



**DM**

**COLLEGE**

**CHAMPIONSHIPS**

**2016**

**USA  
ULTIMATE**



**WINSTON-SALEM, NC**



Photo by Get Horizontal

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

**FIVE**ULTIMATE



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# WELCOME

On behalf of USA Ultimate, Triad Area Ultimate and the Winston-Salem Convention & Visitors Bureau, we take great pleasure in welcoming you to the 2016 USA Ultimate Division III College Championships. We are very excited about hosting this USA Ultimate Championship event in Winston-Salem, N.C.

We look forward to watching the incredible, high-level competition this weekend. It is our pleasure to host this growing division of competition within the college level. You all are the future of our sport and contribute to its growth every day. Take time this weekend to reflect on your amazing seasons and celebrate all that you have accomplished.

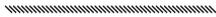
A weekend like this is only made possible through the hard work of countless volunteers. We would especially like to thank the Winston-Salem Convention & Visitors Bureau and Twin City Youth Soccer Association for their partnership in making this event possible. Throughout the weekend, please take a few moments to thank these volunteers for their hard work and dedication supporting the sport of ultimate.

Good luck to all of the teams this weekend, and thank you to the coaches and chaperones for supporting the collegiate division of our growing sport!

Play (flat)ball!

Tammy Moose & Emily Bratton

Tournament Directors



Welcome!

We are honored to host the 2016 USA Ultimate D-III College Championships in Winston-Salem.

Winston-Salem is well positioned to be an exceptional site for your competition, and our city has a history of successfully hosting sporting events.

I am confident that while you are here, you will encounter a city with great history, unique attractions, shopping, hundreds of bars and restaurants and the warmest hospitality.

Explore our exciting city as your time permits, and make plans to return often to enjoy our festivals, events and perhaps even a Winston-Salem Dash baseball game.

Best wishes for a successful championship in Winston-Salem.

Sincerely,

Richard Geiger

President

Visit Winston-Salem



# WEEKEND OVERVIEW

## All events at BB&T Soccer Park

### Friday, May 20

7:00pm – 9:00pm: Team Registration

### Saturday, May 21

8:00am: Captains' Meeting

9:00am – 6:00pm: Game Play

5:00pm: Dinner

### Sunday, May 22

8:30am – 2:00pm: Elimination and Placement Games

12:00pm: Women's Finals

2:00pm: Men's Finals

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

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## EVENT STAFF

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

### Local Organizing Committee Staff

Tournament Directors – Tammy Moose, Emily Bratton

Assistant Tournament Directors – Lauren Tompson, Alexa Barwick

Volunteer Coordinators – Eric Snavely, Jason Pierce

Head Scorekeepers – Adam White, Brian Gane

Hospitality Coordinator and Media Coordinator – Jordan Sutton

Writer – Jason Pierce

### USA Ultimate Staff

Manager – Events – Byron Hicks

D-III Tournament Coordinator – Ty Krajec

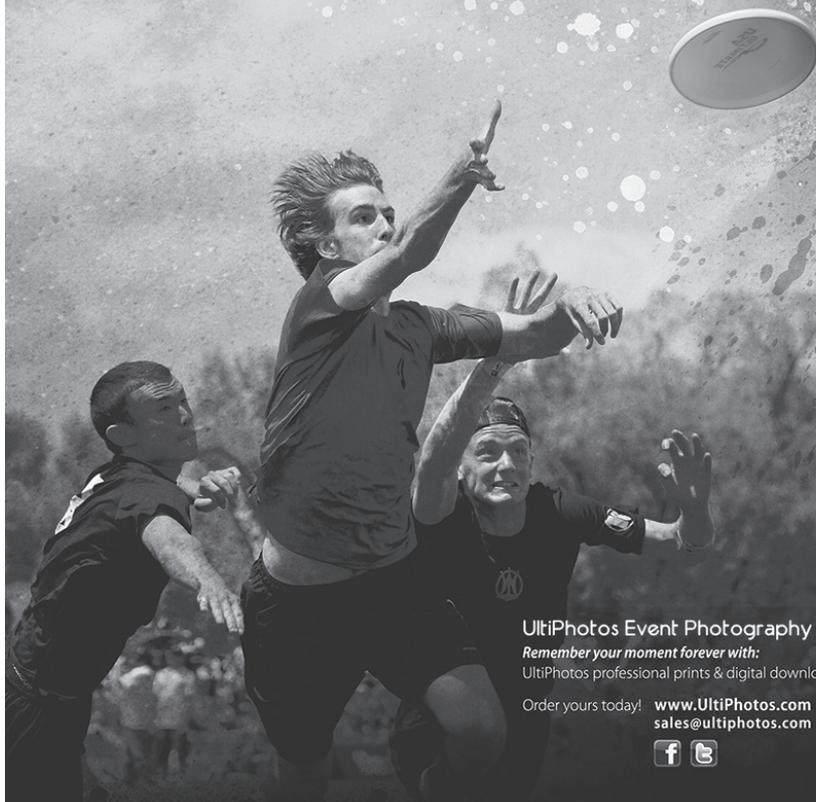
D-III College National Director – Kevin Kula

