



EVENT GUIDE // \$2

MAKING ULTIMATE STRONGER

Our mission is to support ultimate, and good coaches are an integral part of the development of the sport.

So take a moment to appreciate the coaches. Heck, take a plenty of moments! We really can't thank them enough for the work they do.



Five Ultimate is proud to sponsor the 2013 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN.
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TABLE OF CONTENTS

Welcome Letter/Weekend Overview	2
About the Local Organizing Committee	3
Competition Rules, Site Rules	4
Shooting Photos and Video	5
Spirit Awards	6
Health & Safety	8-9
Directions	10
Field Map	11
Women's Schedule and Brackets	12
Open Schedule and Brackets	13
Women's Team Rosters	14-21
Open Team Rosters	23-30
10 Things You Should Know about Spirit of the Game	32-33
Spirit of Coaching	34
USA Ultimate Coaching Certification Information	35

STAFF

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

EVENT STAFF

Co-Tournament Director – Rob Popp

Co-Tournament Director/Volunteer Coordinator – Scott Severson

Head Scorekeeper – Scott Kramer

Assistant Scorekeeper – Scott Sawinski

Head Stat-keeper – Marie Elsner

Local Media Coordinator – Quinn Wilder

Social Event Coordinator – John Elsner

Head Observer – Jason Conrad

USA ULTIMATE STAFF

Chief Executive Officer – Dr. Tom Crawford

Manager, Competition and Athlete Programs, College – Richard Dana

Manager, Events – David Raflo

OBSERVERS

Amy Kendziorski, Laura Meyer, Callum Lamb, Mitch Dengler, Chris Burling, Tom Rath, Stephen Wang, Josh Cooper, Dan Laurilla, Sam Wood, Wally Kwong, Josh Hyde, Dan Sigel, Mike Kinsella, Paul Ripsky, Mark Fritz, & Chris Vanni

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WELCOME

Greetings D-III Ultimate players!

On behalf of Milwaukee Ultimate Club (MUC), in coordination with USA Ultimate, we are proud to bring you the 2013 edition of the Division III College Championships. As the Local Organizing Committee (LOC) for the tournament, the Milwaukee Ultimate Club would like to welcome you to Milwaukee and hope you enjoy your tournament experience and your stay while in town.

USA Ultimate and MUC have teamed up to provide a first-class venue worthy of an event of this caliber. The Uihlein (pronounced ē-line) Soccer Park in Milwaukee features a full-size soccer stadium with grandstands, press box, restrooms and concession stand. A few years ago, the main stadium field was outfitted with artificial turf, so it will provide a top-notch playing experience. The stadium will also be the location of the championship games. In addition to the grass fields surrounding the stadium site, the complex also features an indoor soccer facility with additional concessions and restrooms.

MUC has a long history of providing a great tournament experience with our annual Cooler Classic tournament, and we aim to make this event just as memorable. The amenities at your disposal will include two concession stands, water stations at each field, two trainers on staff and a players' tent. At the end of play on Saturday, you will be provided a pasta meal right at the fields. And while you're relaxing and enjoying your post-game munch, there will be entertainment provided in the form of assorted disc sports such as freestyle, accuracy and Guts. And players are welcome to participate in some of the exhibition events if they are so inclined.

If your stay in Milwaukee includes some spare time to do a little sightseeing, there are a number of places to go and things to do to make your trip more memorable. Some of the sites include Milwaukee's Lakefront, the Milwaukee County Zoo, the Harley Davidson Museum, the Calatrava addition to the Milwaukee Art Museum and a photo-op with the Bronze Fonz (Google it).

We are excited to have you here and are looking forward to a great weekend of championship ultimate. So strap 'em on tight, leave everything you've got on the field and leave everything else to us. Enjoy this opportunity to make a little history for you and your team!

May the breeze be with you!

Scott Severson, Co-Tournament Director and President – Milwaukee Ultimate Club
Rob Popp, Co-Tournament Director and Treasurer - Milwaukee Ultimate Club

WEEKEND OVERVIEW

FRIDAY, MAY 17 AT HILTON GARDEN INN MILWAUKEE PARK PLACE

7:00pm – 9:00pm: Team Registration

SATURDAY, MAY 18 AT UIHLEIN SOCCER PARK

8:00am: Captains Meeting

9:00am – 6:15pm: Pool Play & Pre-quarters

Evening: Dinner & Disc Games Demonstrations

SUNDAY, MAY 19 AT UIHLEIN SOCCER PARK

8:00am – 3:45pm: Elimination, Placement & Championship Games

Post-Championships: Award Ceremony. Immediately following the second championship game, awards will be presented to the champions and second-place teams in each division, as well as Team Spirit Award winners and Individual Spirit Award winners.



The Milwaukee Ultimate Club (MUC) is the Local Organizing Committee (LOC) for 2013 USA Ultimate Division III College Championships. As such, we are excited for this opportunity to provide another quality ultimate event in the Milwaukee area as well as provide a showcase for the sport to the community in general. So who is MUC, and what other events or activities is MUC involved in?

The beginnings of MUC trace back to 1988 when a group of local ultimate players formed an open club team known as Cooler by the Lake (the name is based on a meteorological phrase common to the Great Lakes). Your co-TDs for this year's D-III championships (Scooter and Rob) are two of the founding members of Cooler by the Lake and current officers of MUC. In 1989, the team decided to host their own tournament on the shores of Lake Michigan with the tournament named, fittingly, "Cooler Classic." The Cooler Classic continues to this day as one of the premier and larger summer tournaments in the Midwest. MUC has hosted numerous sectional and regional tournaments, and this summer's Cooler Classic 25 will be an official USAU Select Flight sanctioned event.

The "Cooler by the Lake" club team endured for many years fielding teams for regional tournaments and the fall championship series. During that period, several players "lent" a few hundred dollars each to open a checking account, and the Milwaukee Ultimate Club was born. For the most part, the team was the club. Eventually, the Cooler club team faded away, but the core players carried on together, added some new blood and morphed into a more formal organization. This new MUC sought to expand beyond its traditional club boundaries in order to grow the ultimate scene in the Milwaukee area.

MUC began with winter league, which was soon followed by our first summer league. From those beginnings, the leagues have grown, and MUC now runs multiple leagues in winter, spring, summer and fall. In addition, MUC sponsors two annual charity events. The first being the Toys 4 Tots Ultimate Jam (now in its 25th year) held the first Saturday in December, with all proceeds benefiting the Marine Corps Reserves Toys for Tots program. The second being Summer Scramble (now in its 4th year), which is held in early June, with proceeds going to local charities (i.e. Red Cross, food pantries).

In 2010, MUC officially became a 501(c)(3) non-profit charitable organization. As part of our non-profit mission, we added Youth and Women's director positions. Their main goal is to develop, promote and increase participation in ultimate for youth and women in the Milwaukee area through clinics and demonstrations.

So that's a little bit about your LOC. We believe our experience and know-how will provide you with a quality tournament that you will enjoy and remember for years to come.

Milwaukee Ultimate Club (milwaukeeultimateclub.com)

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 15, point cap at 17.
- Halftime 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).
- Soft time-cap goes on twenty minutes before 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.
- 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.
- Caps do not affect timeouts.

SITE RULES

- **NO TOBACCO!** Facility, event staff and security will be checking to make sure people are not smoking. There will also be lots of moms, dads and kids watching the action. Please abide by these rules. If you are caught with 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 AND NO ALCOHOL MAY BE BROUGHT IN!**
- **DOGS MUST BE LEASHED!** Please leave your pooches at home, but if you must bring them, they must be leashed and cared for. Do not tie them up in the parking lot or leave them in your car.
- **NO STAKES >6 INCHES!** Please secure your pop-up tents, but in order to protect the irrigation system, do not use stakes longer than 6 inches.
- **ON ARTIFICIAL TURF FIELD, ONLY WATER IS ALLOWED - NO FOOD OR SPORTS DRINKS!** Also, no benches or trash/recycling cans should be moved onto the turf.
- **SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 5 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.

Failure to meet these guidelines could result in removal from the site.

SHOOTING PHOTOS/ 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 to submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Manager of Communications & Publications Stacey Waldrup at stacey@hq.usultimate.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.

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 unflinching 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.

INDIVIDUAL AWARDS

Teams are asked to nominate a player from their own team who displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of respect, sportsmanship, leadership, perseverance, intensity, etc. Teams are asked to choose the player whose attitude should be emulated by teammates and admired by opponents. 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!

OFFICIAL PHOTOGRAPHY
for
U S A U l t i m a t e



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photography graphic design

website design video



ultimatefrisbeephotos.com



HEALTH AND SAFETY

Medical staff 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.
- Any blows to the head must be seen by a medical professional and evaluated for concussion symptoms before the athlete can return to play. 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 changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.
- Prevention and Treatment of 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?
 - Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important (good sources include sports drinks, yogurt, grapefruit juice, bananas and oranges). Sodium is also important (good sources include sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies).
 - Don't drink too much. Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
 - Monitor your urine. Clear/copious = hydrated. Dark = Need water/electrolytes.
 - Be sensitive to 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

- Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform Event Staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or Event Staff, unsafe for players, staff or spectators.

LIGHTNING GUIDELINES

- Event Staff will communicate with players and spectators via PA system and through field marshals equipped with radios if there is a lightning danger. Play then 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 crouched position with only the balls of your feet touching the ground, your arms wrapped around your knees, and your head lowered. Minimize contact with the ground. Do not lie flat.
- Avoid using telephone land lines. Cell phones are safe, provided the person has followed other safety guidelines.
- Event Staff will indicate to players when play is going to resume. Team captains should meet at Tournament Central to receive instructions for resuming play and any schedule modifications.

