

M A K I N G ULTIMATE S T R O N G E R

CUSTOM TEAM GEAR 8 SUBLIMATION COLLEGE SPONSORSHIP



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STAFF

Tournament staff will be wearing white shirts with the event logo on them. If they can't answer your questions, they can point you to one of the following people to help you out.

Tournament Director – Kevin Jacobs Volunteer Coordinator – Joseph Onorio Head Scorekeepers – Courtney Remm and Carmelo Pabon Local Media Coordinator – Jay Josker Social Coordinator – Kim Jacobs Head Observer – Mitch Dengler USA Ultimate Chief Executive Officer – Tom Crawford USA Ultimate Managing Director, Competition – Will Deaver USA Ultimate Manager, Competition – Michelle Ng USA Ultimate Manager, New Media – Matthew Bourland



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WELCOME

On behalf of the USA Ultimate, the Buffalo Ultimate League, Lake Effect – Buffalo's mixed club team, and the Buffalo Niagara Convention and Visitors Bureau, I take great pleasure in welcoming you to Western New York for the 2011 USA Ultimate Division III College Championships.

This tournament features the nation's top 16 Men's and 16 Women's college teams from schools with fewer than 7500 students. After advancing from conference and regional qualifying tournaments around the country, this National Championship is the pinnacle of the Ultimate season for these remarkable athletes. The action on the fields should be electrifying all weekend long as we crown new champions in both divisions.

Western New York provides visitors with a variety of attractions including: the world-renowned Albright-Knox Art Gallery; the fabulous architecture of downtown Buffalo (aka "The City of Good Neighbors"); the Anchor Bar (birthplace of Buffalo Wings); and of course Niagara Falls one of the world's natural wonders. For those who prefer staying close to the fields and hotels, the village of Hamburg is a wonderful place to walk and visit the numerous shops, cafes, and parks. We hope you enjoy your stay with us.

It takes a great deal of hard work, and a large number of volunteers to make this a successful event. Please show respect for our hosts – The Town of Hamburg Recreation Department, and their efforts toward making this championship a success. The Hamburg Soccer Club will be providing on-site food vending throughout the weekend; please patronize their fundraising effort. Volunteers will be setting up fields and tents, keeping score, providing water and ice, along with numerous other chores which allow the tournament to run smoothly. Please take time to thank them for their efforts.

All the teams, players, and coaches participating this weekend are bound together by their love of Ultimate and their embrace of Spirit of the Game. The young players here today are the future of this magnificent sport, and the fate of Spirit of the Game is in their hands. It is my hope that they will all carry that Spirit with them, both on and off the field, throughout their lives.

Kevin Jacobs

Tournament Director, 2011 USA Ultimate Division III College Championships

WEEKEND OVERVIEW

FRIDAY, MAY 20 - HOLIDAY INN EXPRESS, HAMBURG

7:00 – 9:00pm: Team Registration

SATURDAY, MAY 21 - AKRON FALLS COUNTY PARK

8:00am: Team Ca	ptain's Meeting
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9:00am - 6:00pm: Pool Play & Pre-Quarters

5:00pm - 8:00pm: Social Event including:

- Dinner for athletes and event staff
- Live music following the last game from Grand Canyon Rescue Episode
- Disc games

SUNDAY, MAY 22 - AKRON FALLS COUNTY PARK

8:30am - 2:00pm:	Elimination & Placement Games
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2:30pm: Finals

Post Finals: Award Ceremony. Immediately following the finals, awards will be presented to first and second place teams in each division, and individual and team Spirit winners.

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 15, point-cap at 17.
- Half-time is 5 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).
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Soft time-cap goes on 20 minutes before the hard cap. 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 or more ahead by at least two points, whichever comes first.
- Caps do not affect timeouts.

SITE RULES

- No Alcohol or Tobacco! Facility, event staff, and security will be checking to make sure people are not drinking/smoking. There will also be lots of moms, dads, and kids watching the action. Please abide by these rules. If you are caught with alcohol/ tobacco at the field site you will risk disqualification for your team as well as potential ramifications outside of the event for breaking the field regulations. Thank you!
- · No glass!
- No dogs! Please leave your pooches at home. Do not tie them up in the parking lot or leave them in your car.
- No bikes on fields!
- No stakes >6"! Please secure your popup tents, but in order to protect the irrigation system, do not use stakes longer than 6".
- Spectators and equipment must stay at least 3 yards away from sidelines! Where there
 are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- Trash and Recycling! Place recyclables in the recycling receptacles and place trash in the trash...keep your sidelines clean.
- Language This is a Youth Facility and overall a family environment. Please keep this in mind when doing team cheers etc.
- Guests and Spectators You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.

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 to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Director of Marketing and Communications Andy Lee at andy@hq.usaultimate.org.

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. — 11th Edition USA Ultimate Rules of Ultimate.

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.



DIRECTIONS

HOLIDAY INN EXPRESS TO AKRON FALLS COUNTY PARK

- Head Northwest on NY-75N/Camp Rd. towards Commerce Place
- Take I-90 East
- Exit 48A (NY-77) toward Pembroke/Medina Toll Rd.
- Turn Right onto NY-77S/Alleghany Rd.
- Take First Right onto NY-5W/Main Rd.
- Turn Right onto Cty. Rd. 8/Crittenden Rd.
- Take First Left onto Skyline Dr.

AKRON FALLS COUNTY PARK TO UNITED MEMORIAL MEDICAL CENTER

- Turn Right on Skyline Dr.
- Turn Right on Cty. Rd. 8/Crittenden Rd.
- Turn Left on Main Rd./NY-5E to Batavia
- Turn Left on Liberty St. to United Memorial Medical Center (127 N. St. Batavia, NY)

AKRON FALLS COUNTY PARK TO BUFFALO-NIAGARA INTERNATIONAL AIRPORT

- Turn Right on Skyline Dr.
- Turn Right on Cty. Rd. 8/Crittenden Rd
- Turn Left on NY-5E/Main Rd.
- Turn Left on NY-77N/Alleghany Rd
- Take I-90 West to Buffalo-Niagara International Airport



WOMEN'S SEEDINGS

- 1. Carleton College
- 2. Claremont Colleges
- 3. Williams College
- 4. Valparaiso University
- 5. Grinnell College
- 6. Occidental College
- 7. St. Olaf College
- 8. Smith College

- 9. Wellesley College
- 10. University of Mary Washington
- 11. Haverford/Bryn Mawr
- 12. St. Mary's College of Maryland
- 13. Princeton University
- 14. Macalester College
- 15. Oberlin College
- 16. Franklin & Marshall College