### Observers

Wally Kwong (Head Observer), Mitch Dengler, Laura Meyer, Sam Wood, Shiellah Quintos, Linda Kudo, Carl Nelson, Stephan Wang, Chuck Yu, Daniel Wong, Craig McGowan, Brandon Jones, Chris Burling, Jeffrey Blair, Casey Alexander, Jack Derbyshire



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YOUR FRIENDS  
HOW GOOD YOU ARE—  
SHOW THEM**



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# COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- In addition, per the 2016 USA Ultimate College Season Guidelines:
  - End zones will be shortened to 20 yards in depth
  - Contact Call – If contact occurs between the thrower and the marker that would constitute a foul under XVI.H.3.a, but the thrower does not release the disc, “contact” may be called. Play does not stop, and the marker resumes the stall count at “one.” Other than resetting the stall count to “one” after the first instance, the contact call is treated as any other marking violation. The marker may contest the “contact” call by calling “violation,” which stops play. If the thrower calls “contact” after beginning the throwing motion and subsequently releases the disc, it is treated as if the thrower called “foul.”
- All games to 15, point cap at 17.
- Half-time is 10 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime, each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 15 goals, overtime occurs when the score reaches 14-14).
- Hard time-cap goes on at the end of the round time on the schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Soft time-cap goes on 20 minutes before the hard cap. Add two points to higher score after first score after soft time-cap. Game ends when first team reaches the new game total, or when the first team reaches 15 or more while ahead by at least two points, whichever comes first.
- Caps do not affect timeouts.
- Hard caps will not be used for finals games.

breakmark

# GET READY FOR SUMMER TOURNAMENTS!

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# SITE RULES

**Make sure your teammates know and follow the site rules:**

- No pets.
- No smoking on the premises (please help remind our visitors).
- No alcohol, drugs or firearms permitted on premises.
- No convicted sex offenders allowed on premises.
- No glass containers.
- No person shall engage in any sale of merchandise or services or operate any concessions without prior approval.
- Specific prior permission is required for decorations or alterations to fixtures, walls, etc. or posting of signs for the purpose of advertising or decorating the facility or for any other purpose without first having obtained the written permission of TCYSA.
- No firearms, air rifles, BB guns, spring guns, bow and arrows, slings or any other form of weapon dangerous to human safety are allowed on the facility grounds at any time.
- Follow all posted speed limit signs.
- All minors must be under adult supervision at all times.
- Mind your mouth. Foul or abusive language is not attractive, thus will not be tolerated. TCYSA reserves the right to remove, or have removed, any person(s) due to abusive conduct or a non-cooperative attitude.
- Pick up after yourself (and others). One piece of trash will promote the next. Please refrain from littering, and go one step further by picking up after each other.
- Respect the decisions of the committee to protect the fields/facility.
- Treat these fields and facilities with respect.
- Keep all vehicles off any grass surfaces (other than emergency or field maintenance vehicles).

You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.



Join USA Ultimate and the international ultimate community  
**July 1-4, 2016 in Kingston, R.I.**, for the fifth annual U.S. Open  
Ultimate Championships & Convention.

A celebration of character, community and competition.