DIRECTIONS

DIRECTIONS FROM HILTON GARDEN INN MILWAUKEE PARK PLACE

(11600 West Park Place, Milwaukee, WI 53224) **TO UIHLEIN SOCCER PARK**
(7101 West Good Hope Road, Milwaukee, WI 53223)

- Head southeast on West Park Place for 0.4 mile
- Make a U-turn and then turn right onto North 110th Street and proceed for 0.1 mile
- Turn left onto West Good Hope road and proceed 2.5 miles
- Uihlien Soccer Park will be on the right

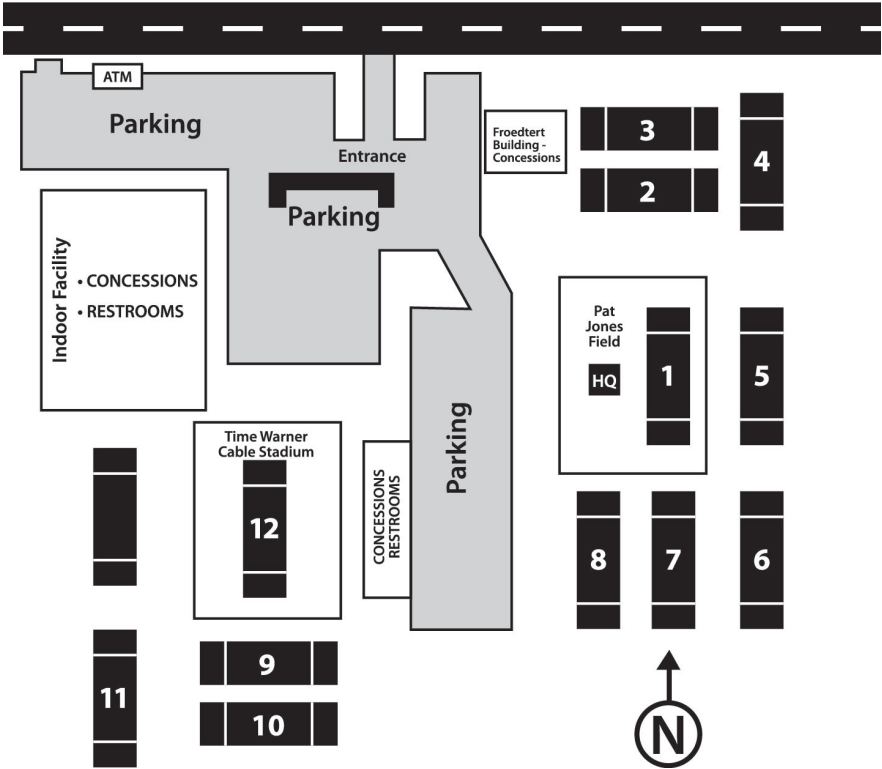
DIRECTIONS FROM UIHLEIN SOCCER PARK

(7101 West Good Hope Road, Milwaukee, WI 53223) **TO FROEDTERT HOSPITAL**
(9200 West Wisconsin Avenue, Milwaukee, WI 53226)

- Exit parking lot and turn left onto West Good Hope Road and proceed for 2.3 miles
- Continue straight to stay on West Good Hope Road for and proceed for 0.2 mile
- Make a slight left to stay on West Good Hope Road and proceed for 0.4 mile
- Take the ramp onto US 41 South/US 45 South/WI 100 South and proceed on US 45 South for 8.2 miles
- Take exit 39 for Wisconsin Avenue toward US 18/Bluemound Road and keep left at the fork following signs for Wisconsin Avenue East and turn left onto West Wisconsin Avenue and proceed for 0.3 mile
- Turn right onto North 93rd Street and proceed for 262 feet
- Make a slight left onto West Michigan Street and proceed for 0.2 mile
- Turn left onto West Wisconsin for 427 feet and Froedtert Hospital will be on the right

FIELD MAP

West Good Hope Road



2013 USA Ultimate Division III College Championships - Women's Division

Saturday, May 18, 2013

Saturday, May 18, 2019																								
All Games to 15 Cap 17	Pool A						Pool B						Pool C						Pool D					
	A1	Valparaiso (1)					B1	Bowdoin (2)					C1	Carleton (3)					D1	Williams (4)				
	A2	Truman State (8)					B2	Oberlin (7)					C2	Claremont (6)					D2	Georgia College (5)				
	A3	Mary Washington (12)					B3	St Benedict (11)					C3	Bentley (10)					D3	Elon (9)				
	A4	Philadelphia (13)					B4	SUNY-Oneonta (14)					C4	Swarthmore (15)					D4	Grinnell (16)				
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score				
9:00 - 10:30	A1 v A3	12	-	A2 v A4	11	-	B1 v B3	9	-	B2 v B4	10	-	C1 v C3	2	-	C2 v C4	3	-	D1 v D3	7	-	D2 v D4	8	-
10:45 - 12:15	A1 v A4	12	-	A2 v A3	11	-	B1 v B4	9	-	B2 v B3	10	-	C1 v C4	2	-	C2 v C3	3	-	D1 v D4	7	-	D2 v D3	8	-
1:00 - 2:30	A1 v A2	12	-	A3 v A4	11	-												D1 v D2	7	-	D3 v D4	8	-	
2:45 - 4:15							B1 v B2	12	-	B3 v B4	11	-	C1 v C2	8	-	C3 v C4	7	-						
Re-seed teams 1-4 within each pool																								
4:45 - 6:15	A2 v D3	11	-	B2 v C3	12	-	C2 v B3	8	-	D2 v A3	7	-												



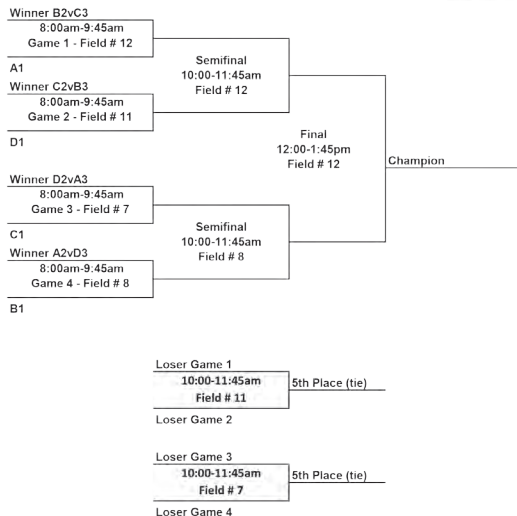
Consolation Bracket
Sunday, May 19, 2013



Consolation games to 15 cap 17



Championship Bracket
Sunday, May 19, 2013



Championship games to 15 cap 17

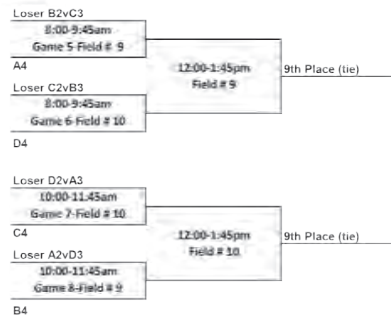


WOMEN'S SCHEDULE

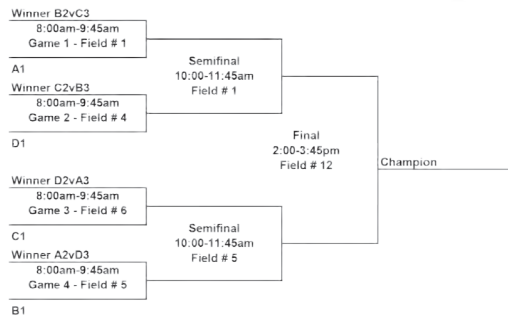
2013 USA Ultimate Division III College Championships - Open Division

Saturday, May 18, 2013

All Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D											
	A1	Puget Sound (1)			B1	Harding (2)			C1	Stevens Tech (3)			D1	Wake Forest (4)										
	A2	Bentley (8)			B2	Amherst (7)			C2	Carleton (6)			D2	Claremont (5)										
	A3	Lehigh (12)			B3	Brandeis (11)			C3	Middlebury (10)			D3	John Brown (9)										
	A4	Rice (13)			B4	North Park (14)			C4	Georgia College (15)			D4	Wesleyan (16)										
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score						
9:00 - 10:30																								
10:45 - 12:15	A1 v A3	1	-	A2 v A4	6	-	B1 v B3	1	-	B2 v B4	6	-	C1 v C3	4	-	C2 v C4	5	-	D1 v D3	4	-	D2 v D4	5	-
1:00 - 2:30	A1 v A4	1	-	A2 v A3	6	-	B1 v B4	9	-	B2 v B3	10	-	C1 v C4	2	-	C2 v C3	3	-	D1 v D4	4	-	D2 v D3	5	-
2:45 - 4:15	A1 v A2	1	-	A3 v A4	6	-	B1 v B2	9	-	B3 v B4	10	-	C1 v C2	2	-	C3 v C4	3	-	D1 v D2	4	-	D3 v D4	5	-
Re-seed teams 1-4 within each pool																								
4:45 - 6:15	A2 v D3	1	-	B2 v C3	9	-	C2 v B3	2	-	D2 v A3	4	-												

Consolation Bracket
Sunday, May 19, 2013

Consolation games to 15 cap 17

Championship Bracket
Sunday, May 19, 2013

Championship games to 15 cap 17



OPEN SCHEDULE

WOMEN'S TEAMS

Bentley University

WOBUS SALT N' PEPPA // WALTHAM, MA

Captains: Sydney Southern & Christine Westgate

Coach: Elana Schwam

WoBUS (Women's Bentley Ultimate Society) formed in 2006 after a few girls on the open team (BUS), decided they wanted more playing time on a team of their own. In 2009, we changed our team name to Salt n' Peppa, which refers to the early 90s female rap/R&B group whose hit song "Push It" inspired our motto and many team cheers. In fall of 2010, we became officially recognized as a Club Sports team by Bentley University, which allowed us supplemental funding to hire a coach and recruit more players! Over the past three years, WoBUS has grown exponentially, allowing us to form a B team and hire an assistant coach. This will be our second D-III Nationals appearance, but this year is our first time qualifying. We qualified for Regionals for the first time in 2011 and came in fifth. In 2012, we qualified for Regionals but were unable to attend. Over the years,

WoBUS has always been a team that values hard work, commitment and love of the game!
#pushit



ROSTER

1	Victoria Hancock	Fr	5'3"	19
2	Elisa Lam	Sr	5'2"	21
4	Caitlin Sullivan	Sr	5'7"	22
5	Kaitlyn Toothaker	So	5'6"	20
7	Rae Berube	Sr	5'5"	21
8	Gabriella Williams	Sr	5'4"	21
10	Allyson Morrissey	So	5'3"	20
12	Christine Westgate	Jr	5'6"	20
16	Claire Dennis	So	5'7"	20
17	Kirsten Dean	Sr	5'5"	21
22	Sydney Southern	Jr	5'5"	20
26	Kaeleen O'Connor	So	5'6"	19
32	Bridget Gavin	So	5'9"	20
34	Kaylee Ruel	Jr	5'4"	20
77	Madison Scalise	So	5'6"	20

Bowdoin College

CHAOS THEORY // BRUNSWICK, ME

Captains: Julie Bender, Phoebe Aron, Clare Stansberry, Mik Cooper

Chaos Theory, Bowdoin College's women's ultimate team, broke off from their lesser, clown-shaped, male counterparts sometime in the mythical years of the early 2000s. Records were kept, and lost, of these early days. Memory resumes sometime around the time of captains Mack and Animal, graduates in the year 2010. Through the reign of Gimli, D'Scheisse, Licious and Mystaque, Chaos grew by hucks and bounds, and finally learned that you had to wear matching shorts at Nationals. Chaos today is fueled by the Black Sheep, pink fuzzy hats, CDs, enchiladas, snow (thank you Saratoga Springs), Spence, the wobble, the fur and #sweat.