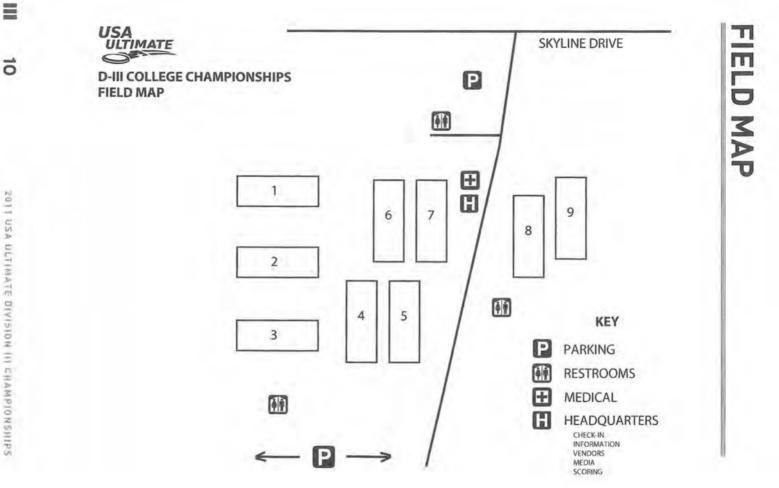
OPEN SEEDINGS

- 1. Claremont Colleges
- 2. St. John's University
- 3. Harding University
- 4. Lewis & Clark College
- 5. Georgia College and State University
- 6. North Park University
- 7. Wake Forest University
- 8. Truman State University

- 9. Missouri University of Science and Technology
- 10. Occidental College
- 11. Bentley University
- 12. Colby College
- 13. Swarthmore College
- 14. Lehigh University
- 15. Grinnell College
- 16. Connecticut College







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CARLETON COLLEGE

Northfield, Minn. Team Name: Eclipse

Carleton is a Frisbee-crazed school, and as the women's program expanded a few years ago, Eclipse came into being as a B-team to Syzygy. Eclipse has always been a fun group of girls who love to dance, but their serious commitment to competitive Frisbee is a relatively new development. Eclipse made cuts for the first time last year, and established a goal at the beginning of this season to make DIII Nationals. This year's squad is the fastest and most athletic that Eclipse has ever fielded, but the team has not sacrificed its spirit. We feel lucky to be able to spend so much time playing the game we love with the people we love.



ROSTER

1 2 3 4 6 8 10 11 12 4 6 8 10 11 12 14 15 8 19 21 22 6 36 42 93	Mia Borden Katharine Richardson Leigh-Anne Borkowski Laura Hockenbury Megan Milligan Kali Perano Bornita BG Green Erin Heydinger Lilly Pearson Katie Claiborne Samantha Ellerbeck Casey Markenson Eli Walker Claire Leichter Katharine Lindquist Zoe Suche Lydia English Becky Riss Jill Merkle Kate Trenerry	SSILSALSSSSSLAFFSSSSLAS	57755555555555555555555555555555555555

CLAREMONT COLLEGES

Claremont, Calif. Team Name: Green Shirts

Long ago, in the Cretaceous era, a group of friendly, colorblind dinosaurs found a particularly round, flat, white rock. They thought it was white at least, but it may have in fact not been. Anyway, they found this rock to be unusually light and discovered that they could run and throw it about and soar up into the air to catch it. This, they thought, was the ultimate pastime. They got some great shirts, which a laughing Plesiosaur told them were green, and thus the Claremont Greenshirts were born.

3	Alison Marks	Fr	5'6''
5	Jennifer Schmidt	Fr	5'6"
8	Julia Raney	So	5'6"
11	Alicia Hendrix	Jr	5.8"
12	Eliza Longnecker	Fr	56
13	Kate Speck	So	5'1"
17	Liz Duda	So	5'1"
21	Rose Comaduran	jr.	5'5"
25	Paloma Garcia	1L	5'10"
26	Claire Teitelbaum	Fr	5'8"
31	Erica Baken	Jr.	5'7"
69	Emma French	50	5.8"



FRANKLIN & MARSHALL COLLEGE

Lancaster, Pa. Team Name: Code Blue

F&M Ultimate originally began in the 1970s as the Hucking Amish but died out soon after its founding. However, ten years ago, the team was resurrected! The Hucking Amish were reborn as a co-ed team in 2000. In 2006 as the men's and women's numbers began to grow, women were encouraged to start their own team, and the school encouraged a new name for both. The Hucking Amish name was changed to Deep Blue for the men, and Code Blue for the women. Code Blue began with enough people for a starting line, and since then has grown to have just over three lines of women on the team. Since the inception of Code Blue, numbers of players coming out have increased each year due largely in part to our members spreading the word.

ROSTER

6	Gina DiBenedetto	Fr	5'8"
1	Elena Lopez	ıt	5'1"
8	Hanna Bertoldi	Se	5'8"
9	Jessie Garber	Sr	5'4"
12	Ellen Kecskemethy	Sa	5:9"
13	Jian Lipowcan	So	5'6"
14	Rachel Tabia	JI	5'2"
16	Kelly McGeehan	Jr	5'4"
17	Gabi Connor	fr	5'8'
24	Tracy Hehn	So	511"
29	Lisa Yosevitz	Jŕ	5'3"
55	Kate Salomon	So	5'6"

GRINNELL COLLEGE

Grinnell, Iowa Team Name: Sticky Tongue Frogs

For a small town in the middle of Iowa, Grinnell has a high thrift store-to-resident ratio. Sometime in the early 2000s, a young college student came across an old jersey in one of the four thrift stores in downtown Grinnell. The jersey bore the logo of a frog and the words "Sticky Tongue Frogs Grinnell Ultimate." This was fortuitous, as the young woman happened to have been thinking about re-forming the women's ultimate team at Grinnell, which had disintegrated in the years before. She bought the old jersey and the mascot was reborn. The Sticky Tongue Frogs once again took to playing Ultimate all across the Midwest, and have been going strong ever since. With a third-place finish at DIII Nationals last year, the team trained harder than ever through the long lowa winter and ventured

out as far as Georgia to test their mettle against other teams. A large, talented senior class is leading the charge to Buffalo this year (but they need to be back on Monday morning to graduate!), where they will take to the fields with the deepest team in Grinnell women's Ultimate history.

2	Hannah Grischuk	Fr	5'4'	
3	Caroline Kory	Sr	55	
9	Christine Grummon	Sr	5'6	
10	Carla Eckland	So	5'5''	
13	Cory Keeler	H	5'6	
17	Ati Smith	Sr	5'6"	
19	Kelly Helbach	So	5'4"	
21	Carissa Shoemaker	Fr	5'8'	
22	Sarah Ervin	Sr	5'4"	
27	Eva Metz	Ft	5'5'	
29	Hannah Bauman	So	5'7"	
32	Misha Bhadiri	JI	5'8"	
44	Mona Ghadiri	Sr	5'5"	
17	Paige Hill	н	5'4'	
48	Linnea Vanpilsum-Bloom	Fr	5'6"	

HAVERFORD/BRYN MAWR

Haverford, Pa. Team Name: Sneetches

The Sneetches have been a fun-loving but serious and competitive team since 1993. We enjoy wearing our most epic flair and composing cheers on the sideline just as much as we love beating our girl deep to the end-zone and denying every in-cut on defense. We are a Bi-College team with players from Haverford and Bryn Mawr colleges that began in 1994, and this is the first time in team history that the Sneetches have gone to Nationals.



