



DIII



EVENT GUIDE \$2



Photo by Billy Dzwonkowski

**THIS IS NO TIME
TO DREAM SMALL.**

FIVEULTIMATE



TABLE OF CONTENTS

EVENT INFORMATION

Welcome.....	2
Weekend Overview	3
Event Staff	3
Competition Rules	5
Site Rules.....	5
Directions	7

SPECTATOR INFORMATION

Shooting Photos and Video	7
Men's Team Rosters.....	8-15
Women's Team Rosters	16-23

PLAYER INFORMATION

Health and Safety	25-26
Spirit of the Game	28-31
USA Ultimate Coaching Information	33-34

SCHEDULES AND MAP

Men's Schedule and Brackets.....	36-37
Women's Schedule and Brackets.....	38-39
Field Map.....	41

USA ULTIMATE

5825 Delmonico Drive, Suite 350, Colorado Springs, CO 80919
Phone: 719-219-8322, Fax: 719-219-1480
Web: usultimate.org Email: info@usultimate.org

WELCOME

On behalf of Ultimate Chicago, I would like to welcome you to the 2015 D-III College Championships. We had the pleasure of working with the Rockford Area Convention and Visitors Bureau to organize this event for you. We hope that you have an amazing time enjoying high-level competition and fun this weekend in Rockford!

Many hours of work by a variety of individuals went into creating this event. The city of Rockford and Sportscore were truly gracious in their efforts throughout the planning process. A big thank you goes to all of the volunteers who have dedicated their time and efforts to making this event run smoothly. A shout-out must also go to our athletic trainers: Brad Bauman, Mark Robinson and Danielle Stith for keep our athletes going strong. Lastly, I would like to especially thank Nick Povalitis, Scott Pilkerton, Jenny Caiozzo and Byron Hicks for making my TD experience delightful.

Each and every year, I am more impressed by the growing talent amongst the ultimate community at large, especially at the college level. The development of D-III Nationals and the caliber of the teams attending is impressive. I, along with my fellow Ultimate Chicago board members, am excited to be able to watch and experience this high level of athletic competition this weekend. Our desire is that each and every one of you can also take a moment to appreciate the amazing way you have contributed to the growth and development of this incredible sport we all love.

Sincerely,
Gail Reich, Tournament Director
2015 USA Ultimate Division III College Championships



On behalf of the City of Rockford and the Rockford Area Convention & Visitors Bureau, we are pleased to welcome you for the USA Ultimate Division III College Championships.

The Rockford region has a long history of holding great sports events because we offer some of the best sports facilities and fields in the Midwest! We are fortunate to welcome tournaments back to Rockford every year due in part to these spectacular facilities and fields as well as the outstanding customer service our visitors receive throughout the community.

While you're visiting the Rockford region, take advantage of all the great sites and attractions we have to offer! Visitors can head out on the water with paddleboards, kayaks or canoes with the help of Rocktown Adventures. Don't forget to explore Rock Cut State Park and the Sinnissippi Bike Path situated along the scenic Rock River. Spend some time hitting golf balls at the putting green and enjoy a wide selection of locally sourced foods at Garrett's, or visit one of our hundreds of other Real. Original. restaurants.

Staff from the Rockford Area Convention & Visitors Bureau will be on site during your tournament to answer questions you may have about the area. You can also visit gorockford.com for a complete list of places to eat, shop and play!

Enjoy your visit and best wishes for an exciting and successful tournament!



Very truly yours,
John Groh, President/CEO Rockford Area Convention and Visitors Bureau

WEEKEND OVERVIEW

FRIDAY, MAY 15 AT SPORTSCORE 2 FIELDHOUSE

7:00 – 9:00pm: Team Registration

SATURDAY, MAY 16 AT SPORTSCORE 2 SOCCER COMPLEX

8:00am: Captains Meeting

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

Evening: Dinner

SUNDAY, MAY 17 AT SPORTSCORE 2 SOCCER COMPLEX

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

Post-Championships: Awards 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.

EVENT 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

Tournament Director – Gail Reich

Volunteer Coordinator – Nick Povilitis

Local Media Coordinator – Nick Povilitis

Social Event Coordinator – Jenny Caiozzo

Head Observer – Laura Meyer

USA ULTIMATE STAFF

Manager, Competition and Athlete Programs, College – Ty Krajec

Manager, Events – Byron Hicks

OBSERVERS

Laura Meyer, Kyle DeVries, Tom Rath, Stephen Wang, Hank Cary Brad Tinney, Dan Laurila, Sam Wood, Josh Hyde, Dan Sigel, Matt Schiffman, Amy Donahue, Joel Houmes, Ben Godin, Linda Kudo

UltiPhotos

USA Ultimate Championships
Official Photography



LAY
OUT

for the
camera

www.UltiPhotos.com

facebook.com/UltiPhotos

twitter.com/UltiPhotos

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 20 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

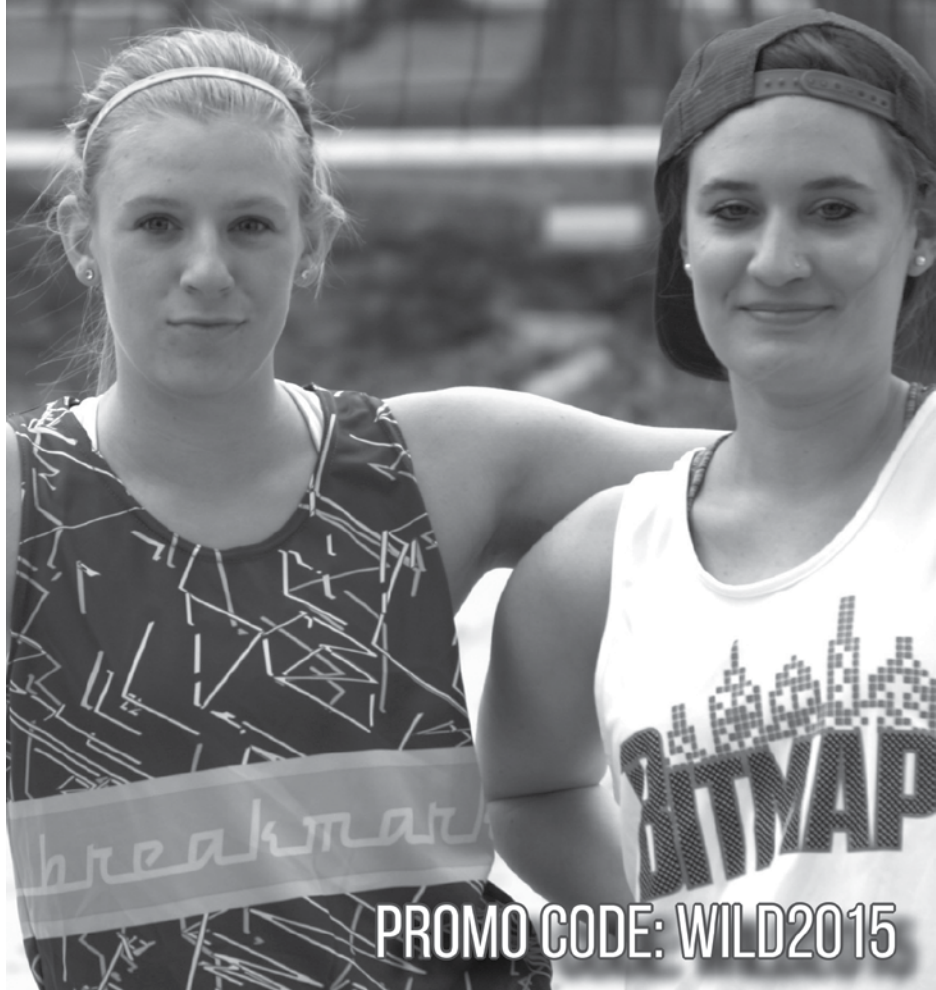
- **NO TOBACCO!** Facility staff, event staff and security will be checking to make sure people are not smoking. There will also be lots of moms, dads and kids watching the action. Please abide by these rules. If you are caught with tobacco at the field site, you will risk disqualification for your team 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.
- **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 5 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 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.

breakmark

WWW.BREAKMARK.COM FACEBOOK.COM/BREAKMARK TWITTER.COM/BREAKMARKULTI

EMAIL US AT: SALES@BREAKMARK.COM

**\$20 DOLLAR TEAM SPOT SUB TANKS
JUST IN TIME FOR WILDWOOD.**



PROMO CODE: WILD2015

DIRECTIONS

SPORTSCORE 2: 8800 E. RIVERSIDE BLVD., LOVES PARK, IL 61111

ST. ANTHONY'S HOSPITAL: 5666 E STATE ST, ROCKFORD, IL 61108

DIRECTIONS FROM SPORTSCORE 2 TO ST. ANTHONY'S HOSPITAL

Start out going west on E Riverside Blvd toward Paulson Rd.

Turn left onto N Mulford Rd.

Turn right onto E State St/US-20 Bus W.

5666 E State St. is on the right.

SHOOTING PHOTOS/VIDEO

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 can be found online at usultimate.org/about/usultimate/media_policies.aspx or may be obtained from the USA Ultimate staff at your event.

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.

MEN'S TEAMS

BOWDOIN COLLEGE CLOWN

Brunswick, ME

Captains: Denis Maguire, Nick Benfey, Alex Roche, Jordan Richmond



In 1993, Bowdoin's ultimate team was originally founded as B.U.F.F. before Soul Man and Tim Dawg changed the name to Clown in 1994. In the team's earlier years, Clown competed against Division I opponents, often falling short of qualifying for regionals. Despite this, Clown maintained fire on and off the field, resulting in progressively more talented players and teams. Finally, in 2012, a team led by Dylan "Slammu" Kane brought in a new era for the team, with the primary goal of qualifying for D-III Nationals. After a somewhat disappointing finish at the national tournament, the team was hungry for another chance. After falling short at regionals the next two years, which included losing in three games-to-go, Clown snagged the third of four New England bids to Nationals this year. The team now looks to cement its spot as a top-tier D-III program.