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



# ULTIMATE IN 10 SIMPLE RULES

- 1. THE FIELD:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
- 2. INITIATE PLAY:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.
- 3. SCORING:** Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.
- 4. MOVEMENT OF THE DISC:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.
- 5. CHANGE OF POSSESSION:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- 6. SUBSTITUTIONS:** Players not in the game may replace players in the game after a score and during an injury timeout.
- 7. NON-CONTACT:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 8. FOULS:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- 9. SELF-OFFICIATING:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
- 10. SPIRIT OF THE GAME:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

# MEN'S TEAMS ★ ★ ★

## AIR FORCE ACADEMY AFTERBURN

### COLORADO SPRINGS, CO

Coaches: Darren Mace, Carl Chan  
 Head Captain: Jake Johnson  
 Co-captains: Mitch Willis, James Coyne  
 Junior Captain: Mitchel Bie  
[@AirForceUltimate](https://www.facebook.com/AirForceUltimate)  
[@AFU\\_Afterburn](https://www.instagram.com/AFU_Afterburn)



Our team was started around 20 years ago and has been increasing in size and legitimacy ever since. We joined D-III in the spring of 2013 and have made a name for ourselves by being that overly athletic team that unfortunately struggled due to a lack of disc/throwing skills. However, this year, due to the influx of some very experienced freshmen, a strong cadre of eight seniors, and some excellent coaching, we have finally meshed the athleticism and the throwing together. We have travelled a ton this year (most games played in D-III) and made it our supreme goal to make Nationals for the first time in team history. Qualifying this year also makes us the first service academy to attend Nationals! We are extremely proud and honored to be a Nationals attendee and look forward to representing our school at the highest D-III level. From not making Regionals last year to winning Regionals this year, we'd say we've come a long way and have had a lot of fun in the process. Our seniors are excited to go out with a bang and are hoping to leave a legacy that includes AF attending Natties every year!

### ROSTER

0	Zachary Arns	Fr	6'0"	19
1	Teddy Jantscher	Fr	6'1"	19
3	Ben Protzman	Jr	6'0"	21
4	Noa Chun-Moy	Fr	5'8"	20
5	Trevor Browning	So	5'11"	20
7	Mitch Willis	Sr	6'2"	22
9	Justin Miller	Sr	6'0"	22
10	Colin Laskodi	Sr	5'10"	23
16	Jake Johnson	Sr	5'11"	23
17	James Coyne	Sr	6'2"	23
21	Chris Delgado	So	5'9"	21
22	Mitch Bie	Jr	5'10"	21
25	Paul Dean	Sr	5'8"	22
30	Daniel VanderWeide	Fr	6'1"	19
32	Domenic Troilo	Sr	5'10"	23
34	Matthew Moshea	Fr	6'4"	19
39	Collin Thomet	Fr	6'1"	19
42	Alan Villanueva	Fr	6'0"	19
58	GJ Howland	Jr	6'8"	22
69	Reid Foley	Jr	5'9"	21
85	Conner Smith	Sr	6'0"	22
90	Forest Bell	So	6'0"	22
99	Spencer Yacos	So	6'0"	20

## BRANDEIS UNIVERSITY TRON

### WALTHAM, MA

Coaches: Scott Gatto, Samuel Dinning,  
 Lillian Steponaitis  
 Captains: Elan Kane, Max Zaslove, Hansen Yang,  
 Mike Humbert  
[brandeistron.com](https://www.brandeistron.com)  
[@brandeistron](https://www.instagram.com/brandeistron)



TRON has been competing in Division III for five years now, qualifying for D-III Nationals for the past four. This year, TRON embraced an attitude of hard work, focusing on conditioning and mental toughness. After a solid regular season, TRON finished sixth overall in the rankings and entered D-III New England Regionals ready to work hard and earn a bid. TRON placed second at regionals and clinched a spot at D-III Nationals. This year, TRON hopes to improve on last year's second-place finish.

### ROSTER

0	Gabriel Goldstein	So	5'11"	20
1	Daniel Krigel	Sr	5'8"	22
2	Tzvi Miller	Sr	5'9"	22
3	Isaac Sosebee	Sr	5'8"	21
4	Benjamin Meschede-Krasa	Jr	5'9"	20
5	Hansen Yang	Sr	6'0"	22
6	Brett Rosenstein	So	5'7"	20
7	Max Zaslove	Sr	5'10"	22
8	Mike Humbert	Jr	5'8"	20
9	Sung-Jae Park	Sr	5'11"	23
10	Matthew Rosenstein	So	5'7"	20
11	Daniel Hakakian	Jr	5'6"	21
14	Alexander Esakof	Sr	6'2"	22
15	Elan Kane	Sr	5'10"	21
16	Declan Lynch	So	6'0"	20
19	Noah Newberger	Gr	5'10"	23
20	Ben Rosenfeld	So	5'6"	19
23	Zephyr Wright	Jr	5'5"	21
25	Brian Gzemski	Jr	6'0"	21
30	Russell Tan	So	5'11"	20
33	Patrick Carroll	Jr	5'9"	21
40	Gabriel Fontes	Fr	6'5"	19
49	Gabe Adler-Cohen	So	5'8"	20
99	Jordan Kaufman	Fr	5'8"	18

# MEN'S TEAMS ★ ★ ★

## BRYANT UNIVERSITY CRAZE

### SMITHFIELD, RI

Coach: Jim Bishop

Captains: John-Paul Saggal, Mike Bighinatti



The team was started in the late 80s and is making its third consecutive trip to Nationals. Bryant has been a top contender in the South New England D-III Conference and has qualified for D-III Regionals the past six years. Coach Jim Bishop has been with the team for over 10 years.

