity to try out some other disc sports. Look for the Overall Tent at the Tournament HQ area.

- To enter you must sign the USA Ultimate waiver and pay the \$2 entry fee.
- College Championship: Qualified players have already signed waiver and paid entry.

INDIVIDUAL COMPETITION

- Gain points for each event you enter.
- 50 points for 1st, 49 for 2nd, 48 for 3rd...1 point for 50th.
- Events are Accuracy, Discathon, Disc Golf Putting, Maximum Time Aloft, and Throw-Run-Catch.
- Each event you score points in will be added for your final point total.
- Most points in your division wins. Prizes provided courtesy of Discraft.
- Divisions: Women, Men, Junior Girls, Junior Boys (Juniors are high school and younger, Must supply ID)

TEAM COMPETITION

You can use your individual points earned toward your Ultimate Team's total score by entering your Ultimate Team's name. Your team can enter as many players as your team wants but only the top three point earners from your team will be added for total team score. Prizes provided courtesy of Discraft. Team Divisions: Women, Men, Junior Boys, Junior Girls.

SCHEDULE

FRIDAY, MAY 28 AT REDDAN (FIELDS 10 - 12)

11:00am - 2:45pm: Maximum Time Aloft

World records: Open - 16.72 s Don Cain (USA); Women - 11.81 s Amy Bekken (USA)

2:45 - 6:30pm: Throw Run Catch

World records: Open - 94.00m Christian Sandstrom (SWE); Women - 60.02m Judy Horowitz (USA)

SATURDAY, MAY 29 AT REDDAN (FIELD ABOVE 12)

11:00am - 2:00pm: Discathon - a shorter sample course

2:00 - 5:00pm: Accuracy

World records: Open - 25/28 Mike Cloyes (USA); Women - 19/28 Yukari Komatsu (JPN)

2:00 - 5:00pm: Double Disc Court - hands on play demo and clinic

SUNDAY, MAY 30 AT REDDAN (FIELD ABOVE 12 OR TO BE DETERMINED - LOOK FOR THE DISC GOLF TARGETS)

11am - 2:30pm: Disc Golf Putting "Around Nine" Watch for Freestyle demo's and hands on play clinic's at Reddan through out the weekend.

DESCRIPTIONS OF OVERALL EVENTS

Adapted from <http://www.wdf.org/>

Disc golf is the flying disc variant of the game of golf. Instead of a ball and clubs, this game is played with a flying disc. Players traverse a course making as few throws as possible in reaching objects placed strategically throughout the area. Many terms you will encounter in ball golf are also familiar in disc golf. For example: tee, hole, hole in one, putt, approach, birdie, par, drive.

Freestyle: Performing creative, artistic and athletic moves with flying discs is the essence of freestyle. One of the most dramatic events in disc sports, competitive freestyle combines aspects of gymnastics and dance with the basic game of throw and catch. Teams of two or three players perform choreographed routines consisting of throws,

catches and moves with one or more discs. Routines are three to five minutes in length and are evaluated by judges who base their scores on the difficulty, artistic impression and execution of the routine. The team with the highest score wins (30 is a perfect score).

Double Disc Court is played by two teams of two players each and two discs. There are two courts, 13m x 13m and 17m apart; each is defended by one of the teams. Two discs are simultaneously thrown back and forth by the teams. There are several ways to score a point or points:

- when the disc touches the ground within the court of the other team and stays there
- when the other team touches both discs at the same time (two points scored)
- when a disc touches the ground outside the court the other team scores a point.

Usually a game is played over one or more sets of 15 points each.

Field Events: Disc sports have a number of "technical" events, which are played individually. These events challenge the player's throwing technique, as well as stamina and concentration. They are referred to as the "field events" and generally include Accuracy, Distance, MTA, and Discathon. You can challenge yourself to establish and try to improve your own personal record. Who knows, you can even challenge a world record!

- **Accuracy** - The goal is to throw as accurately as possible from seven different positions. Four discs are thrown from each position toward a frame of 1.5 by 1.5 meters and 1 meter above the ground. Each time the disc passes through the frame, it is a "hit". The world record is 25 of 28 hits

- **Maximum Time Aloft** - The intention is to have your disc stay in the air as long as possible and then catch it with one hand before it reaches the ground.

- **Throw Run Catch** - The player throws, and then runs to catch the disc with one hand. The distance between the circle where the disc was thrown and where it was caught, is measured. Players get five attempts and the best one counts.

- **Distance** - Players throw as far as they can from behind a line. The distance from the line to where the disc first touches the ground is measured.

- **Discathon** - A racing event covering a 200m - 1000m course from start to finish. Players use two or three discs which are thrown alternately. The discs must travel an appointed course of mandatory obstacles that must be passed in a specific direction. The player tries to complete the course with a minimum number of throws and as little running as possible, resulting in the shortest elapsed time as possible. When one of the discs passes the finish line the time elapsed is measured.

Overall: Points are accumulated by the place players take in each individual event which they enter. The one overall winner is determined by who scored the highest number of points in the tournament.

ALUMNI ALL-STAR SHOWCASE: CENTRAL VS THE WORLD

On Sunday evening, USA Ultimate will host a showcase game between an all-star team consisting of former college players from the Central Region versus former college players from the remaining college regions. USA Ultimate is excited about continuing to showcase the sport and entertain players and fans at the College Championships through this game, first hosted at the tournament in 2007.

Check out the star-studded rosters and find a player or team to cheer for.

COLLEGE ALUMNI ALL-STAR STAR TEAM

Players for the all-star team were selected based upon where they played in the College Series while in school, and on factors such as level of playing ability, position, and sportsmanship.

CENTRAL

Name	College	Region	Class	Club Team(s)	Awards / Highlights*
Melissa Gibbs	Iowa State	Central	2009	The Chad Larson Experience	All-Region 2008, 2009
Holly Greunke	Wisconsin	Central	2007	Madison	All-Region 2005, 2006, 2007; Callahan Finalist 2007
Courtney Kiesow	Wisconsin	Central	2009	Nemesis	All-Region 2008; Callahan Winner 2008
Mary "Patty" King	St. Benedict	Central	2009	Pop	All-Region 2006
Sarah Solarz	St. Olaf	Central	2006	The Chad Larson Experience	All-Region 2005
Sara Weeks	Carleton	Central	2002	Pop	UPA College Champion 2000
Zach Eastlund	Iowa	Central	2008	The Chad Larson Experience	All-Region 2008
Jim Foster	Wisconsin	Central	2009	Madison Club, Ironside	All-Region 2009; Callahan Finalist 2009; UPA College Champion 2007, 2008
Ron Kubalanza	Wisconsin	Central	1997	DoG, Furious George, Sockeye, IAM	UPA Club Champion 2007; Team USA 2005
Dan McAdam	Luther	Central	2008	Sub-Zero	All-Region 2008
Matt Rebholz	Wisconsin	Central	2008	Madison Club, Ironside	All-Region 2008; UPA College Champion 2007, 2008
Chris Rupp	Carleton	Central	2006	Sub-Zero	All-Region 2005, 2006



THE WORLD

Name	College	Region	Class	Club Team(s)	Awards / Highlights*
Gwen Ambler	Stanford	Northwest	2003	Fury, Riot	All-Region 2002, 2003; Callahan Finalist 2003; UPA College Champion 2003; UPA Club Champion 2003, 2006- 2008; WFDF World Champion 2008; Team USA 2005, 2009
Lindsay Lowe	UC-Berkeley	Northwest	2004	Showdown	UPA College Championship Qualifier 2003, 2004
Beth Nakamura	Boston Univ.	New England	2005	Brute Squad	All-Region 2003, 2004, 2005
Jamie Nuwer	Stanford, UCLA	Northwest, Southwest	2004	Zeitgeist	All-Region 2002, 2004; Callahan Finalist 2004
Rohre Titcomb	Dartmouth	New England	2009	Brute Squad	All-Region 2008, 2009; Callahan Finalist 2009
Heather Waugh	Colorado	Southwest	2009	Rare Air, Ozone	All-Region 2008, 2009
Brian Casey	UNC-Wilmington	Atlantic Coast	2009	Ring of Fire	UPA Club Championships Qualifier 2009
Craig Forshee	Michigan State	Great Lakes	2006	BAT, Johnny Bravo	All-Region 2006
Kevin Kelly	Kansas	South	2009	Prairie Fire	All-Region 2009
Seth Reinhardt	Cornell	Metro East	2009	Ironside	All-Region 2009
Mac Taylor	Colorado	Southwest	2009	Johnny Bravo, Revolver	All-Region 2008, 2009; Callahan Finalist 2009
Josh Markette	Georgia State	Atlantic Coast	2002	Chain Lightning	UPA Club Champion 2009

* All-Region Teams were first named in 2002.

SHOOTING PHOTOS AND VIDEOS

USA Ultimate appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by USA Ultimate.

Anyone wishing to record USA Ultimate Events for Commercial Purposes (as defined in the agreement) is required to sign the USA Ultimate Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood.

The agreement is intended to protect USA Ultimate's rights as an event organizer as well as the rights of participating athletes and to encourage and allow recording of USA Ultimate Events for both personal and commercial purposes beneficial to the sport and its participants. Please see USA Ultimate Director of Marketing and Communications, Andy Lee, at the event for more information.



USA ULTIMATE SPIRIT OF COACHING

BACKGROUND: The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As a non-player, the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision making process, even in the most egregious violations, will indicate to players that the coach and not the players have the ultimate responsibility for ensuring the inherent fairness of the game. Teaching players the rules and how to implement them should be done at practices or off the field. It is the coach's responsibility to ensure that the players understand their own responsibilities as players and teach players how to handle those responsibilities.

GUIDELINES:

- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or footblocking).
- Because the potential for misperception is high, spiking is prohibited at the youth level unless otherwise agreed upon by the coaches or captains. Spiking in a disrespectful manner is never ok at any level.
- Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game
- Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.
- Coaches will always exhibit respect for opposing players
- Coaches will always exhibit respect for other coaches
- Coaches will always exhibit respect for observers
- Coaches will model Spirit of the Game at all times

SUMMARY: The coach's goal in terms of Spirit of the Game is to create an environment where players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

2010 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate Championship events where field access is restricted, teams with coaching staff are required to have at least one Level 1 Certified coach or a coach who has attended the USA Ultimate Coaching Ethics Workshop in order for coaching staff to have player-level field access. All other non-player support staff, with player-level or limited field access, including coaches, must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. Limits on number of coaches and other non-player support staff will be determined by specific event guidelines.

For more information on the USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Director of Youth Development Meredith Tosta at this event, via email at Meredith@hq.usaultimate.org or visit the USA Ultimate web site at: www.usaultimate.org/coaches/coaching.

SPIRIT AWARDS

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. — USA Ultimate Official Rule, 11th Edition.

INDIVIDUAL AWARDS: Teams will each be asked to nominate a player from their own team who they feel displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of sportsmanship, leadership, perseverance, fire, etc. Choose the person whose attitude you wish other people on your team would emulate and who other players off your team admire. Individual spirit winners will receive a medal and prize disc (courtesy of DISCRAFT). Thanks to Discraft for their support of Ultimate and Spirit of the Game!

TEAM AWARDS: Following every game, each team will be asked to rate its opponent on a scale of 1-5, with 5 being the highest level of sportsmanship. These ratings will be averaged and the team in each division with the highest rating will be awarded the Team Spirit Award after their division's finals.

USA ULTIMATE SPIRIT RATINGS GUIDELINES: The ratings are ordered from 5 (indicating the highest level of spirit) through 1 (the lowest level of spirit):

- 5: Highest level of respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unfailingly played fairly and with an excellent attitude.
- 4: Respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed above average knowledge of the rules and abided by them throughout the game. Any conflicts were resolved favorably and without incident. Opposing team's conduct did not detract from our enjoyment of the game. The opposing team played fairly and with a good attitude.
- 3: Generally exhibited respect towards opponents, officials, and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.
- 2: Exhibited a lack of respect towards opponents, officials, and/or spectators. For the level of play, showed a lack of knowledge of, or disregard for the rules at points during the game. Any conflicts were resolved heatedly or led to contentious incidents. Opposing team's conduct detracted somewhat from our enjoyment of the game. The opposing team played unfairly and/or with a poor attitude.
- 1: Exhibited a major lack of respect towards opponents, officials, and/or spectators. For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game. Conflicts were resolved acrimoniously or led directly to contentious incidents. Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly and their attitude was abysmal.

HEALTH AND SAFETY

Medical staff (trainer and EMT) will be available throughout the event at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness. Directions to the local hospital can be found in the "Directions" section of this program.