ROSTER

3	Peter Nauffts	6'0"	22
4	Jordan Richmond	5'10"	21
5	Ryan Keefe	6'0"	19
6	Brendan Soane	6'1"	21
7	Alex Roche	6'3"	20
8	Henry Daniels-Koch	6'2"	20
9	Phillip Galonsky	5'7"	18
10	Denis Maguire	6'2"	21
11	Michael Pun	6'0"	20
12	Walter Chacon	5'8"	19
13	Josh Imhoff	5'11"	21
14	Aidan Penn	6'0"	19
15	Aidan French	6'1"	19
16	August Miller	5'10"	20
17	Alex Ma	5'8"	20
19	Tim Boit	5'9"	22
20	Eduardo Jaramillo	5'8"	20
22	Evan Hoyt	6'4"	21
25	Ian Klasky	6'1"	20
33	Jeb Polstein	6'5"	20
34	Nick Benfey	5'10"	22
39	Isaac Merson	6'3"	20
42	Jojo Amdur	5'9"	19
69	Taylor Love	6'0"	21
77	Cody Stack	5'11"	20

BRANDEIS UNIVERSITY TRON

Waltham, MA

Website: brandeistron.com

Twitter: @brandeistron

Captains: Clarence Lee, Noah Newberger, Hansen Yang



TRON has been competing in Division III for four years now, qualifying for D-III Nationals for the past three years. This year, TRON embraced an attitude of hard work, focusing on conditioning and mental toughness. After a solid regular season, TRON finished third overall in the rankings and entered D-III New England Regionals ready to work hard and earn a bid. In a tough region, TRON won its first regional championship and clinched a spot at D-III Nationals. This year, TRON hopes to improve on last year's fifth-place finish.

ROSTER

0	Gabriel Goldstein	Fr	5'11"	19
1	Daniel Krigel	Jr	5'8"	21
2	Tzvi Miller	Jr	5'9"	21
3	Isaac Sosebee	Jr	5'10"	20
4	Benjamin Meschede-Krasa	So	5'9"	19
5	Hansen Yang	Jr	6'0"	21
6	Brett Rosenstein	Fr	5'7"	19
7	Clarence Lee	Sr	6'0"	22
8	Mike Humbert	So	5'8"	19
10	Matthew Rosenstein	Fr	5'6"	19
11	Daniel Hakakian	So	5'6"	20
14	Alexander Esakof	Jr	6'2"	21
15	Elan Kane	Jr	5'10"	21
19	Noah Newberger	Sr	5'10"	22
20	Ben Rosenfeld	Fr	5'6"	18
23	Zephyr Wright	So	5'5"	20
24	Stephen Gross	Gr	6'2"	22
25	Brian Gzowski	So	6'0"	20
28	Daniel Moskowitz	Sr	5'6"	23
31	Jonathan Schluskel	Sr	6'2"	23
49	Gabe Adler-Cohen	Fr	5'8"	19
55	Rohan Narayanan	Sr	5'7"	21
88	Samuel Zuckernik	Sr	6'0"	22

MEN'S TEAMS

BRYANT UNIVERSITY

CRAZE

Smithfield, RI

Twitter: @BryantUltimate

Captains: Tyler Pardee, John-Paul Saggal



The team started in the late '80s, and this season is our second trip to Nationals. Bryant has been a top contender in the South New England D-III Conference and has qualified to New England D-III Regionals for the past five years. Coach Jim Bishop has been with the team for over 10 years.

ROSTER

9	Tyler Horton	Jr	6'1"	21
14	Austin Kelson	So	6'1"	19
18	Peter Dixon	Jr	5'10"	21
21	Kyle Irving	Sr	6'2"	21
23	John-Paul Saggal	Sr	5'11"	21
28	James Phillips	So	6'3"	19
29	Adrian			
	Alonso-Tavera	So	5'9"	19
34	Cameron Jack	Fr	6'2"	19
35	Kendrik Lechner	So	6'0"	20
36	Jacob Garfinkel	So	6'3"	20
47	Alexander			
	Kenworthy	Fr	6'0"	19
48	Harold Veilleux	Sr	5'9"	22
55	Tyler Pardee	Sr	6'2"	22
70	Jon Malchiodi	Jr	6'0"	21
99	Michael Bighinatti	Jr	5'9"	21

SPECTATOR INFO

CARLETON COLLEGE

GOP

Northfield, MN

Website: apps.carleton.edu/student/orgs/gop

Twitter: @goprocks

Captains: Matt Godfrey, Anders Berglund



GoPain't nothin' to Rundquist.

ROSTER

2	Gil Eisbruch	Sr	6'1"	21
3	Colin Froines	Sr	5'9"	21
4	Will Yetvin	Sr	5'10"	19
6	Jeremy			
	Randolph-Flagg	Fr	6'1"	21
10	Zack Considine	Sr	5'10"	20
11	Kenny Harvey	Sr	6'3"	21
14	Abe Eichner	Fr	5'11"	18
15	Andy Rodgers	Sr	6'0"	21
16	Arthur McCray	Sr	6'1"	19
18	Tom Grodzicki	So	5'11"	22
21	Ian Fischer	Fr	6'2"	22
22	Ned Rohrbach	Sr	6'0"	20
23	Sam White	So	5'10"	21
24	Devon Manber	Jr	6'2"	21
25	Robert Yeagle	Jr	6'0"	21
27	Eric Angell	Sr	6'5"	21
35	Connor Hodges	Jr	5'8"	21
42	Max Willard	Jr	5'8"	21
48	Matt Godfrey	Sr	5'5"	21
51	Malcom Fox	So	5'10"	19
54	Max Longchamp	Sr	5'11"	20
60	Jake Yanoviak	Sr	6'0"	21
67	Anders Berglund	Fr	5'11"	22
69	Dan Black	Jr	6'1"	19
71	David Goodell	Jr	6'1"	18
81	Ryan Saeta	So	5'10"	19
30	Michael			
	Ebako-Hodgson	Fr	6'0"	18

MEN'S TEAMS

CLAREMONT COLLEGES

BRAINEATERS

Claremont, CA

Website: claremontultimate.org

Captains: Alex Gruver, Chris Brown, Alex Cloud



The Braineaters have a proud and noble history, steeped in lore and tradition. Created in 1979, the team has grown from representing Pitzer College, to the entire consortium. 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 - the name stuck. Ironically, the whole team had other plans for the night and missed the movie. To this day, no member of the team has watched it.

ROSTER

0	Gabriel Ayala	Jr	5'10"	21
1	Alex Cloud	Sr	5'9"	22
2	Andrew Russell	Jr	5'9"	21
5	Chris Brown	Sr	5'10"	21
7	Elliot Warner	Fr	6'2"	19
11	Gabe Currier	Fr	5'8"	21
12	Bryce McLaughlin	Fr	6'2"	18
13	Hill Balliet	Fr	5'10"	18
15	Jan Vanous	Gr	6'2"	23
16	Bailey Albright	Fr	5'8"	18
18	Stephan Kim	Jr	6'2"	21
19	Matt Griffith	So	6'3"	19
20	Phillip DiGiacomo	Fr	6'2"	18
21	Will Marks	Jr	5'8"	21
23	Sam Warren	So	5'8"	21
25	Andrew Wells	Sr	5'10"	21
26	Sam Schumer	Sr	5'6"	22
27	Michael Diamond	So	5'7"	20
29	Nathan Hall	Sr	5'11"	21
34	Alex Gruver	Sr	6'3"	22
48	Owen Bell	Jr	6'2"	21
66	Bruce Service	So	6'0"	20
68	Naseem Silver-Hajo	So	5'9"	20
69	Jacob Bronstein	So	5'9"	21
73	Jordan Lim	So	5'6"	20
84	Jimmy Bright-Dumm	Jr	6'3"	21

DAVIDSON COLLEGE

DUFF

Davidson, NC

Website: facebook.com/DavidsonUltimate

Twitter: @DUFF_Cats

Captains: Chris Peek, Mikeie Reiland, Kyle Taylor, Robby Kuster, Chris Johnson



DUFF (Davidson Ultimate Frisbee Folk) from Davidson College - a liberal arts college of 2000 students in Davidson, N.C. - celebrated its 20th anniversary in the fall with a huge DUFFComing scrimmage and party. Born out of humble origins, DUFF was a fun-loving bunch that quickly carved out a niche on campus during the late '90s and early 2000s. Bursting onto the competitive scene in the 2005-2006 season, DUFF came within one game of D-I Nationals, falling to a Peter Dempsey and Greg Swanson-led Jojah team in the game to go. In recent years, DUFF has transitioned to the new D-III landscape while maintaining both its competitive spirit and fun-loving vibe. This year's iteration of DUFF embodies that duality. Challenging themselves with top-notch competition at Queen City Tune Up and D-III Easterns and practicing three times a week while also shooting each other Rapchats and starting pie fights in the seniors' apartments, DUFF 2015 loves playing ultimate and loves each other. "One Team, One DUFF" has been our motto throughout this season. We love competing together and hanging out together every chance we get.

ROSTER

1	John Soper	Jr	5'7"	21
2	Ben Whitfield	So	6'3"	20
7	Ryan Almeida	Fr	5'5"	19
9	Henry Siebentritt	So	5'7"	20
10	Cullen MacDowell	Fr	6'3"	19
11	Mikeie Reiland	Sr	5'9"	22
12	Chris Peek	Sr	5'10"	22
13	Andrew Lackey	Fr	6'3"	19
15	Phillip Bader	So	6'5"	20
16	Robby Kuster	Jr	5'8"	21
20	Patrick Spauster	So	6'1"	20
26	Josh Messing	Fr	5'6"	19
27	Erol Cromwell	Sr	5'10"	22
29	Tom Nguyen	Fr	5'8"	19
32	Kyle Taylor	Jr	5'7"	21
40	Kevin Endersby	Fr	6'4"	19
41	Ben Pfeffer	Sr	5'11"	23
69	Paul Brennan	Fr	5'11"	19
81	Sam Lidsky	Fr	5'9"	19
99	Chris Johnson	So	6'0"	20

MEN'S TEAMS

ELON UNIVERSITY

BIG FAT BOMB

Elon, NC

Website: elonusultimate.wix.com/bigfatbomb

Twitter: @Elon_BigFatBomb

Captains: Alexander Taylor, John Sisson, Brian Szymanski

Coach: Matthew Rushing



Big Fat Bomb has been an up-and-coming D-III program over the last three years. We have been to three straight regional championship games and now have two straight Nationals appearances. Last year, we won the inaugural D-III Easterns tournament and

then placed second at the D-III College Championships. This year, we once again won D-III Easterns and are hoping to end the season with another set of high results at Nationals. Last year, we proved that we were able to compete at a high level; this year we want to prove that last year was not a fluke where we succeeded with a good class of seniors and that Elon is a team hoping to remain a constant threat on the national stage for the coming years.