### ROSTER

5	Nicholas Mendoza	Fr	5'10"	18
6	Zachary Tuxbury	Fr	5'9"	19
14	Austin Kelson	Jr	6'0"	20
18	Michael Cardello	Sr	5'9"	22
19	Thomas Belger	Jr	6'1"	21
23	John-Paul Saggal	Gr	5'11"	22
28	James Phillips	Jr	6'3"	20
29	Adrian Alonso-Tavera	Jr	5'9"	20
32	Tyler Horton	Sr	6'0"	22
34	Cameron Jack	So	6'2"	20
35	Kendrik Lechner	Jr	6'1"	21
36	Jacob Garfinkel	Jr	6'2"	21
47	Alex Kenworthy	So	6'1"	20
70	Jon Malchiodi	Sr	6'0"	22
88	Justin Kunkel	Fr	5'11"	18
99	Michael Bighinatti	Sr	5'9"	22

SPECTATOR INFO

## CARLETON COLLEGE GODS OF PLASTIC

### NORTHFIELD, MN

Captains: Maxfield Longchamp, Dan Black

[apps.carleton.edu/student/orgs/gop](http://apps.carleton.edu/student/orgs/gop)

@goprocks



### ROSTER

1	Gavin Allman	Sr	5'10"	22
2	Matt Maclay	So	6'4"	20
3	Colin Froines	Sr	5'8"	23
4	Will Yetvin	So	5'11"	20
5	Noah Robiner	Fr	5'10"	19
6	Bryce Barton	Fr	5'11"	19
10	Zack Considine	Jr	5'9"	21
11	Ned Rohrbach	Sr	6'6"	22
13	Jeremy Hills	So	5'10"	19
14	Abe Eichner	So	5'11"	19
15	Andy Rodgers	Sr	6'0"	22
16	Arthur McCray	So	6'1"	20
17	Ryan Saeta	Jr	5'3"	21
18	Jacob Cohen	Fr	5'7"	19
19	Quinn Mayville	Fr	5'11"	19
23	Sam White	Sr	5'10"	22
30	Michael Ebako-Hodgson	So	6'0"	19
45	Theo Morris	So	5'10"	19
51	Malcom Fox	Jr	5'9"	21
54	Maxfield Longchamp	Sr	5'11"	21
69	Dan Black	Jr	6'9"	20
71	David Goodell	So	5'9"	17
76	Sam Blackburn	Jr	5'5"	23
90	Saul Wildavsky	Fr	6'2"	18

# MEN'S TEAMS ★ ★ ★

## CLAREMONT COLLEGES BRAINEATERS

### CLAREMONT, CA

Coach: Adam Bronstein

Captains: Hill Balliet, Stephan Kim, Owen Bell

[claremontultimate.org](http://claremontultimate.org)

@BrainsUltimate



The Claremont Colleges' 5C ultimate team, the Braineaters, was founded in 1979 at Pitzer College with the team name stemming from a 1950s B-movie title. Made up primarily of Pitzer students, the Brains played their first games against teams such as Occidental and Redlands. Founded on the principals of good spirit and fair play, the early teams were led by people such as Jeff Landesman and Howie Wein.

Throughout the 80s, the team expanded across the five colleges, steadily bringing in more and more Pomona and Harvey Mudd students. The late 80s and early 90s saw the Brains establish themselves as the strongest small-school ultimate team in SoCal.

With the establishment of D-III college ultimate, Claremont became one of the premier programs in the division. In 2011, the Braineaters won their first ever national title behind the strong cutting of Callahan nominee Tommy Li and others. The Braineaters cemented their names in the more personable division by hosting D-III Warmup in February and appearing at Nationals every year since its inception.