CONCUSSIONS

- Concussions are brain injuries that can occur as a result of a blow to the head.
- Symptoms may include headache, nausea, vision problems, confusion, and balance problems.
- If you think you or one of your teammates might have a concussion, tell your coach and have the person see a medical professional. Medical staff is on hand at the event at Tournament Central.

HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling 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 heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include a change in a 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 heat illness:
 - Avoid alcohol, caffeine, and carbonated beverages.
 - Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase 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?
 - Drink and eat – 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, 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 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, get in front of a fan or breeze.



SIDELINE SAFETY

- Players and spectators should make every effort to keep objects, including but not limited to bags, strollers, chairs, coolers and tents, at least 3 yards from the sideline.
- If a player feels that an object on the sideline is not safe, he or she should inform Event Staff and should refrain from playing until satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators 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 PA system and field marshals equipped with radios that there is a lightning danger, play will 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 use the Flash-to-Bang method to determine when to send people to shelter. By the time the Flash-to-Bang count has reached 30 seconds, all individuals should be 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 crouch 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.



Images posted by June 14

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dated posting information:
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**> 20% off orders before June 30
using promo code: [upa2010](#)**

FREEHEEL IMAGES

WWW.FREEHEELIMAGES.COM/UPACHAMPS





2010 USA Ultimate College Championships - Open Division

Friday, May 28, 2010

All Games to 15 Cap 17	Pool A					Pool B					Pool C					Pool D											
	A1	Oregon (1)				B1	Carleton (2)				C1	Colorado (3)				D1	Florida (4)										
	A2	Cornell (8)				B2	Harvard (7)				C2	Wisconsin (6)				D2	Minnesota (5)										
	A3	Georgia (12)				B3	North Carolina-Wilmington (11)				C3	Pittsburgh (10)				D3	California (9)										
	A4	Middlebury (13)				B4	Illinois (14)				C4	Michigan (15)				D4	California-Santa Barbara (16)										
A5	California-San Diego (17)				B5	Iowa (18)				C5	Texas State (19)				D5	Kansas (20)											
Friday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score						
8:30 - 10:15																											
10:45 - 12:30	A1 v A2	5	-	A3 v A4	2	-		B1 v B5	5	-	B2 v B4	2	-		C2 v C4	1	-	C3 v C5	9	-		D2 v D4	1	-	D3 v D5	9	-
1:00 - 2:45								B1 v B2	5	-	B3 v B4	2	-									D1 v D5	1	-	D3 v D4	9	-
3:15 - 5:00	A2 v A4	1	-	A3 v A5	2	-								C1 v C2	5	-	C3 v C4	9	-								
5:30 - 7:15				A1 v A5	2	-					B3 v B5	9	-		C1 v C5	1	-					D1 v D2	5	-			
Saturday, May 29, 2010																											
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score						
8:30 - 10:15	A1 v A3	3	-	A2 v A5	10	-											C4 v C5	6	-			D1 v D3	4	-	D4 v D5	7	-
10:45 - 12:30								B1 v B3	3	-	B2 v B5	10	-		C1 v C3	4	-	C2 v C5	6	-					D2 v D5	7	-
1:00 - 2:45	A1 v A4	3	-	A2 v A3	4	-					B4 v B5	10	-									D1 v D4	6	-	D2 v D3	7	-
3:15 - 5:00	A4 v A5	3	-					B2 v B3	4	-	B1 v B4	10	-		C1 v C4	7	-	C2 v C3	6	-							
6:00-8:00																											
Pre-Quarters: See brackets for matchups and field assignments																											

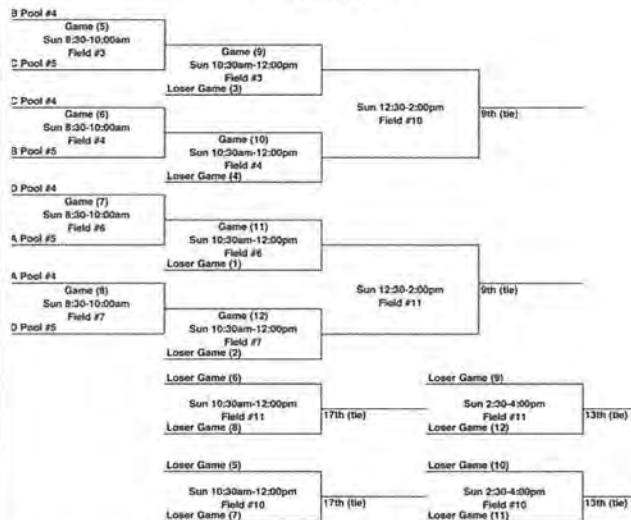
Pre-Quarters: See brackets for matchups and field assignments





Placement Brackets

Sunday, May 30, 2010



Championship Bracket

Saturday-Monday, May 29-31, 2010

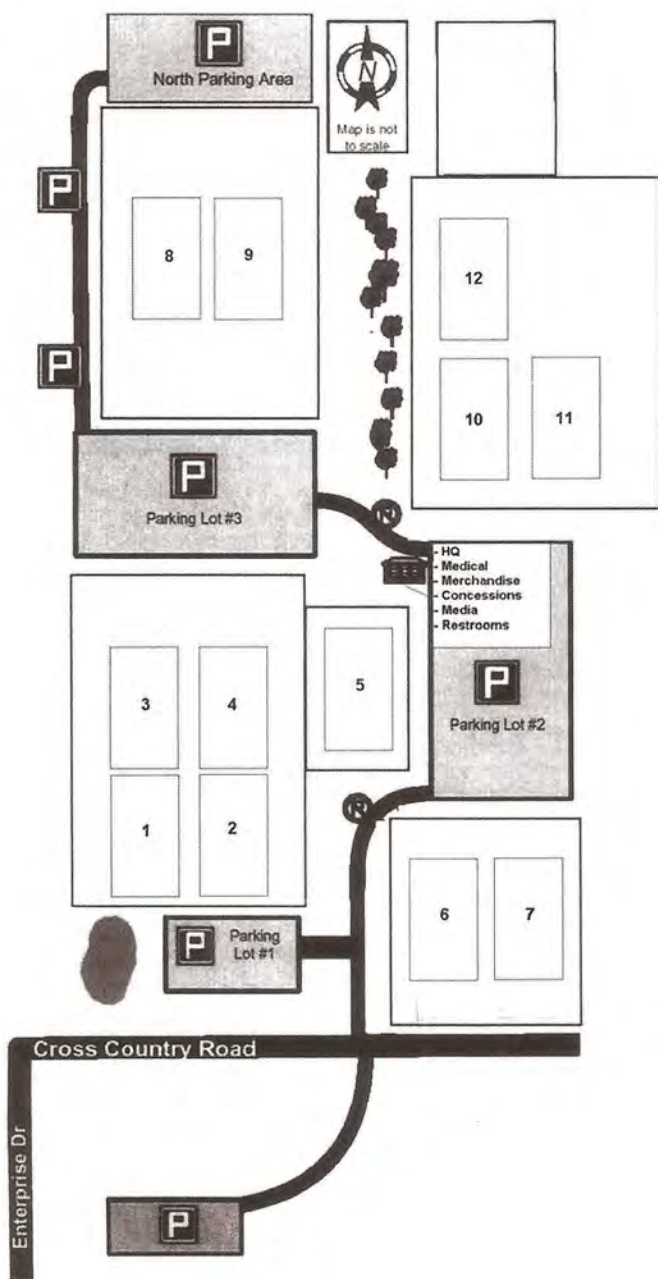


All games to 15 cap 17

All games to 15 cap 17



FIELD MAP



DIRECTIONS

TOURNAMENT HOTEL TO MAIN FIELDS (REDDAN SOCCER PARK)

(Reddan Soccer Park - 6874 Cross Country Rd,
Verona, WI)

Head south on Fourier Dr toward Excelsior Dr
Turn left at Excelsior Dr
Turn right at Old Sauk Rd
Take the 1st left onto Junction Rd
Continue onto Co Rd M
Continue onto S Main St
Turn left at Cross Country Rd
Destination will be on the left

TOURNAMENT HOTEL TO FINALS STADIUM (OTTO BREITENBACH STADIUM - MIDDLETON)

(Otto Breitenbach Stadium - 2100 Bristol Street,
Middleton, WI)

Head north on Fourier Dr toward John Q
Hammons Dr
Take the 1st right onto John Q Hammons Dr
Take the 1st right onto Greenway Blvd
Turn left to merge onto US-12 W/US-14 W
toward US-14 W
Take exit 251A-251B for US-14 W/Par-
menter St toward Spring Green/La Crosse
Take exit 251B on the left for Parmenter St
Continue straight
At the traffic circle, take the 1st exit onto
Parmenter St
Turn left at Lee St
Destination will be on the right

TOURNAMENT HOTELS TO DANE COUNTY REGIONAL AIRPORT (MADISON)

Head south on Fourier Dr toward Excelsior Dr
Turn left at Excelsior Dr
Turn left at Old Sauk Rd
Turn right at Old Middleton Rd
Turn left at N Whitney Way
Turn right at University Ave
Slight left at Campus Dr
Continue onto W Johnson St
Slight left at Pennsylvania Ave
Continue onto Packers Ave
Turn right at International Ln

FINALS STADIUM TO DANE COUNTY REGIONAL AIRPORT (MADISON)

Head west on Lee St toward Clark St
Turn left at Parmenter St
Take the 3rd left onto University Ave
Slight left at Campus Dr
Continue onto W Johnson St
Slight left at Pennsylvania Ave
Continue onto Packers Ave
Turn right at International Ln

Main Fields to Hospital (University of Wisconsin-Madison Hospital)

(UW Hospital and Clinics - 600 Highland Ave,
Madison, WI 53792)

Head east on Cross Country Rd toward E Pass
Continue onto Nesbitt Rd
Turn right at McKee Rd
Turn left at Verona Rd
Continue onto S Midvale Blvd
Turn right at University Ave
Slight right to stay on University Ave
Turn left at Highland Ave
Turn left into destination



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WOMENS TEAMS

University of California – Berkeley

Team Name: Pie Queens

Captains: An-Chi Tsou, Maya Mileck

Coaches: Ethan Schlenker, Joy Chen, Corey Lee

The Berkeley Pie Queens have a long history of playing with utmost respect for our opponents and ourselves. Named after a diner in Oakland, California, we pride ourselves on our pie-making abilities and our commitment to challenge ourselves to be the best teammates we can be. Despite our continuous struggle for field space, we have been to Nationals in 1991, 1992, 1993, 1996, 2003, 2004, 2005 and 2007. As a program, we have grown from winning Regionals with a near-savage squad in 1996 to sending three teams of spirited and talented athletes to the 2010 Bay Area Sectionals.



ROSTER

2	Mimi Olson	Jr.	5'6"	20
5	Vickie Ly	So.	5'4"	20
8	Kirstin Auker	Sr.	5'6"	21
11	Ariel Thomson	So.	5'7"	19
13	Cree Howard	Sr.	5'8"	23
17	Abby VanMuijen	So.	5'5"	19
18	Sara Kwong	So.	5'1"	19
19	Maya Gilliss	Fr.	5'1"	19
20	Kestrel Schwaiger	Gr.	5'5"	25
26	Margaret Weihs	So.	5'2"	20
27	Erica Haggerty	So.	5'4"	20
31	Maya Mileck	Jr.	5'8"	20
32	Annasophie Lee	Fr.	5'8"	18
48	Karlie Drutz	So.	5'3"	19
51	Claire Desmond	So.	5'9"	19
62	Lucy Rosenbloom	Jr.	5'5"	21
63	Sarah Tanaka	So.	5'4"	20
71	Palak Shah	Jr.	5'1"	20
72	Heather McNair	Sr.	5'8"	22
77	Emily Prader	Jr.	5'5"	20
82	An-Chi Tsou	Gr.	5'3"	27
92	Katherine Fitzgerald	Jr.	5'7"	21

berkeley california

UCLA

Team Name: BLU (Bruins Ladies Ultimate)

Captains: Adrienne Baker, Katie Falk, Sarah Peters

Coaches: Alex Korb, Krisztina Jozef

Bruin Ladies Ultimate (BLU) was founded in 2003 and made their debut at the UPA College Championship series in 2006, finishing a strong second. In 2007 and 2008, BLU finished third in the nation, and placed fifth in 2009. They now return to the national platform for their fifth consecutive year. BLU is driven by an intense love for the sport and for each other. And the dedicated coaching of Alex Korb and Krisztina Jozef has been crucial to their success. BLU's quick rise to the national scene is attributed to the passion and devotion of their coaches, who have taught BLU to emanate joy on the field while competing at the highest level of Ultimate.