ROSTER Fr Siena Mann 5'1" So. Alice "Apricot" Thatcher 5'4" 4'11" 3 Emily Carton Sr 4 Maya Barley It. 51 So 5 Amy Greulich 5'8" So Maisy Hughes 5'6" 6 1 Meg Bishop 5'1" lir. 8 Wynne Lewis JL. 5'8" Madeline Smith-Gibbs 4 Sa 5'6" 18 Fr 5'3" Julia Neumann Sa 57 Emma Sawin Jacki LaBua 12 So 5'3" 13 Larken Wright Kennedy Sr 5'8" 14 Heidi Stinson-Ebert Fr 5'7" 15 Fr Helen Wistman 5'6" 16 Erin McMurtrey Sr 55 Emily Temple 17 Sr 5'6" 18 Sarah Hoffman Sa 5'5' 19 Elinar Hickey Jr. 5'18" 20 Kelsey Bilek So 5'8" 21 5'7" Julie Singer Jt. 22 Sara Taggart So 5'8' 23 24 Jr 57" Aly Lieberman

MACALESTER COLLEGE

St. Paul, Minn. Team Name: Purse Snatchers

The Macalester College Purse Snatchers were founded in the early 90s. Inspired by a sign warning of possible thefts, the Purse Snatchers procured said sign and began their quest for funfilled Ultimate. Since then, the team has grown, shortened its name to Snatch, and become increasingly competitive. The team is known for its skill, but perhaps more importantly for its fashionable jumpsuits and "snatch gear." While Snatchers love to play hard, they believe that having fun and being spirited are of equal, if not greater, importance.



2	Charlotte Fagan	Л	5'6''	Ī
3	Lizzy Magnuson	Fr	5'3''	
6	Wren Brennan	Sa	5'3"	
10	Selam Gebremariam	So	5'2"	
14	Anna French	Sa	5.7.	
16	Lisa Barnes	Sr	5'8''	
17	Sasha Lansky	Fr	5'2"	
19	Maggie Pearson	Sr	5'5"	
22	Lydia Lippold-Gelb	Fr.	5'2"	
24	Sara Sandmel	So	5'Z"	
28	Ainstey Judge	Sr	5'3''	
32	Carey Hert	So	5'7''	
73	Rose Holdorf	Sr	5'5''	
88	Tressa Versteeg	Sr	5'8''	

UNIVERSITY OF MARY WASHINGTON

Fredericksburg, Va. Team Name: Mary Massacre

Mary Massacre was born less than ten years ago and has matured into a fabulously dedicated Ultimate team. Rising from our humbling season last year, where we had 10 rookies, 6 sophomores, 1 junior, and 1 senior, we started this year off strong, coming in fourth place in N.J. and beating our overall wins from the previous year in just one tournament. From there, we continued to prove that Mary Massacre is more than just the underdog, we are a talented team with the ability to play competitively while still having a good time. We look forward to continuing to develop as a team in the future.

6	Kate Donatelli	Fr.	4'11"
	Alex Carpenter	50	5'4"
	Kyle Lefter	JP	6.0.
	Katie O'Brien	Fr	5'T
2	Shannon Storey	h	5'6"
3	Marjorie Blanton	50	5'4'
5	Emily Goldhammer	So	5'6"
6	Chelsea Lewis	JL	5'7'
7	Christine Nolan	50	5'5"
8	Krystal Hawkins	Jr	54
Z	Devon Davis	So	57
7	Katie Kinzle	Fr	5'8"
3	Gina Ayers	So	5'3"
7	Sarah McDermott	я	55

OBERLIN COLLEGE

Oberlin, Ohio Team Name: The Praying Manti

Oberlin College men and women formed a coed team in 1976, playing their first game against Rensselaer Polytechnic Institute that year. Starting in the 1990s, the men and women Ultimate Frisbee players split to form two separate teams, the Preying Manti and the Flying Horsecows. The Preying Manti were chartered as a formal Oberlin club sports team in 1996, and qualified for Women's Nationals the following year. The women's team has always taken the basic tenant of Ultimate Frisbee – Spirit of the Game – strongly to heart, writing elaborate cheers to pop songs for our opponents and wearing sequined skirts.



ROSTER

3	Gabriela Baker	Sc	5'7"
5	Margaret Rosano	So	5'2"
7	Margaret Nichols	So.	5'8"
8	Cynthia Getschow	Jr	55
13	Rosie Eck	So	6
15	Catherine Durkin	Sr	5'5"
17	Caroline Vaughn	Jr	5.9"
19	Kayla Emrick	So	53
21	Elizabeth Dalley	Sr	5'8"
22	Rosalind Black	Fr	5'6"
24	Sharon Cross	So	5'3'
25	Jordan McDonell	So	5'4"
26	Catherine O'Hare	Sr	5'8'
27	Kirsten Liebl	So	5'4"
33	Lida Wise	Sr	57
48	Danielle Schrimmer	Jr	5'4"
55	Marisa Ishimatsu	Sr	5'3"
58	Rebecca Bloch	So	5'8"
59	Rachel Simon	Fr	5'7"

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OCCIDENTAL COLLEGE

Los Angeles, Calif. Team Name: Women's Air Corps Coach: Mark Hartford

Women's Ultimate at Occidental College has not had a very long history but in the past two years the team has grown in both size and ability. Three or four years ago the team struggled to get more than five people at practice and usually traveled to tournaments with no more than nine people. More often than not, the team would play savage for the majority of its games. Two years ago, the team saw an influx of talented and dedicated freshman and sophomores who helped expand the team into what it is today. Last year was focused on building the program, with only two players having solid prior Ultimate experience. Now, this year the team has elevated its level of play and become competitive within the D-III Southwest region. Our goal for this season was to gualify for

DIII Nationals and send our seniors out on a high note. We are very pleased with how our season has gone so far and we look forward to playing hard and gaining valuable experience at Nationals.

ROSTER

1	Alex Wheeler	So	5'9"	
	Jessie Durrett	So	6'0''	
0	Lissa Farrington	Sr	5'8"	
Z	Audrey Crocker	Jr	5'10"	
9	Eleanor Heywood	Jr	5.9"	
0	Nicole Capti	Sr	5'6'	
1	Maria Potterveld	J	5'4"	
5	Yasmine Cooper	Fr	5'5''	
5	Emie George	So	5'5'	

PRINCETON UNIVERSITY

Princeton, N.J. Team Name: Lady Clock

Lady Clock played at DI Regionals the past two years. We are super excited to be at DIII Nationals and look forward to meeting and playing teams from across the US.

Jen Kim	Fr	6'3
Nina Ran	St	5'4
Laura Bock	Jr	5'8
Angela Wei	Jr	5'2
Kathy Huang	Sr	5'5
Ming Lu	Jr.	5'11
Julia Yue	So	5'4
Hannah Vazquez	Fr	5'9
Madison Bush	Er	5'7
Lucy Lee	Ft	5'5
Yu-Han Hsu	Sr	5'4
Christine Chen	So	5'8
Sarah Plummer	Jt	5'4
Danielle Connelly	Sr	54
Soha Shah	SI	5'6
Snow Li	Sr	5'4
Kelly Weeks	Jr	5'6
Emily Tseng	Fr	5'3
	Laura Bock Angela Wei Kathy Huang Ming Lu Julia Yue Hannah Vazquez Madison Bush Lucy Lee Yu-Han Hsu Christine Chen Sarah Plummer Danielle Connelly Soha Shah Snow Li Kelly Weeks	Nina Ran St Laura Bock Jr Angela Wei Jr Kathy Huang Sr Ming Lu Jr Julia Yue So Hannah Vazquez Fr Madison Bush Fr Lucy Lee Fr Yu-Han Hsu Sr Christine Chen So Sarah Plummer Jr Danielle Connelly Sr Suha Shah Sr Smow L1 Sr Kelly Weeks Jr

ST. MARY'S COLLEGE OF MARYLAND

St. Mary's City, Md. Team Name: SMUT Coaches: Sandy Ganzell, Davey Clough

St. Mary's Ultimate Team (SMUT) was founded in the early 80s as an open team. It wasn't until 2006 that the women's team was formed. Sandy Ganzell has been coaching the SMUT since they have started as a program. He has brought his knowledge from high-level club Ultimate to this team, and added a nice balance of fun and competitiveness.