### ROSTER

0	Harrison Chotzen	Fr	6'0"	
1	Elliot Warner	So	6'2"	21
2	Andrew Russell	Sr		
5	Gerard Bentley	Fr	5'7"	19
7	Rohin Lohe	Jr	6'0"	20
10	James Bright-Dumm	Sr		
11	Gabriel Currier	Sr		
13	Hill Balliet	So	6'0"	20
14	Bruce Service	Jr	6'0"	21
16	Bailey Albright	So		19
18	Stephan Kim	Sr		
19	Matthew Griffith	Jr		
20	Philip Digiacomio	So		
21	Will Marks	Sr		
23	Sam Warren	Jr		
30	Avi Elkin	Fr	5'10"	19
46	Owen Bell	Sr	6'2"	22
68	Naseem Silver-Hajo	Sr	5'11"	21
69	Jacob Bronstein	Sr		
88	Jeremy Snyder	Fr	5'7"	20

## COLORADO COLLEGE WASABI

### COLORADO SPRINGS, CO

Coach: Brian Murphy

Captains: Ian Adams, Grant Mitchell

[facebook.com/WasabiUltimate](https://www.facebook.com/WasabiUltimate)

@WasabiUltimate



Wasabi was founded in 1987. The name Wasabi means "mountain roots," as we are all children of the mountain, birthed and forged in the shadows of America's Pikes Peak. America the Beautiful was written atop that mountain by Katharine Lee Bates. She was looking at us when she wrote it.

We went to Nationals in 2011, and now we go again in 2016. Stoked on dudes. Always.

### ROSTER

0	Michael Greenberger	Jr	5'9"	20
3	Sam Hale	Jr	6'0"	21
6	Crispin Whittier	So	6'3"	21
8	Will Rundquist	Fr	5'9"	18
9	Ian Adams	Sr	6'3"	22
11	Perry Fitz	Jr	6'2"	21
13	Clay Elliott	Jr	5'10"	20
18	Trystan Alexander	Fr	5'11"	18
19	Daniel Rodriguez	So	5'11"	20
29	Grant Mitchell	So	5'8"	19
39	Phil Korolog	Jr	5'10"	20
47	Isaac Rubinstein	So	5'10"	20
53	Jason Bair	So	5'4"	19
56	Landis Hackett	Fr	5'8"	19
71	Joel Fisher-Katz	Jr	5'9"	21
72	Carl Anderson	Fr	6'1"	18
76	Nick Carpenter	So	5'10"	20
81	Abram Mamet	Jr	5'9"	21
99	Shane Eckert	Fr	5'10"	18

# MEN'S TEAMS ★ ★ ★

## CONNECTICUT COLLEGE DASEIN

### NEW LONDON, CT

Captains: Colin Munson, Philip Winchester, Gabe Ryan  
@DaseinUltimate



Dasein won the Metro East and made Nationals in 2011, behind Jonah Guerin, Max Weigert and Jesse Moskowitz. The team subsequently declined each year, bottoming out in 2014 and not qualifying for regionals, until making a comeback in 2015, winning the Hudson Valley Conference for the first time and placing fifth in the Metro East Region.

This year, bolstered by two full, talented lines, Dasein has jumped to early leads and slowly ground teams down, a pattern repeated at conferences and regionals. A team with only five seniors, Dasein will only improve in the coming years.

### ROSTER

0	Eamon Horrigan	Fr	5'11"	19
3	Gabe Ryan	Jr	5'11"	21
4	Brian Ward	So	5'9"	20
5	Charlie Losiewicz	Fr	5'10"	19
6	Nathan Giaccone	Jr	5'10"	21
7	Colin Munson	Sr	6'3"	22
9	Skylar Levey	Fr	6'2"	19
10	Alex Klavens	Fr	6'1"	19
11	Brent Lo	Sr	5'11"	22
22	John Rissmiller	So	5'10"	20
26	Andrew Prunk	So	5'9"	20
30	Walter Stuart	So	5'10"	20
32	Haig Yeterian	Fr	5'9"	18
34	Abel Lusk	Fr	5'8"	19
72	Phil Winchester	Sr	5'10"	22
88	Nate Brown	Fr	5'11"	18
92	Alex Woods	Sr	5'8"	21

SPECTATOR INFO

## FRANCISCAN UNIVERSITY FATAL

### STEUBENVILLE, OH

Coach: Alex Renn  
Captains: Tommy Koch, Dom Schuster, Peter Norton  
facebook.com/franciscanfatalultimate  
@FranciscanFATAL



Franciscan Fatal are the defending D-III Champions looking to go back to back this year in Winston-Salem. Founded three years ago, the team is named after Neal "Fat Al" Rylatt, a friend of many of the team's founders and an avid ultimate player from Rockford, Ill., who passed away in 2012 after battling leukemia. Though Fatal is a young program, they are looking to establish a long-lasting ultimate tradition in the Ohio Valley. The team is led by new coach Alex Renn and boasts a deep roster of both experienced veterans and hungry young talent.