ROSTER

0	Alice Chang	So.	5'2"	19
2	Stephanie Pritchard	So.	5'7"	20
4	Elizabeth Case	Fr.	5'2"	19
5	Sarah Peters	Sr.	5'5"	22
7	Adrienne Baker	Jr.	5'9"	21
8	Megha Shah	Sr.	5'3"	21
9	Taylor Cook	So.	5'5"	19
11	Emily Beylerian	So.	5'8"	20
12	Meg Batavia	Fr.	5'0"	19
13	Kyle McBard	Jr.	5'5"	20
14	Steph Eaneff	Jr.	5'5"	21
17	Kelly Wiese	So.	5'7"	20
21	Kendra Jewell	So.	5'4"	20
22	Marisa Mead	Sr.	5'6"	21
23	Sabrina Fong	So.	5'6"	20
26	Alyssa Brown	Jr.	5'9"	21
31	Meredith Callan	Jr.	5'6"	20
35	Alison Webster	Fr.	5'8"	20
44	Katherine Miles	Gr.	5'6"	24
51	Katie Falk	Jr.	5'9"	21

los angeles california



WOMENS TEAMS

University of California – Santa Barbara

Team Name: Burning Skirts

Captains: Erin Mordecai, Briana Cahn

The UCSB Women's Ultimate team was founded in 1985. Initially the team changed their name every tournament from "No Food in the Library" to "Flying Nuns" -- and when they did poorly "Flying Nones." In 1987, the first year of the College Women's Division, the ultimate scene was so strong for women on the West Coast that the UCSB women couldn't make it out of the Region. In 1988, the year the team began using the name the Burning Skirts, they won the National Championship. The Skirts captured National Championships in 1990 and 1991. In 1994, the Skirts came close to winning another title, losing to UC Santa Cruz in the finals 21-13. However, after 3 National titles and a finals finish, the Skirts fell out of the National spotlight. Absent from Nationals for 13 years the Skirts struggled at times to keep a full roster. Then, in 2007 the Skirts reemerged -- winning the Centex and SB Invites. They came up short in the finals of Nationals against Stanford, losing 13-8. The Skirts made the finals of Nationals again in 2008, but fell to a dominant British Columbia 15-9. In 2009, the Skirts played the entire season with their eye on the prize. They swept through Nationals to return to the Championship game for the third year in the row. This time they prevailed over Washington 15-11, ending the season with an impressive 42-3 record.



ROSTER

0	Lisa Acierno	Gr.	5'3"	33
1	Stephanie Karba	So.	6'1"	20
2	Nida Mulokas	So.	5'4"	19
3	Kate Helvestine	So.	5'6"	20
5	Kaela Jorgenson	Sr.	5'8"	22
6	Joyce Wang	So.	5'4"	20
7	Arianne Johnson	Gr.	5'3"	25
9	Alina Warner	Jr.	5'5"	21
11	Carolyn Finney	Sr.	5'4"	22
12	Christina Connery	So.	5'4"	20
14	Marie Madaras	Jr.	5'7"	21
18	Shannon Bubb	Jr.	5'2"	20
20	Briana Cahn	Jr.	5'6"	21
22	Emily Bass	Sr.	5'4"	21
23	Natalie Nounou	Sr.	5'5"	21
25	Alex Ackroyd	So.	5'6"	19
16	Monique Marchetti	So.	5'5"	19
26	Alicia Thompson	Fr.	5'7"	19
29	Erin Mordecai	Gr.	5'9"	25
42	Katie Hawn	Fr.	5'4"	19

santa barbara california

Carleton College

Team Name: Syzygy

Captains: Emma Dobbins, Anna Snyder

What's Syzygy, you might like to know? Three heavenly bodies all in a row. We've got the bodies, we've got the flow, so come on Syzygy, let's go! Let's line those bodies up 1-2-3. We've got huckin' O, we've got divin' D, we're going to launch that disc astronomically, so everyone knows we're Syzygy!



ROSTER

2	Elizabeth Arakaki	Jr.	5'6"	
3	Caitlin McKimmy	Sr.	5'9"	
7	Grace Quintana	Fr.	5'9"	
8	Flannery McArdle	Fr.	5'11"	
11	Sophie Hines	Jr.	5'10"	t
12	Jenny Piela	Fr.	5'4"	
13	Laura Karson	Fr.	5'3"	
14	Anna Reed	Fr.	5'2"	
16	Marlena Hartman-Filson	Fr.	5'7"	
17	Merritt Swain	Jr.	5'4"	
18	Anna Poaster	So.	5'0"	
20	Zoe Harris	Jr.	5'7"	
21	Melissa Villars	Jr.	5'10"	
22	Linnea Carlson	So.	6'0"	
23	Anna Snyder	Jr.	5'9"	
24	Emma Dobbins	Sr.	5'4"	
25	Elise Rasmussen	So.	5'6"	
38	McKay Duer	Sr.	5'8"	
44	Taylor Want	Fr.	5'5"	
45	Akemi Arzouman	Fr.	5'10"	
77	Laurel Schmidt	Jr.	5'5"	
96	Elizabeth Silverstein	Jr.	5'4"	

northfield minnesota

WOMENS TEAMS

University of Colorado

Team Name: Kali

Captains: Courtney Verhaalen, Shannon Waugh, Laura Travers, Lilli Morris

Coach: Tina McDowell

The University of Colorado Kali made the semis of College Nationals in 2002, 2003, 2005 and 2006. Following that, Kali had a two-year absence from College Nationals in 2007 and 2008, but returned to Nationals in 2009 and again this year in 2010. With Tina McDowell as their new coach since 2009, Kali is looking stronger than ever before. This is the first year Kali has been able to have enough players for a separate A and B team. Kali should not be underestimated because of its small roster because Kali wakes up every morning feelin' like P Diddy, and is looking forward to upsetting some teams in beautiful Madison, Wisconsin at this year's College Nationals.



ROSTER

2	Alison Wilber	Sr.	5'3"	22
3	Lili Morris	Jr.	5'5"	21
5	Katie Dosch	Gr.	5'3"	27
8	Christina Torres	Jr.	5'8"	21
9	Whitney Fose	So.	5'4"	20
10	Chava Bobb	Jr.	5'5"	21
11	Amanda Good	Fr.	5'6"	18
12	Shannon Waugh	Sr.	5'4"	22
13	Brenna Hokanson	Jr.	5'6"	21
14	Katie Patterson	Gr.	5'6"	24
15	Christy Reams	Sr.	5'9"	22
16	Dana Hayward	Jr.	5'1"	21
18	Courtney Verhaalen	Sr.	5'7"	22
23	Lauren Boyle	Gr.	5'6"	23
24	Laura Travers	Sr.	5'9"	21
27	Emery Cowan	Sr.	5'6"	21
42	Katie Anarde	Jr.	5'8"	21
99	Kendra Krueger	Gr.	5'10"	23

boulder colorado

Harvard University

Team Name: Quasar

Captains: Bianca Verma, Jenny Wang, Christina Kelly, Kirby Tyrrell

Coaches: Blake Spitz, Jeff Listfield, Jess Blanton

Quasar was formed in 1995-1996 when women playing for the Harvard Men's Ultimate Team (Redline) split off to form their own women's team. Over the next 10 or so years, Quasar continued to grow and changed coaching leadership from Joel Thompson to Jeff Listfield, a former Redline player. In 2008, Quasar decided to step up its game and become a more competitive ultimate program. Blake Spitz from Brute Squad and Jess Blanton from Godiva were added to the coaching staff and Quasar began traveling to more competitive tournaments. In spring 2009, Quasar won the Long Island Classic Tournament and Metro Boston Sectionals, and just barely missed qualifying for Nationals, losing in the game-to-go at New England Regionals. Quasar continued this momentum into the 2009-2010 Season, competing at Trouble in Vegas, going undefeated at the Philly Classic and College Southern, and finishing second at both Metro Boston Sectionals and New England Regionals. Though a fairly young program, Quasar has developed quickly over the past few years and is excited for the years to come!



ROSTER

1	Laura Dale	Sr.	5'5"	22
2	Jenny Wang	Sr.	5'2"	21
5	Sierra Petersen	Gr.	5'5"	22
7	Anna Liu	Sr.	5'4"	21
8	Lucy Barnes	Gr.	5'6"	26
12	Meggie Roberts	Sr.	5'4"	22
13	Kirby Tyrrell	Sr.	5'8"	22
14	Ellen Rim	So.	5'1"	21
15	Maia Anderson	Jr.	5'3"	21
16	Ingrid Akerlind	Sr.	5'5"	22
17	Christina Kelley	Jr.	5'9"	20
18	Ashley Schneider	Fr.	5'6"	19
19	Rebecca Hofer	Jr.	5'5"	21
20	Aileen Thomas	Gr.	5'4"	23
21	Stephanie Wang	Fr.	5'3"	18
22	Eva Liou	Jr.	5'4"	21
24	Jennifer Xia	So.	5'5"	19
25	Amy Lin	Fr.	5'10"	19
27	Bianca Verma	Sr.	5'3"	21
28	Robin Sussman	Gr.	5'6"	22
29	Linda Pan	Fr.	5'4"	18
36	Lee Evangelakos	Jr.	5'3"	20
63	Caroline Merrifield	Sr.	5'4"	21

cambridge massachusetts

WOMENS TEAMS

University of Maryland

Team Name: Helpful Corn

Captains: Molly Rose, Claire "Mongo" Valdivia

Coaches: Mike LoPresti, Heather "Citation" Smith

Helpful Corn has been ruining it for others since 2003. After a bunch of name changes through the 90's (from Bids in Space to Avaloo), the team settled on Helpful Corn, which we believe embodies the true spirit of Maryland Women's Ultimate. Ever since we received divine inspiration for our team name, Corn has been building a strong Ultimate program that focuses on developing talented players, and enriching the growth of new players. Over the past 4 years, Corn has become a force in the Metro East. Play hard, have fun is our motto. We play it, we live it.



ROSTER

2	Annie Farber	Sr.	5'2"	21
5	Elizabeth Mongeon	Sr.	5'2"	21
7	Amy Hudson	Gr.	5'11"	22
9	Jessie O'Connor	Fr.	5'6"	19
11	Amy Hudson	Fr.	5'6"	19
14	Wen Li	Sr.	5'3"	22
17	Sasha Bugler	Fr.	5'6"	18
18	Julie Mongeon	So.	5'10"	20
19	Claire Valdivia	Sr.	5'5"	21
22	Erin Larter	Sr.	5'2"	21
24	Tina Szarko	Fr.	5'6"	19
32	Julie Baughman	So.	5'7"	19
33	Kate Stambaugh	Gr.	5'8"	23
36	Julia Valdivia	Fr.	5'6"	19
42	Molly Rose	Sr.	5'8"	22
47	Juliana Williams	Gr.	5'8"	24
77	Katie Nicolato	So.	5'5"	20
81	Charlie Mercer	Gr.	5'8"	22

college park maryland

University of Michigan

Team Name: Flywheel

Captains: Anna Maria Paruk, Sara Rutherford

Coaches: Keely Dinse, Janet Jin



ROSTER

0	Hermine Wong	Gr.	5'5"	31
03	Hazel Blum	Jr.	5'5"	21
04	Rebecca Moore	Fr.	5'6"	19
05	Sarah Rutherford	Sr.	5'2"	21
07	Alexandra Hinsberg	Jr.	5'8"	21
11	Rebecca Malinowski	Jr.	5'11"	21
13	Kimberly Culp	Jr.	5'9"	20
17	Adrienne Lemberger	So.	5'7"	20
22	Paula Seville	So.	5'9"	20
27	Bailey Torvinen	Fr.	5'6"	18
28	Sarah Buranskas	Sr.	5'9"	21
33	Anna Maria Paruk	Jr.	5'3"	20
42	Kelsey DeLave	So.	5'5"	19

ann arbor michigan



WOMENS TEAMS

Middlebury College

Team Name: Pranksters

Captains: Maggie Bale, Hanna Waite, Liz Hand

The Middlebury Lady Pranksters were founded in the late 1970s, a few years after the men's team was established. Since the beginning, we've followed the wise words of Tom Wolfe as he told the story of Ken Kesey and the Merry Pranksters in the Electric Kool-Aid Acid Test, comprising ourselves of a bunch of hippies who enjoy fooling around, playing ultimate and journeying 'Furthur.' The team has since developed, adopting structure and hard-work (but of course, never losing our drive for fun and fooling around). The Pranksters have never worn jerseys and much prefer sequin dresses and colorful spandex to the restrictive colors of light and dark, making us all look too, well, uniform.