ROSTER

2	Julie Bender	Sr	5'6"	21
3	Zina Huxley-Reicher	Sr	5'10"	21
4	Hannah Leblanc	Fr	5'5"	19
5	Sivana Barron	So	5'4"	20
6	Nina Underman	So	5'8"	20
9	Zoe Karp	Jr	5'5"	21
10	Mik Cooper	Jr	5'8"	21
11	Phoebe Aron	Sr	5'5"	21
13	Hannah Young	Sr	5'2"	22
17	Clare Stansberry	Jr	5'10"	21
23	Erica Swan	Sr	5'7"	21
24	Elizabeth Carew	So	5'4"	20
35	Emily McDonald	Jr	5'6"	21
36	Tess Chardiet	Sr	5'3"	22
39	Elisabeth Strayer	So	5'10"	20
77	Juliet Eyraud	Fr	5'7"	19
94	Ana Leon	Fr	5'4"	19

WOMEN'S TEAMS

Carleton College

ECLIPSE // NORTHFIELD, MN

Captains: Katie Claiborne, Claire Leichter, Kalli Perano

Eclipse formed roughly nine years ago as a team devoted to having fun and learning ultimate. Within the past few years, however, the team has grown from just a group of girls who like to dance, have fun and play ultimate, to a group of women who like to dance, have fun, play ultimate and WIN! Breaking out of their B-team label, Eclipse started to make cuts just four years ago, and in 2011, went to D-III Nationals for the first time and left with a national championship title. In 2012, Eclipse made it to D-III Nationals again and came away tied for third. Additionally, Eclipse has been regional champions for the past two years. While the success at first was both amazing and novel for the players, the team has not lost sight of its founding priorities: growth and spirit. Eclipse continues to be an environment where women can develop their skills, play competitively and enjoy ultimate.



ROSTER

1	Mia Borden	Sr	5'7"	22
2	Katie Claiborne	Sr	5'4"	21
3	Molly Burness	So	5'2"	19
7	Kalli Perano	Jr	5'2"	21
8	Lillian Pearson	Sr	5'6"	22
9	Mary Van Dyke	Sr	5'7"	21
11	Julia Reich	So	5'6"	20
12	Elizabeth Kimberly	Jr	5'7"	20
13	Elly Fireside-Ostergaard	Fr	5'1"	19
14	Lisa Qiu	Fr	5'7"	19
15	Katie Blise	So	5'8"	20
17	Lucinda Robinson	Jr	5'4"	21
18	Katharine Noakes	Jr	5'10"	21
19	Becca Plotnick	Jr	5'4"	21
21	Kate Wagner	Fr	5'5"	19
22	Claire Leichter	Jr	5'3"	21
23	Marina Watowich	So	5'0"	20
24	Emma Schneider	So	5'4"	19
27	Elaine Rock	Fr	5'2"	19
34	Zoe Suche	Sr	5'8"	21
36	Lydia English	Sr	5'1"	22
66	Beret Fitzgerald	So	5'7"	19

Claremont Colleges

GREENSHIRTS // CLAREMONT, CA

Captains: Tasha Arvanitis, Julia Raney, Catherine Raney

Approximately 68 million years ago, a lonely pachycephalosaurus was roaming around, reflecting upon what she wouldn't do just to have a few friends (she liked the idea of having six friends, a solid crew of seven). The more she considered her loneliness, the more upset she became until she couldn't help but ram her head against a big, fat rock. When she stepped back, a bit dizzy, she discovered she had knocked a slab of the rock clean off: an indented, round slab. She picked it up and flung it with all her lonely might! Meanwhile, a velociraptor nearby saw this spinning rock fly through the air and couldn't help but chase it down and catch it. She promptly threw the rock back to the pachycephalosaurus. It became a game of catch as both dinos squealed with glee. One by one, dinosaurs and pteorsurs came from far and near, following the sounds of excitement and happiness that was a result of a few friends tossing this odd shaped rock. After a while, this motley crew decided to take their awesomeness to the next level and become a team. They called themselves the Greenshirts, as dinosaur vocabulary is quite limited, and colors and items of clothing are some of the first English words they had learned. The Greenshirts soon became a feared name in the Cretaceous Ultimate Frisbee league, and the once-lonely pachycephalosaurus had found happiness with her new friends and a Frisbee.



ROSTER

0	Marianna Heckendorn	Fr	5'7"	19
2	Nicole Yu	Jr	4'11"	20
8	Julia Raney	Sr	5'6"	21
13	Kate Speck	Sr	5'1"	22
14	Kelsey Heflin	Fr	5'6"	19
15	Laurel Estes	So	5'4"	20
16	Catherine Raney	Sr	5'6"	22
19	Sarah Laws	Fr	5'2"	19
26	Claire Teitelbaum	Jr	5'8"	21
27	Samantha Echevarria	Fr	5'3"	19
32	Neha Vaingankar	Fr	5'3"	18
33	Sumi Maristany	So	5'4"	20
55	Kaitlyn Anderson	Fr	5'6"	18
72	Tasha Arvanitis	So	5'6"	19
87	Amelia Haselkorn	Fr	5'5"	19
93	Tessa Bertozzi	So	5'6"	19

WOMEN'S TEAMS

Elon University

FREE-2-LAY // ELON, NC

Captains: Maureen Dougherty & Heather Olin

Coach: Brian Dobyns

In 2012, Free-2-Lay made its debut appearance at D-III Nationals and finished in 11th place. After losing nine players and a coach to graduation, we had to work harder than ever to make this season as successful as the last. Gaining nine first year players with natural talent and athleticism helped us fill some of those roles that had been lost in the previous year. In addition to our new players, many of our returning players were able to step up and take on greater leadership and teaching roles on the team. However, recruiting all of this new talent alone was not enough to get us to where we are now. We have worked incredibly hard at both practices and tournaments to be able to compete at this high level. A late-season addition of seasoned coach Brian Dobyns shortly before Regionals really helped the team come together and earn a bid to D-III Nationals.



ROSTER

00	Grace Rubright	So	5'5"	20
5	Kerianne Durkin	Fr	5'3"	19
6	Helen Peplowski	So	5'4"	20
7	Adriana Miano	Sr	5'5"	21
9	Alexandra Cerussi	Sr	5'7"	21
11	Diana Abrahams	Jr	5'6"	21
12	Jenna Ambrosi	Sr	5'5"	22
13	Maureen Dougherty	Jr	5'10"	20
14	Libby Gormley	So	5'2"	20
16	Julie Rodriguez	So	5'4"	20
18	Kelsey Aikens	Sr	5'9"	22
21	Ros Spada	Fr	5'6"	19
24	Heather Olin	Sr	5'8"	22
25	Hannah Matthews	Jr	5'3"	21
26	Millie Rosen	Sr	5'5"	21
27	Brittany DiRienzo	Fr	5'3"	18
33	Danielle Baker	Jr	5'6"	20
35	Rachel Shippee	So	5'5"	20
39	Emily McCachren	So	5'4"	20
44	Aelish Aoki	Fr	5'2"	19
52	Sydney Harris	Fr	5'5"	18
88	Jill Padfield	Sr	5'4"	21

Georgia College

LYNX RUFUS // MILLEDGEVILLE, GA

Captains: Charmaine Tesina, Katelyn Pulliam

"Started from the bottom, now we're here! Started from the bottom, now my whole team ...here!" — Drake

This team was established four years ago. The first year, Lynx Rufus went to Nationals. This is the second year Lynx Rufus is attending Nationals. We've always been a small team.



ROSTER

2	Lauren Lee	Jr	5'6"	21
3	Paige Carver	Jr	5'0"	21
4	Marissa Hicks	Gr	5'8"	23
5	Stephanie Shane	Sr	5'9"	21
12	Charmaine Tesina	Sr	5'5"	22
19	Megan Varner	Jr	5'4"	21
21	Katie Pulliam	So	5'9"	20
44	Tori Ulich	Jr	5'7"	22

WOMEN'S TEAMS

Grinnell College

STICKY TONGUE FROGS // GRINNELL, IA

Captains: Carla Eckland and Hannah Bauman

The Sticky Tongue Frogs are from the small college of Grinnell located in Grinnell, Iowa. While plowing through their rigorous academics, these women have also built a solid team of athletes who came together with its current group of players to qualify for Nationals for the fourth year in a row. According to the legend, sometime in the early 2000s, a young college student came across an old jersey at a Grinnell thrift store. 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 reforming the women's ultimate team at Grinnell, which had disintegrated in the years before. She bought the old jersey, and the mascot was reborn. From these humble roots in the corn fields of Iowa, the Stickies have grown in numbers each fall to become a stable and competitive ultimate program dominated by positive, spirited and motivated women. Its current members have emerged from the long Iowa winter stronger than ever, ready to face the competition in Milwaukee and rep the North Central region with the stickiest jam hands in the Midwest.