ST. OLAF COLLEGE

Northfield, Minn. Team Name: Durga

St Olaf Women's Ultimate has been around since the late 1990s under the name "Durga". The program has had continual growth since that time, and has seen a lot of improvement in the past five years or so. Over the past four years, we have risen up in the rankings and have placed very well at both Sectionals and Regionals. A few girls came to the team having already played Ultimate in high school and increased the strength of the team with their knowledge of the game. Durga has always been a cohesive, fun-loving, but competitive, group of women.



ROSTER

1	Lauren Tucker	Ji	5'0	
2	Elizabeth Benge	Sr	54	
4	Lyndsey Fouriner	Jr	5'4	
8	Shannon Hammerlund	Fr	5'4	
9	Alli Berg	13	51	
10	Michelle Ladas	Sr	5'7	
12	Jessy Schroeder	Jt	5'7	
13	Echo Presgraves	Jr	5'9	
17	Sam Dockrey	Sr	5'8	
20	Elise Valkanas	So	51	
21	Hannah Brown	So	5'3	
22	Tira Valkanas	Fr	5'2	
23	Brooke Austin	Sr	5'10	
44	Patty Romaine	So	5'9	
50	Becky White	So	5'1	



ROSTER Rachel Takazawa Sr 5'9" Sheila Novak Jr. 5'10" Tanya Bovitz Fr 5'6 Ann Raiho Sr 5'5" Audrey Phillips Sa 5'7" 8 Alexia Gurtcheff Sr 52 11 Lara Palmouist So 5'5" 13 Lauren Hagen En 57 18 Brittany Faust Sr 5'5" 22 Natalie Warren Sr 5'6" 23 Sarah Mitchell Jr. 5'7" 24 Erin Curme le. 5'4" 25 Brynn Rathien So 5'8" 25 Kelsie Brust Sr 5'11" 36 Emma Hill Sr 5'3" 39 Britta Torkeison Sr 5'7" 64 Leah Svingen Sp 5'7"

SMITH COLLEGE

Northampton, Mass. Team Name: LunaDisc Coach: Casey "Dale" Krone

LunaDisc Ultimate Frisbee was founded as a year-round club sport at Smith in 1994 by alums Meredith Martins ('97), Ingrid Carlson ('96), Emily Carlson ('96), and Elspeth Healey ('97) and has been going strong ever since. Their goal to make a supportive and fun environment in which to learn and enjoy the sport paid off in 1999 when Luna qualified and attended Nationals, playing savage the whole weekend. Throughout the year, Luna travels to numerous tournaments and hosts their own each season, called Carpe Discum. During their Spring Break, they travel to Georgia to play in the week-long tournament High Tide, where they finished fifth this past year. In 2005 Luna hired their current coach, Casey "Dale" Krone, a Hampshire College alum who has helped Luna become a more competitive and driven team in the last few years and provides an energy and enthusiasm for the sport on and off the field. After 17

years and with a significant number of young players on the roster, Luna is very excited to be able to participate and compete at Nationals once again.



VALPARAISO UNIVERSITY

Valparaiso, Ind. Team Name: Chicks Hucking Discs

Valpo's Ultimate team has been around for a while, but the women's team became a separate entity from the men's in 2007. The first two years of this team's existence have been rough, with recruiting numbers, as well as finding committed players to grow and lead the team. After making it to DIII Nationals last year and getting third place, we are back with more than half of our team being girls new to the sport of Ultimate this year. We like to say "What Rookies?!"



ROSTER

2 3 4 5 7 8 9 10 11 7 8 9 10 11 7 8 9 10 11 7 8 9 10 11 7 8 9 10 11 7 8 9 10 11 7 8 9 10 11 7 8 9 7 8 9 7 7 7 8 9 7 8 9 7 7 7 8 9 7 7 7 8 9 7 7 7 8 9 7 7 8 9 7 7 7 7	Blaire Thomson Hannah Hurvitt Kristen Peterson Atexis Roehrich Sofia Contino Sarah Lea Anneliese Baierl Amber Sinicrope Clarissa Lyons Ellena Baum Sarah Alper Seneta Gray Jenny Podel Meradith Hoddinott Hanna Mogensen Kristen Rosa Isabel McCagg Clare Horan	50 1 50 6 6 50 5 6 7 1 50 5 5 1 50 5 5 1 50 5 5 1 50 5 1 50 5 1 50 5 1 50 5 5 1 50 5 5 1 50 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5 5	57" 55" 511" 57" 55" 55" 54" 56" 56" 56" 56" 56" 56" 56" 56" 56" 56

04	Liz Fortlage	Sr	57"
06	Steph Volz	So	5'6"
07	Amy Richards	Fr	5'2"
11	Dannie Dolan	dr	5'8"
12	Kate Guidera	So	57
14	Kelly Perfect	Fr	5'8"
17	Rachel Okerstrom	So	
18	Erika Wagner	So	5'7"
19	Katie Harris	Sr	5'6"
20	Mandi Lazzaro	11	57
22	Ariel Jamison	11	5'7'
23	Emily Hardesty	Fr	5'5"
32	Abby Matter	Fr	5'9"
38	Ellen Guisfredi	Fr	5'8"
50	Katelyn Niemeyer	Fr	5'9"
99	Teryn Gehred	Fr	5'4"

WELLESLEY COLLEGE

Wellesley, Mass. Team Name: Whiptails Coach: Marshall Goff

The Whiptails unofficially began in 1996 as a group of Wellesley students became interested in this whole "Frisbee" thing. We don't know much about the early days of the Whiptails, but the team kept a strong enough following to finally be institutionalized as a club sport in 2003. Since then, our program has continued to grow. By 2006 we were a large enough group to split into an A-team [the Whips] and a Bteam [the Tails] for the competitive spring season, and now have a total roster of almost 50 players. In 2010, the Whips went to Division III Nationals in Madison, WI, finishing seventh overall.