ROSTER

0	Hannah Lincoln	Sr.	5'5"	21
1	Hannah Waite	Jr.	5'3"	21
2	Amy Johnson	So.	5'7"	20
3	Maggie Bale	Sr.	5'3"	22
4	Danielle Berry	Fr.	5'4"	18
5	Emma Sturz	So.	5'5"	20
6	Claire Powers	So.	5'5"	20
7	Kirsten Lundquist	Jr.	5'5"	21
8	Liz Hand	Sr.	5'4"	23
9	Grace Compton	So.	5'3"	19
10	Nora Sheridan	So.	5'3"	20
11	Sarah Helland	So.	5'5"	21
13	Kara Walker	Fr.	5'5"	19
15	Maren Granstrom	Fr.	5'10"	18
17	Kristen Haas	Jr.	5'7"	20
18	Carlee James	Fr.	5'8.5"	18
19	Justine Warren	So.	5'6"	20
22	Lexi Zalk	So.	5'8.5"	19
23	Karly Wentz	Fr.	5'5"	19
24	Hillary Crew	Fr.	5'5"	19
28	Nina Cameron	Jr.	5'4"	21
31	Rebecca Chin	Sr.	5'0"	22
77	Alex Gellar	So.	5'10"	21
88	Addie Cleveland	Fr.	5'9"	19
97	Astrid Schanz-Garbassi	So.	5'3"	19
99	Samantha Strom	Fr.	5'2"	19

middlebury vermont

University of North Carolina

Team Name: Pleiades

Captains: Kaitlin Baden, Leila Tunnell

Coaches: Brian Dobyns, Lindsey Hack

Pleiades is named after the seven-star constellation representing the seven sisters. This year marks our 15th year in existence and our fourth trip to Nationals. This is our third consecutive trip to play on the big stage and a chance to improve seed from last year. We have weathered some pretty harsh conditions this season but have consistently found it within ourselves to play with heart and passion. This season's roster of 24 girls plays selflessly, willing to give it all for their teammates. On top of college ultimate, many of our girls play on club teams in the women's and co-ed division. Look for a number of our players on the new women's club team, Phoenix' roster this fall. We also believe in promoting the future of Ultimate and many of us coach high school teams as a part of the Triangle Youth Ultimate League.



ROSTER

1	Michaela Dudley	Jr.	5'4"	21
2	Rebecca Garcia	So.	5'6"	20
3	Annie Duncan	Jr.	5'3"	20
4	Kaitlin Baden	Sr.	5'2"	21
5	Anna Underwood	Jr.	5'4"	20
8	Lily Steponaitis	So.	6'	20
11	Claire Thomson	Gr.	5'4"	23
14	Britta Jones	Gr.	5'8"	23
16	Lauren McGuire	Jr.	5'5"	21
18	Leila Tunnell	Gr.	5'9"	21
19	Whitney Morgan	Gr.	5'4"	29
20	Savannah Haas	Jr.	5'5"	21
21	Janna Coulter	Jr.	5'8"	21
22	Heather Zimmerman	Sr.	5'1"	21
24	Ashley Barfield	Jr.	5'2"	20
28	Rachel Steber	Sr.	5'7"	22
37	Virginia Conover	Fr.	5'4"	19
42	Kat Whitfield	Jr.	5'7"	20
49	Elizabeth Christenson	Sr.	5'4"	21
51	Lindsay Lang	So.	5'6"	19
54	Leslie Willis	So.	5'7"	20
66	Lindsay D'Ambrosio	Gr.	5'6"	23
69	Emily Gotwals	So.	5'4"	20
72	Amy Gilbert	So.	5'4"	19

chapel hill north carolina



WOMENS TEAMS

University of North Carolina – Wilmington

Team Name: Seaweed

Captains: Sara Casey, Kelly Tidwell,
Jessica Patrick

Coaches: Danny Wrenn, Nikki Zeldin

Seaweed Ultimate was created 21 years ago in 1989. During the 1990's and early 2000s the team was a dominant player on the National Stage, including winning Nationals in 1992 and 1996. For the past few years, the players of Seaweed have worked hard, winning NC Sectionals and Atlantic Coast Regionals to bring UNC-W back to the College Championships. This is the second time in eight years that Seaweed returns to the College Championships.



ROSTER

3	Rachel Earp	Jr.	5'4"	21
4	Delilah Bista	Sr.	5'8"	21
5	Liz Dressler	Sr.	5'10"	21
6	Lauren McCarthy	Sr.	5'9"	21
7	Claire Chastain	So.	5'4"	19
8	Sara Casey	Sr.	5'11"	21
9	Meg Young	Sr.	5'7"	21
10	Magarit Nguyen	Jr.	5'6"	20
11	Kelly Tidwell	Sr.	5'2"	22
13	Ali Carson	Fr.	5'8"	19
14	Jessica Patrick	Jr.	5'6"	21
16	Jessica Makowski	Sr.	5'6"	21
22	Michelle Guadagno	So.	5'5"	19
27	Lia English	Sr.	5'4"	22
28	Taylor Swain	Fr.	5'4"	19
42	Amy Nelson	Fr.	5'9"	18
47	Anne Marie Wilson	So.	5'4"	19
85	Lizzy Pappa	Jr.	5'9"	20
88	Logan Shapiro	Jr.	5'6"	21

wilmington north carolina

Northwestern University

Team Name: Gung-Ho

Captains: Kim Streff, Dana O'Neal

Coaches: Ron Kubalanza, Marty Wasserman,
Candice Tse

Gung-Ho was started at Northwestern University in 1998 under the name GHOTI. In 2000, the team became Gung-Ho, and since then, Northwestern Women's Ultimate has been a force in the Great Lakes region. Gung-Ho won Regionals and took 9/10 in their first appearance at Nationals. A year later, they repeated a 9/10 performance at Nationals after earning the Great Lakes region's second bid to Nationals. After finishing 3rd and 2nd in Regionals for the next two years--missing Nationals by just one game both years, Gung-Ho returned to Nationals in 2005, where they finished 11/12.

Nobody likes to recall the wet, windy Regionals of 2006, so we won't go into much detail there. However, the team returned stronger than ever in 2007, and after a tough season, pulled through in Regionals to beat out all other teams and take the only bid to Nationals. Gung-Ho then became the first Great Lakes women's team to make it to quarters, and tied for 5th place. In 2009, the girls played through a competitive, fun season and with a ton of spirit and screaming sidelines, won Sectionals. Gung-Ho's season ended at Regionals that year, but it was a growing season for the underclassmen-heavy team, and the girls walked off the fields with big plans for the coming year. With the addition of a new coach and a bounty of hard work, Gung-Ho is excited to represent the Great Lakes region at nationals this year.



ROSTER

2	Brooke Stanislawski	So.	5'6"	20
3	Michelle Caley	So.	5'5"	19
4	Lien Hoffmann	So.	5'6"	19
5	Katie Reynolds	Fr.	5'5"	19
6	Megan Luczak	Jr.	5'0"	21
7	Elyssa Katz	Sr.	5'5"	21
8	Sarah Hong	Jr.	5'2"	21
9	Dana O'Neal	Sr.	5'6"	22
10	Lindsey Henrikson	Jr.	5'1"	21
11	Angel Li	Fr.	5'7"	18
12	Gail Reich	Gr.	5'4"	28
14	Julia La Manna	So.	5'4"	20
15	Kimberly Streff	Sr.	5'7"	22
16	Christine O'Brien	Jr.	5'11"	21
17	Katy Powers	Sr.	5'1"	22
18	Maria Benson	Jr.	5'2"	20
21	Jessica Chen	So.	5'6"	20
22	Samantha Thompson	Fr.	5'5"	18
25	Dianne Lee	So.	5'5"	20
26	Abby Peterson	So.	5'4"	20
27	Angelina Kim	Fr.	5'2"	18
28	Carolina Pardo	Jr.	5'6"	21
29	Kendra Pickard	So.	5'6"	19
31	Abby Shure	Fr.	5'6"	18
32	Carol Li	Fr.	5'6"	18
33	Julia Tsang	Jr.	5'4"	21
35	Kelsey Watterworth	So.	5'3"	19
36	Talia Strait	Fr.	5'9"	19
37	Catherine Hutchison	Sr.	5'10"	22
42	Molly Barstow	Fr.	5'7"	19
49	Rose Gruenhagen	Fr.	5'6"	18
77	Sara Miller	Jr.	5'7"	21
89	Lexy Roy	Jr.	5'2"	21

evanston illinois

WOMENS TEAMS

University of Oregon

Team Name: Fugue

Captains: Jenica Villamor, Tina Snodgrass, Julia Sherwood

Coaches: Lou Burruss, Ryann Crowley, Clare Gordon

Over the past several years, the University of Oregon has worked hard to develop a strong women's ultimate program and has had a team since the 1980s. This season Fugue's roster includes former D1 varsity athletes, numerous players with high school and Junior Worlds experience, and a strong contingency of Fugue veterans. Fugue's cohort of dedicated coaches includes the well known Lou Burruss and Fugue alumni Ryann Crowley and Clare Gordon. They bring a wealth of experience and knowledge to lead Fugue in their recent re-emergence as a Championship caliber team. Finishing in a tie for third at last year's College Championships, Fugue has been fired up all season, winning the prestigious President's Day Invitational and the Stanford Invite. Fugue is coming to Madison fresh from winning the Northwest Regional Championship and is ravenous for more. Oregon is one of the deepest and most athletic teams in college Ultimate. The ladies of Fugue pride themselves on their ridiculous and all-consuming love for the sport, spirit, and above all, each other.



ROSTER

0	Katie Weatherhead	Jr.	5'4"	21
1	Kimber Coles	So.	5'3.5"	20
2	Christina Wickman	Sr.	5'4"	22
3	Rachel Karpelowitz	Fr.	5'5"	18
4	Bailey Zahniser	So.	5'4"	19
5	Ann Sublette	Jr.	5'4"	21
6	Christina Schueler	Jr.	5'7"	21
7	Claire Sharman	Sr.	5'8"	22
8	Shannon McDowell	Sr.	5'8"	23
9	Erica Faria	Jr.	5'8"	21
10	Malina Wiebe	Jr.	5'4"	20
11	Morgan Zajonc	Sr.	5'10"	24
12	Katy Craley	Jr.	5'7"	20
14	Krista Koehn	Sr.	5'11"	21
17	Jenica Villamor	Sr.	5'7"	21
18	Julia Sherwood	Sr.	5'5"	21
19	Molly Suver	Sr.	5'3"	23
20	Christina Norton	Sr.	5'9"	22
21	Tina Snodgrass	Sr.	5'11"	23
24	Aubri Bishop	Jr.	5'10"	21

eugene oregon

University of Pittsburgh

Team Name: Danger

Captains: Christie Lawry, Kelsey Lenard, Molly Moore

Coaches: David Offner, Amanda Virbitsky, Tad Wissel

The University of Pittsburgh women's program began as a consortium team combined with Carnegie Mellon University. In 2006, the University of Pittsburgh competed in its first college series independent from CMU and adopted the new identity of Danger. Since their first college series appearance, Danger has been working hard to create a sustainable nationally competitive program. Although Danger has competed against some of the nation's best and finished among the top teams at many competitive tournaments in the past three years, this is the first year that they have earned a bid to College Nationals. Danger is proud to have claimed the 2010 Metro East Regional Title and is looking forward to competing against other great teams and making a name for themselves around the Nation.



ROSTER

1	Christie Lawry	Sr.	5'6"	22
3	Sarah Roth	Jr.	5'3"	21
4	Anna Rakers	Fr.	5'2"	19
6	Jackie Bissonette	Fr.	5'5"	19
8	Bailey Moorhead	So.	5'6"	20
9	Verena Woloson	So.	5'8"	20
11	Sarah Buxbaum	Fr.	5'5"	19
12	Kelsey Lenard	Sr.	5'6"	21
14	Kayla Kleynen	Sr.	5'4"	22
15	Rachel Filiaggi	Fr.	5'6"	19
16	Kellie Patchen	So.	5'2"	20
17	Robin Eng	So.	5'4"	20
18	Susan Thomas	Gr.	5'6"	22
21	Rachel Fedoronko	So.	5'4"	20
22	Molly Moore	Sr.	5'8"	23
23	Mel Callahan	Jr.	6'1"	21
24	Jeanne Sullivan	So.	5'5"	20
25	Rachel Olszewski	Fr.	5'5"	19
28	Sydney Huerbin	Fr.	5'5"	19
29	Cara Menzel	Sr.	5'5"	21
42	Christina Bayley	Jr.	5'5"	21
44	Sarah Rubin	Jr.	5'2"	21
55	Meredith Hadley	So.	5'3"	20

pittsburgh pennsylvania

WOMENS TEAMS

USC

Team Name: Hellions of Troy

Captains: Mary Kate Hogan, Kara Scheu, Carrie Williams

Coaches: Franklin Rho, Tracy Rho, Andrew Curtis, Julia James

The Hellions have quickly risen in the world of ultimate since their creation in 2003. They had a breakout season in 2008 where they finished top 25 in the country. In 2009, they made their first appearance at the UPA College Championships. The program also recently formed a B team dedicated to developing new players. This year they won their first tournament since the Stanford Qualifier in 2008, placing first in the Southwest Region and qualifying for the UPA College Championships for a second time.