ROSTER

00	Katy Oldach	Fr	5'7"	19
2	Rebecca Heller	Fr	5'1"	19
3	Malachi Wickman	Fr	5'9"	18
5	Izzie Pfeiffer	Fr	5'9"	19
8	Laurie Polisky	So	5'1"	19
10	Carla Eckland	Sr	5'5"	21
11	Katie Abrams	Fr	5'5"	10
12	Julia Daniels	Jr	5'2"	21
13	Mia Ritter	So	5'6"	20
17	Nina Lopez	Fr	5'7"	19
18	Julia Sauerhaft	So	6'6"	19
21	Carissa Shoemaker	Jr	5'8"	21
22	Colleen Moser	Fr	5'8"	18
23	Alexa Stevens	So	5'4"	19
24	Ellie Honan	Jr	5'5"	22
27	Eva Metz	Jr	5'5"	21
29	Hannah Bauman	Sr	5'7"	22
35	Anna Duke	Fr	5'6"	18
36	Talora Martin	So	5'10"	19
37	Rebecca Salter	So	5'5"	20
40	Nikki Pyle	Jr	5'8"	21
48	Linnea Vanpilsum-Bloom	Jr	5'6"	21
55	Marissa Yetter	Fr	5'3"	19
57	Kirsten Nelson	So	5'5"	20
61	Hannah Lieberman	Fr	5'4"	20
80	Beth Clarke	So	5'11"	20
	Nicole Sipfle	Sr	5'4"	22

Mary Washington

MARY MASSACRE // FREDERICKSBURG, VA

Captains: Mary Beth Moody and Devon Davis

This is the third year in a row that Mary Massacre has had the chance to go to D-III Nationals. It has been an amazing year for this team. The season began with an emphasis on developing younger players after graduating a large and talented senior class in 2012. By March, however, we realized we had the ability to exceed our initial goals and make a bid for Nationals. We have seen great improvement amongst an amazing rookie class, as well as a team that has become very close-knit. Mary Massacre is ecstatic to return to Wisconsin for a fun weekend of ultimate!

ROSTER

2	Audrey Jerauld	Fr	5'6"	19
5	Fiona Curtis	Jr	5'1"	20
6	Gabby Lindemann	So	5'7"	19
7	Maggie Karrs	Fr	5'6"	19
8	Hannah Mills	So	5'3.5"	19
9	E-B Davis	Fr	5'8"	19
12	Mary Beth Moody	Sr	5'8.5"	21
13	Marjorie Blanton	Sr	5'4"	22
15	Emily Goldhammer	Sr	5'6"	22
18	Christine Valvo	So	5'4"	20
20	Ellie Meyer	So	5'8.5"	20
22	Devon Davis	Sr	5'3"	21
23	LeLe Skinner	So	5'4"	19
42	Laura Pape	Jr	5'7"	21
43	Brianne Croushorn	Fr	6'4"	18
77	Maggie Becker	Fr	5'8"	18
99	Rachel Conway	Fr	5'8"	19

WOMEN'S TEAMS

Oberlin College

PREYING MANTI // OBERLIN, OH

Captains: Kayla Emrick and Margaret Rosano

Coach: Donald Petarra

Though the ultimate program at Oberlin was formed in the mid-70s, a separate women's team was officially founded in 1989. Since then, the Preying Manti have attended Nationals several times, first in the late 90s and more recently in the newly formed Division III. The Manti have long been a contender in the Ohio section, consistently going to Regionals.

2013 marks the second year in a row the Preying Manti have won the Conference Championship and the first year we have won the Ohio Valley Region. This is the third time our team has attended Nationals since the D-I/D-III split in 2010. We placed 9th in 2010 and 15th in 2011, and are so proud to return this year.



ROSTER

4	Sharon Cross	Sr	5'3"	22
5	Shosh Gordon	So	5'1"	20
6	Zoe Bluffstone	Fr	5'6"	18
9	Lily Samuel	Jr	5'5"	20
12	Emily Marren	Jr	5'9"	20
13	Rosie Eck	Sr	6'0"	21
16	Rose Benjamin	So	5'7"	19
19	Kayla Emrick	Sr	5'3"	22
22	Rosie Black	Jr	5'6"	20
24	Margaret Rosano	Sr	5'2"	21
25	Jordan McDonell	Sr	5'4"	22
27	Claire Hoffman	So	5'4"	19
30	Ally Fulton	Fr	5'7"	18
36	Sarah Reach	Jr	5'6"	20
40	Hanna Kim	Fr	5'6"	19
58	Becca Bloch	Sr	5'8"	22
59	Rachel Simon	Jr	5'7"	21
72	Sarah Goldstone	Fr	5'6"	19

Philadelphia University

DISKFUNCTIONAL // PHILADELPHIA, PA

Captain: Erika Krueger

Coach: Nicolas LoPresto

The Philadelphia University women's team, Diskfunctional, got its start in the summer of 2011, when captain Erika Krueger and co-founder Caitlin Conklin decided to move their growing team to the women's division from the open division. After fielding a nearly savage roster of eight players with the help of Coaches Jerome Mason and Gabriel Leonardo, PhilaU earned a bid to Ohio Valley Regionals in their first year and finished seventh. In 2012/13, led by the resolve of Erika Krueger (Sr), Lauren Howard (Gr), Allysha Dixon (Jr) and Kelsey Kausch (So), PhilaU expanded its roster to 13 players and had high hopes for improving their regional finish. After an exciting season, the team played its way to a second-place finish in the Ohio Valley Region, finishing behind Oberlin College. To their surprise and delight, PhilaU was invited to fill a vacated bid at the D-III Championships this year, and they look forward to the opportunity to compete at USAU's highest levels.



ROSTER

4	Victoria Wischerth	Jr	5'5"	20
6	Malia Warne-Rowe	So	5'4"	20
7	Kelly Wojtan	Jr	5'3"	20
10	Amanda Schepers	Jr	5'3"	21
18	Alyssa Leaning	Jr	5'5"	20
21	Erika Krueger	Sr	5'9"	22
22	Allysha Dixon	Jr	5'3"	20
26	Lauren Howard	Gr	5'6"	23
29	Megan Eyer	Fr	5'10"	19
42	Coral Heffron Neuhold	So	5'8"	19
95	Kelsey Kausch	So	5'3"	20

WOMEN'S TEAMS

College of Saint Benedict

BAD HABITS // SAINT JOSEPH, MN

Captains: Kaylee Mathews, Kelsey Peterson and Erynn Schroeder
Coach: Ryan Oto

Previously known as the Ugly Huckling, we had a team name change this season. Along with the name change, Saint Ben's ultimate went under some other changes as well. The name of the team is now the Bad Habits, and we refocused on what we wanted out of this program. That goal was to become an up and coming D-III women's ultimate team. In the past, we've lacked in commitment and numbers, but this year we've found a strong group of girls who are willing to bring up the program at Saint Ben's and have high hopes to keep it up in the years to come.



ROSTER

4	Sara Brummer	So	5'10"	20
5	Meghan Helmbrecht	Sr	5'6"	22
6	Kelsey Jacobson	Jr	5'2"	20
12	Alison Dudek	Fr	5'2"	19
13	Hannah Vanderheyden	Sr	5'5"	22
14	Leah Kalgren	Jr	5'2"	21
15	Lisa Knappek	Jr	5'5"	21
17	Kaylee Mathews	Jr	5'5"	20
18	Siri Berg-Moberg	Fr	5'3"	19
23	Charlotte Waterhouse	Fr	5'6"	19
24	Keeley Timm	So	5'9"	19
26	Ariel Lusty	Fr	5'9"	18
29	Kelsey Peterson	Jr	5'4"	21
42	Bethani Sidla	Jr	5'4"	21
47	Bridget Adelman	So	5'9"	20
52	Erynn Schroeder	So	5'6"	20
54	Sarah Schneider	So	5'5"	20

SUNY Oneonta

LOVE\$EAT // ONEONTA, NY

Captains: Shannon Chrystal

We created a women's team separate from the men's team in 2012 with only three women. With a large amount of natural athleticism, motivation and competitive attitudes, SUNY-Oneonta's women's team, Love\$eat, strived to be a top competitor in the Metro East region, now making it to Nationals in our second year.



ROSTER

1	Carly Mignone	Fr	5'2"	18
3	Christina Coppola	So	5'3"	19
5	Rhiannon Spencer	Jr	5'10"	21
6	Colleen Parker	Jr	5'1"	21
7	Shannon Chrystal	Sr	6'0"	23
8	Angela Petrus	Fr	5'5"	19
10	Mary Viscio	So	5'10"	20
12	Danielle Smith	Fr	5'6"	18
13	Sarah Hastings	Jr	5'2"	21
34	Erica Bornhoft	Jr	5'3"	21
39	Jen Aalbue	Jr	5'4"	20

WOMEN'S TEAMS

Swarthmore

WARMOTHERS // SWARTHMORE, PA

Captains: Sachie Hayakawa, Emily McAfee,
Elena Kingstont

2001-03: The Warmothers go to Nationals, led by captain and Callahan winner Lindsey Goldsmith.

2006: The Warmothers go to Nationals, led by captains Marie Laurenza '06 and Mae Tobin-Hochstadt '06.

2009: Number of players increase by 100% since 2008.

2010: The Warmothers come in second at D-III Nationals in Appleton, WI; team numbers increase by 200% since 2008.

2011: Team numbers increase by 300% since 2008; Warmothers officially qualify to compete at the Division I level; place fifth at Ohio Valley D-I Regionals.

2012: The Warmothers fly across the country to attend Centex, place seventh at Ohio Valley D-I Regionals.