ROSTER

1	Spencer Dean	So	5'8"	20
6	Charles Racioppo	So	5'10"	20
9	Drew Johnson	Fr	5'10"	18
10	Alexander Taylor	Jr	6'0"	21
11	Connor Scofield	So	5'10"	20
12	Evan Miceli	Jr	5'10"	20
17	Gary Slaff	Sr	6'0"	23
18	Jeremy Lonnman	Fr	6'0"	19
20	Brian Szymanski	Jr	6'1"	20
24	Jordan August	Sr	5'1"	21
27	Andrew Manca	Sr	6'1"	22
31	Ryan Durr	Fr	5'7"	19
34	James Burnham	Fr	6'0"	18
50	Paul Kantlehner	Jr	6'2"	21
74	Chris Stoll	Sr	6'0"	22
81	Caleb Heimburger	Fr	6'0"	19
84	Andrew Rogers	Sr	6'1"	21
88	John Sisson	Sr	6'0"	22
94	Daniel Thorrens	Fr	5'9"	19
99	Devon LaFrance	Jr	5'9"	21

SPECTATOR INFO

FRANCISCAN UNIVERSITY

FATAL

Steubenville, OH

Website: facebook.com/franciscanfataultimate

Twitter: @FranciscanFATAL

Captains: Tommy Koch, Tony Bort



Franciscan University's ultimate club team was founded in 2013. The team decided to name themselves after Neal Albert Rylatt, whose nickname was "Fat Al." The team combined the two words

into the more intimidating "Fatal." Unfortunately, Neal was diagnosed with leukemia and was forced to leave school and return home to Rockford, Ill., where Nationals are being held this year. Neal fought the disease the entire second semester of his freshman year and sadly succumbed to the cancer and died on May 4, 2012. We are proud to have Neal's initials on our jerseys as we play in this national tournament in his hometown. This tournament holds a special significance for his family, our university and our team.

ROSTER

00	Stephen Kopy	Jr	5'11"	21
2	Joe Simeo	Jr	6'3"	20
3	Stephen Babcock	Fr	6'0"	19
4	Peter Tremblay	Jr	5'10"	20
5	Patrick Flanagan	Sr	6'1"	21
8	Matthew Kehoe	So	6'0"	19
9	Gunha Kim	Fr	5'2"	18
11	Robert Wetzel	Jr	5'7"	23
13	Stephen Wilson	Sr	6'2"	21
15	Ian Gill	Jr	5'7"	20
17	Joe Radzialsowski	Sr	5'11"	21
21	Jack Nash	Sr	6'1"	21
22	Dominic Schuster	Fr	5'11"	19
23	Peter Norton	Jr	5'11"	21
24	John Paul Bort	So	5'11"	19
34	Jay Ratajczak	So	6'4"	20
58	Peter Radzialsowski	So	5'11"	19
77	Tommy Koch	Jr	6'2"	21
85	Tony Bort	Jr	5'9"	21
99	Zach Wehner	Jr	6'0"	21

MEN'S TEAMS

GEORGIA COLLEGE DISCONNECTED

Milledgeville, GA

Website: gcultimate.com/mens

Twitter: @GC_ultimate

Captains: Jake Morris, Caleb Shorthouse

Coaches: Jericho Barbour, Doug Oetter



Georgia College Ultimate's purpose is to bring together those who wish to indulge in ultimate and to provide instruction, coordination and development of ultimate skills and knowledge.

ROSTER

00	Caleb Shorthouse	Jr	5'9"	20
1	Charles Morris	Gr	5'10"	23
2	Josh Bush	Jr	6'3"	21
4	Matt Rose	Fr	5'10"	19
5	Kade Ottaway	Fr	6'1"	19
7	Nathan Vickroy	So	5'11"	20
8	Troy Stegeman	Jr	6'3"	21
10	Scott Diller	Fr	5'10"	18
11	James Mitchell	Jr	6'1"	21
13	Sam Kuehn	So	6'1"	21
17	Dylan Price	Jr	5'11"	20
20	Andrew Spangler	Jr	5'10"	20
21	James Moore	Jr	6'0"	20
22	Zac Watford	Jr	6'2"	21
23	Nick Borain	So	6'5"	20
24	Justin Poole	So	6'2"	20
25	Robert Hunt	Sr	5'9"	23
26	Derek Brown	Jr	5'7"	22
27	Brandon Flynt	Fr	6'1"	19
47	Alex Kelly	Jr	6'2"	21
57	Michael Ziegler	Jr	5'10"	21

JOHN BROWN UNIVERSITY IRONFIST

Siloam Springs, AR

Website: facebook.com/jbultimate

Twitter: @jbironfist

Captains: Aric Powers, Ethan Penner, Drew Taylor



JBU Ironfist was created by John Brown alumnus Daniel West in 2004. Though originally named The Folding Beagles, a parody of John Brown's varsity athletics mascot, the Golden Eagles, the team re-branded itself in 2009 as Ironfist. Follow-

ing the rebranding, the members of Ironfist worked hard to learn what it meant to play competitive ultimate while reflecting the character of Jesus Christ in the process. This effort has led to significant growth, especially over the past four years. This team has emerged as one of the top competitors in the South Central Region and now seeks to perform at the national level. Ironfist's primary goal in every game is to bring glory to our Lord and Savior Jesus Christ by competing with high intensity, outstanding sportsmanship and positive attitudes. We look forward to bringing these ideals to our third consecutive appearance at D-III Nationals.

ROSTER

2	Ryan Gulbranson	So	6'6"	20
3	Nelson Butler	Sr	5'9"	22
4	Matthew Weeden	Sr	6'0"	22
7	Clayton Rowe	Sr	6'1"	22
12	Drew Taylor	Jr	6'1"	22
14	Ethan Penner	Jr	5'9"	21
15	Grant Bruner	Fr	6'0"	18
19	Ethan Bolthouse	Fr	5'8"	19
20	Aric Powers	Sr	6'3"	21
25	Nicholas Fields	Sr	6'0"	22
32	Chance Easter	Fr	5'11"	18
33	Jonathan Rothfus	So	6'0"	21
39	Justin Riepma	Sr	6'2"	23
66	Mark Belvardi	So	6'2"	19
92	Mark Henry	Sr	6'0"	22
99	Matthew Henry	Sr	6'0"	22

MEN'S TEAMS

LEWIS & CLARK

BACCHUS

Portland, OR

Website: facebook.com/bacchusultimate

Twitter: @bacchusultimate

Captains: Ben Whitenack, Will Shaw

Coaches: Sean Parker



Lewis & Clark Bacchus has existed for more than a decade and has made many Nationals runs in that time. Graduating many successful club and worlds players, we strive to continue a tradition of hard work and a close team bond.

ROSTER

0	Johnny Malloy	Fr	5'8"	19
2	Leland Rege-Colt	Fr	5'10"	19
3	Blake Murray	Fr	5'11"	20
5	Tim Collins	So	5'10"	19
7	Kristian O'Dowd	Jr	6'3"	22
8	River Poze	Sr	6'3"	22
9	Alex Lewandowski	Jr	6'2"	20
10	Sam Franer	Gr	5'10"	22
11	Sam Benson	Sr	5'10"	22
13	Ben Whitenack	Jr	5'10"	21
17	Tanner Hebert	Sr	6'2"	21
19	Jeremiah Miller	Jr	6'3"	21
20	Will Shaw	Sr	5'11"	22
23	Hector Brandt	Fr	5'10"	19
24	Jack Hochberg	So	6'0"	19
27	Sam Kumasaka	Jr	5'9"	21
30	Ben Whitehead	Sr	5'9"	21
31	Will Beck	So	6'1"	21
32	Abe Weill	So	6'2"	20
33	Lucas Contino	Jr	5'11"	21
34	Sam Gordon-Koven	Jr	6'5"	20
42	Graham Mitchell	Jr	6'0"	21
44	Sam Carpenter	Fr	5'7"	19
50	David Levcovitz	Fr	5'8"	18
70	Simon Mann-Gow	Sr	6'2"	22

SPECTATOR INFO

MIDDLEBURY COLLEGE

PRANKSTERS

Middlebury, VT

Website: sites.middlebury.edu/ultimate/

Twitter: @pranksters69

Captains: Philip Chang, Asa Julien



"Tradition is not to preserve the ashes, but to pass on the flame."

The Middlebury Pranksters formed as a club ultimate team in 1979, its rich culture now marinating in over 30 years of smiles and bounces. Unfortunately, team historian Danielle Berry graduated in 2013 and did not pass on the flame, leaving us with only rumors. For further reading see The Electric Kool-Aid Acid Test (Wolfe, 1968).