ROSTER

2	Catherine Cai	So.	5'5"	20
3	Megan Funkhouser	So.	5'5"	20
4	Ellis Beier	Sr.	5'5"	22
5	Anne Ohliger	Sr.	5'6"	22
6	Tiffany Sia	Fr.	5'4"	19
7	Katie Killebrew	Sr.	5'5"	22
9	Kara Scheu	Sr.	5'7"	21
10	Lindsey Cross	Sr.	5'8"	21
11	Kate Schlag	Jr.	5'6"	21
12	Nina Gordon-Kirsch	Jr.	5'0"	21
14	Michelle Farb	So.	5'1"	19
18	Noelle Oh	Jr.	5'7"	21
21	Carrie Williams	Jr.	5'6"	21
23	Mary David	Gr.	5'1"	22
24	Mary Kate Hogan	Sr.	5'8"	22
25	Alexandra Sinnott	Sr.	5'4"	21
27	Lauren Eng	Jr.	5'5"	20
36	Robin Hartman	Sr.	5'7"	22
51	Amelia Bahr	So.	5'4"	20
70	Samantha Zyck	Sr.	5'10"	21

los angeles california

Stanford University

Team Name: Superfly

Captains: Elaine Hart, Ana Brown, Caitlin Rugg

Coaches: Robin Davis, Jennifer Burney, Gwen Ambler

No other team in the history of college ultimate has had as storied a past as Stanford Superfly. Since the Stanford women's team first qualified for the College Championships in 1995, it has made the final game 11 times en route to winning 7 championship titles, most recently with a three-peat between 2005 and 2007. However, ultimate is not played on the pages of a history book. After failing to qualify for nationals in 2008, Superfly takes nothing for granted and has worked hard to return to the championships in 2009 and 2010. In 2009 Superfly won a long and hard-fought game against Wisconsin in the quarterfinals, then suffered a loss on double game point against Washington in the semifinals. The team's three coaches (lead by eight year veteran strategist Robin Davis), endless hours of practice and sprints, bonding over fundraising and spring break, and a tough season schedule have prepared the team to face the competition in Madison head-on. This team wants it and has the willpower, strength, and speed to keep fighting until the last score.



ROSTER

1	Chana Rose Rabinovitz	Fr.	5'4"	19
3	Elaine Hart	Gr.	5'5"	25
4	Fannie Watkinson	So.	5'9"	20
5	Emily Damon	Gr.	5'6"	22
6	Leigh Hammel	Sr.	5'3"	21
7	Ali Mendoza	Sr.	5'	22
8	Ana Brown	Sr.	5'5"	21
11	Megan McClain	Gr.	5'8"	24
12	Jean Feng	Fr.	5'7"	18
13	Jennifer Schmerling	Sr.	5'6"	22
17	Rachel Habbert	Gr.	5'4"	23
18	Caitlin Rugg	Sr.	5'6"	22
19	Katie Stanley	So.	5'3"	20
20	Sam Law	Jr.	5'6"	20
22	Sara Maatta	Sr.	5'6"	22
27	Leslie Rogers	So.	5'5"	20
55	Allison Fink	So.	5'9"	20
94	Brianna Griffin	Jr.	5'5"	21

stanford california



WOMENS TEAMS

University of Texas

Team Name: Melee

Captains: Rachel Massey, Janel Venzant

Coaches: Lindsay Lowe Worthington, Terry Jungman Jr.



ROSTER

3	Rebecca Fleet	So.	5'3"	20
4	Sharon Tsao	Fr.	5'6"	18
6	Nicole Crumpley	Jr.	5'2"	21
7	Sarah Watson	Sr.	5'4"	22
8	Diana Charrier	Fr.	5'8"	18
9	Suede Kam	So.	5'7"	22
11	Rachel Hokanson	Sr.	5'5"	22
14	Alexe Klein	So.	5'2"	20
15	Darbi Donaldson	So.	5'1"	20
16	Elise Björk	Jr.	5'9"	21
17	Christina Kwiecinski	Sr.	5'5"	22
18	Libby Cravens	Jr.	5'5"	20
19	Katie Blyth	Sr.	5'5"	22
20	Laura Markham	Sr.	5'7"	22
22	Whitney Miller	Jr.	5'3"	21
31	Julie Paik	Jr.	5'4"	21
32	Ashley Shelor	Jr.	5'6"	21
34	Brady Stoll	Sr.	5'6"	22
42	Amy Kendziorski	Sr.	5'5"	
72	Helene Algate	Jr.	5'4"	20
77	Rachel Massey	Sr.	5'2"	22
85	Jasmine Venzant	Fr.	5'3"	18
88	Naomi Trang	Fr.	5'2"	18
99	Janel Venzant	Jr.	5'6"	20

austin texas

University of Washington

Team Name: Element

Captains: Shannon O'Malley, Erica Petru, Lindsey Wilson

Coaches: Cyle van Auken, Lisa Niemann

Known for our skills, style, and sass, UW Element is a powerhouse of women's Ultimate from the northwest region. After reaching the semifinals of nationals in 2008 and winning the second place medal in 2009, we're back this year and we're hungry for more. We have a young, talented, athletic team this year and we plan on working hard to earn our title as the best team in the nation. Outside of training hard, we strive to cultivate youth ultimate by hosting tournaments for young players in our hometown, Seattle, and we enjoy playing against and getting to know other teams in the region. If you don't know who we are, listen for the loudest cheers and look for the biggest smiles, the sickest bids, and the best dance moves. We're gonna boost it all day long, and oh yeah, we got purple.

ROSTER

1	Mara Isaacson (NA)	Jr.	5'8"	19
2	Lindsey Wilson	Jr.	5'7"	20
3	Leah Fury	Jr.	5'5"	19
4	Alysia Letourneau	Fr.	5'5"	19
6	Margo Kelly	So.	5'6"	20
7	Jillian Goodreau	Jr.	5'10"	21
8	Rachel Diederich	Gr.	5'8"	23
9	Erica Petru	Jr.	5'3"	20
11	Shannon O'Malley	Sr.	5'4"	22
12	Lucy Williams	Fr.	5'7"	19
13	Kirstin Gruver	Jr.	5'6"	21
14	Clara Hard	Gr.	5'9"	26
15	Zina Hurd	So.	5'3"	19
17	Katie Paulson (NA)	Sr.	5'5"	21
19	Sara Davis	Fr.	5'5"	19
21	Amber Jackson	Jr.	5'4"	20
28	Mikaela Wingard-Phillips	Gr.	5'7"	26
32	Sarah Benditt	So.	5'3"	19
44	Cailey Marsh	So.	5'4"	19
47	Amanda Kostic	Fr.	5'8"	18

seattle washington



WOMENS TEAMS

Washington University

Team Name: Wash U Tilt

Captains: Emily Luck, Samantha Huo

Coaches: Julia Weese-Young, Philip Burkhardt

Wash U Tilt has experienced an enormous amount of growth the past few years, this year being our second consecutive Nationals appearance. Our program has recently developed into a team with a much more competitive focus, with truly dedicated members that are working hard to turn our program into a nationally recognized women's ultimate team. This year we've made an effort to attend more competitive, distant tournaments to up the level of our game as well as increased the intensity of our practices and conditioning. We've found two new phenomenal coaches (and the cutest baby you've ever seen!) who have adopted our team and helped us push towards our team goals. Also this season, with the help of Michelle Ng, we hosted two major Midwest tournaments: Midwest Warmup and Midwest Throwdown. This was an amazing opportunity for our team to help develop women's ultimate in the Midwest and South by offering a special division with guest coaches for young teams as well as a Saturday afternoon skills clinic. As we look into the future, we're excited to continue to grow as a program and to help spread energy and excitement about women's ultimate!



ROSTER

1	Abby Stephens	Gr.	5'6"	22
5	Danielle Blatt	Fr.	5'4"	19
6	Julie Habbert	So.	5'9"	19
7	Kami Groom	So.	5'5"	19
8	Kate Wilson	Sr.	5'6"	21
9	Jee Yeong Witt	Gr.	5'4"	22
10	Emily Luck	Sr.	5'7"	22
11	Ellen Miller	Jr.	5'5"	22
12	Hillary Newsome	So.	5'9"	20
14	Elise Bixby	Sr.	5'7"	22
16	Naomi Campbell	So.	5'11"	19
17	Megan Epperson	Gr.	5'6"	26
19	Cynthia Cheri	So.	5'1"	20
23	Samantha Huo	Jr.	5'6"	20
24	Katie Walker	Fr.	5'5"	19
27	Katie Bilek	Gr.	5'9"	23
29	Hannah Clements	Sr.	5'5"	22
31	Leslie DeCristofaro	So.	5'3"	20
36	Sarah Ebstein	Jr.	5'4"	21
42	Molly McGregor	Fr.	5'8"	19
47	Theresa Chan	Jr.	5'2"	20
82	Alex Heil-Chapdelaine	Jr.	5'3"	21

st. louis missouri

University of Wisconsin

Team Name: Bella Donna

Captains: Georgia Bosscher, Emelie McKain

Coaches: Courtney Kiesow, Brandon Malacek

The name "Bella Donna" was chosen in 2001 along with the team's formal creation. Bella Donna made their first nationals appearance in 2003 and has never looked back. Bella Donna literally means "Beautiful Woman" in Italian, but "Belladonna" is also a toxic and hallucinogenic plant.



ROSTER

1	Elizabeth Vu	Gr.	5'5"	30
2	Jenny Gaynor	Sr.	5'6"	22
3	Laura Bitterman	Sr.	5'2"	22
4	Shira Klane	Sr.	5'4"	22
7	Frances Tsukano	Sr.	5'3"	23
8	Julie Chen	Jr.	5'5"	20
9	Becca Ludford	So.	5'5"	20
11	Erin Moran	Jr.	5'7"	20
12	Rebecca Enders	So.	6'0"	20
13	Aimee Speaker	Sr.	5'6"	25
16	Alison Ellis	Fr.	5'8"	19
17	Emelie McKain	Jr.	4'11"	21
19	Georgia Bosscher	Sr.	5'7"	23
21	Jenny Koll	Sr.	5'6"	23
26	Rachael Westgate	So.	5'5"	20
27	Laura Schott	Jr.	5'7"	20
28	Kelsey Johnson	So.	5'6"	20
29	Maria Mahowald	Sr.	5'8"	22
31	Sara Scott	Fr.	5'5"	19
33	Erin Newman	Fr.	5'7"	19
37	Sandy Jorgensen	Sr.	5'9"	23
39	Sydney Dobkin	Fr.	5'5"	19


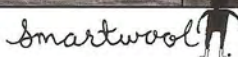
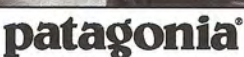
madison wisconsin

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OPEN TEAMS

University of California – Berkeley

Team Name: UGMO

Captains: Kris Thomson, Andrew Hagen, Gary Dixon

Coaches: Alexander Ghesquiere, Choongil Fleischman

California will be making its second consecutive trip to Nationals after another successful season out west. After losing the bulk of both their offensive and defensive starters from last year's team, UGMO immediately discarded any perceptions of a rebuilding season with a double-game-point loss to Colorado in the finals of the Santa Barbara Invite. Cal's spring season had its ups and downs, but the development of its second consecutive strong freshman class and progress of returning young players propelled the team to five tournament finals appearances. Led by the veteran leadership of Kris Thomson, Eric Hillis, Will DeLoache and Zach Travis, UGMO is poised to make a run at a national title and avenge the disappointment of last year's injuries and poor play at Nationals. Look for UGMO to leave everything on field in Wisconsin. All go, no quit.