ROSTER

2	Laura Stevens	Sr	5'3"
5	Linda Ding	Fr	5.4.
6	Carolyn "Hemo" Posner	Sr.	5'2"
7	Christina Huang	Sr	5'5"
9	Becky Cannon	Sr	5'9"
12	Megan Plante	Sr	5'9"
13	Linda Hsu	So	5'2"
15	Sarah Koopman	Sr	5.7
16	Kathryn (Katie) Donovan	Sr	5'7"
17	Liz Flanagan	Sr	5'3
20	Sarah McAra	Jt	5.6.
21	Cara Groden	Jr	5'7"
25	Chris Miller	Sr	5'6"
29	Tracy Bindel	Sr	5'4"
32	Lauren Cahillane	JE	5.4"
34	Liz Ferme	Jt	5'5"
37	Katie Judd	Sr	5'6"

WILLIAMS COLLEGE

Williamstown, Mass. Team Name: La Wufa Coach: Jeannie Albrecht

The Williams Ultimate Frisbee Organization dates back decades, before most of us were born. Our strong traditions of fun, competitiveness, and camaraderie are a major draw for many of our players. The program has grown tremendously in the 2000s, and we now have close to 100 participants between the men's and women's teams at a school of fewer than 2,500 students. This is La Wufa's first time at nationals since anyone on the team can remember, and we look forward to making a name for ourselves in Buffalo.

00	Claire Baecher	50	6'3
1	Sivahn Barsade	Ŧr	5'6"
2	Amy Darling	JL	5'2"
3	Emma Rouse	Fr	5'4"
5	Elisa Chang	Sr	5'5"
1	Christine Bowman	Sr	5'3''
10	Beryl Manning-Geist	Si	5'8"
11	Rachet Kessler	So	5'4''
12	Anna Antoneva	Ji	5.7
13	Haley Eagon	Sa	5'9
15	Sarah Freymiller	So	5'6'
17	Nikki Wise	Jr	5'5"
24	Meg Clark	Fr	5'4"
41	Ai Tran	JI.	5'1-
77	Kristen Sinicariello	So	57

BENTLEY UNIVERSITY

Waltham, Mass. Team Name: Icehouse Coach: Ben Davis

Bentley Ultimate Society formed as a club on campus in the spring of 2003. BUS first participated in the USA Ultimate College Series in 2004. Last season, BUS tied for fifth at DIII nationals. The team, nicknamed Icehouse, is a tight-knit group on and off the field. Every year in our history, BUS has improved its postseason finish, our goal since September has been to improve compared to last May's finish.

ROSTER

3	Tom O'Loughlin	Sr	6'0"
	Patrick Collins	Sr	6.2
4 5	Peter Login	31	57.
6	Dan Bourdeau	Jr.	61"
7	Maxwell Rick	So	6.0.
7	Lucas Ruffel	So	6'0"
10	Christopher Jin	E	5'8"
11	Mark Bokuniewicz	Jt	5'10"
12	Stephen Perkins	So	6.0.
16	Christopher Desaulniers	Sr	5111"
20	Scott Seifert	Fr	5'6"
22	Kevin Sparacino	So	50
25	Mark Adamiak	Fr	6'2"
			0.2
34	Matt Burton	Ti.	511
36	Dan Touger	11	01
41	Andrew VanderPloeg	Sr	6.0
71	Kevin Holmsten	Sr	6'3"
77	Alexander Foo	Fr	5'8"
82	Christopher Saroka	Jr	5'10"



THE CLAREMONT COLLEGE CONSORTIUM

Claremont, Calif. Team Name: Braineaters

Located in sunny Southern California, just east of L.A., the Claremont Brains represent not one, but four different schools united by the Claremont consortium: Harvey Mudd College, Pomona College, Pitzer College, and Claremont McKenna College.

The Braineaters have a proud and noble history, steeped in fore and tradition. Created in 1979, the team is currently celebrating its glorious 30th anniversary. In the team's early days, it represented only Pitzer College, the atma mater of the Braineater's founding father Jeff Landesman. Legend has it, the 1979 team was one day away from their first lournament and needed a name to call themselves. A teammate heard about a low-budget B movie on TV that night called "The Braineaters," and they decided it would suffice.

The Brains swittly developed a reputation at tournaments for being a fun, if not particularly talented team. The most famous Braineater tradition was the ritual offer-

ing of the pre-game "Mystery Box." If the opponents accepted, the Braineaters would receive all of the pre-game decisions. If the opposing team declined the box, they would receive the pregame decisions. Not surprisingly, nearly all teams accepted the contents of the mystery box, which has been known to include everything from a functional wetsuit to a naked team captain.



4	Nick Bordner	Sa	510	Ī
6	Brett Spencer	SI	61	
6	Jack Newhouse	Jr.	62"	
7	Zack Purdy	So	510"	
4	Michael Weil	Fr.	5'10"	
10	Joel Fagliano	Ft	5 8"	
11	Jeff Park	Sr	5'8"	
12	Daniel Geller	50	5.6"	
15	Devin Drewry	So	5'10"	
16	Tommy Li	Ji	5'10"	
17	Taylor Brent	Ŧr	5'8"	
18	Brent Stapleton	Fr.	5'8"	
17	Logan Schumacher	Sr	6'3"	
21	Daniel Ross	Sr	61"	
23	Sam Trachtman	Jf.	5'8"	
32	Jacob Coleman	50	64	
34	Riley MacPhee	Sr	5'10"	
37	Kevin Black	Ji	5'11"	
55	Abe McKay	So	511	
56	Ryan Wheeler	So	5'11''	
63	Jon Witte	JI	6'4"	
77	Carl Peaslee	Sr	5.9"	
84	Edmund Mills	Si	6'0''	
90	Markham Shofner	Sr	5'11"	
91	Steve Jaworski	Sr	6"0"	
00	Jerem Brecher-Haimson	Fr	9.U.	



CONNECTICUT COLLEGE

New London, Conn. Team Name: Dasein

Dasein is a German word from the philosopher Heidegger, meaning a being that is capable of recursively comprehending the primal authentic nature of its own being. Dasein the Ultimate team started in 2000 as a mixed team, and has gradually grown to where we stand today, with both men's A and B teams, and women's A and B teams. Dasein made regionals from 2005-2007, but had not been back until this year. 2011 marks the first time Dasein has made nationals, and hopefully it will be the first of many trips.

ROSTER

3	Jake Schwartz	ft.	5'9"
8	James Cutler	Jr	5'10"
10	Max Sgro	Sr	5'10"
11	Jonah Guerin	Sr	6'2"
12	Peter Glennon	So	5'10'
15	Andrew Greaves	50	61
16	Jamie Lawler	So	59
18	Alex Jong	Jr	6.0.
19	Max Weigert	So	57
22	Nick Gargone	Sr	6'0"
41	Chris Haight	Sr	617
44	Jason Clancy	Sr	6'0'
46	Jesse Moskowitz	So	5'8"
85	David Wu	St	5'11'
88	Eric Tam	St	5'6"



COLBY COLLEGE

Waterville, Maine Team Name: Dazlin' Asses

In the past few years, Colby Ultimate has undergone drastic changes, but remained true to our roots. We still play co-ed for the whole fall season to promote team unity and Spirit of the Game and then split genders in the spring for the college series. Four years ago, we were a team who seemed to finish in the bottom or middle of most tournaments. Last year, our team placed a greater emphasis on fitness and made a commitment to embrace the fundamentals and it paid off as we made our first trip to Regionals. Coming into this season, after losing six seniors, we did not know what to expect. Luckily, our team was bolstered by a strong freshmen class that included eight players with high school experience and many of our older players began to join summer leagues and club teams. By continuing our focus on fitness and moving to a more fast-paced offense, we were able to surprise many opposing teams this year and earned our first bid to Nationals.