ROSTER

0	Nick Caminiti	Sr	5'7"	22
2	Andrew Bridgers	So	5'11"	20
3	Nick Tuta	So	5'10"	20
4	Brendan Willerford	So	6'2"	20
8	Samuel Hage	Jr	6'1"	21
9	Nathaniel Henning	So	6'3"	20
10	Philip Chang	Sr	5'11"	22
11	Jason Milan	Sr	6'0"	22
12	Cody Cintron	So	6'0"	20
14	Ian McInerney	Jr	5'9"	21
18	Asa Julien	Sr	5'11"	22
20	Gabriel Doble	So	6'1"	20
22	Jacob Hobbie	Sr	6'0"	22
26	Jacob Brady	So	6'1"	20
27	Ari Grant-Sasson	So	6'0"	20
28	Connor Hanify	Fr	5'11"	19
32	Jake Simon	So	5'11"	20
36	Samuel Tauke	Jr	5'11"	21
41	Connor Levesque	Fr	5'11"	19
42	William Knox	So	6'0"	20
66	Tyler Sheldon	Fr	5'10"	19

MEN'S TEAMS

NORTH PARK UNIVERSITY LOST BOYS

Chicago, IL

Facebook: facebook.com/nplostboys

Twitter: @NPLostBoys

Captains: Cooper Lane, Timmy Krumland

Coach: Cameron Hodgkinson



Founded in 2001, the Lost Boys started to become competitive in the 2008 season when we made D-I Regionals for the first time. The following year, we had our best finish on the Division I level, tied for fifth at regionals. The first year of USA

Ultimate's D-III Championships in 2011, we finished tied for fifth and followed that up with a tied-for-third finish in 2012. 2013 brought a tied for ninth finish at Nationals. 2014 was the first year we missed D-III Nationals, but we are bringing a senior-heavy team to the 2015 Championships.

ROSTER

0	Cooper Lane	Sr	6'3"	22
2	Robert Kraft	Jr	5'10"	21
3	Michael Arce	Jr	5'11"	21
4	Eric Dahl	Sr	6'4"	22
5	Michael Dawson	Jr	5'10"	21
6	Brent Gustafson	Sr	6'2"	22
7	Anthony Johnson	So	5'10"	20
8	Ryan Lownsberry	Sr	6'0"	22
9	Ryan O'Donnell	So	5'10"	19
10	Scott Nitchie	Fr	5'10"	19
11	Timothy Krumland	Sr	5'9"	22
12	Jonathan Berggren	Fr	6'1"	19
13	Thomas Williams	Sr	6'0"	22
14	Drew Swanson	Fr	6'5"	19
15	Carlton Nelson	Jr	6'2"	20
19	Daniel Raymond	Sr	6'6"	22
20	Micah Cathey	Jr	5'10"	21
22	Carl Fogel	Sr	6'0"	22
25	Bradley Johnson	Jr	6'1"	21
28	Geoffrey Leedom	Fr	6'1"	18
34	Thomas Ng	Sr	5'11"	21
44	Phillip Conijn	Fr	6'4"	18
57	Aaron Klinefelter	Fr	6'2"	19
58	Joe Gaylord	Sr	5'4"	22
60	Thomas Bakken	So	5'6"	19
69	Matthew Englund	So	5'11"	20
80	Adam McDowell	Jr	6'3"	21
88	Christopher McDowell	Jr	6'1"	21

ST. OLAF COLLEGE BERZERKERS

Northfield, MN

Website: facebook.com/stozerks

Twitter: @ZerksUltimate

Captains: Ben Liska, Andrew Hoisington



The Berzerkers represent St. Olaf College out of Northfield, Minn. Founded in the early '90s, the Zerks have been competing for almost 25 years and for years could be found finishing in the middle of the pack at regional competitions. With the advent

of D-III ultimate, the Berzerkers have become a force in the North Central Region, finishing in the top three at the regional championships each year. Attending Nationals for the second time in four years, the Zerks are once again looking to make a run at the National Championship. Zerks '15: Breaking seed and breaking hearts.

ROSTER

3	Luke Lebens	Jr	6'0"	21
4	Evan Weselmann	So	6'0"	21
5	Ian Wallace	Jr	6'0"	21
7	Rolf Bergford	Jr	5'7"	20
8	Joe Rynasko	Jr	5'9"	20
9	James Grace	Jr	5'11"	21
10	Sam Brand	So	5'6"	20
11	Ben Liska	Sr	6'1"	22
13	Cole Connor	Jr	6'0"	21
16	Colin Krueger	Sr	5'6"	22
18	Mark Robinson	Jr	5'10"	19
21	Alex Pham	So	5'6"	20
22	Ben Marolf	Sr	6'0"	22
24	Marcus Edholm	Fr	5'10"	19
33	David Anderson	Sr	6'1"	22
38	Andrew Hoisington	Sr	6'2"	22
42	Andrew O'Neill	Sr	5'11"	21
54	Matt Greene	Sr	5'10"	22
58	Andrew Lawrence	So	6'0"	20
69	Dominic Bower	Jr	5'9"	23
71	Cullen Raasch	Fr	6'0"	19

MEN'S TEAMS

SUNY-GENESEO

SNAIL

Geneseo, NY

Twitter: @GeneseoUltimate

Captains: David Abbott, Matt Rybak, Sam Devine

Coach: Bryan Jones



After winning Metro East Regionals for the second year in a row, SUNY-Geneseo Snail is back at Nationals in 2015 and looking to continue their upward trajectory as a program. The team has been steadily rising in recent years, as the team made regionals for the first time in

2013, Nationals for the first time in 2014, and now aim to improve on their 2014 finish. After losing five games by a combined nine points at Nationals in 2014, Snail is hungry and ready to prove themselves as a legitimate force on the national scene.

ROSTER

2	Evan Reid	Fr	5'7"	18
7	David Abbott	Sr	6'0"	21
8	Matthew Rybak	Sr	5'8"	21
9	Mitch Harris	Sr	5'9"	21
10	Timothy Nguyen	Fr	5'9"	19
11	Patrick Stegemoller	Gr	5'11"	22
12	Matthew Hepburn	So	5'9"	19
13	Dillon Peterson	Jr	6'2"	20
15	Christopher Brighton	So	5'10"	19
17	Colin Peartree	Sr	6'1"	21
18	Kevin O'Connor	Sr	5'11"	22
20	Matt Fuller	Sr	6'7"	21
22	Matthew Keys	Jr	5'9"	21
23	Stephen Ruswick	Sr	6'4"	21
24	Gabriel Ponce	So	6'1"	20
34	Jacob Ryder	So	5'9"	19
35	Galen Gibian	Jr	5'11"	22
39	Daniel Stern	So	5'9"	20
42	Kevin Burke	Fr	5'9"	18
51	Paul McDermott	Fr	5'11"	18
72	Matthew Viglucci	So	5'9"	19
99	Samuel Devine	Jr	6'2"	21

SPECTATOR INFO

TRUMAN STATE UNIVERSITY

JUJITSU

Kirkville, MO

Twitter: @JujiTSUultimate

Captains: Aaron Davis, Joe Williamson-Link



Founded as the Truman Ultimate Bureau (TUB) in the late 1990s as a mixed team and switched to men's in 2003 under the name of JujiTSU. Truman State's JujiTSU has quickly developed into a competitor at both the regional and national level. As

the seasons have progressed, so has the team, both in size and strength. From 2003-2015 JujiTSU qualified for the South Central Regional Championships every year, finishing as high as second last year. JujiTSU finds balance in intense, competitive play and a fun, relaxed environment. We are excited for our second year at D-III Nationals. We wish everyone participating the best of luck and safe travels.

ROSTER

4	Tyler Jansen		5'11"	22
7	Thomas Crockett		5'11"	22
10	Brendan Cirillo		5'9"	20
11	Nick Rupel		6'1"	23
13	Mason Bracken		5'11"	20
15	Jacob Jackson		6'0"	19
16	Matt Bowden		5'7"	21
17	Joshua Dye		5'10"	21
22	Brandon Heisserer		5'9"	19
23	Eric Trapp		5'11"	21
25	Blake Bixler		5'11"	23
27	Alex Davis		6'1"	21
33	Tim Schmitt		6'5"	21
34	Ray Hilger		5'9"	21
44	Nathan Pyles		5'9"	19
63	Aaron Davis		6'0"	22
67	Alec Ruedi		5'11"	20
72	Joe Williamson-Link		6'0"	20
74	Connor Irwin		5'7"	21
88	Isaac Pearlstone		6'0"	21
98	Matthew Beers		5'10"	20

WOMEN'S TEAMS

BOWDOIN COLLEGE

CHAOS THEORY

Brunswick, ME

Twitter: @chaos_theOry

Captains: Molly Sun, Sivana Barron



Chaos Theory, Bowdoin College's women's ultimate team, was birthed sometime in the mythical years of the early 2000s. Records were kept, and lost, of these early days. Throughout history, they have had a twin brother by their side, a true clown some might say. Through true love, failed relationships, friendship and beer, the two have helped each other grow. Chaos memory resumes around the time of captains Mack and Animal, captains from the year 2010. Through the reign of Gimli & D'Scheisse, Licious & Mystaque, Skipper & Goose, and Streber & Geezer, the team has grown in size, strength, skill and spirit. They have attended Nationals for the past three years, wobbling their way to victory in 2013. Since that time, the team has continued to grow, learning that their shorts must be not only matching but also numbered. Today's team is fueled by Sour Patch Kids, Zumba, bumpy rides, Vernon's Diner, the country of China and truffles from Paul, the owner of the Willows Motel. With clear eyes, full hearts and full stomachs, there is no telling what this team can do.