ROSTER

00	Sachie Hayakawa	Sr	5'2"	22
01	Emily McAfee	Sr	5'6"	21
02	Any Rose	Fr	5'3"	19
03	Amy Jin	So	5'3"	19
04	Sara Brakeman	Fr	5'1"	19
05	Hana Lehmann	Sr	5'5"	22
08	Elena Kingstont	Jr	5'6"	21
09	Tavi Unger	Jr	5'3"	21
10	Isabel Sacks	So	5'8"	20
11	Vija Lietuvninkas	Jr	5'10"	21
14	Carolyn Anderson	Jr	5'1"	21
15	Caroline Pitts	Fr	5'7"	19
16	Annie Tvetenstrand	Fr	5'8"	19
17	Maisie			
	Wiltshire- Gordon	Sr	5'10"	21
18	Sam Panepinto	Sr	5'4"	21
19	Kira White	Sr	4'11"	21
24	Tamsin True-Alcala	So	5'5"	19
25	Jackie Kay	Jr	5'5"	20
42	Elaine Zhou	Fr	5'4"	18
44	Abigail Henderson	Jr	5'11"	20

Truman State University

TSUNAMI WOMEN'S ULTIMATE // KIRKSVILLE, MO

Captain: Erica Sumner, Jennifer May, Stephanie Sherman

Coach: Melissa Huegerich

TSUwomen's Ultimate has been making waves since it was founded in 2004. Located in a little-known corner of rural Missouri, Kirksville has produced a women's team ready to take on Milwaukee. Prior to an actual women's team, a number of notable females played on JujiTSU. Christina Wirkus and Maya Suffern are credited with having founded the actual women's team in the fall of 2004. In 2007, TSUwomen went to D-I Nationals, and this year is our third trip to D-III Nationals. TSUwomen ladies are recognized at tournaments by their vibrant skirts and colorful personalities. TSUwomen ladies play every point with the intent of good spirit, athleticism and competitiveness. Although a young team, TSUwomen hopes to improve upon last year's success and sweep in some great games.



ROSTER

00	Jessica Zilch	So	5'7"	20
02	Brooke Giddens	Jr	5'5"	21
3	Carli Jackson	Fr	5'3"	19
4	Lauren Kells	So	5'6"	20
5	Madeline Cummings	So	5'5"	20
6	Emma Randolph	Fr	5'2"	18
7	Hannah Vasilis	Fr	5'9"	19
8	Katherine Mann	Fr	5'5"	19
10	Emilie Willingham	Fr	5'9"	18
11	Priya Maillacheruvu	Jr	5'3"	20
12	LauraRethemeyer	Fr	5'9"	19
13	Brittany Thompson	Jr	5'4"	20
14	Stephanie Sherman	So	5'5"	20
15	Lynn Koch	Jr	5'9"	21
17	Emily Firsching	Jr	5'4"	21
20	Kristin Dattilo	Jr	5'7"	21
23	Madeline Niehaus	So	5'6"	19
24	Jess Derry	So	5'5"	20
27	Meredith Howard	Fr	5'5"	18
31	Carli Smith	Fr	5'5"	19
33	Erica Sumner	Sr	5'7"	22
34	Sam Daugherty	Fr	5'6"	18
44	Juli Dworak	So	5'6"	20
79	Callie Federer	So	5'7"	20
96	Jordan Ganter	Fr	5'6"	18

WOMEN'S TEAMS

Valparaiso University

CHICKS HUCKING DISCS // VALPARAISO, IN

Captains: Erika Wagner, Rachel Okerstrom

Coach: Matt Oldenberg

Our team was founded in 2007 at Valparaiso University. We work every year to be a very smart, hard-working, competitive team. We have competed at D-III Nationals now for four years. This year, we have focused on expanding our game by incorporating new defensive and offensive strategies. Our motto is "FAITH" which stands for Focus, Attitude, Integrity, Teamwork and Heart, which are the ideals we strive to live and play by. We come from a small school, where ultimate does not receive a lot of recognition. However, we work very hard every year to increase awareness and appreciation for the sport. Our team comes from a variety of backgrounds and majors, but we are united by the fact that we love this sport and that we care so much about each other. We love to laugh and have fun, but also to play very serious, competitive ultimate.



ROSTER

2	Katelyn Niemeyer	Jr	5'9"	20
4	Nola Prough	So	5'5"	20
6	Steph Volz	Sr	5'6"	22
7	Erin Watkins	So	5'5"	20
9	Carly Crave	Jr	5'10"	20
10	Claire Simonpietri	Jr	5'7"	22
12	Kate Guidera	Sr	5'7"	21
14	Kelly Perfect	Jr	5'8"	21
17	Ned King	Jr	5'3"	20
18	Erika Wagner	Sr	5'7"	22
26	Abigail Boersma	Sr	5'6"	22
27	Teryn Gehred	Jr	5'3"	20
32	Abby Matter	Jr	5'9"	21
38	Ellen Guisfredi	Jr	5'8"	21
47	Katie Merklng	Fr	5'0"	19
84	Micaela Johnston	Jr	5'3"	20
87	Rachel Okerstrom	Sr	5'10"	21

Williams College

LA WUFA // WILLIAMSTOWN, MA

Captains: Rachel Kessler, Haley Eagon, Meg Clark

Coach: Jeannie Albrecht

La Wufa made it to D-III Nationals for the first time in 2011, barely losing in the finals to Carleton College-Eclipse. This team has been building since then. Last year, La Wufa had to play with one of their top cutters and two of their best players and captains (current seniors Claire Baecher and Rachel Kessler) out with significant injuries. This year, La Wufa is back and better than ever. With an incredibly strong senior class led by Rachel Kessler and Haley Eagon as well as junior captain Meg Clark, this team has set its sights on a championship this year in Wisconsin.



ROSTER

00	Claire Baecher	Sr	6'3"	22
2	Mika Nakashige	Sr	4'11"	21
3	Emma Rouse	Jr	5'2"	20
4	Kelsey McDermott	Jr	5'4"	21
6	Stephanie Sun	Fr	5'7"	19
7	Denise Park	So	5'3"	20
11	Rachel Kessler	Sr	5'4"	22
13	Haley Eagon	Sr	5'10"	22
15	Sarah Freymiller	Sr	5'6"	21
16	Julia Cline	So	5'3"	19
18	Nina Horowitz	Jr	5'5"	20
19	Chie Togami	Sr	5'6"	22
21	Madeline Gilmore	So	6'0"	19
22	Chelsea Zhu	So	5'5"	20
23	Alison Smith	So	5'4"	20
24	Meagan Clark	Jr	5'5"	21
38	Marissa Thiel	Sr	5'11"	22
39	Rachel Nguyen	Jr	5'3"	21
77	Kristen Sinicariello	Sr	5'8"	21
92	Charlotte Fleming	So	5'7"	20

FIVEULTIMATE

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BLOCK
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OPEN TEAMS

Amherst College

ARMY OF DARKNESS // AMHERST, MA

Captains: Alex Strecker, John Yarchoan, Lock

Whitney, Charlie McAllister

Coach: Bill Stewart

Our team history begins with the below email, sent by our former captain Tom McClintock:

"Don't know if people are back from Yale yet, but Joe already gave me the results. 2-2 on the day, with multiple people not waking up in the morning.

Good. Job.

To those of you that slept in and bailed on the tournament, you let the team down. I did not work this hard for eight months to move into the spring season with a team that doesn't care. You're not in middle school anymore, you can wake up on your own. If you do not give me a good reason why you couldn't make it today, and I don't see you at Yale in the morning, then don't come back to practice this week.

For the guys that stuck it all out today and played on despite being low on numbers, I'm proud of you guys.



Playing NYU in the morning. See you on the fields."

This email was sent out three years ago. And here we are at D-III Nationals. It's been a long road.

ROSTER

1	Eric Steinbrook	So	5'10"	20
3	Varun Iyengar	Jr	5'9"	21
5	Will Longabaugh	Jr	5'11"	21
7	Seth Heller	Jr	5'8"	21
9	Andrew Edelman	So	5'8"	19
10	Mike Milov	Jr	5'8"	21
11	Charlie McAllister	Jr	6'3"	20
14	Kevin Hoogstraten	So	6'0"	20
15	Juleon Robinson	So	5'8"	19
16	Giaco Corsiglia	So	5'9"	19
22	Lock Whitney	Sr	5'11"	22
23	Alex Strecker	Sr	5'9"	22
24	Matt DeButts	Jr	6'1"	21
31	John Yarchoan	Sr	5'10"	22
33	Rainer Lempert	So	6'1"	19
41	Laurence Pevsner	Jr	5'7"	20
47	Charlie Ray	So	6'1"	19
54	Dan Adler	Jr	5'11"	20
55	Fred Shipley	Sr	5'8"	21
57	John Sataloff	Jr	5'8"	21
80	Stefan Breitling	Sr	6'0"	22
90	Allen Krieg	So	6'0"	20

Bentley University

ICEHOUSE // WALTHAM, MA

Captains: Maxwell Rick, Kevin Sparacino, Alex Foo

Coaches: Ben Davis & Henry Brecher

Bentley Ultimate was created in 2004 and hails from Waltham, Mass. The founders were almost exclusively pick-up level players who hadn't heard of terms like "force side" and "stack." As the club picked up speed, so did its desire to achieve and win, but with the likes of Harvard, Tufts, Boston University, Brandeis and Boston College in their section, this proved difficult. Finally in 2009, the team was able to break through to the regional level. Coincidentally, D-III formed shortly thereafter, giving the club a new goal. Bentley has qualified for D-III Nationals each of the last three years but has yet to break through quarters. We take pride in perennially representing the New England Region and hope to bring home a trophy. ICEHOUSE!