ROSTER

1	Sanjay Srivatsan	So.	5'11"	19
2	Jeff Roeder	So.	6'	20
3	Bryan Pine	Fr.	5'11"	18
4	Andrew Hagen	Jr.	5'11"	21
6	Jeffrey Liu	So.	5'11"	19
7	Greg Moy	So.	5'10"	19
8	James Pollard	So.	6'4"	20
9	Joshua Rickert	Jr.	6'	21
10	William DeLoache	Gr.	5'10"	23
11	Zach Travis	Gr.	6'2"	22
12	Brandon Kwock	Sr.	6'1"	22
13	Andrew Olson	Gr.	5'9"	23
14	Kris Thomson	Gr.	6'2"	22
19	Dylan Kluck	Sr.	6'1"	21
20	Benjamin Mahrer	Fr.	5'11"	19
21	Rye Muller	So.	6'	20
23	Dalga Surofchy	So.	6'	19
24	Carson Schultz	Fr.	6'2"	18
25	Gary Dixon	Jr.	5'10"	21
33	Nick Okita	Fr.	5'11"	19
43	Andrew Riggs	Sr.	5'9"	21
60	Erec Hillis	Sr.	5'11"	21
70	Brendan Bulik-Sullivan	So.	5'11"	20
71	Joseph McLaughlin	Jr.	5'9"	20

berkeley california

University of California – San Diego

Team Name: Air Squids

Captains: Justin Elliott, Guy Hughes

Coaches: Kevin Stuart, Kevin Smith

The Air Squids came off a top-15 finish last year with one thing on their mind...reciprocity. They knew that last season's results alone wouldn't be enough to earn that reciprocity so they went to work for it. They tried to find it in San Diego and in Stevenson, but despite great performances, didn't feel like they had equalized last season. Surfside is always a popular place for the Squids to find reciprocity, but despite 20 minutes of searching boxes and boxes, NO RECIPROCITY!!! We thought that all hope for reciprocity was lost in Long Beach... then a sign from the heavens. A mountain man with ravenous hunger for greatness conquered a secret challenge previously thought to be humanly impossible. The Squids were once again pro bro and the hunger spread. Now with a plate full of 19 of the best ultimate teams in the country, the Squids are starving for the one thing that has eluded them all year...RECIPROCITY!



ROSTER

3	Eric Hsu	Sr.	5'7"	21
4	Patrick Metz	Gr.	6'1"	23
5	Justin Elliott	Sr.	6'4"	21
7	Christopher Schmidt	So.	6'3"	20
9	Guy Hughes	Sr.	6'4"	22
10	Andrew Yu	Gr.	5'6"	23
12	Aaron Lee	Fr.	5'6"	19
16	Hubert Jenq	Fr.	6'2"	19
30	Murphy Hitchcock	So.	5'11"	20
32	Kyle Frost	Jr.	6'0"	21
34	Rand Norberg	Gr.	6'5"	19
37	Danny Broberg	So.	5'9"	21
44	Brooks Taylor	Gr.	6'1"	23
47	Michael McCann	Sr.	5'8"	22
48	Mikhail Stal	So.	5'9"	20
52	Nicholas Miller	Sr.	5'6"	22
55	Owen Eigenbrot	So.	5'7"	20
68	Sean O'Donnell	Fr.	5'8"	19
71	Stephen Hubbard	Gr.	6'3"	23
75	Adam Meckel	Fr.	5'11"	19
80	Josh Nickerson	Sr.	6'4"	22

la jolla california



OPEN TEAMS

University of California – Santa Barbara

Team Name: Black Tide

Captains: Maxwell Shteir-Dunn, Noah Hopton

Coach: Greg Husak

The U.C. Santa Barbara Ultimate Frisbee team began in 1984. In 1985, they became the Black Tide in support of a book written about the oil spills off the Santa Barbara coast. Without any fear of exaggeration, the UCSB Black Tide has been the most consistently successful Ultimate Frisbee college team since the beginning of UPA College Ultimate.



ROSTER

1	Blake Robillard	Jr.	5' 9"
5	John Gallo	So.	6' 0"
7	Andrew Pebley	Jr.	5' 8"
10	Johnny Walker	Sr.	6' 0"
13	Evan Byrdon	So.	6' 1"
15	Joey Barker	So.	6' 0"
16	Adam Bolenbaugh	Fr.	6' 2"
18	Ian Chiles	Fr.	5' 10"
21	Maxwell Shteir-Dunn	Sr.	6' 0"
22	Timmy Beatty	Sr.	5' 10"
23	Curtis Worden	So.	6' 1"
27	Collin Gall	So.	5' 11"
31	Lincoln Scott	Jr.	6' 2"
33	Noah Hopton	Jr.	5' 8"
49	Ashton Gallagher	Jr.	5' 11"
51	Sebastian Yen	Fr.	5' 9"
63	Daniel Smith	Sr.	6' 4"

santa barbara california

Carleton College

Team Name: CUT

Captains: Sam Kanner, Grant Lindsley

Coach: Phil Bowen

CUT began in the early 1980s as a group of close friends, working together to play the best ultimate in the country. That spirit has not subsided in any way to this day. With the help of alumni, friends, and most importantly, fellow teammates, CUT continues to dominate because of our commitment to each other and to the symbol on our chest.



ROSTER

1	Julian Childs-Walker	Fr.	5'9"	19
2	Justin Norden	Fr.	6'1"	18
3	Grant Lindsley	Jr.	5'11"	20
4	Mike Clark	So.	6'0"	19
5	Ian Hollyer	Fr.	6'5"	19
6	Adam Fagin	Sr.	5'10"	21
7	Sam Keller	So.	5'11"	19
8	Logan Weiss	So.	6'0"	21
9	Nick Stuart	Fr.	6'4"	19
10	James Munson	Jr.	6'1"	21
11	Christian Foster	Jr.	5'9"	22
12	Sam Kanner	Sr.	6'0"	22
13	Alex Evangelides	Jr.	6'1"	21
14	Robert Carlton	Sr.	6'3"	22
15	David Long	Fr.	6'0"	19
16	Hai Ngo	So.	5'8"	20
17	Patrick Roberts	Jr.	6'2"	21
18	Peter Karian	Sr.	5'10"	22
21	Adrian Chow	Sr.	5'6"	21
23	Peter Scheuermann	So.	6'3"	21
28	John Hahn	So.	5'10"	20
29	Simon Montague	Fr.	6'3"	19
31	Ben Sullender	Jr.	6'3"	21
44	Luke Powers	Sr.	5'8"	21
46	Alex Kinsey	Jr.	6'1"	21
99	Daniel Curme	Sr.	6'1"	22

northfield minnesota



OPEN TEAMS

University of Colorado

Team Name: Mamabird

Captains: Hylke Snieder, Martin Freeman, Evan Padgett

Coaches: Jim Schoettler

Mamabird is making their 12th straight appearance at Nationals, the longest active streak in College Ultimate. Mamabird enjoyed another successful season in 2010 winning the Santa Barbara Invite, and Southwest Regionals while finishing second at Centex. Additionally, Mamabird would like to dedicate their 2010 season to fallen teammate Andrew "Stitches" Graham, who died tragically in November. We would like to offer a special thanks to all the parents, alumni, and coaches that have supported us this season. Finally, we would also like to thank Cyndi Graham for all of her support. Her strength and perseverance is an inspiration to us all.



ROSTER

3	Cody Yeaman	Fr.	5'10"	19
5	Martin Freeman	Sr.	6'2"	22
6	Stanley Barnes	Fr.	5'9"	20
7	Noah Baker	So.	5'8"	20
8	Joe Riedel	Fr.	6'0"	19
9	Dan Gruber	Jr.	5'11"	21
10	Justin Baughn	Fr.	5'10"	19
11	Evan Padgett	Sr.	5'11"	22
12	Tim Morrissey	Fr.	5'11"	19
13	Matty Zemel	Jr.	5'8"	20
14	Campbell Morrissey	Fr.	6'0"	22
15	Hidde Snieder	Fr.	6'2"	19
17	Jack McShane	Sr.	6'0"	22
19	James Moses	Sr.	5'10"	22
20	David Barnes	Sr.	6'1"	22
21	Zander Padgett	So.	6'0"	20
23	Jimmy Mickle	Fr.	6'3"	19
24	Jackson Kloor	So.	6'1"	19
25	Dailey Kluck	Fr.	5'10"	19
29	Shea Anderson	Gr.	5'10"	23
30	Hylke Snieder	Jr.	6'5"	21
31	Andrew Guinn	Gr.	6'0"	23
35	Todd Wolma	Fr.	6'2"	19
63	James Mitchell	So.	6'2"	19

boulder colorado

Cornell University

Team Name: Buds

Captains: Neil Butler, Damien Lazar, Arthur Shull

Founded in 1973, the Buds have a storied history and are one of the oldest programs in college ultimate. Driven by a constant need to improve, we toil through the cold winter months in Ithaca, NY so that we can emerge from the tundra as a solid team and compete with the best in the nation. We are a group of competitive and fun loving college players who let our play speak for itself.



ROSTER

0	Daniel Campbell	Sr.	6'1"	21
3	Jim Fuller	Gr.	5'8"	24
4	Nick Thompson	Fr.	6'2"	19
5	Max Sanders	Fr.	5'10"	18
6	Garrett Bernstein	Sr.	5'11"	21
7	Damien Lazar	Sr.	5'6"	22
8	Ryan Swisher	So.	5'10"	19
9	Andrew Ji	Gr.	5'11"	23
10	Alex Kadesch	Sr.	5'9"	22
13	Neil Butler	Jr.	6'3"	20
15	Adam Shih	Fr.	5'10"	19
16	Arthur Shull	Sr.	6'3"	22
18	UnSoi Chio	Jr.	5'6"	20
19	Ethan Pollack	Sr.	6'6"	21
27	Dan Farrugia	Sr.	6'1"	22
30	Aaron Gemmel	Sr.	5'11"	22
33	Alex Paya	Gr.	5'7"	24
42	Bryan Parry	Gr.	5'10"	22
43	Jon Hirschberger	Sr.	6'4"	22
45	Adam Salwen	So.	5'10"	20
47	Brian Grundy	Jr.	6'3"	21
55	Dan Brager	Gr.	5'8"	23
58	Deepak Bapat	Jr.	5'6"	21
68	Andy McClintock	Sr.	6'8"	21
77	Bo Li	Jr.	5'10"	21
88	Garland Wong	Jr.	5'9"	21

ithaca new york

OPEN TEAMS

University of Florida

Team Name: Florida Ultimate
Captain: Chris Gibson

Florida Ultimate has had a long history of being a very competitive program with the top teams in the country, but their recent rise to recognition in the college ultimate world came in 2006 with a strong foundation of top level players that paved the way for the new era of the program. The 2006 squad went on to make their first appearance at nationals along with winning the UPA championship that same year. After that, Florida didn't look back as they re-appeared in the national semi-finals in 2007 and the national finals again in 2008. After a disappointing finish at Regionals to what looked like a promising year for Florida in 2009, senior leadership and great determination has the 2010 team back where they belong at college nationals with a lot of momentum and looking to make some noise

FLORIDA

ROSTER

0	Jason Silverman	Fr.	5'10"	19
2	Jeff Kale	Fr.	6'0"	
3	Jordan Pritchard	Jr.	5'7"	21
4	Greg Feldman	Sr.	5'11"	22
5	Miguel Palavicini	Gr.	5'8"	25
8	Ryan Tordella	Fr.	6'0"	19
9	Zach Greene	Gr.	6'0"	22
10	Alan Baird	So.	6'3"	20
11	Nathan Sage	Gr.	6'2"	22
12	Travis Catron	Jr.	6'3"	21
13	Alton Gaines	Sr.	6'2"	22
14	Cole Sullivan	Sr.	6'3"	22
17	Ryan Schneider	Sr.	5'11"	22
21	Brodie Smith	Sr.	6'4"	22
23	Alex Hill	Jr.	5'7"	21
25	Phil Alieninov	Fr.	5'11"	20
30	Chris Gibson	Fr.	6'2"	23
33	Glenn Lenberger	Sr.	6'4"	22
34	Fernando Lugo	Gr.	5'11"	27
88	Coleman Hoover	Jr.	5'9"	23

gainesville florida

University of Georgia

Team Name: Jojah
Captains: Peter Dempsey, Rob Herring
Coaches: Travis Smith, Kevin Terry

You know the saying, "there's nowhere to go but up"? Well, last year at Nationals Jojah finished tied for last. Now "there are only two ways to go, and it's up or tied for last again."

We're all from Georgia, except "Jersey". He's from New Jersey. He went to Columbia, where history was born. History is a funny thing, as it tends to repeat itself. About Nationals.... This year we find out if we hit the plateau, or the asymptote, if you will.

Jojah is a funny thing. It isn't a mascot, though CSTV called us "the Georgia Jojahs". It is just a really southern way to say "Georgia".