ROSTER

0	Casey Krause	So	5'6"	19
2	Laura Plimpton	So	5'6"	20
3	Kate Powers	So	5'9"	19
4	Hannah Leblanc	Jr	5'5"	21
5	Sivana Barron	Sr	5'5"	22
6	Nina Underman	Sr	5'9"	22
7	Elisabeth Strayer	Sr	5'10"	22
8	Hannah Broos	So	5'6"	20
9	Ana Leon	Jr	5'6"	21
11	Jodi Kraushar	So	5'8"	20
13	Riley Freedman	So	5'5"	20
14	Rachel Musante	Fr	5'5"	19
17	Elizabeth Szufluita	Sr	5'5"	21
18	Carly Berlin	Fr	5'4"	18
21	Vivian Yang	Sr	5'7"	22
22	Molly Sun	Sr	5'8"	22
23	Steph Sun	Fr	5'7"	19
24	Elizabeth Carew	Sr	5'3"	22
26	Eileen Bates	So	5'7"	20
34	Sabina Hartnett	Fr	5'5"	19
80	Melissa Cusanello	Fr	5'7"	19

CARLETON COLLEGE

ECLIPSE

Northfield, MN

Website: carletoneclipse.weebly.com

Twitter: @eclipsehthedisc

Captains: Lisa Qiu, Julia Reich, Marina Watowich



Eclipse formed roughly 11 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 six years ago and, in 2011, went to D-III Nationals for the first time, only to come away victorious with a national championship title. The team has made D-III Nationals every year since then, most recently taking second place in 2014. While the success at first was both amazing and novel for the women, 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

0	Lisa Qiu	Jr	5'6"	21
2	Meg Crenshaw	So	5'7"	21
3	Molly Burness	Sr	5'2"	21
5	Anya Moradian	Jr	5'2"	20
7	Joyce Kim	So	5'4"	21
8	Haley Olson	So	5'7"	20
9	Marina Watowich	Sr	5'0"	22
11	Julia Reich	Sr	5'6"	22
12	Anna Persmark	Sr	5'3"	22
13	Elly Fireside-Ostergaard	Jr	5'1"	21
14	Leah Roche	So	5'7"	19
15	Katie Blise	Sr	5'8"	22
17	Devon Graham	Jr	5'4"	20
18	Abby Polk	Fr	5'9"	18
19	Takemi Kawamoto	Fr	5'5"	18
21	Kate Wagner	Jr	5'6"	21
23	Leigh Dairaghi	Sr	5'4"	22
27	Elaine Rock	Jr	5'1"	21
28	Rachel Gallagher	Fr	5'3"	18
66	Beret Fitzgerald	Sr	5'7"	21
72	Jackie Lombard	Sr	5'9"	21

WOMEN'S TEAMS

CLAREMONT COLLEGES

GREENSHIRTS

Claremont, CA

Website: claremontgreenshirts.com

Twitter: @ClaremontGreens

Captains: Laurel Estes, Neha Vaingankar



True Facts:

- The word "dinosaur" comes from the Greek language and means "terrible lizard that kicks butt at ultimate."
- Scientists believe some dinosaurs lived for up to 200 years. What they don't know is that some have survived up until today.
- Dinosaurs dominated Earth for over 165 million years. Humans have been around for only two million years. Greenshirts are eternal.
- Some of the biggest plant eaters had to eat as much as a ton of food a day. This is comparable to post-sprint-practice team dinner.
- Some dinosaurs had more than 1000 teeth. All dinosaurs could replace their teeth at any time. Makes catching reeeaaally easy.
- 120 tons is the weight of one Argentinosaurus, the heaviest of all animals, equal to 100 elephants. This is nothing compared to a Green-bean's calf muscles.
- Birds descended from a type of dinosaurs known as theropods. The Greenshirts are the combined team of the Claremont Colleges Consortium: 5C, but 1 heart. After our first big taste of victory, winning D-III Nationals in 2012, we've been hungry for more ever since. No, our shirts aren't green - but the grass stains from our layouts are.

ROSTER

00	Marianna Heckendorn	Jr	5'7"	21
4	Margaret Miller	Jr	5'7"	21
7	Amelia Haselkorn	Jr	5'5"	21
9	Francesca Querdasi	Fr	5'6"	19
11	Andrea Green	So	5'4"	19
13	Merritt Gohn	Fr	5'9"	19
14	Tiana Wu	Jr	5'4"	20
15	Laurel Estes	Sr	5'4"	22
20	Mara Bandt-Law	Jr	5'5"	21
21	Sharon Huynh	Fr	5'4"	19
27	Samantha Echevarria	Jr	5'3"	21
30	Nicole Subler	Jr	5'9"	21
32	Neha Vaingankar	Jr	5'4"	20
33	Brynn Arborico	So	5'5"	20
35	Maya Ellis	Fr	5'5"	19
42	Nancy Karreman	Fr	6'2"	18
45	Bryn Bandt-Law	Jr	5'4"	21
55	Kaitlyn Anderson	Jr	5'6"	20
66	Montana Roberts	Fr	5'10"	18
72	Tasha Arvanitis	Sr	5'6"	21

SPECTATOR INFO

GEORGIA COLLEGE

LYNX RUFUS

Milledgeville, GA

Website: gcultimate.com/womens

Facebook: facebook.com/GCWomensultimate

Twitter: @GC_lynx_rufus

Captains: Paige Carver, Katie Pulliam

Coach: Doug Oetter



Lynx Rufus came together in 2010. Love built us, with spirit we grew, and over the years, hard work and determination have become the cornerstones of our program. We have qualified for Nationals each year we have been a team, and we are proud to compete again in 2015. We have been a small team ever since we started, and our players are

used to playing savage or having only a couple of subs. This pushed the girls to learn the game quickly because we knew we would get plenty of playing time and gave us a strong foundation from which to grow. Over the past two years, we have doubled in size, mostly with young girls who are excited and passionate about the sport. Our team has always been a close one and has always been a great community where the girls can cut loose and say anything they want without judgment. Lynx Rufus was built by fun, loving, passionate women and has always had its focus on enjoying being together as much as playing together. Win or lose, we come out to have fun and play our hearts out.

ROSTER

3	Paige Carver	Gr	5'0"	23
7	Mary Mason Beale	So	5'10"	20
10	Julia Eck	Jr	5'7"	21
12	Emily Moses	Jr	5'1"	20
13	Alexandra Oliveri	Sr	5'5"	21
15	Nellie Thomas	So	5'4"	20
18	Audrey Greene	Jr	5'5"	21
21	Katie Pulliam	Sr	5'8"	22
24	Jenny Gold	Jr	5'5"	22
25	Grier Marzendorfer	Jr	5'9"	21
27	Alexandra DelCampo	Fr	5'7"	18
30	Katherine Yost	So	5'1"	20
41	Samantha Segars	Fr	5'5"	19
48	Kat Watson	So	5'2"	20

WOMEN'S TEAMS

GRINNELL COLLEGE

STICKY TONGUE FROGS

Grinnell, IA

Website: grinnellultimate.com

Twitter: @GCStickies

Captains: Kirsten Nelson, Bethany Clarke



For a small town in the middle of Iowa (75 percent vowels, 100 percent awesome), Grinnell has a high thrift-store-to-resident ratio. Sometime in the 1900s, a student came across an old jersey in one of the thrift stores in downtown Grinnell (25 percent vowels, 75 percent corn). The jersey bore the logo of a frog and the words "Sticky Tongue Frogs Grinnell Ultimate." This was fortuitous, as it led to the reemergence of the Stickies. Soon after, the frogs emerged from under their lily pads, seeking glory and sick layout Ds on Mac Field. Led not by a coach, these democratic defenders of tradition proudly maintain self-gov (100 percent love). After a competitive showing in the North Central Region last year, the team trained harder than ever through the long Iowa winter and hopped out as far as Georgia and South Carolina to hammer and huck with the best of them. Eclectic, athletic ribbit-ers, the Stickies are ready to show off their jam hands, sticky tongues and stellar spirit in their fifth appearance at D-III Nationals.

We take pictures of our pickle burgers with our sticky selfie stick.

ROSTER

3	Ruth Isaac	So	5'1"	19
4	Lucy Chechik	Fr	5'7"	19
6	Anna Hicks	So	5'5"	21
8	Sasha Baumann	So	5'8"	20
9	Annie Ramey	So	5'7"	19
11	Katie Abrams	Jr	5'5"	21
12	Kathryn Yetter	Fr	5'7"	19
18	Julia Sauerhaft	Sr	5'6"	21
19	Mia Ritter	Sr	5'7"	22
22	Colleen Moser	Jr	5'8"	20
36	Talora Martin	Sr	5'10"	21
48	Julia Dornbusch	So	5'8"	20
55	Marissa Yetter	Jr	5'3"	21
57	Kirsten Nelson	Sr	5'6"	22
80	Bethany Clarke	Sr	5'11"	22
89	Natalie Duncombe	Sr	6'1"	22

HAMILTON COLLEGE

HOT SAUCHERS

Clinton, NY

Website: hotsaucersultimate.wordpress.com

Twitter: @hotsaucehers

Captains: Jessi Crowley, Kateri Boucher, Malindi Chesnut-Tangerman



The Hot Saucehers were founded in the fall of 2010, fielding only seven or eight players depending on the day. Through the hard work of the team's founders and a growing love for the sport at Hamilton, the 'Hers now have 25 names on the roster. We also made our first Nationals run last year. We played competitive and good-natured games, learned a lot and added Hamilton to the national conversation. The spirit animal of the 'Hers is the bear, evidenced by our ferocious playing and our large bear hugs on and off the field. Our motto is "British ammunition, French champagne," because we work hard and play hard, and it's that attitude that has allowed us to build our program to where it is today. We are excited to see how the program continues to grow in the future; we feel it has reached a turning point this year, with a record number of enthusiastic new players and an ever-growing base of returners. We know that wherever the Saucehers go in the coming years, our number one priority will be maintaining a love of the game and each other.

ROSTER

3	Katie Jickling	Sr	5'6"	22
6	Hannah Strong	So	5'5"	20
7	Isabel O'Malley	Fr	5'7"	18
8	Julia Dailey	Fr	5'3"	18
9	Emma Karsten	Fr	5'8"	19
11	Molly April	So	5'3"	19
12	Allison Kingston	Fr	5'2"	18
13	Jessi Crowley	Jr	5'3"	21
14	Leigh Preston	Fr	5'5"	18
15	Mackenzie Brettmann-Adcock	Fr	5'4"	19
17	Hannah Meisels	Fr	5'5"	18
19	Erin Casey	Sr	5'10"	22
22	Maureen McDermott	Fr	5'5"	18
26	Natalie Poremba	Fr	5'1"	18
27	Kerri Grimaldi	Sr	5'2"	22
39	Audrey Love	So	5'7"	20
42	Emily Snider	Sr	5'7"	22
72	Malindi Chesnut-Tangerman	Sr	5'9"	21

WOMEN'S TEAMS

LEHIGH UNIVERSITY

GRAVITY

Bethlehem, PA

Twitter: @LUgravity

Head Captain: Stephanie Hartson

Assistant Captains: Emily Wilkinson, Taylor Stewart



Lehigh Gravity officially began in 2010 after many years of girls playing with Lehigh's men's team. We had some early success, placing fifth at D-III Nationals in 2012, led by former coach Pete Clark, and have been looking to replicate and sustain that success ever since. With a solid, experienced group of veterans and athletic and enthusiastic rookies, we're a team that loves to have a good time on the field and off. We are an extremely close-knit group of friends with a unique team culture which translates into how we play on the field. BTIME!