6	Olliver Dunne	Ŧr	5.9"
9	Arran Dindorf	50	5'10'
10	Alexander Morris	FF	5'11'
12	Ben Bricker	Jr	5'10'
13	lan McDonnell	So	60.
15	Zach McCartney	So	5'11'
21	Phil Prosapio	Sc	6.0.
25	Will Bloomhardt	Jt	6.0.
27	Taylor Witkin	Fr	5.9"
43	Josh Balk	Ŧi	5'8"
88	Evan O'Neill	11	5'8"

GEORGIA COLLEGE AND STATE UNIVERSITY

Milledgeville, Ga. Team Name: Disconnected Coach: Doug Oetter

Formed in 2003 in an effort to keep barefoot Ultimate off of our Front Campus, and with the expressed intent to use cones instead of trees to mark the goal lines, Georgia College Disconnected is the College Open Ultimate team for Georgia's one-and-only public liberal arts college. Like most other crafty strategists, our early Bobcat leaders spared no expense to make our Team Spirit welt known across the South, consistently playing harder, parlying longer, and cheering louder than all our worthy, and sometimes less worthy, comrades and comtadies. Following at least a few D-7 weekends in far-off climates like Chucktown or Orlando, Disconnected developed and won several games at the 2006 and 2007 Atlantic Coast Regionals, and scored more goals and friends than many parka-mile-away, research-professor-never-knew-my-name, 700-student-economics-classsize schools at tournaments like Mardi Gras (we like Mardi Grast), Terminus, Warm Up, and Chilty Dawg. Throughout these magical runs, Disco has always retained the chilliest, fairest, and most respectful attitude to our opponents and friends. Other teams like us,

and sometimes (Wassup GaSouthern!!) they invite our band to play their tournament party!! Based on the talented experience and class of last year's #5 team in DIII Women's Nationals—Lynx Rufus—we expect to make a run for the prize of the most fun team south of the trie Canal.



CRINNELL COLLEGE	ROS	STER			
GRINNELL COLLEGE Grinnell, Iowa Team Name: Grinnellephants Coach: Casey Fergus	ROS 1 3 5 6 7 8 10 11 12 14 15 18 22 24 33 54 75 87 91	STER Erik Dixon-Anderson Evan Ma Carter Wiese Jeff Leep Chris Kaiser-Nyman Jon Davis Peter Mosher Justin Chang Noah Fribley Adam Weit Dennis Kuo Aaron Swaney Sio Darforth Gabe Tomasulo Tom Eliiott Eric Streed Dan Ehrlich James Anthoter Dylan Boucher Michael Cermak	FFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFFF	5 6'' 5 9'' 5 10'' 6 0'' 5 7'' 5 0''' 5 6'' 5 9''' 5 6''' 5 7''' 5 7''' 5 7''' 5 10'''' 5 7'''' 5 7''''''''''''''''''''''''''''''''''''	

1	Charles (Jake) Morns	So	5'9'	
ž	Taylor Minch	Sr	5'10"	
3	Ryan Ussery	Jr .	5'7"	
5	Joseph Hanson	So	62	
6	Nolan Klinke	Fr	5'9"	
10	Edlee	Sr	510	
12	Taylor Lamb	Jr	5'11"	
13	John (Koy) Manget	1L	5'9"	
14	Alex Pound	Sr	6'3"	
15	Alex Vickroy	Sr	5'9"	
16	Matt Manning	Sr	5'8"	
21	Christopher (Blake) Hannah	Sr	6'3"	
24	Peter Crupie	Sr	5'8"	
25	Brad Disher	Sr	.6'0"	
42	Sean Morris	Sr	5.10	

HARDING UNIVERSITY

Searcy, Ark. Team Name: Apocalypse

Apocalypse was founded in 2003 by some guys who loved getting together and having fun while tossing around a disc. Apocalypse is a team that has been gradually getting better over the years. Without having a coach, and by focusing on passing the game down internally, they continue to be a very competitive team year in and year out. The structure of leadership on the team consists of three captains, referred to as the Triumvirate. These captains are elected by the players and are usually the most experienced players.

HARDING

ULTIMATS.

LEHIGH UNIVERSITY

Bethlehem, Pa. Team Name: Lehigh

Lehigh is one of the oldest club college Ultimate teams, having been founded in 1975. As the program progressed, we have grown significantly. Our team has increased in size from 24 in 2006 to 84 players in 2011. 2011 saw Lehigh's first girls' team as well as the second year of our B team. Lehigh Ultimate is completely un-coached.

ROSTER

	- u-		
4	Lance McMichael	Fr	5'0"
5	Jarron Sharp	Jr	62
8	Tanner Anderson	Fr	5'11"
10	Gregg Downing	Fr	5.7
13	Nick Doores	So	611
15	Ryan Rummage	ıL	6'2"
17	Jared Knappe	Fr	5'9"
18	Derek Cressy	Jr	5'10"
19	Zac Petty	50	6,2
23	Travis Duwe	Fr	6.0.
24	Tyler Samuel	Sr	6'3
28	Taren Goins	It	6'0"
29	Tucker Bankston	So	61"
45	Michael Hardison	Fr	5'11"

ROSTER

3	Andrew Koerner	Sr	5117
4	Greg Stolowski	Gr	6'1"
5	Adam Gadra	Sr	5'11"
7	Guido Bartolacci	Jr	5'11"
9	Andrew Pro	Gr	5'8"
12	Jeff Gilbert	So	5'8"
13	Jordan Rowan	Jr	5'6"
15	Mike DeCrosta	Sr	5'11"
17	Jan Hutton	Sr	6'0"
18	Andrew Hannah	Fr	5'11"
28	Andrew Lucibello	11	5'10"
21	Rob Hanley	Sr	5'10"
23	Nick Mathison	Fr	6'3'
27	Ryan Blakemore	Sr	5'11"
34	Chris McHugh	So	5.10"
36	Tyler Kenney	So	5'8''
41	Tom Levene	Jt	6.0
71	David Safstrom	Sr	71
75	Ray Hickey	Fr	5'10"
83	Mike O'Brien	Sr	5'8"
-		-	

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LEWIS & CLARK COLLEGE

Portland, Ore. Team Name: Bacchus Coach: Breeze Strout

In 1999 the team was called Chicken Skin and was not very competitive, no one wore cleats. After the freshmen challenged the seniors to a winner takes all game, the team was renamed Bacchus and became more serious. At this time there weren't enough people to have an all-guys team so Bacchus in the early years was co-ed. After four years, the team had enough people to be only men and has continued to get better each year.

2	Harrison Chase	Fr	6
3	Robin Osofsky	Sr	5.9"
6	Kyle Barton	Fr	5.10.
6	Chase Bryan	So	6 2"
8	Joey Bosworth	Sr	.6
11	Aaron Di Silvestro	Gr	62
20	Ethan Bruno	FF	6.3.
34	Patrick Lenon	Sr	5'10"
42	Ben Lohre	Jr	6.1"
44	Luke Weinstein	Sr	6
72	Sam Barber	Sc	6'
88	lan Mass	Jr	6.2.
91	Isaac Cambell-Smith	Fr	5' 10"
99	Kelly Van Arsdale	h	6.5"



MISSOURI S&T

Rolla, Mo. Team Name: Miner Threat

Miner Threat is a young program that was started in 2004. Every year since, the team has travelled to more tournaments (eight each semester this year) and progressed exponentially. We've travelled all across the country sporting the highlighter, as far east as Georgia and as far west as Las Vegas. Our team excels on playing the hardest and loudest in each game, while maintaining the highest spirit possible. Last year we attended our first ever DIII Nationals, taking a savage squad of 8 players, yet left the tourney above seed and with a spirit championship.