ROSTER

2	Matt Bailey	Sr.	6'3"	22
3	Josh Lowell	Sr.	5'9"	23
4	Brad Glisson	Fr.	6'0"	19
5	Steven Hedges	Fr.	5'10"	19
7	Charlie Herrig	Jr.	5'10"	20
8	Max Leonard	So.	6'1"	19
9	Davis Waller	Sr.	5'8"	22
11	Peter Dempsey	Sr.	6'0"	23
13	Dustin Graham	Sr.	5'9"	23
15	Andrew Mistretta	Sr.	6'4"	22
17	Caleb Edwards	So.	5'10"	19
19	Matthew Pimenta	Fr.	5'10"	18
20	Taylor Nilan	Sr.	6'0"	24
21	Dave Benkeser	Sr.	6'5"	21
23	Nathan Kelley	So.	5'11"	20
24	Justin DeSandre	Fr.	6'4"	19
25	Rob Herrig	Sr.	5'10"	23
32	Brian Walter	So.	6'1"	20
33	David Hooten	Jr.	6'1"	21
37	Tom Ball	Jr.	5'7"	21
39	Fletcher Hartline	Fr.	6'2"	18
45	Michael Slade	Sr.	6'3"	22
76	Javid Acei	Fr.	5'8"	18
91	Cameron Macke	So.	5'8"	20

athens georgia

OPEN TEAMS

Harvard University

Team Name: Red Line

Captains: Alex Yang, George Stubbs

Coaches: Josh McCarthy, Jacob Goldstein

A consistent presence in the Northeast ultimate scene since the early 1990s, Harvard Ultimate first donned the name Red Line in 2000, and, over the course of the decade, has evolved into a perennial regional contender. After an appearance at the Championships in 2001, the program grew hungry for more, and added Coach Josh McCarthy for the 2004 campaign. Since taking the reins, McCarthy has helped guide the Red Line to four Nationals appearances and two regional championships. This season, Jacob Goldstein, an alum of the storied Carleton program, also joined McCarthy on the sidelines.

This year's team brings together a potent mix of veteran leadership with big game experience at the Nationals level, including George "Big Ticket" Stubbs and Andrew Vogt, as well as young talent in players like Misha Herscu and Whitt "The Ticket Stubb" Virgin-Downey. After a successful regular season, the Red Line captured the New England regional championships in convincing fashion, and is now eager to bring their wide-open offense and relentless defense to the plush fields of Madison.

Like many Red Line teams before us, we are on a Vision Quest, a journey to climb that wall, date that drifter, and grab our share of the glory. All we ever settled for was that we were born to live and then to die; we've gotta do it alone, each in his own way. And I guess that's why we gotta love those people who deserve it like there's no tomorrow. Cause when you get right down to it... there isn't.



ROSTER

0	J Helbling	Jr.	6' 0"	21
1	Jason Sherman	Sr.	5' 11"	22
2	Bryan Dunmire	Jr.	5' 9"	22
3	George Stubbs	Jr.	5' 11.5"	21
4	Peter Truog	So.	5' 10"	19
7	Wesley Mann	Fr.	6' 1"	18
9	Whitt Virgin-Downey	So.	6' 0"	20
13	Felix de Rosen	Fr.	6' 2"	18
14	Kevin Seitz	Sr.	6' 0"	22
15	Allen He	Fr.	5' 8"	19
16	Tom Heffernan	So.	6' 2"	21
17	Antonio Sweet	Fr.	5' 11"	19
18	Andrew Vogt	Jr.	5' 11"	20
21	Misha Herscu	Fr.	5' 11"	19
24	Scott Bauer	Gr.	6' 1"	22
25	Jeremy Mudd	So.	6' 2"	20
29	Chris Behrer	Jr.	5' 9"	21
32	Richard Newcomb	So.	6' 1"	20
36	Alex Yang	Sr.	6' 2"	22
55	Joe Masterman	So.	5' 10"	20
85	Brett Silverman	So.	6' 0"	20

cambridge massachusetts

University of Illinois

Team Name: Illinois

Captains: Austin Lien, Brian Phelan, Walden Nelson

Illinois has made Nationals the past three years. This year's Illinois team sustained the heavy losses from last year's team and as a result is a lot younger than years past with 9 sophomores on the team. This year's team is the first Illinois team to repeat as Regional Champions in the programs history.

ILLINOIS

ROSTER

5	Jack Krieger	So.	5' 10"	20
8	Kyle McKinley	Sr.	5' 9"	22
13	Tom Rudwick	Jr.	6' 1"	21
14	Austin Lien	Jr.	5' 8"	20
15	Alex Komisarz	Jr.	5' 9"	20
16	Andy Killinski	So.	6' 1"	19
18	Kurt Zoellick	Gr.	5' 11"	24
22	Brian Chrysler	Sr.	6' 0"	22
23	Ryan Smith	So.	5' 6"	20
25	Mark Hirschman	Jr.	5' 8"	21
27	Chris Hidaka	Sr.	5' 11"	22
29	Matt Kurley	Sr.	5' 10"	22
31	Walden Nelson	Sr.	5' 10"	23
32	Chris Kvistad	So.	5' 9"	20
33	Daniel McDonald	Gr.	6' 0"	27
36	Brian Pierce	So.	6' 1"	20
61	Brian Phelan	Gr.	5' 10"	22
64	Neal Phelps	So.	6' 0"	20
80	Jonathan Odrodnyk	Gr.	6' 0"	22
81	Suleyman Ahmad	Jr.	5' 10"	21
84	Charlie O'Brien	Sr.	6' 2"	21
87	Adam Wright	So.	5' 9"	19
88	Kevin Bruns	So.	6' 2"	20
90	Zach Frantz	So.	6' 2"	20

urbana-champaign illinois



OPEN TEAMS

University of Iowa

Team Name: IHUC (Iowa Hawkeye Ultimate Club)
Captains: Alex Versackas, Abe Graber, Sean Parker

In the early 2000s, Iowa was among the elite college teams and had some good runs at Nationals. However, by 2006 the IHUC squad was down to seven guys at most of their tournaments. This was before Brian Gleason (#16), a player a few years back when IHUC went to Nationals, came back to IHUC. He was building an army, Gleason's Army. Gleason wanted IHUC to be a Nationals caliber team again. He wanted to involve all the players, not just older players, to keep Iowa at this level. As IHUC grew as a team there were 30 players in the fall of 2007, all being fueled by the enthusiasm and drive of #16. After a very successful fall season recruiting and building the team, Gleason was in a tragic car accident in January and passed away. However, his army fought on and at Regionals in 2008 had an 8-0 comeback run in the semifinals against Wisconsin to barely lose on universe point. IHUC ended its 2008 season knowing that #16 on their shoulder was what would drive them to Nationals. IHUC returned to the elite college ranks in 2009 and fell just short at Regionals, losing close ones to Luther and Minnesota only to be denied Nationals once again. However, at Regionals 2010, IHUC earned a bid to Nationals for the first time in 6 years. On the last point of the game-to-go, all of the players on the line grabbed their shoulder and #16 has never been so proud.



ROSTER

1	Alex Versackas	Gr.	5'11"	24
2	Kellen Key	Gr.	6'1"	24
4	Alex Kopelyan	Jr.	6'0"	21
5	Jimmy Wiesbrock	So.	5'11"	19
6	Aaron Hirschberg	Gr.	6'0"	24
8	Sergei McNulty	Jr.	5'11"	20
14	Nick Moore	Sr.	6'1"	21
17	Tyler Glenn	So.	6'2"	20
22	Nick Sanchez	Jr.	6'1"	20
23	Alex Rummelhart	So.	5'11"	20
25	Adam Brummett	Gr.	5'8"	23
27	Abe Graber	Gr.	5'11"	24
28	Chris Sedgwick	Sr.	5'9"	22
29	Jake Short	Sr.	5'11"	22
33	Tyler Stutzman	Sr.	5'9"	24
36	Joe Reed	Fr.	5'11"	24
41	Tim Colton	Jr.	5'11"	21
52	Jake Kersten	Fr.	6'0"	19
88	Sean Parker	Sr.	6'5"	22

iowa city iowa

University of Kansas

Team Name: HorrorZontals
Captains: R. Bigley, D. Walter, B. Hidaka
Coach: Andrew Wimmer

The Kansas Ultimate program is approaching its 35th anniversary. Kansas Ultimate spent the first part of its history as a perennial national qualifier in the Central region battling foes like Carleton and Wisconsin before experiencing a 1-for-9 nationals drought from 1995 to 2003. From the dedication and tireless work in the early part of the new millennium by esteemed alumni Will Spotts, Tony Camastro, and countless others, the HorrorZontals have seen a strong resurgence and have qualified for Nationals in five of the past seven years. The Zontal Nation hopes to continue this strong tradition and perpetuate it to greater heights on the national stage in coming years.



ROSTER

00	Luke Hanson	Sr.	5'11"	22
1	Owen Martin	Fr.	5'11"	18
3	Joey Finkelstein	Sr.	5'11"	22
4	Justin Kaminsky	Sr.	5'10"	22
5	Ryan Bigley	Sr.	6'3"	24
7	JP Puabla	Gr.	5'11"	22
8	Frank Plummer	So.	5'11"	18
9	Gary Gareis	Jr.	5'11"	21
10	David Waller	Sr.	6'2"	22
11	Vinny Ciaramitaro	So.	5'11"	19
14	Abe Jacobs	Sr.	5'11"	22
18	Joe Young	So.	5'11"	19
21	Bruce Tuschhoff	So.	6'3"	19
23	Ari Sterenson	Fr.	5'11"	18
24	Aaron Berc	Jr.	5'11"	21
25	Bret Hidaka	So.	5'11"	20
26	Mychal Augustine	Fr.	6'2"	18
34	John Dixey	Jr.	5'11"	21
52	Ryan Reynolds	Sr.	6'1"	22
55	JD Parker	Gr.	5'11"	26
56	Colin Chilcoat	So.	5'11"	20
88	Ben Chapin	Sr.	6'4"	23

lawrence kansas



OPEN TEAMS

University of Michigan

Team Name: magnUM

Captains: Oliver Honderd, Tom Hanyes, Derek Towster

Coaches: Ricky Eikstadt, Matt Wilken, Colin McIntyre

While Ultimate has been around the Ann Arbor campus for the past 30 years, magnUM was officially established in 1997 after a game to name the team ended with a rookie skying a veteran on universe point. Since then, it has become a force on the national scene, appearing at the College Championships 10 of the last 12 years.



ROSTER

1	Derek Moen	So.	5',10"	20
2	Adam Van Staveren	Gr.	6',0"	28
3	Seth Collins	So.	6',1"	20
6	Alex Fegert	Sr.	5',11"	22
8	Tim Lee	Sr.	6',1"	22
9	Derrick Wolbert	Sr.	5',9"	22
11	Tom Haynes	Gr.	5',11"	22
12	Jesse Brauner	So.	6',2"	20
13	Carson Mailler	Fr.	6',3"	19
16	Ollie Honderd	Jr.	6',0"	21
18	Dan DeTone	So.	5',11"	19
24	Zubin Shetty	So.	5',8"	19
25	Pat Collins	Sr.	6',4"	21
26	Brandon Beeler	So.	5',6"	19
27	Jeff Pape	Jr.	6',0"	21
28	Mike DeRubeis	Jr.	6',1"	21
31	Spencer Jolly	Jr.	6',8"	20
32	Robbie Steinbock	Jr.	6',2"	20
35	Chris Li	So.	5',8"	20
52	Chris Vandervoort	Sr.	6',4"	21
53	Jason Guan	Fr.	5',10"	19
55	Derek Towster	Sr.	5',7"	21
81	Yonatan Rafael	Fr.	5',10"	18

ann arbor michigan

Middlebury College

Team Name: Merry Pranksters

Captains: Joe MacDonald, Dan Glatt

Coaches: Berend van Heuvelen, Peter James Prial

"Kesey held another briefing, and without anybody having to say anything, they all began to feel that the trip was becoming a ...mission, of some sort. Kesey said he wanted them all to do their thing and be Pranksters, but he wanted them to be deadly competent, too. Like with the red rubber balls they were always throwing around when they got out of the bus. The idea of the red rubber balls was that every Prankster should always be ready to catch the ball, even when he wasn't looking when it came to him. They should always be that alert, always that alive to the moment, always that deep into the whole group thing, and be deadly competent."

--The Electric Kool-Aid Acid Test (Bantam), pp. 99-100.