### ROSTER

1	Matt Mirabello	Fr	5'10"	19
2	Joe Simeo	Sr	6'3"	21
3	Stephen Babcock	Jr	6'0"	20
4	Daniel Carpenter	So	5'8"	20
7	Adam Basinger	Fr	6'0"	19
8	Matthew Kehoe	Jr	6'0"	20
9	Gunha Kim	Sr	5'4"	20
10	John Clemente	So	6'0"	20
11	Peter Tremblay	Sr	5'9"	21
12	Peter Grossmayer	Jr	10"	21
14	James Salitsky	Jr	6'3"	21
15	Ian Gill	Sr	5'7"	21
20	Michael Aldrich	Gr	5'5"	22
22	Dominic Schuster	So	5'10"	20
23	Peter Norton	Sr	5'11"	22
24	John Paul Bort	Jr	5'10"	20
34	Jay Ratajczak	Jr	6'4"	20
44	Nathaniel Belk	Fr	6'1"	18
49	John Redmond	Sr	6'5"	22
77	Tommy Koch	Sr	6'2"	22
84	Samuel Deal	Jr	6'3"	19
85	Tony Bort	Sr	5'9"	22
99	Zachary Wehner	Sr	6'0"	22

# MEN'S TEAMS ★ ★ ★

## GEORGIA COLLEGE DISCONNECTED

### MILLEDGEVILLE, GA

Coaches: Jericho Barbour, Doug Oetter  
Captains: Caleb Shorthouse, Josh Bush  
gcultimate.org  
@gc\_ultimate



### ROSTER

00	Caleb Shorthouse	5'8"
1	Jacques Perivier	
2	Josh Bush	6'3"
3	Wade Hodges	5'8"
4	Daniel Han	6'0"
5	Kade Ottaway	6'1"
6	Dakota Wellmaker	6'0"
7	Nathan Vickroy	5'11"
9	Graham Hill	
13	Nick Bush	
14	Alex Mejia	
16	Scott Diller	5'11"
17	Dylan Price	6'0"
22	Zac Watford	6'2"
23	Anthony McMurry	5'10"
24	Justin Poole	
25	Jake Barrineau	5'9"
26	Parker Reinhart	5'11"
27	Brandon Flynt	6'1"
29	Parker Robertson	5'8"
31	Alex Stewart	5'9"
33	Christian Polanti	
47	Alex Kelly	6'2"
48	Zac Shannon	5'5"
72	Rylan Gordon	6'0"
99	Matt Jenkins	6'0"

## INDIANA WESLEYAN UNIVERSITY HUCK DYNASTY

### MARION, IN

Coach: Joey Cari  
Captain: Travis Carpenter  
iwuultimate.com  
@IWU\_Ultimate



Our team was founded in 2012. We started with only 10 players, had an average of seven show up to each tournament, and had to bring in outside friends to help us field a full team for tournaments. We did not attend any regular-season events and did not compete in the series that year. The last three years, we competed in the USAU series. In 2014, we lost in the semifinals to Olivet Nazarene and took third. In 2015, we lost in the finals to North Park and placed second. This year, 2016, we won the Regional Championship. Having such a short history makes for a lot of young players and lack of experience, but over four years, we have grown quickly and have been determined ever since the beginning to compete on the national stage.

### ROSTER

00	Trent Pickens	Fr	5'7"	19
1	Lucas Mendel	Sr	6'0"	22
2	Zakk Mabrey	Jr	5'6"	21
4	Nik Evans	Sr	5'10"	23
7	Jerrell Scott	Fr	5'8"	19
10	Jordan Colburn	Fr	6'5"	19
11	Earnest Willoughby	Fr	6'0"	19
12	Sam Weber	Fr	6'1"	19
13	Derric Gowan	Jr	6'0"	21
20	Seth Walker	Sr	5'11"	22
21	Benjamin Geyman	Jr	6'0"	21
24	Chris Carter	So	6'0"	21
25	Allen Beaujon	Fr	5'9"	22
37	Travis Carpenter	Sr	6'0"	23
72	Clint Carson	Sr	6'0"	23
77	Jon Clark	So	5'10"	20
87	Dominic Thomas	Fr	6'1"	19