Nick Brackley	Gr
Kyle Cooper	Jt
Allen Hooper	Gr
David Landstra	St
Eddie Noonan	ST
Katie Bey	Fr
Jake Forcade	Fr
McKenzie Beltz	11
Stephen Hawkins	Gr
Jesse Jacobs	jr.
Ryan Jarvis	Sr
Richard Keen	So
Patrick Lusbbert	So
Mark McBride	Fr
Nick Moloney	50
Wesley Munie	Fr
Steven Naji	Sr
Bryce Schumacher	li .
Andrew Tupper	Fr
Matthew Tupper	Fr
Jeremy Covey	Fr

NORTH PARK UNIVERSITY

Chicago, Ill. Team Name: Lost Boys

Ultimate at North Park is different, mainly because we are a faith-based institution and try to implement our faith in our game and the way we play. The team was started in 2001 by a group of friends who decided to call the team Extend, with the main purpose being the extension of Jesus Christ's love to the Ultimate community, hence the name. Over the years, as the team has gotten better, it is more difficult to keep this the main purpose, but we try our best to show other teams and players what it means to be a follower. Another word to describe our team is "brotherhood." We consider our teams a family, and we all have each other's backs and try our best to make everyone feel welcome. Many players that join have no intention of

playing because they love the game of Frisbee, but playing because they love the community that the team offers. However, we are constantly working towards improving our game and our ability to challenge higher level teams.



ROSTER

00	Jon Kratowicz	Sr	5'11'
1			63
	Cameron Hodgkinson	Sr	2.2
2	Chris Burlet	Jr	5'11"
3	Eric Warehime	Fr	5.10
4	Erik Ek	Gr	6.2
5	Christian Gieseke	Jr	6
7	Erik Gustafson	Sr	6'2"
10	Spencer King	Sr	66
12	Sean Burke	Gr	6
14	Sam Veller	Sr	5'10"
15	Tyler Nelson	jt	63"
22	Connaught Donnelly	Gr	5'11"
27	Neal Johnson	Sr	6'3"
33	Carl Gieseke	Jr	6
44	Grant Blankenship	11	5'10"
62	Peter Fredrickson	Jr	6'11"

OCCIDENTAL COLLEGE

Los Angeles, Calif. Team Name: Detox Coach: Bert Kang

Occidental Men's Ultimate has had a history of being both a competitive team, and, more recently, a team geared towards having a fun time throwing around. This season, we are again on the upswing of being competitive, perhaps more competitive than we have ever been in the past. Our team is geared towards improvement of the individual, and, more importantly, of the team and the program as a whole. Our team is able to compete with all the DIII teams in our region. Our team is a very tight group, and we plan to take each other very far this season, and in seasons to come.

ROSTER

3	Cameron Westbury	So	6.0.
11	Zachary Bruno	So.	6.0.
13	Michael Patton	50	5' 10"
16	Jordan Anacker	Se	6.3
19	Elliot Kass	Fr	5'8"
25	Andrew Featherston	Fr	6'1"
27	Shane Boland	Sr	61
28	Wes McCabe	Sr	6'0'
29	Jeff Ross	Jr	6'0"
35	Benjamin Toney	FI	6.1
37	Lee Kittams	So	5'11"
41	Noah Donnell-Kilmer	Sa	5'11"
44	Jonathan Rodgers	Sr	5'9"
58	Hussain Somjea	Fr	5'10
69	Etri Ajbour	So	6.2

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ST. JOHN'S UNIVERSITY

Collegeville, Minn. Team Name: Bad Ass Monks (BAM)

BAM was founded officially in 1990. Over the course of the last 21 years BAM has attracted some of Minnesota's best high school talent. In doing so, BAM has had many successful seasons including, most recently, a third-place finish at DIII nationals in 2006, and an eighth-place finish at DIII Nationals in 2010. BAM has produced a number of elite club players including a number who still play for Sub Zero in the open division and Surly in the Masters division.

Ködy Williams So 5111 1 Andrew Johnson So 577 1 Andrew Johnson So 577 9 Michael Ruble Fr 587 1 Pat Kunkel Fr 607 3 David Stemper Fr 647 1 Dan Cahlil Fr 597 3 Nihal Bhakta Fr 667 0 Alex Sell Jr 5107 7 Ben Berthiaume Fr 647 9 Chatlie Enders Fr 617 6 Sam Raths Fr 617	i Ben Roske Sr 5 9" Chris Battista Sr 6 1" Paul Dewenter Jr 6'0" Matt Kortz So 6 2" Ködy Williams So 5 11" 1 Andrew Johnson So 5 7" 9 Michael Ruble Fr 6 8" 11 Pat Kunkel Fr 6 6" 13 David Stemper Fr 6 4" 11 Dan Cahill Fr 5'9" 13 Mihal Bhakta Fr 6 6" 14 Alex Sell Jr 5'10" 7 Ben Berthiaume Fr 5 6" 3 Charlie Enders Fr 6'0"		6'1"
Ködy Williams So 5111 1 Andrew Johnson So 577 1 Andrew Johnson So 577 9 Michael Ruble Fr 587 1 Pat Kunkel Fr 607 3 David Stemper Fr 647 1 Dan Cahlil Fr 597 3 Nihal Bhakta Fr 667 0 Alex Sell Jr 5107 7 Ben Berthiaume Fr 647 9 Chatlie Enders Fr 617 6 Sam Raths Fr 617	Ködy Williams So 511" 1 Andrew Johnson So 57" 1 Andrew Johnson So 57" 9 Mchael Ruble Fr 58" 11 Pat Kunkel Fr 6.0" 13 David Stemper Fr 6.0" 11 Dan Cahili Fr 5"" 13 Nikal Bhakta Fr 6 6" 10 Alex Sell Jr 5"10" 7 Ben Berthiaume Fr 6"" 73 Chatlie Enders Fr 6"0" 76 Sam Raths Fr 6"0"	Sr	59"
Ködy Williams So 5111 1 Andrew Johnson So 577 1 Andrew Johnson So 577 9 Michael Ruble Fr 587 1 Pat Kunkel Fr 607 3 David Stemper Fr 647 1 Dan Cahlil Fr 597 3 Nihal Bhakta Fr 667 0 Alex Sell Jr 5107 7 Ben Berthiaume Fr 647 9 Chatlie Enders Fr 617 6 Sam Raths Fr 617	Ködy Williams So 511" 1 Andrew Johnson So 57" 1 Andrew Johnson So 57" 9 Mchael Ruble Fr 58" 11 Pat Kunkel Fr 6.0" 13 David Stemper Fr 6.0" 11 Dan Cahili Fr 5"" 13 Nikal Bhakta Fr 6 6" 10 Alex Sell Jr 5"10" 7 Ben Berthiaume Fr 6"" 73 Chatlie Enders Fr 6"0" 76 Sam Raths Fr 6"0"		
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SWARTHMORE COLLEGE