ROSTER

2	Derek Bond	Sr	5'11"	22
3	Chris Jin	Jr	5'7"	20
7	Maxwell Rick	Sr	6'0"	22
9	Lucas Ruffel	Sr	6'0"	22
11	Mark Bokuniewicz	Gr	5'10"	23
15	Ryan Peters	Fr	5'9"	19
16	Matt Keegan	So	5'11"	20
17	Andrew Zaccardi	Fr	6'0"	18
19	Alec Parzych	Jr	6'1"	20
22	Scott Roy	Jr	6'2"	21
23	Kevin Sparacino	Sr	5'6"	22
24	Mike Devito	So	5'6"	20
25	Mark Adamiak	Jr	6'2"	21
27	Justin Ondrof	Jr	6'2"	21
31	Jake Van Berkum	Jr	6'3"	22
41	Ross Denkin	Jr	5'10"	20
77	Alex Foo	Jr	5'6"	21
81	Joe Miller	Jr	5'8"	21
88	Danny Wojtak	Fr	5'10"	18
92	Blair Potter	Jr	5'10"	21

OPEN TEAMS

Brandeis University

TRON // WALTHAM, MA

Captains: Gabe "Zorro" Colton, Matt "Beta" Wiener, Victor "Cookie" Zhivich

TRON has only been competing in Division III for two years. Last year, after the New England Region lost a bid to D-III Nationals, Brandeis missed the mark by just one place, coming in third overall at Regionals. After a ton of hard work and some strong recruiting, Brandeis asserted itself this 2013 season as one of the country's strongest D-III teams, finishing the regular season ranked sixth overall in D-III. After a strong Metro-Boston Conferences tournament, upsetting first seed Bentley, Brandeis sustained a number of injuries at New England D-III Regionals and lost to some very good teams. Brandeis found itself, once again, in the final game to go – a win would mean Nationals, and loss would mean missing the mark, once again, by just one spot. Brandeis pulled together and won that game assertively, claiming the bid they worked hard to earn. This will be Brandeis TRON's first ever Nationals appearance.



ROSTER

3	Gabe Colton	Sr	5'7"	21
5	Hansen Yang	Fr	6'0"	19
7	Clarence Lee	So	6'0"	20
10	Max Zaslove	Fr	5'10"	19
15	Elan Kane	Fr	5'9"	19
16	Justin Lesser	Jr	5'8"	20
17	Nadav Pearl	Jr	5'9"	21
19	Noah Newberger	So	5'10"	20
28	Daniel Moskowitz	So	5'7"	21
36	Matt Wiener	Sr	6'3"	22
63	Victor Zhivich	Sr	5'11"	21
88	Sam Zuckernik	So	6'0"	20

Carleton College

GODS OF PLASTIC // NORTHFIELD, MN

Captains: Rhys Lindmark, Will Gagne-Maynard, Scott Graber

GOP was born late one February night in 1995 in a Carleton dorm room. A group of seniors - motivated by their love of Frisbee and a desire for a level of play higher than intramurals, but looking for a commitment and attitude softer than those necessary to play for Carleton's official intercollegiate teams - conspired to form an alternative IC team founded on the concept that enjoyment of the game and a higher level of competitive play should not run screaming from each other, but walk hand-in-hand. They agreed to a style of play that would be considered by some to be undisciplined, but to them would embody the true spirit of the game, and from this discussion arose the lofty team name: Gods of Plastic.

While maintaining a premium on enthusiasm and attitude, the long-on-skills but short-on-stamina seniors wisely recruited a few younger players to give the team a sorely needed athletic boost in long, physical games.



Now, over nearly 20 seasons of Frisbee, one tenet has stayed consistent on the team – "GOP means different things to different people." However, in recent years, one multi-helixed thread of GOPness has been held by most all players: be positive, play hard, know it's just a game, and build healthy, long-lasting friendships both within GOP and with other teams. GHITP.

ROSTER

1	Sam Feigenbaum	Jr	6'0"	21
3	Erik Leppink	Sr	5'9"	22
5	Matt Godfrey	So	5'5"	20
6	Scott Graber	Sr	5'10"	22
7	Rhys Lindmark	Sr	6'0"	21
8	Daniel Barter	Jr	5'10"	21
9	Brandon Taitt	Jr	5'11"	21
10	Mike Chappell	Jr	5'9"	21
11	Kenny Harvey	So	6'0"	19
12	Kyle Markwalter	Sr	5'7"	21
14	Drew Holmen	Jr	5'10"	21
15	Pete Rogers	Sr	6'3"	21
20	Charlie Cross	Jr	5'10"	21
21	Ian Fischer	So	6'3"	20
22	Niko Duffy	Sr	5'10"	21
23	Sam White	Fr	5'8"	18
24	Devon Manber	So	5'11"	20
25	Rob Yeagle	So	5'10"	20
35	Connor Hodges	So	5'8"	20
37	Will Gagne-Maynard	Sr	5'11"	22
42	Max Willard	So	5'10"	20
60	Jake Yanoviak	Fr	5'11"	19
67	Anders Berglund	So	5'10"	20
77	Alex Waltz	Sr	5'10"	22
88	Benjamin Longchamp	Fr	5'9"	19
90	Sam Rosenberg	Sr	5'10"	22
99	Tommy Grodzicki	So	5'9"	20

OPEN TEAMS

Claremont College Consortium

BRAINEATERS // CLAREMONT, CA

Captains: Devin Drewry, Zack Purdy, Daniel Geller

Located in sunny Southern California, just east of LA, the Claremont Brains represent 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 lore 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 alma mater of the Braineaters' founding father Jeff Landesman. Legend has it that the 1979 team was one day away from their first tournament and needed a name. A teammate heard about a low-budget B movie on TV that night called "The Braineaters," and they decided it would suffice. Ironically, the whole team had other plans for the night and missed the movie. To this day, no member of the Braineaters has ever seen the movie.

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



We've come a long way from our fun-filled beginnings. Two years ago, for the first time, the Brains competed in Division III and won the championship. We're back again this year to reclaim the title in a significantly improved division. Game on.

ROSTER

00	Jeremy Brecher-Haimson	Jr	6'0"	20
1	Alex Cloud	So	5'9"	19
5	Chris Brown	Fr	5'11"	19
7	Zack Purdy	Sr	5'10"	21
9	Michael Weil	Jr	5'10"	21
10	Joel Fagliano	Jr	5'8"	20
11	Gabe Currier	Fr	5'8"	18
12	Daniel Geller	Sr	5'6"	22
15	Devin Drewry	Sr	5'10"	22
17	Taylor Brent	Jr	5'8"	20
18	Stephan Kim	Fr	6'1"	19
20	Jimmy Bright-Dumm	So	6'1"	20
24	Ian Brown	Jr	6'4"	21
48	Dylan Horowitz	Jr	6'0"	20
29	Nathan Hall	So	5'11"	19
34	Alex Gruver	So	6'3"	20
46	Owen Bell	Fr	6'1"	19
69	Jacob Bronstein	Fr	5'10"	19
77	Will Marks	Fr	6'0"	19

Georgia College

DISCONNECTED // MILLEDGEVILLE, GA

Captains: Joseph Hanson, Nolan Klinkle

Coach: Doug Oetter

The Georgia College Men's Ultimate Club, Disconnected, was founded in 2003 by a group of people who simply enjoyed throwing the disc and faculty advisor Doug Oetter. Over the last decade, however, the team's mindset and image has significantly shifted to reflect a highly competitive, motivated group of athletes who enjoy participating in the sport at the highest level. Disconnected provides a uniqueness in that the bonds of our teammates exist both on and off the field, with the majority of our team being best friends. This is shown on the field by our tightly run rotation that relies on a strong sense of chemistry. With our third consecutive appearance at the D-III College Championships, Disconnected will represent a region where Division III ultimate is still developing and hopes to further the sport's south-eastern growth.



ROSTER

00	Caleb Shorthouse	Fr	5'8"	18
1	Jake Morris	Sr	5'10"	21
2	Gunnar Mendiola	Jr	5'8"	21
4	Ian Agnew	Jr	5'7"	20
5	Joseph Hanson	Sr	6'2"	22
6	Alex Kelly	Fr	5'8"	19
16	Nolan Klinkle	Jr	5'10"	21
21	Ben Harmon	Fr	5'10"	19
22	Taylor Ray	Jr	6'0"	21
24	Robert Hunt	Jr	5'9"	21
25	Adam Burgess	Fr	5'11"	19
27	Patrick Davidson	Sr	5'10"	21
34	Traver Batson	Fr	5'8"	18
80	Josh Bush	Fr	6'3"	19

OPEN TEAMS

Harding University

APOCALYPSE // SEARCY, AR

Captains: Nick Doores, Tucker Bankston, Jared Knappe

Coach: Will Dockery

Founded in the fall of 2003, Harding Apocalypse is celebrating its tenth year. With an overall record of 289-157, including 8 tournament titles, 8 Regionals appearances, 1 D-III South Central Regional Title, and 2 D-III National appearances, the Black and Burgundy quickly established a name for itself.

Originally founded by a consortium of intramural teams, Harding found success early, going undefeated in their first-ever tournament and qualifying for D-I Regionals, a rare feat for first-year teams. In 2005, Apocalypse won three tournaments and qualified for Regionals again. The following year, Harding pulled off the upset of the year by beating #2 ranked Texas State at Regionals.

The 2007 and 2008 seasons were rebuilding years for Harding as they failed to make Regionals. However, Apocalypse would make D-I Regionals again in 2009 and 2010, capping it with an upset of Texas.

In 2011, Harding won its first tournament in five years at HUX and qualified for D-III Nationals, losing in the quarterfinals to eventual champion Claremont. The 2012 season brought more success for Apocalypse with a #1 ranking in Division III and a tournament win at Huck Finn in St. Louis. Unfortunately, the season ended short after losing to Rice in the D-III Regional Championship game.

This year, has been an up and down year but has mostly recently included tournament victories at HUX and D-III South Central Regionals. Harding hopes to secure a National Championship while playing by the motto that has guided them this past decade, "Play hard and glorify God."