# MEN'S TEAMS ★ ★ ★

## JOHN BROWN UNIVERSITY IRONFIST

### SILOAM SPRINGS, AR

Captains: Aric Powers, Bradley Herschend, Mark Belvardi  
@jbuironfist



JBU Ironfist from Siloam Springs, Ark., is in its 13th year as a club. This team has sprouted up from humble roots over the last several seasons. Since its first appearance at the D-III College Championships in 2012, Ironfist has not missed an appearance. 2016 is its fourth consecutive Nationals appearance. As a team of Christians, Ironfist players try to play every point as an act of worship to

God who sent his son, Jesus, to die so that we can have a personal relationship with God forever. This year at Nationals, Ironfist hopes to prove the strength of the team and the South Central Region. Only able to take a partial team to regionals due to graduation and other obligations, JBU is excited to send a full squad to Nationals this year.

### ROSTER

2	Ryan Gulbranson	Jr	6'6"	21
3	Anson Stoller	Fr	5'11"	19
4	Thomas Friesen	Fr	6'1"	18
13	Bradley Herschend	Jr	5'6"	21
14	Ethan Penner	Sr	5'9"	22
15	Grant Bruner	So	6'2"	19
18	Brendan Culp	Jr	6'2"	21
19	Ethan Bolthouse	So	5'8"	20
20	Aric Powers	Sr	6'3"	22
22	Paul Deer	Fr	6'0"	19
33	Jonnie Rothfus	Jr	6'0"	22
66	Mark Belvardi	Jr	6'1"	21
67	Spencer Patterson	Fr	5'11"	19
80	Josiah Johnson	Fr	6'3"	18
81	Jacob Hash	Jr	5'10"	21
92	Zeke Zumbro	Sr	5'9"	22
96	Drew Fain	Fr	5'7"	19

SPECTATOR INFO

## KNOX COLLEGE RIVER RATS

### GALESBURG, IL

Captains: Harper Garvey, Adam Schrag, Ben Stanger  
knoxultimate.wordpress.com  
@knox\_ultimate



We were founded in 1992 by some plastic-loving ballers. We've made our 25th year in existence our most successful season, as we won the Illinois Conference and clawed and scavenged our way to our first Nationals appearance. We've overhauled the culture of our ultimate program over the past four years and are fully confident that this is only

the first of many future Nationals appearances for our squad. We're committed to each other, ready to engage and work hard, and always looking to grind out a win. We are the River Rats, and we're here because we want to move some plastic. We're here to Eat because we're starving to be better teammates on the sideline. Most of all, we're here to Celebrate our Success.

The Meat has been set on the table. Dinner is Served. We're Starving and Ready to Eat.

### ROSTER

1	Jalen Tucker	Jr	5'11"	20
7	Will Ensign-Church	So	5'11"	19
12	Harper Garvey	Sr	5'11"	22
15	Jeremy Gogoel	Sr	6'2"	21
17	Sean Treacy	Jr	6'1"	21
18	Ben Stanger	Sr	6'0"	22
19	Dan Perez	So	5'9"	19
20	Johnny Yeoh	Jr	5'11"	20
21	Johnny Schrag	Fr	5'8"	18
24	Jonah Cabral	So	5'7"	20
27	Jack Harman	So	5'10"	20
33	Will Fuller	Jr	5'11"	21
34	Gavin Crowell	Sr	5'11"	22
38	Esai Ponce	Jr	5'9"	21
42	Caleb Gumanow	So	5'7"	20
56	Adam Schrag	Sr	6'1"	22
64	Chris Wong	Fr	6'4"	19
65	Zach Fairclough	Fr	6'4"	19
80	Andrew Richter	Jr	6'6"	21

# MEN'S TEAMS ★ ★ ★

## LEWIS & CLARK COLLEGE BACCHUS

### PORTLAND, OR

Coaches: Sean Parker, Kyle Barton  
Captains: Ben Whitenack, Lucas Contino  
@bacchusultimate



15 years ago, Bacchus grew from the ashes of a bitter rivalry that divided Lewis & Clark. Young v. old, new school v. old school, chicken wing v. scoober. A battle between Chicken Scratch, Lewis & Clark's existing club team, and Bacchus, a crew of young disc slingers, decided the fate of LC ultimate forever. The rules were set: game to 13, hard capped at 80 minutes, winner becomes Lewis & Clark's official club team. After a fierce 1.28-hour game, a high-release lefty backhand break 30 yards cross-field to a wide-open receiver decided the game. The spry and athletic young players took the victory over the savvy vets. Bacchus took the title and the crown and walked Lewis & Clark Ultimate into a new era.