Swarthmore, Pa. Team Name: Earthworms

The Swarthmore Earthworms were born toward the end of the second millennium (CE). amidst one of the College's most prolific periods of anagrammatic activity. Like their eponymous haplotaxidan mascot, the Earthworms thrive in all manner of soil and ecological conditions, and have even been known to perform more effectively, as a team, in the wind and rain. Unlike their eponymous haplotaxidan mascot, members of the Earthworms are not characterized by their involvement in parthenogenetic processes of reproduction, nor by the ability to regenerate missing segments of their bodies. Sizable units of Earthworms (and closely associated Warmothers) can be found prowling the Swarthmore campus every Thursday, close to midnight, improving their skills out along the arboretum's rigorous disc golf course. Other team traditions include the Good vs. Evil match (a day-long Ultimate extravaganza based upon the judgment of souls), semesterly learn banquets (including the distribution of paper-plate awards), annual trips to South of the Border (SC) during March break, and anything even peripherally related to the song "Take Me Home, Country Roads" by John Denver. What a jam. Members of the Earthworms distinguish themselves through a demonstrated commitment to social justice and progress within the global community. It has been speculated that no active

member of the Earthworms has ever been convicted of a felory, on any continent, within the past decade. Other "Swarthmore" anagrams include: Thermos War, Worst Harem. Hamster Row. Smarter How? Hot Warmers. Warmth Sore, The Marrows. Arrest Whom? Homer's Wart. Them Arrows. Mortar Hews. Tremor Wash.



00	Jared Nolan	h	6.1.
4	Louis Katz	St	5'10"
8	Aaron Zimmerman	Sr	5' 5"
9	Jonathan Kwan	Sr	5'11"
12	Salil Gadqıl	So	5. 6.
13	Roy Greim	Ft	5'9"
14	Eric Barger	И	6'7'
19	Matthew Elkins	Fr	5' 5"
23	Will Duncen	Śó	5'11"
24	Michael Fisher	Ft	5'10'
25	Gavin Fahey	Fr	6'0''
29	Luke Amone	Ft	5'10"
31	Prashant Arya	So	5'9'
35	Aaron Eckhouse	Jt	6'1"
38	Peter Gross	So	5' 6"
45	Sam Hirshman	Sa	5' 10"
53	Trevor Rizzola	Sr	5' 10"
57	Ari Novack	JL	6.3
59	Ben Wolcott	Fr	61
63	Jackson Goodman	50	6' 0"



TRUMAN STATE

Kirksville, Mo. Team Name: JujjiTSU Coach: Joey Huegerich

Founded as the Truman Ultimate Bureau [TUB] in the late 1990s, Truman State's Ultimate team has quickly developed into a competitor at both the regional and national levels. As the seasons have progressed, so has the team, both in size and strength. From 2003-09, JujiTSU qualified for South Open Regionals every year, finishing as high as seventh in 2009. JujiTSU finds balance in intense, competitive play and a fun, relaxed environment. We are excited for our first year at DIII Nationals and wish everyone participating

the best of luck.



ROSTER

1	Alex McClure	Jr.	62
3	Kyle Shaughnessy	So	5'11
5	Ryan Jennings	Jr	6'1"
7	Tom Crockett	Fr	5'10
9	Joshua Zitch	So	6'2"
11	Dennis Tarasi	Gr	60
12	Charlie Becker	50	5'8
14	Eddie Kadlec	Fr	6'3"
15	Scott Denno	JI	5.6-
17	Nick Hall	Jr	6'3"
19	Vincent Pistone	Fr	6.0
22	Matt Soule	Sr	5'9"
23	Patrick Lansdon	Ji	5'7
27	Greg Powell	Fr	6'2
28	Nate Ealy	So	61
33	Daniel Holder	ıL	61
36	Tim Fergus	Ft	5'10"
42	Lucas Vicars	So	6'2
52	Bryan Beck	Jr	5'10"
68	Eden Elfrink	Fr	5'9
81	Tim Thurman	Sr	6'3"

WAKE FOREST UNIVERSITY

Winston-Salem, N.C. Team Name: WOMB (Well Oiled Machine, Baby)

Wake Forest's Ultimate team [WOMB] was founded in 1999. We had qualified for Regionals numerous times through the 2007 season. Our leadership has always been strong and our alumni have left to play for a number of competitive Open and co-ed teams that include Truck Stop, Space City, D'Oh, TAU, L.A. Metro, and others. In 2007, led by Dave Zarkowsky and Evan Lepler, WOMB at one point during the season attained a ranking of 26th in the nation; the highest overall ranking we've achieved to date. This season our team has come together as the

spring has lapsed. Our players have improved tremendously since the beginning of the fall. We are very excited about the opportunity to compete at DIII Nationals.

7	John Aguilar	Jr	677
4	Corey Casarella	So	5'11"
6	Patrick McKendry	Fr	5.9
7	Stephen Turner	So	5'6"
8	Jeremy Hyman	Sr	5'6"
10	Elliott Isaac	Sr	5'5"
11	Walker MacKenzie	So	6'1"
13	Jay Sehgal	Fr	5'10"
16	Brett Kaiser	Jr.	5'10"
17	Sean Gannon	Fr.	6'0"
22	Ryan Keski-Vacirca	Fr	6'0''
74	Carter Kenyon	50	6'3"
26	Tim Kreutzfeldt	Fr	611
28	Ben Goldman	Sr	5'11"
33	John Malloy	SI	5'11"
37	Aaron Lazanus	Ð	6.0.
50	Stephen Schmitt	Fr	5'11"

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 oldtimers 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 USA Ultimate Executive Committee, March 29, 2005.



USA ULTIMATE SPIRIT OF COACHING

BACKGROUND:

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 – has 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 acceptable 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, other coaches and 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.

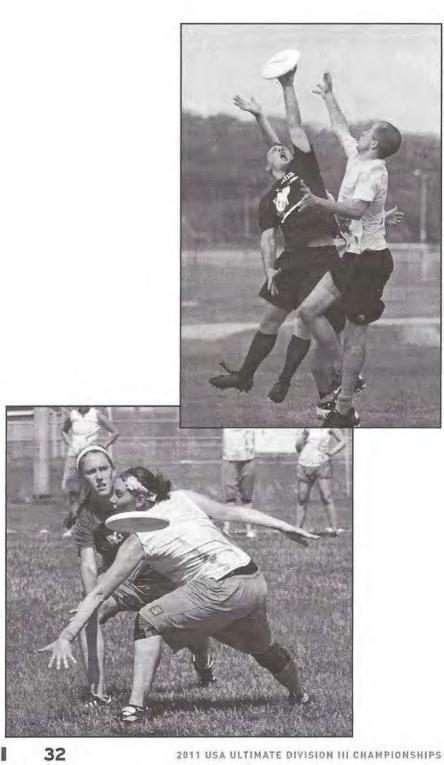


2011 USA ULTIMATE COACHING CERTIFICATION INFORMATION

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 Coach & Youth Development Meredith Tosta at meredith@hq.usaultimate.org, or visit the USA Ultimate website at usaultimate.org.







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