ROSTER

00	Kalap Gonzales	So	5'7"	19
2	Eddie Melo	Fr	5'11"	19
3	Lance McMichael	Jr	6'0"	21
5	Colin English	Fr	6'3"	19
6	Kevin Williams	Fr	5'9"	18
7	Brett Willmann	Fr	5'10"	19
8	Davis Pruett	So	5'9"	20
9	Weston Woodruff	Fr	5'11"	19
10	Gregg Downing	Jr	5'7"	21
13	Nick Doores	Sr	6'1"	22
14	Kendall Lowe	Fr	6'3"	19
16	Luc Sutherland	So	5'8"	19
17	Jared Knappe	Jr	5'9"	20
19	Zac Petty	Sr	6'3"	21
28	Taren Goins	Sr	6'0"	23
29	Tucker Bankston	Sr	6'1"	22
34	Zach Auala	Sr	6'5"	23
35	Aaron Webb	Fr	6'0"	18
42	Nathan Howell	Sr	5'9"	21
45	Michael Hardison	Jr	5'11"	21
99	Chris Dascalos	So	6'0"	20

John Brown University

IRONFIST // SILOAM SPRINGS, AR

Captains: Andrew Goode, Chris Genheimer

JBU Ironfist is in its ninth year as a program. While some excellent players have gone through the program, until now, it has failed to compete as a team on a national level. In the 2011 spring season, we posted a 4-18 record. That year's freshman class decided to take ownership of the program and develop a cohesive, unified vision for the team and also increase the overall level of play. Two years later, we still know we have work to do, but we are building the foundations of a program that will be prepared to compete for not only the South Central title, but a national title for years to come. We live by these words: "Day by day. We get better and better. Til we can't be beat. Won't be beat."



ROSTER

0	Daniel Williams	Jr	5'10"	21
1	Nathan Hastings	Fr	5'6"	19
3	Nelson Butler	So	5'9"	20
5	Kyle Dyer	So	5'11"	20
8	Chris Genheimer	Jr	5'11"	22
11	Matt Hardwick	Fr	5'10"	19
12	Drew Taylor	Fr	6'0"	19
13	Josh Crouch	Jr	5'8"	21
14	Ethan Penner	Fr	5'10"	19
15	Jacob Moore	Jr	6'0"	21
20	Aric Powers	So	6'2"	20
23	Garrett Wiley	So	6'1"	20
25	Nick Fields	So	5'10"	20
26	Aaron Ausmus	Fr	5'9"	19
35	Andrew Goode	Jr	6'1"	20

OPEN TEAMS

Lehigh University

LEHIGH // BETHLEHEM, PA

Captains: Tyler "Bunk" Kenney, Jeff "Byron" Gilber, Nick "Falcore" Mathison

Lehigh Ultimate was founded in 1975 and is one of the oldest collegiate ultimate teams in the country. With countless traditions and such a rich history, our program has grown to a three-team army with a total head count upwards of 80 members. Past alumni have gone on to play for Pike, Ring of Fire and Ironside, and the current crew consists of a talented core of graduating players that will be exciting to follow as their careers develop. Lehigh has now attended three of the four Division III Championships and has made it as far as the quarterfinals. We fully expect to be in the championship bracket Sunday morning fighting for our best all-time performance.



ROSTER

2	Andrew O'Connor	Sr	5'10"	21
6	Justin Carter	So	6'1"	20
10	Shane McDevitt	So	6'0"	20
11	Christian Stephan	Sr	6'2"	21
12	Jeffrey Gilbert	Sr	5'9"	21
18	Andrew Hannah	Jr	5'11"	21
20	Andrew Lucibello	Gr	6'0"	23
23	Nicholas Mathison	Jr	6'4"	21
30	David Bloodgood	Fr	6'0"	19
34	Chris McHugh	Sr	5'11"	22
35	Ziv Arzt	Fr	6'0"	19
36	Tyler Kenney	Sr	5'8"	22
51	Anthony Ventura	Gr	5'7"	23
70	David Betz	Fr	6'2"	19
82	Dylan Petruskevicius	Sr	5'11"	22
89	Justin Thareja	Sr	5'10"	21
98	Dan Thareja	Sr	5'10"	21

Middlebury College

PRANKSTERS // MIDDLEBURY, VT

Stephen Lammers and Davis Whitehead

The Middlebury Pranksters were founded in 1976 by (presumably) hippies who named the team after the Ken Kesey enthusiasts chronicled in Tom Wolfe's 1964 book, "The Electric Kool-Aid Acid Test." Nothing else important happened until the fall of 2005, when Peter Prial rode to the first practice on a white horse and saved the team from eternal inadequacy. Prial turned the Pranksters into national contenders and was joined the next fall by two all-time Middlebury legends: Joe MacDonald and Dan Glatt (yes, that Dan Glatt). During MacDonald and Glatt's senior year, the team finally broke through and made Nationals, thanks in large part to complementing contributions from then-juniors Jake Herman and Jon Cox (both of New York Rumble fame), alongside Will Van Heuvelen, Charlie Roberts, Robbie Zabel, Davis Whitehead, and then-freshman Mattias "For Callahan 2013" Fitzpatrick. This year, we decided to take advantage of the opportunity to get interviewed on Skyd by going D-III. Senior captain Davis Whitehead is our only good player, and if he were on any other team some squid would have made a sweet "Davis Whitehead: Middlebury's Only Good Player" highlight video and hyped him on RSD through and through. Some of our other contributors include junior cutters and @TheHotSuite co-founders Will Lones and Jeff Hetzel, ARHS disappointment Asa Julien, Jason "Injured" Milan, and senior breakthrough deep threat Nathan "I Fell for Lidell" Arnosti.



MIDDLEBURY PRANKSTERS

ROSTER

1	Jeff Hetzel	Jr	6'1"	20
2	Will Lones	Jr	5'9"	21
4	Davis Whitehead	Sr	5'2"	21
6	Oliver Sutro	Jr	6'0"	21
7	Patrick Adelstein	Jr	6'0"	21
8	Sam Hage	Fr	6'1"	18
9	Nathan Kowalski	So	5'11"	19
10	Nathan Arnosti	Sr	6'3"	21
11	Jeff Dobronyi	Sr	6'1"	22
12	Stephen Lammers	Sr	6'1"	22
13	Philip Chang	So	5'9"	20
18	Asa Julien	So	5'11"	20
36	Sam Tauke	Fr	5'11"	19
75	Jason Leehow	Fr	5'9"	19

OPEN TEAMS

North Park University

LOST BOYS // CHICAGO, IL

Captains: Tanner Mayo, Reese Samin, Jeffery Erickson

Founded in 2000 under the name Extend, the team quickly changed their name to the North Park Lost Boys and have had great success throughout the years. In 2008, the Lost Boys finished second in D-III, marking their best year ever. Previous accomplishments also include a fifth place finish in 2011, and a third place finish in 2012. Plagued by the graduation of a strong class in 2012, the Lost Boys have their youngest team in history with only one senior. The Lost Boys crest is noted for its four distinct regions, the upper left Covenant symbol marking our strong Covenant Church influence, the upper right including three Swedish crowns marking our distinct Swedish heritage, the bottom pronouncing the city of Chicago and its flag, and the sword through the middle which is a reminder of previous teams and the Lost Boys of Peter Pan.



Notable alumni: 2008 - Luke Johnson; 2011 - Cameron Hodgkinson; 2012 - Grant Blankenship

ROSTER

0	Cooper Lane	So	6'1"	19
1	Tanner Mayo	Jr	6'2"	21
6	Brent Gustafson	So	6'1"	19
8	Ryan Lownsberry	So	6'1"	19
12	Micah Cathy	Fr	5'10"	19
13	Tom Williams	So	5'10"	20
14	Drew Edstrom	Fr	6'2"	19
15	Carlton Nelson	Fr	5'11"	18
19	Dan Raymond	So	6'5"	20
25	Jeff Erickson	Sr	6'0"	22
34	Tom Ng	So	5'10"	20
35	Mike Dawson	Fr	5'9"	19
45	Reese Samin	Jr	5'10"	21
56	Nate Hutchins-Peterson	So	5'10"	20
58	Joe Gaylord	So	5'6"	20
92	Andrew Fredrickson	Jr	5'11"	21

University of Puget Sound

POSTMEN // TACOMA, WA

Captains: Spencer Sheridan and Daniel Mozell
Coach: Adam Lerman

The Postmen were founded in 2004. The team struggled at first, but in 2006, Coach Adam Lerman took the reins. Under his keen direction, and with aid from "sidekick" Sean Lindsay, the Postmen have flourished and become a serious force in the Northwest Region. The Postmen qualified for Regionals for the first time in 2010, back when it mattered, and in the same year finished tied for third at D-III Nationals. In 2011, the team decided to try their luck at earning one of the four bids out of the Northwest for D-I Nationals but ultimately fell. In 2012, the Postmen returned to windy Appleton, Wisc. for D-III Nationals to claim second place after falling to Carleton GOP in a closely contested game. This year, they are back again and hoping to right the wrongs of last year and claim the Division III crown.



ROSTER

3	Ben Meltzer	Fr	5'7"	19
4	Daniel Mozell	Jr	5'10"	21
7	Elliott Cohen	Sr	6'0"	22
10	CB Wolf	So	6'2"	20
14	Peter Geertz-Larson	Sr	5'8"	22
17	Robin VanHouten	Fr	6'3"	18
21	Dylan Harrington	Jr	6'1"	21
22	Alan Henzy	So	5'9"	21
23	Eric Hopfenbeck	Jr	6'3"	21
27	Sean Stackhouse	So	5'7"	20
31	Spencer Sheridan	Sr	5'10"	21
32	Travis Shetter	So	6'2"	19
33	Jonas Cole	Sr	5'9"	23
44	Sam Berkelhammer	Sr	6'4"	21
47	Walker Bohannon	Jr	6'1"	21
56	Riley Carpenter	Fr	5'10"	19
69	Connor Sleeper	Fr	5'9"	18
99	Jack Derham	So	5'9"	19

OPEN TEAMS

Rice University

CLOUD 9 // HOUSTON, TX

Captains: Kevin Shen, Sam Dubinski, Salman Eraj

Begun in 1992, Cloud 9 has had a storied tradition of winning, winning and...you guessed it...winning. We went to Nationals several times in the late 90s, but as ultimate became more popular, larger schools like Texas and Texas State took over the college scene in the South. Cloud was still a solid team, an annual regionals qualifier, but was never able to compete for a Nationals bid. The rise of Division III in the past few years, however, has given us the opportunity to compete on the national level again. After making the semis at D-III Nationals last year, we hope to go all the way this year.