ROSTER

1	Marissa Cannon	5'3"	19
3	Jenna Smalley	5'1"	21
5	Madison Cannon	5'3"	19
7	Juliet Chung	5'3"	18
8	Jeanne Espourteille	5'6"	19
12	Emily Sechrist	5'4"	20
10	Courtney Capobianco	5'6"	18
17	Dana Waxenberg	5'3"	18
18	Stephanie Hartson	5'3"	22
19	Erin Barclay	5'6"	20
20	Brianne Barker	5'4"	19
21	Lindsay Levin	5'4"	20
23	Diana Yeh	5'3"	21
27	Emily Wilkinson	5'3"	20
32	Taylor Stewart	5'8"	20
41	Kellen Lowrie	5'9"	22
48	Christina DiNapoli	5'5"	21
52	Bess Lorman	5'6"	19
83	Cynthia Cheng	5'4"	19

SPECTATOR INFO

LUTHER COLLEGE

FREYA

Decorah, IA

Website: luther.edu/womens-ultimate

Twitter: @freyaultimate

Captains: Hanna Jensen, Maia Pugh

Freya Women's Ultimate is a program from Luther College in Decorah, Iowa, that has been quickly improving over the last few years. Starting out small in the early 2000s, the team has grown to over 30 players who are committed to developing a high level of play. Freya has worked very hard to develop a team that revolves around strong Spirit of the Game and deep trust of one another that shows on and off the field. The team has been building momentum for the past three years, working hard to create a very athletic, versatile team whose talent runs deep. This will be Freya's first time attending the D-III Championships, and they are excited to represent the North Central Region and Luther College.

ROSTER

00	Hanna Jensen	5'6"	21
2	Grace O'Brien	5'2"	19
4	Libby Logsdon	5'4"	22
6	Hannah Garry	5'8"	20
7	Lisel Caldwell	5'3"	20
8	Jocelyn Beleutz	5'3"	22
9	Taryn Bolea	5'5"	20
10	Natalie Auer	5'8"	21
12	Rachel Johnson	5'4"	20
14	Margaret Schmitt	5'5"	20
16	Greta Hartmann	5'6"	20
17	Lindsey Pielage	5'8"	20
18	Katie Kust	4'10"	22
23	Libby Mumm	5'11"	20
27	Luci Holte	5'8"	19
38	Erika Storvick	5'8"	21
44	Maia Pugh	5'5"	22
49	Cadence Sawyer	5'8"	22
52	Claire Boeke	5'8"	20
55	Tanya Meyer	5'7"	22
60	Sarah Feltault	5'3"	20
72	Cassie Campbell	5'4"	21
78	Kjerstin Nelson	5'3"	19

WOMEN'S TEAMS

UNIVERSITY OF PUGET SOUND CLEARCUT

Tacoma, WA

Twitter: @wutwutclearcut

Captain: Sam Jones

Junior Captains: Ellen Mueller, Becca Ebert

Coach: Spencer Sheridan



Three years ago, Clearcut was known by another name - Zephyr, the Greek god of the west winds. Back then, merely seven sad souls appeared upon practice day. The white piece of plastic around which we all today base our core identity was then nothing but a plaything. In the modern age, Clearcut stands proud with an army of over thrice that number. Newcomers dominate the field, putting

captains and commanders to shame. While the past may be bleak, we are entering a new era of growth and prosperity. This is the third year in a row that Clearcut has vanquished its enemies and secured a place at the ultimate showcase of educational institutions of a modest size. In the past, we have found ourselves skint and choosing ceremony over competition. In the end, a day may come, when the courage of women fails, when we forsake our friends and break all bonds of fellowship, but it is not this day! This day we fight! By all that we hold dear on this good earth, we bid, and stand, women of the West!

ROSTER

4	Ellen Mueller	Jr	5'8"	21
5	Yvonne Wetzig	Jr	5'7"	21
7	Sam Jones	Sr	5'3"	22
8	Sarah Ciambrone	So	5'5"	20
9	Alice Altbaum	Fr	5'3"	19
10	Kelsey Radwick	Sr	5'4"	22
12	Sarah Davidson	Fr	5'3"	19
13	Becca Ebert	Jr	5'9"	21
14	Neeyati Johnson	Fr	5'5"	19
18	Ellen Kalenscher	So	5'5"	20
19	Mickela Heilicher	Fr	5'1"	19
23	Alana Speich	So	5'5"	20
26	Ellie Engel	So	5'10"	20
35	Abby Mayo	Fr	5'9"	19
42	Hannah Gould	Fr	5'6"	19
77	Poulami Wielga	Fr	4'11"	20
99	Jamie Millon	Fr	5'3"	19

RICE UNIVERSITY TORQUE

Houston, TX

Website: torqueultimate.wix.com/rice-womens-ultimate

Twitter: @torqueultimate

Captains: Maya Stokes, Nichole Kwee

Coaches: Ashley Shelor, Sharon Tsao



Torque played in the D-III National Championships for the first time in 2014 and emerged as the champions. With renewed recruiting and energy, we formed a strong roster of 22 players for the 2015 season.

We focused on growing our underclassmen and hold every teammate to high standards in terms of commitment. Torque travelled to four regular-season tournaments to compete against D-I opponents. Two brand new coaches joined Torque this season, Ashley Shelor and Sharon Tsao, who pushed the team to reach high levels of fitness and playing. Torque was confronted by weather-related incidents and challenging games all season, helping us to develop a strong mental game. Torque is a high-energy and spirited team that will fight for every point.

ROSTER

00	Kelsi Wicker	Fr	5'8"	19
2	Marie Hoeger	Jr	5'9"	21
3	Samantha Paulsen	Gr	5'8"	24
4	Emma Wine	So	5'6"	20
5	Kelsey Nanneman	So	5'6"	20
6	Marica Sharashenidze	Jr	5'7"	21
10	Angela Aie	Jr	5'4"	21
11	Angela Yang	Jr	5'5"	20
14	Maya Stokes	Sr	5'11"	22
15	Lauren Gernon	Sr	5'4"	21
17	Jackie Li	So	5'10"	20
18	Julie Doar	So	5'3"	19
19	Kara Van Schilffgaarde	Sr	5'2"	22
20	Valerie Pinillos	Jr	5'5"	21
21	Victoria Yuan	So	5'1"	20
22	Rebecca Lopez	Fr	5'4"	18
23	Nichole Kwee	Sr	5'9"	22
32	Erika Danckers	Sr	6'0"	21
34	Erin Yang	Fr	5'5"	18

WOMEN'S TEAMS

COLLEGE OF ST. BENEDICT

RAPTURE

St. Joseph, MN

Twitter: @CSB_Rapture

Captains: Bridget Adelmann, Erynn Schroeder, Hannah Zobitz

Coach: Ryan Oto



Formerly known as the Bad Habits, Rapture has once again rejuvenated their spirit and gained a new passion for ultimate. With an eclectic group of individuals, they return to the D-III Nationals field for a third consecutive year. They hope to outshine their results from seasons past and show other teams their grit and determination for the game, as well as their love and soul for each other. As the nuns say, "Sic Luceat Lux Vestra! (So let your light shine.)"

ROSTER

3	Meghan Harder	So	5'9"	20
4	Sara Brummer	Sr	5'10"	22
5	Katie Wesche	So	5'4"	20
7	Emily Schwen	So	5'9"	20
8	Meghan Hayden	Fr	5'3"	19
10	Rachel Kiley	So	5'8"	20
11	Alex Daggett	Fr	5'6"	19
12	Alison Dudek	Jr	5'2"	21
13	Morgan Potter	So	5'7"	20
17	Hannah Zobitz	So	5'5"	19
19	Annie Johnson	Fr	5'8"	19
23	Charlotte Waterhouse	Jr	5'6"	21
36	Lexi Bernstein	So	5'8"	20
37	Jackie Liska	Jr	5'3"	21
47	Bridget Adelmann	Sr	5'9"	22
52	Erynn Schroeder	Sr	5'6"	22
56	Lauren Lingenfelter	So	5'2"	20

SPECTATOR INFO

ST. OLAF COLLEGE

DURGA

Northfield, MN

Website: facebook.com/DurgaUltimate

Twitter: @DurgaUltimate

Captains: Beret Amundson, Janna Jansen, Emma Keiski



Durga hails from Northfield, Minn., and is over 20 years old. We enjoy playing with "funtensity."

ROSTER

1	Janna Jansen	Sr	5'8"	21
3	Ashley Willison	So	5'9"	20
5	Marika Lundeborg	So	5'0"	20
6	Evelyn Boss	Jr	5'2"	21
7	Lindsay Kemp	Fr	5'3"	19
9	Samantha Peterson	Fr	5'5"	18
10	Beret Amundson	Sr	5'8"	22
12	Alison Schmitz	Jr	5'5"	20
13	Lauren Halac	Sr	6'0"	22
14	Tulsa Douglas	Fr	5'9"	19
15	Caroline Urban	Fr	5'5"	19
16	Emma Keiski	Jr	5'8"	20
17	Grace Freeman	So	5'7"	20
18	Emily Verticchio	So	5'7"	20
19	Amy Turner	Jr	5'7"	21
20	Sara Swenson	Sr	5'6"	21
21	Amy Erlandson	So		20
28	Madison Okuno	So	5'4"	20
29	Anna Hjerpe	Jr	5'5"	21
33	Martha Melin	Jr	5'3"	20
35	Abby White	So	5'5"	19
77	Cate Cavalier	Jr	5'8"	21
79	Anna Ruehlow	Fr	5'6"	19

WOMEN'S TEAMS

TRUMAN STATE UNIVERSITY

TSUNAMI

Kirksville, MO

Website: facebook.com/tsunamiultimate

Twitter: @TSUnamiUltimate

Captains: Jessica Derry, Madeline Niehaus, Stephanie Sherman

Coach: Melissa Huegerich



A TSunami results from a great many crushing and seismic waves. These great waves come together from the deepest oceans like the depth of the players on our team, rising to new heights, chasing plastic and reaching the ultimate goal - the D-III

College Championships. Since 2004, spirit, competition and athleticism have been a part of every point TSunami plays. Coming from a little-known corner of rural Missouri, a land-locked place with no ocean in sight, these women are ready to represent Truman State University and the South Central Region. TSunami returns for our fourth consecutive Nationals appearance after a notable season with a 17-3 regular season record and a first-place finish at Old Capitol Open. Come rain, shine or even hail, we are ready to bring our bright skirts and colorful personalities to Rockford.