ROSTER

0	Mattias Fitzpatrick	Fr.	6'0"	18
2	William Van Heuvelen	Gr.	6'1"	23
3	Jon Cox	Jr.	5'10"	20
6	Tim Liu	Jr.	5'8"	20
4	Mike DeLucia	Jr.	5'9"	20
7	Davis Whitehead	Fr.	6'2"	18
10	Nathan Arnosti	Fr.	6'2"	18
11	Kyle Olsen	Sr.	6'2"	22
12	Joe MacDonald	Sr.	6'6"	22
13	Robbie Zabel	Jr.	6'0"	20
15	Charlie Roberts	Jr.	6'0"	21
22	Paolo Barbone	So.	6'3"	19
24	Dan Glatt	Sr.	6'0"	21
25	Jesse Wolf	So.	5'9"	19
30	Rob Toy	So.	5'9"	19
33	Jake Herman	Jr.	5'9"	21
36	Casey Knudsen	So.	5'11"	19

middlebury vermont

OPEN TEAMS

University of Minnesota

Team Name: Grey Ducks

Captains: Justin Gilbert, Michael Arenson, Tallis Boyd

Coaches: Charlie Reznikoff, Chris York

Our reputation doesn't precede us. To those looking for big names to read about here or a tremendous story of tradition, we're sorry, we don't really have one. The most notable name we have is that of our coach, Charlie Reznikoff (due more to personality than anything) who, along with our other (more stoic) coach, CY, are the masterminds and architects behind the Grey Duck program. Four years ago, armed with a talented freshman class, experienced upperclassmen, and a name that struck fear in no one's heart, the coaches laid the foundation for a successful college ultimate program. Four years later, the baby freshman-ducklings have become the alpha-males of the duck pond and are flanked by the strongest flock in school history. Our collective persona uncannily resembles our mascot. Unlike many other birds, the Grey Duck doesn't have colorful feathers for attracting mates, melodious songs of communication, or a style of flight that can be described as anything other than "unremarkable". But if you have ever spent time observing duck ponds then you know what happens when you ruffle a duck's feathers. Moral of the beak is, you may not know who we are before you play us, but you will once we're done with you.



ROSTER

1	Tom Rosengren	Fr.	5'10"	19
2	Stephan Mance	Jr.	6'1"	21
3	Colin Burke	Fr.	6'3"	19
5	Danny Miesen	So.	5'11"	19
7	Josh Kurtz	Sr.	6'2"	22
8	Russ Taylor	Sr.	5'9"	23
9	Greg Arenson	So.	5'9"	20
11	Dan Hoff	Jr.	6'2"	21
15	Michael Tradewell	Fr.	6'8"	19
17	Matt Marinello	So.	5'10"	20
19	Eric Vandermolen	Jr.	6'2"	21
20	Chris Demet	Sr.	5'11"	22
21	Michael Arenson	Sr.	6'2"	22
23	Mike Peterson	Gr.	6'1"	27
24	Simon Gottlieb	Fr.	5'10"	19
25	Mark Landman	Sr.	6'0"	23
30	Kyle Husebye	So.	5'10"	20
31	David Eddy	So.	6'0"	20
32	Ethan Taylor	Sr.	5'9"	23
33	Justin Gilbert	Sr.	6'0"	22
34	Peter Schmitt	Sr.	6'5"	22
35	Austin Judd	Jr.	6'3"	20
39	Tallis Boyd	Sr.	6'4"	22

minneapolis minnesota

University of North Carolina – Wilmington

Team Name: Seamen

Captains: Stephen Bender, Dave Macurak

Coaches: Greg Vassar, Tully Beatty

The UNCW Seamen were founded in 1988 and have won 10 Sectionals, seven Regionals, been a finalist twice and won one National Championship with a physical, intense and grinding style of play. This year's team is no different but has added an improved mental approach to the game that isn't frequently seen in college Ultimate. Led by Rusty Ingold-Smith on offense and Stephen Bender on defense, the Seamen are likely to use multiple different looks on both lines.

The Seamen program is glad to be back at College Nationals after an 8 year hiatus.



ROSTER

0	Kevin Shea	So.	5'6"	19
2	Shane Deters	So.	5'9"	19
3	Tommy Lamar	So.	6'2"	20
4	Cody Gentry	So.	5'10"	19
6	Todd Doroski	Gr.	5'9"	23
7	Ross English	Sr.	5'9"	22
8	James Hill	Jr.	5'8"	21
9	Jarrett Bowen	Sr.	5'11"	22
10	Rustin Ingold-Smith	Sr.	5'10"	23
13	Alan Gruntz	So.	5'8"	20
17	Tim Williams	Sr.	5'9"	21
20	Trueman Nottingham	Fr.	5'10"	18
21	Timothy Kuhn	Fr.	5'4"	18
25	Dave Macurak	Jr.	6'	21
26	Chris Hopper	Jr.	5'9"	22
27	Zaith Bauer	Sr.	6'1"	21
33	Miklos Matyasovsky	Fr.	6'3"	18
36	Cory Morris	Jr.	5'10"	21
47	Russ Causley	Sr.	5'9"	21
54	Stephen Bender	Sr.	6'	23
88	Andrew Wright	Fr.	6'3"	18
89	Stephen Taylor	Jr.	5'6"	22

wilmington north carolina

OPEN TEAMS

University of Oregon

Team Name: Ego

Captains: Kevin Minderhout, Matt Thornton

Coach: Jay Janin



ROSTER

2	Tyler Cable	So.	5' 11"	20
3	Chris Becker	Fr.	5' 9"	19
5	Sam Brickwedde	So.	5' 9"	20
6	Cody Bjorklund	Sr.	5' 11"	21
7	Eli Friedman	Sr.	5' 10"	22
9	Miles Raymer	Sr.	6' 0"	22
10	Collin Smith	So.	5' 11"	20
14	Brian Bedord	Jr.	5' 11"	21
15	Jackson Kelsay	Sr.	6' 1"	22
16	Joe Condon	Sr.	6' 2"	23
18	Chris Love	Sr.	5' 10"	22
21	Andy Bryn	Sr.	6' 0"	23
22	Camden Allison-Hall	Jr.	6' 0"	21
24	Eli Janin	Sr.	5' 10"	23
25	Nick Bottcher	So.	6' 3"	20
29	Aki Ohdera	Sr.	6' 0"	23
31	Kevin Minderhout	Sr.	5' 10"	22
42	Matt Thornton	Sr.	5' 10"	23
50	Josh Wardle	Gr.	6' 0"	26
55	Alex Perez	So.	5' 9"	20
59	Topher Davis	So.	5' 11"	19
77	Brian Penner	Fr.	5' 11"	18
88	Adam Bilbaeno	Fr.	6' 0"	19

eugene oregon

University of Pittsburgh

Team Name: En Sabah Nur

Captains: Chris Brenenburg, Geoff Zettel, Clin Conner

Coaches: Josh Suskin, David Vatz, David Lionetti

Pittsburgh En Sabah Nur was founded in 1998 by a group of friends playing pick-up on Pitt's campus. The team has since grown into a group of athletes driven to compete and succeed at college nationals. The Pitt team has been to nationals the past five years and is in its sixth year ready to compete for a national title.



ROSTER

2	Chris Brenenburg	Sr.	6'0"	22
3	Allen Rakers	So.	5'5"	20
4	Zach Kauffman	Fr.	5'11"	18
5	Colin Conner	So.	5'10"	20
6	Kyle Baynes	Sr.	5'6"	22
7	Julian Hausman	Jr.	6'3"	21
8	Michael Plunkett	Jr.	5'8"	21
9	Jason Kunsu	So.	5'11"	20
10	Andrej Ababovic	Jr.	6'2"	20
11	Pat Every	So.	5'8"	20
12	Geoff Zettel	Sr.	5'10"	22
13	Jay Huerbin	Sr.	5'10"	22
15	Kevin Norton	Fr.	6'6"	18
16	Michael Brenner	Fr.	5'10"	19
19	Ari Weitzman	Gr.	5'9"	23
21	Alex Thorne	So.	5'7"	19
22	Bob Liu	Gr.	6'1"	23
23	Eddie Peters	Sr.	6'1"	22
28	Ethan Beardsley	Fr.	6'4"	18
47	Michael Van Ness	Fr.	6'2"	19
71	Brad Bellinger	Gr.	5'10"	23
81	Tyler Degirolamo	So.	6'3"	20
88	Clay Leach	Fr.	5'10"	19
91	Isaac Saul	Fr.	5'10"	19

pittsburgh pennsylvania

OPEN TEAMS

Texas State University

Team Name: Buckets

Captains: Blake Knight, Andrew Walch

Coaches: Jonathan Daugherty, Bjorn Schey

Founded by ex-baseball players in 2004, the Texas State Buckets was the farm team to nowhere. Lacking the established methodology of the neighboring clubs in Austin, the Buckets set out to write their own. Their game was athletically astute, naive and fresh. They traveled hard, built trust out of tournaments, saw first to the team's well being and then to that of their own. They took strategies from their beatings, notions of poise from the veterans who handed them loss after loss and finally, by the end of that first season, the Buckets had established the core of talent necessary to nurture a contending team.

2006 saw a profound 20+ recruits of wondrous variety taken under wing. The recruitment philosophy wasn't, 'How well do you know Ultimate?' but 'How well can you learn?' Freshmen and seniors alike lived together, taught each other throws, shared beers, and tears and practiced harder than before - each man holding his brother accountable to the standards passed down from the first generation.

By 2010 the Bucket veteran core had become the first true product of the Texas State system. This maturation, coupled with open-minded recruiting, a strong inter-scholastic draw, and the addition of a plotted coaching staff had paid dividends: the Buckets swept the Texas state and Southern region contests and were awarded the team's first ever national bid. Humm now, State.



ROSTER

1	Tim Gregg	Jr.	6'0"	21
2	Mario Escobar Jr.	Sr.	5'11"	22
3	Jason Meagher	Sr.	5'6"	22
4	Ben Borchers	Jr.	6'1"	20
8	Edward Friener	Sr.	5'9"	23
9	Jack Hornbuckle	Jr.	5'11"	21
10	Will Tullos	Jr.	6'6"	21
12	Andrew Walch	Sr.	6'2"	23
18	Ryan Roberts	Sr.	6'2"	22
21	Nicholas Whale	Jr.	6'1"	21
24	Blake Knight	Sr.	6'1"	21
25	Justin Lawson	Jr.	5'10"	21
33	Daniel Middleton	Sr.	6'0"	22
35	Matthew Butler	Sr.	5'10"	21
57	Chase Hines	So.	6'2"	20
63	Geoff Hughey	Jr.	6'1"	21
64	Travis Goyeneche	Jr.	5'9"	21
89	Derek Genovese	Jr.	5'7"	20
97	Casey Guinn	Jr.	6'4"	20
99	William Kierdorf	Sr.	6'2"	21

san marcos texas

University of Wisconsin

Team Name: Hodags

Captains: Matt Young, Jake Smart

Coach: Hector Valdivia

The UW-Madison Ultimate Frisbee club was founded in 1977. Upon creation, the team immediately began to establish a great winning tradition with 9 sectional championships and 5 final four finishes at regional play. Between 1977 and 1988, the team had an overall record of 347 wins and 189 losses. The Dave McClain Athletic Facility, opened in 1988, offered the club an opportunity to clean-up during the winter season. Coincident or not, it wasn't until after 1988 that the club first qualified for Nationals. In spring of 1994, the "Hodags" team name was implemented, and has been held to this date. Tryouts were conducted for the first time in the fall of 1988. Since 2001, Wisconsin has made quarterfinals every year. Within that time, the Hodags have 3 National titles, and 5 Finals appearances.

ROSTER

1	Chris Scotto Divetta	Gr.	5'11	26
2	Ben Feldman	Sr.	5'10	21
3	Kelsen Alexander	So	5'10	21
5	Jerry McGinnis	So.	6'1	20
6	Jake Smart	Sr.	6'2	23
7	Matt Davidman	Sr.	5'10	22
9	Tanner Marshall	So.	5'10	20
11	Cullen Geppert	Sr.	6'2	22
12	Alex Simmons	Jr.	5'9	21
13	Zach Ehler	Jr.	5'10	22
15	Kyle Geppert	Fr.	5'11	18
17	John Bergen	Sr.	5'11	21
18	Zach Alter	Jr.	6'3	21
20	Matt Young	Gr.	6'0	26
21	Dave Wiseman	Sr.	6'4	22
23	Keith Christensen	Fr.	5'10	18
24	Dayu Liu	So.	6'0	19
28	Dan Park	So.	5'11	19
32	Colin Camp	Fr.	6'1	18
33	Jon Masler	Sr.	5'11	22
37	Jacob Meyer	Gr.	5'10	23
38	Evan Klane	Sr.	5'10	22
93	Pat Donovan	Jr.	6'5	21
97	Ben Rehmann	Fr.	5'11	18

madison wisconsin



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 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, Will Deaver) for the development of this document. Adopted by UPA Executive Committee, March 29, 2005.

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