ROSTER

2	Joseph Yu	Sr	5'10"	22
3	Matt Liu	Jr	5'6"	21
4	Wally Lang	Sr	6'0"	21
5	Johnny Frohlichstein	Fr	6'0"	19
7	Salman Eraj	Sr	6'2"	22
8	Juny Cho	Fr	5'6"	19
9	Brett Virgin-Downey	So	6'3"	20
10	Amod Desai	Jr	6'3"	20
11	Michael Drewry	So	6'0"	20
14	Steve Peterson	So	6'1"	20
16	Alex Hilser	Jr	5'9"	20
17	James Kittleman	Fr	6'4"	19
20	Sam Dubinski	Sr	5'6"	22
21	Alex Kundrot	Fr	5'7"	19
24	Mark Vander Schaaf	Sr	5'8"	21
37	Ben Lopez	So	5'8"	20
38	Frasier Liljestrand	Sr	6'3"	21
48	Evan Ross	Sr	5'10"	22
49	Kevin Shen	Sr	5'10"	21

Stevens Institute of Technology

DUCKS // HOBOKEN, NJ

Captains: Andrew Misthos, Mason Compton, Chris Fairfield

Stevens Tech is a team in its fourth competitive year, and 2013 will be the second straight year at the Division III Championships. The team lost just four players from last year's roster and has worked all year to fill the gaps that were left. The team is led by seniors Andrew Misthos, Mason Compton and Chris Fairfield, who have led the team as a captaining unit for four years. The team philosophy is to work hard to be prepared for any circumstance the opposition can present and, at the same time, have a variety of strategies to best take advantage of any scenario. Through a combination of precise, calculated offense and intense and disciplined defense, the Stevens

Ducks have done very well this season, coming into the Championships with a 21-1 record overall.



ROSTER

0	Seung-Kook Burns	Sr	5'8"	21
2	Matt Melachrinis	Fr	5'10"	19
4	Toshi Suzuki	Jr	5'8"	21
5	Andrew Misthos	Sr	6'2"	20
11	Mason Compton	Sr	6'2"	22
12	Dale Dombrowski	Sr	5'10"	21
13	David Johnston	Sr	5'7"	21
14	Charlie Cannon	So	6'1"	19
15	Mohd Syafiq			
	Addi Saiful Rizal Voon	Jr	5'7"	21
16	Christopher Fairfield	Sr	5'10"	21
18	Muhammad Khalifi			
	Abdull Rahman	Sr	5'9"	21
22	Jonathan Lee	Jr	6'0"	20
27	Daniel Richards	Sr	6'2"	22
29	Zachary Smith	So	6'1"	19
35	Steve Walter	Jr	6'2"	21
42	Matt Linden	Jr	6'1"	20
82	Marques Brownlee	So	6'2"	18
93	Nick Raguseo	So	5'4"	19
99	Vasili Pantazis	So	5'11"	18

OPEN TEAMS

Wake Forest University

WOMB // WINSTON-SALEM, NC

Captains: Corey Casarella, Tim Kreutzfeldt

Wake Forest's men's ultimate team (WOMB) was founded in 1999. WOMB qualified for D-I Regionals numerous times through the 2007 college season. WOMB leadership has always been strong, and its alumni have left to play for a number of competitive club teams, including Truck Stop, Space City, D'Oh, Haymaker, Tanasi, TAU, L.A. Metro, and others. In 2011, WOMB elected to compete in the D-III College Championship Series, finishing tied for ninth at the USAU D-III College Championships in Buffalo, NY. Wake Forest qualified again in 2012, making this year WOMB's third consecutive appearance at the D-III College Championships.

ROSTER

1	Gregg Vaillancourt	Gr	5'10"	23
4	Corey Casarella	Sr	5'10"	22
5	Stewart Rickert	Fr	6'2"	19
6	Patrick McKendry	Jr	5'10"	
10	Taylor Peretz	So	5'10"	19
12	Tony Bleyer	So	5'6"	19
13	Jay Sehgal	Jr	5'10"	20
15	David Crespi	Jr	5'10"	20
17	Sean Gannon	Jr	5'11"	21
18	Ismael Salgado	Fr	6'0"	18
20	Lee Begelman	So	6'0"	20
22	Ryan Koski-Vacirca	Jr	5'10"	20
26	Tim Kreutzfeldt	Jr	6'1"	21
29	Charlie Patton	Fr	5'10"	18
33	Jesse Hynes	Gr	5'10"	24
34	Joel Diamond	Jr	5'8"	21
35	Jake Klein	Jr	5'10"	21
37	Aaron Lazarus	Jr	6'0"	21
38	Ben Adams	So	6'1"	20
39	Carter Kenyon	Sr	6'3"	22
66	Peter Ellis	Jr	5'10"	21
76	Pat Doyle	Fr	5'10"	18

Wesleyan University

NIETZSCH FACTOR // MIDDLETOWN, CT

Captains: Joe Schindler, Michael Revelas,

John Baierl

Coach: Brett Townsend

ROSTER

00	Milo Farley	Fr	6'0"	18
1	Peter Sohmer	Fr	5'8"	19
4	Noam Sandweisback	So	5'10"	20
5	Matt Hixon	So	5'11"	20
9	David Nam	Jr	6'1"	21
12	James Fang	Sr	5'10"	22
13	Emerson Obus	Fr	5'10"	18
15	Joe Schindler	Gr	5'11"	22
16	Chris McGinnis	Jr	6'2"	21
18	Adam Bresgi	Jr	5'11"	21
19	Dylan Penn	So	5'10"	19
21	John Baierl	Jr	6'1"	21
22	Michael Revelas	Sr	6'0"	22
23	Tyler Holzschuh	Jr	6'3"	20
24	Eli Timm	Sr	6'3"	22
25	Alex Kelley	Sr	5'10"	21
84	Danny Millar	Fr	5'11"	18
88	Jake Ewald	Jr	6'0"	21

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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 USA Ultimate Executive Committee, March 29, 2005.

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 – 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 foot-blocking).
- 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 or 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.

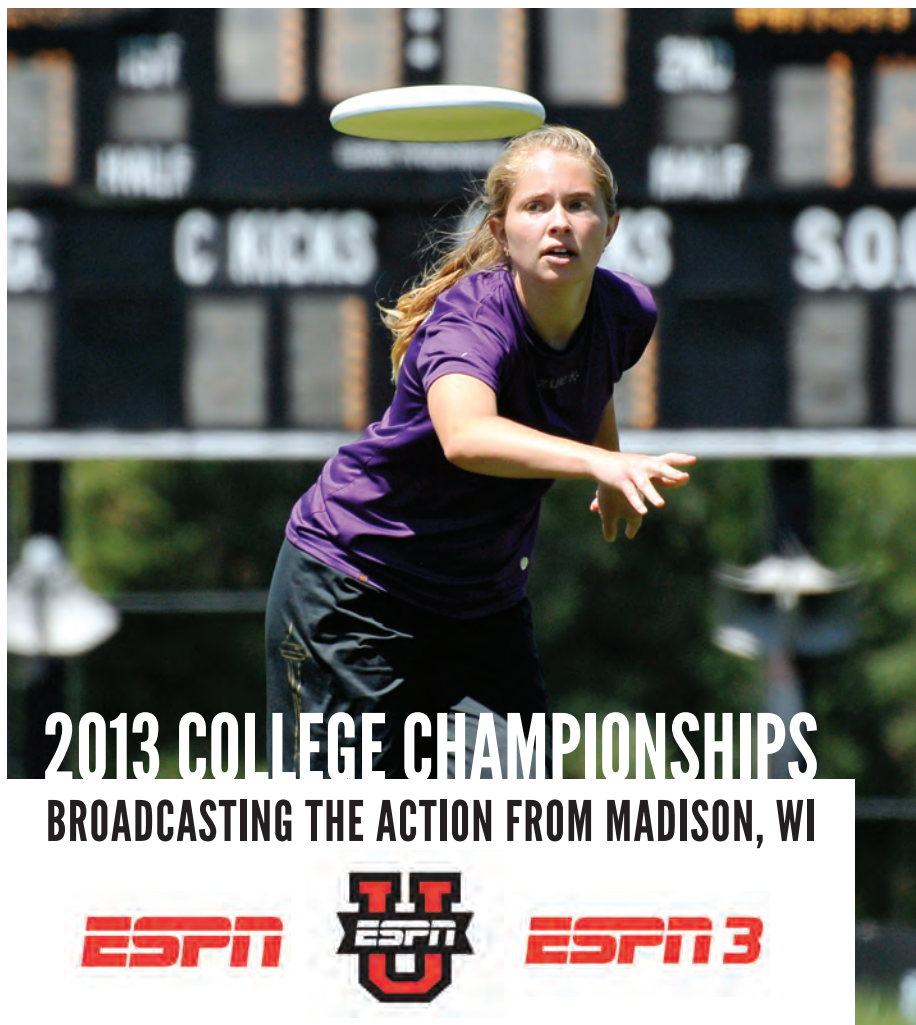
SUMMARY: The coach's goal in terms of Spirit of the Game is to create an environment where players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

2013 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate Championship events where field access is restricted, teams with coaching staffs 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 coaches must pass an NCSI background check, be current coach-level members of USA Ultimate and must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. All other non-player support staff, with player-level or limited field access, 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 USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Manager of Youth & Education Programs Mike Lovinguth at mike@hq.usultimate.org, or visit the USA Ultimate website at usultimate.org.

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2013 COLLEGE CHAMPIONSHIPS

BROADCASTING THE ACTION FROM MADISON, WI



LIVE ON ESPN3 (ALL TIMES EST)

SUNDAY, MAY 26

1:00pm - Women's Semifinal

3:30pm - Women's Semifinal

6:30pm - Men's Semifinal

9:00pm - Men's Semifinal

MONDAY, MAY 27

1:00pm - Women's Final

3:30pm - Men's Final

TAPE-DELAYED BROADCAST ON ESPNU (ALL TIMES EST)

WEDNESDAY, MAY 29

7:00pm - USA Ultimate College Championships
Highlight Show

8:00pm - Men's Championship Game

9:00pm - Women's Championship Game

THURSDAY, MAY 30

1:00am - Men's Championship Game (Re-air)

2:00am - Women's Championship Game (Re-air)

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