ROSTER

00	Jessica Zilch	Sr	5'6"	22
3	Carli Jackson	Jr	5'3"	21
4	Lauren Kells	Sr	5'6"	22
6	Emma Randolph	Jr	5'2"	20
8	Emily Sallade	So	5'2"	19
10	Emilie Willingham	Jr	5'9"	20
12	Brooke Johnson	Fr	5'6"	18
13	Kristina Kohl	So	5'6"	20
14	Stephanie Sherman	Gr	5'5"	22
18	Haley Johnson	So	5'2"	20
21	Mahliyah Adkins-Threats	So	5'0"	20
23	Madeline Niehaus	Sr	5'6"	21
24	Jessica Derry	Sr	5'6"	22
26	Jennifer May	Sr	5'6"	23
34	Samantha Daugherty	Jr	5'6"	20
38	Callie Warren	So	5'7"	19
44	Julianne Dworak	Sr	5'5"	22
45	Gwendolyn Beckemeier	So	5'10"	20
66	Caroline Taylor	Fr	5'8"	19
77	Emily Otto	So	5'5"	20
79	Callie Federer	Sr	5'6"	22

VALPARAISO UNIVERSITY

CHICKS HUCKING DISCS

Valparaiso, IN

Twitter: @ValpoCHD

Captains: Erin Watkins, Mackenzie Allen

Coach: Micah Hausch



Formed in the mid-2000s, CHD (Chicks Hucking Discs) is a group of girls from a small Lutheran university in Valparaiso, Ind. Their focus is on the Spirit of the Game, and their motto is FAITH: focus, attitude, integrity, teamwork, heart.

ROSTER

1	Alice Baker	Fr	5'5"	19
2	Kate Guidera	Gr	5'6"	24
3	Madeline Horton	Fr	5'5"	19
7	Serena Badgley	Fr	5'5"	19
8	Emma Barnes	Sr	5'3"	21
9	Aubrey Risetter	So	5'4"	20
12	Mackenzie Allen	So	5'8"	20
13	Miranda Sprenger-Mahal	Sr	5'6"	22
17	Ned King	Sr	5'3"	22
20	Jessica Lyza	Sr	5'4"	22
22	Erin Watkins	Sr	5'4"	22
23	Kassi Rosenberry	Fr	5'5"	18
24	Jordan Bauer	So	5'11"	20
26	Jordan Eissner	So	5'7"	20

WOMEN'S TEAMS

WAKE FOREST UNIVERSITY

RUCKUS

Winston-Salem, NC

Website: wfuwomensultimate.weebly.com

Twitter: @WfRuckus

Captains: Lindsay Soo, Alex St. Clair



Established in 2001, Wake Forest's RUCKUS became a strong team at the D-I level. However, in 2010 and 2011, the team decreased in size dramatically and struggled to stay competitive. RUCKUS then stepped down to Division III. Since then, RUCKUS has been

rebuilding and, in 2014, made it to the D-III College Championships and tied for third. RUCKUS aims to stay competitive with their second appearance at Nationals, as well as in the coming years. Our team is close-knit, and we strive to embody athleticism, community and Spirit of the Game through our play.

ROSTER

2	Lilias Gordon	Sr	22
3	Alex St. Clair	Sr	5'4" 22
4	Lindsay Soo	Jr	5'8" 20
7	Sarah Kingsley	So	5'2" 19
13	Hana Choi	Sr	5'5" 22
17	Renae Zengotita	Fr	18
18	Abby Mrvos	So	5'8" 20
21	Mary Helen Simpson	Sr	5'6" 22
23	Lindsay Gilliland	Fr	5'8" 19
26	Elizabeth Piontkowski	Jr	5'5" 21
28	Bella Hunt	Jr	5'3" 20
32	Rose O'Brien	Fr	5'7" 19
33	Amanda Murphy	So	5'3" 20

SPECTATOR INFO

WILLIAMS COLLEGE

LA WUFA

Williamstown, MA

Website: sites.google.com/site/lawufaultimate

Twitter: @LaWUFAultimate

Captains: Chelsea Zhu, Denise Park, Alison Hill

Coach: Jeannie Albrecht



The Williams Ultimate Frisbee Association is excited to receive our fifth consecutive bid to Nationals. Led by 2014 All-Region Captain Chelsea Zhu and co-captains Denise Park and Alison Hill, La Wufa has had a rewarding season. To start the year,

Wufa faced the loss of numerous talented seniors, but the fall and spring yielded the recruitment of a highly talented group of freshmen cutters as well as the development of reliable sophomore handlers. In addition to a wealth of individual assets, team cohesion has contributed significantly to La Wufa's success. The depth of talent led to numerous wins at the Presidents' Day Qualifier, River City Tune Up and I-85 Rodeo. After an impressive recovery from a team-blighting stomach virus at the end of spring break, La Wufa won New England Conferences and Regionals. This is the second consecutive year Williams has hosted and won New England Regionals. Look out - Wufa is hitting up Natties!

ROSTER

4	Mairead Reynolds	Fr	5'3" 18
7	Denise Park	Sr	5'4" 22
8	Christine Reed	So	5'5" 19
9	Haley Lescinsky	Fr	5'8" 18
11	Krystina Lincoln	So	5'6" 20
13	Dolly Bai	Fr	5'4" 18
17	Alison Hill	Jr	5'8" 21
21	Alison Roach	Jr	5'5" 21
22	Chelsea Zhu	Sr	5'6" 22
23	Emily Hoyt	So	5'9" 20
25	Ava Anderson	Fr	5'6" 19
27	Claudia Forrester	Fr	5'11" 19
30	Jocelyn Volk	Jr	5'5" 21
38	Sophia Rosenfeld	Sr	5'7" 21
42	Alexandra Griffin	Fr	5'8" 19
48	Mariah Widman	Sr	5'9" 22
50	Lane Davis	So	5'10" 20
76	Amy Rosten	So	5'8" 19
92	Charlotte Fleming	Sr	5'7" 22

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 2015 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN.
FIVEULTIMATE

Team@FiveUltimate.com



photo by Billy D Photography



HEALTH AND SAFETY

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

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

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

CONCUSSIONS

EDUCATION

- USA Ultimate recommends the CDC “Heads Up Safety” program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: usaultimate.org/membership/usa_ultimate_membership_forms.aspx

COACHING REQUIREMENTS

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

REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
 1. Remove athlete from play.
 2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management. Do not try to judge the seriousness of the injury yourself.
 3. If a minor, inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
 4. Allow athlete to return to play only with permission from an appropriate health care professional.

DOCTOR’S NOTE REQUIREMENT

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

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.

HEALTH & SAFETY CONTINUED...

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 three 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 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.



2015



The highest level of competitive ultimate in North America is coming.
CHECK IT OUT. EVERYONE IS INVITED. USAULTIMATE.ORG/TRIPLECROWNTOUR

SPIRIT OF THE GAME™

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

10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

5. DON'T “GIVE AS YOU GOT.”

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

6. BREATHE.

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

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

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

8. BE GENEROUS WITH PRAISE.

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

9. IMPRESSIONS LINGER.

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

10. HAVE FUN.

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

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

SPIRIT CIRCLE

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

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

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

SPIRIT 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!

WYNDHAM
HOTEL GROUP

USA
ULTIMATE

SAVE UP TO 20% OFF
"Best Available Rate*" at more than 7,000 properties!

Call 877.670.7088 & mention
ID# 1000009286 to receive the discount!



Good member benefits of the Wyndham Worldwide family.

WYNDHAM
Hotels and Resorts

WYNDHAM
GRAND COLLECTION

WYNDHAM
GARDEN

WINGATE
Hotels & Suites

HAWTHORN
SUITES BY WYNDHAM

RAMADA
WORLDWIDE

Days Inn

Signia
8

BAYMONT
INN & SUITES

Microtel
Inns & Suites

Howard Johnson

Travelodge

Knights
Inn

"Best Available Rate" is defined as the best, non-qualified, publicly available rate on the Internet for the hotel, date and accommodations requested. The discount for International properties may be less than or equal to 20% of Best Available Rate. Certain restrictions apply. To redeem this offer call the hotel brand phone number above and give ID at the time of reservation. Offer not valid if hotel is called directly; caller must use toll free numbers listed above. Advanced reservations are required. Offer is subject to availability at participating locations and some blackout dates may apply. Offer cannot be combined with any other discounts, offers, or special promotions. Discounts vary by location and time of year. Offer is void where prohibited by law and has no cash value.

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:

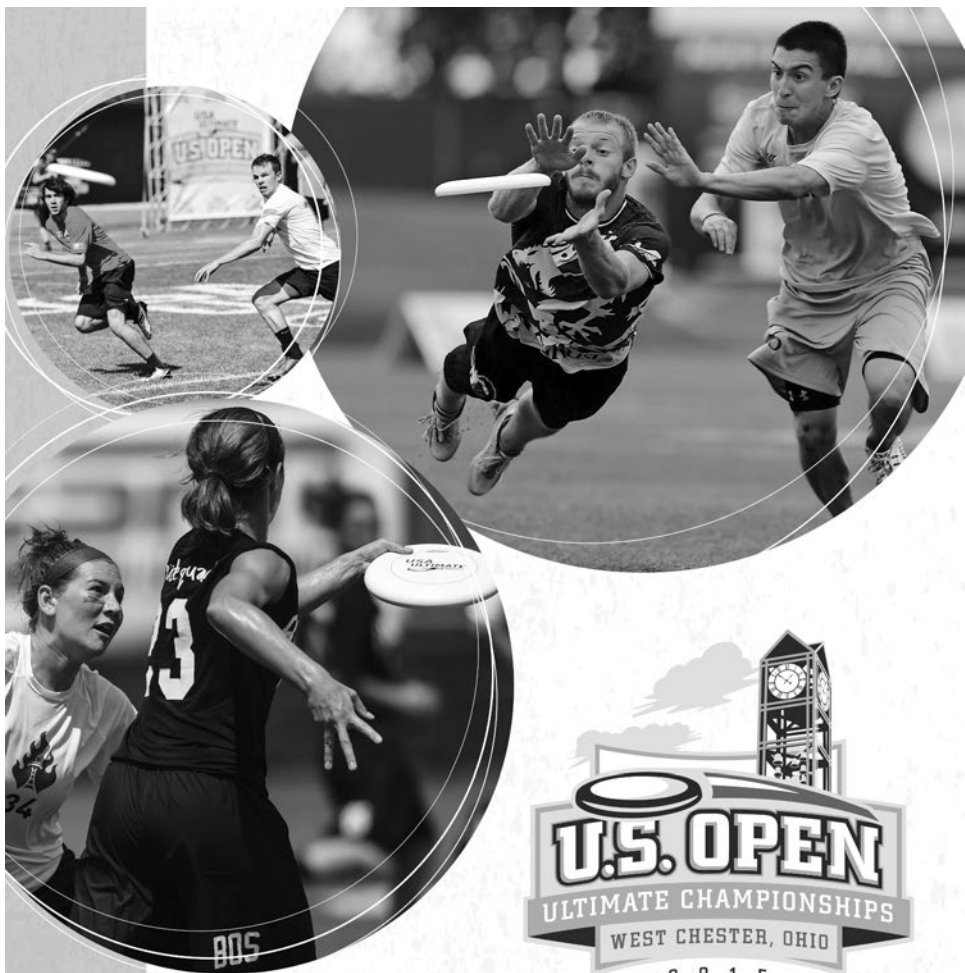
- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g., spiking and rushing the field), and possible modifications to the captain's clause (e.g., prohibiting zone for new teams or 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. 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.

2015 USA ULTIMATE COACHING SIDELINE ACCESS 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's Coordinator of Youth and Education Programs, Sarah Powers, at sarah@hq.usultimate.org or visit the USA Ultimate website at usultimate.org.



Join USA Ultimate and the international ultimate community
July 2-5, 2015, in West Chester, Ohio for the fourth annual
U.S. Open Ultimate Championships & Convention.

A celebration of character, community and competition.

**3 DIVISIONS, 3 CHAMPIONS,
36 OF THE WORLD'S BEST TEAMS**



ESPN

ESPN 3

★ A CELEBRATION OF CHARACTER, COMMUNITY AND COMPETITION ★

MEN'S SCHEDULE

2015 USA Ultimate Division III College Championships - Men's Division

Saturday, May 16, 2015

Saturday, May 16, 2015												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	Franciscan (1)					B1	Brandeis (2)				
	A2	John Brown (8)					B2	Carleton College (7)				
	A3	Middlebury (12)					B3	Claremont (11)				
	A4	Davidson (13)					B4	North Park (14)				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30							B1 v B3	7	-	B2 v B4	8	-
10:45 - 12:15	A1 v A3	7	-	A2 v A4	8	-						
1:00 - 2:30	A1 v A4	7	-	A2 v A3	8	-	B1 v B4	9	-	B2 v B3	10	-
2:45 - 4:15	A1 v A2	7	-	A3 v A4	8	-	B1 v B2	9	-	B3 v B4	10	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	A2 v D3	3	-	B2 v C3	7	-	C2 v B3	5	-	D2 v A3	2	-

Championship Bracket

Sunday, May 17, 2015



Winner B2vC3

8:00am-9:45am

Game 1 - Field # 5

A1

Winner C2vB3

8:00am-9:45am

Game 2 - Field # 1

D1

Winner D2vA3

8:00am-9:45am

Game 3 - Field # 2

C1

Winner A2vD3

8:00am-9:45am

Game 4 - Field # 6

B1

Semifinal
10:00-11:45am
Field # 5

Final
2:00-3:45pm
Field # 9

Champion

Loser Game 1

10:00-11:45am
Field # 1

5th Place (tie)

Loser Game 2

Loser Game 3

10:00-11:45am
Field # 2

5th Place (tie)

Loser Game 4



Championship games to 15, cap 17

MEN'S SCHEDULE

2015 USA Ultimate Division III College Championships - Men's Division												
Saturday, May 16, 2015												
All Games to 15 Cap 17	Pool C						Pool D					
	C1	Elon (3)					D1	Lewis & Clark (4)				
	C2	Georgia College (6)					D2	SUNY-Geneseo (5)				
	C3	Bowdoin (10)					D3	Bryant (9)				
	C4	Truman State (15)					D4	St. Olaf (16)				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	C1 v C3	1	-	C2 v C4	2	-						
10:45 - 12:15							D1 v D3	1	-	D2 v D4	2	-
1:00 - 2:30	C1 v C4	3	-	C2 v C3	4	-	D1 v D4	1	-	D2 v D3	2	-
2:45 - 4:15	C1 v C2	3	-	C3 v C4	4	-	D1 v D2	1	-	D3 v D4	2	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15												

Consolation Bracket Sunday, May 17, 2015



Loser B2vC3

8:00-9:45am
Game 5-Field # 3

A4

Loser C2vB3

8:00-9:45am
Game 6-Field # 4

D4

12:00-1:45pm
Field # 2

9th Place (tie)

Loser D2vA3

10:00-11:45am
Game 7-Field # 7

C4

Loser A2vD3

10:00-11:45am
Game 8-Field # 8

B4

12:00-1:45pm
Field # 7

9th Place (tie)

Loser Game 5

12:00-1:45pm
Field # 1

13th Place (tie)

Loser Game 6

Loser Game 7

12:00-1:45pm
Field # 8

13th Place (tie)

Loser Game 8



Consolation games to 15, cap 17

WOMEN'S SCHEDULE

2015 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 16, 2015												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	Rice (1)					B1	Truman State (2)				
	A2	St. Olaf (8)					B2	Williams (7)				
	A3	Wake Forest (12)					B3	Carleton College (11)				
	A4	Luther (13)					B4	Lehigh (14)				
Saturday		F#	Score		F#	Score		F#	Score	F#	Score	
9:00 - 10:30	A1 v A3	5	-	A2 v A4	6	-	B1 v B3	9	-	B2 v B4	10	-
10:45 - 12:15	A1 v A4	5	-	A2 v A3	6	-	B1 v B4	9	-	B2 v B3	10	-
1:00 - 2:30	A1 v A2	5	-	A3 v A4	6	-						
2:45 - 4:15							B1 v B2	11	-	B3 v B4	12	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	A2 v D3	1	-	B2 v C3	10	-	C2 v B3	9	-	D2 v A3	6	-

Championship Bracket

Sunday, May 17, 2015



Winner B2vC3

8:00am-9:45am

Game 1 - Field # 9

A1

Winner C2vB3

8:00am-9:45am

Game 2 - Field # 12

D1

Winner D2vA3

8:00am-9:45am

Game 3 - Field # 11

C1

Winner A2vD3

8:00am-9:45am

Game 4 - Field # 10

B1

Semifinal

10:00-11:45am

Field # 9

Final

12:00-1:45pm

Field # 9

Champion

Loser Game 1

10:00-11:45am

Field # 11

5th Place (tie)

Loser Game 2

Loser Game 3

10:00-11:45am

Field # 12

5th Place (tie)

Loser Game 4



Championship games to 15, cap 17

WOMEN'S SCHEDULE

2015 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 16, 2015												
All Games to 15 Cap 17	Pool C						Pool D					
	C1	Grinnell (3)					D1	Valparaiso (4)				
	C2	Claremont (6)					D2	St. Benedict (5)				
	C3	Bowdoin (10)					D3	Puget Sound (9)				
	C4	Hamilton (15)					D4	Georgia College (16)				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	C1 v C3	3	-	C2 v C4	4	-	D1 v D3	11	-	D2 v D4	12	-
10:45 - 12:15	C1 v C4	3	-	C2 v C3	4	-	D1 v D4	11	-	D2 v D3	12	-
1:00 - 2:30							D1 v D2	11	-	D3 v D4	12	-
2:45 - 4:15	C1 v C2	5	-	C3 v C4	6	-						
Re-seed teams 1-4 within each pool												
4:45 - 6:15												

Consolation Bracket Sunday, May 17, 2015



Loser B2vC3

8:00-9:45am
Game 5-Field # 7

A4

Loser C2vB3

8:00-9:45am
Game 6-Field # 8

D4

12:00-1:45pm
Field # 6

9th Place (tie)

Loser D2vA3

10:00-11:45am
Game 7-Field # 3

C4

Loser A2vD3

10:00-11:45am
Game 8-Field # 4

B4

12:00-1:45pm
Field # 3

9th Place (tie)

Loser Game 5

12:00-1:45pm
Field # 5

13th Place (tie)

Loser Game 6

Loser Game 7

12:00-1:45pm
Field # 4

13th Place (tie)

Loser Game 8



Consolation games to 15, cap 17



2015 COLLEGE CHAMPIONSHIPS

The biggest games from the year's biggest event – all broadcast live.

LIVE ON ESPN3 // ALL TIMES EASTERN

SUNDAY, MAY 24

1:00pm – Women's Semifinal

3:30pm – Women's Semifinal

6:30pm – Men's Semifinal

9:00pm – Men's Semifinal

MONDAY, MAY 25

1:00pm – Women's Championship Game

3:30pm – Men's Championship Game

TAPE-DELAYED BROADCAST ON ESPNU // ALL TIMES EASTERN

WEDNESDAY, MAY 27

8:00pm USA Ultimate College
Championships Semifinals
Highlights Show

9:00pm Women's Championship
Game

10:00pm Men's Championship Game

ESPN



ESPN 3

FIELD MAP





OFFICIAL DISC USA
ULTIMATE

DIRECTIONS FOR USE

1. throw
2. generate memories of a lifetime
3. repeat

DISCRAFT
THE WORLD LEADER IN DISC SPORTS