Since that afternoon, Bacchus has grown up and out, consistently making it to D-III Nationals out of the Northwest and adding a B team along the way. We have reached into our community to host clinics and played on club teams across the country. We are as much teammates as brothers, and we are proud to represent the Northwest and our friends at home.

### ROSTER

3	Blake Murray	So	5'11"	21
4	Henry Cleaves	Fr	6'0"	19
5	Tim Collins	Jr	5'10"	20
6	Jonas Miller-Stockie	Fr	5'5"	20
7	Kristian Grobecker	Sr	6'2"	23
8	Matt Cheng	Sr	6'1"	22
13	Ben Whitenack	Sr	5'10"	22
20	Leland Rege-Colt	So	5'10"	20
21	David Levcovitz	So	5'9"	19
22	Lucas Contino	Sr	5'11"	22
23	Andrew Jonash	Fr	5'8"	20
27	Sam Kumasaka	Sr	5'9"	21
31	Will Beck	Jr	6'1"	22
32	Abe Weill	So	6'3"	21
33	Samuel Gordon-Koven	Sr	5'5"	21
38	Jackson Tejada	Fr	5'8"	18
42	Graham Mitchell	Sr	6'0"	22
69	Azen Jaffe	Fr	5'10"	19
73	Eric Sauer	So	6'1"	20

## UNIVERSITY OF NORTH CAROLINA - ASHEVILLE BULLDOGS

### ASHEVILLE, NC

Coach: Kyle Silva  
Captains: Chad Gerber, Clint McSherry, Charlie Bridger, Cory Oskardmay  
facebook.com/bulldogultimateunca  
@UNCashUltimate



UNCA Ultimate originated in the 90s as the UNC Asheville Flying Snatch and included some renowned players like Troy Revell (Ring, Boneyard) and Stephen Poulos (Ring, Boneyard). After a brief spell of success with several excellent players in the late 90s and early 2000s, the team devolved into a much less competitive party team until the arrival of current coach Kyle Silva in 2010. As a marine, he brought organization and effort to a team that was lacking in nearly every facet of competitive play. Since his arrival, UNCA Ultimate has been on a steady trend of improvement, building off of the foundation that Silva and other recent graduates laid to create a strong program. UNCA Ultimate hopes to not only produce excellent individual, players or successful season, but a continuous cycle of success built from growth and dedication of new players combined with a love for the game.

### ROSTER

4	Jacob Warshauer	So	6'2"	19
5	Parker Maupin	Fr	5'11"	19
7	Joe Baker	Jr	6'3"	23
10	John Ernst	Jr	6'4"	24
11	Gabe Matza	Sr	5'6"	25
12	Caleb Spradlin	Fr	5'10"	18
13	Darius Anglin	Fr	6'2"	18
15	Kyle Noel	Jr	5'11"	21
16	Cole Frost	Fr	6'0"	19
17	Orlando Nieves	Fr	6'5"	19
18	Ethan Cole	Fr	5'8"	18
19	Charles Bridger III	Jr	6'0"	21
20	Buck Bowman	Jr	5'10"	21
23	Blake Hollar	Jr	5'7"	21
24	Brandon Ethridge	Fr	5'10"	19
27	Cory Oskardmay	Jr	5'8"	20
33	Nick Carl	So	6'1"	20
43	Aaron Stern	Sr	6'5"	22
47	Hunter Scaggs	So	5'11"	20
51	Chad Gerber	Sr	6'3"	23
71	Clint McSherry III	Fr	5'11"	22
72	Connor Albury	Fr	6'1"	19
76	Hugo Sowder	Sr	6'1"	21

# MEN'S TEAMS ★ ★ ★

## UNIVERSITY OF RICHMOND SPIDERMONKEYS

### RICHMOND, VA

Coach: Matt Graves

Captains: Dennis Maclaine, Henry Babcock,  
Sam Gillespie

@urspidermonkeys



The Richmond Spidermonkeys made their first trip to D-III Nationals two years ago behind the play of Ultiworld's D-III player of the year, James Robb.

That year, they won regionals and finished Nationals in seventh place. Last year, they once again made it to the finals of D-III Atlantic Coast Region-

als, but failed to earn either of the two bids to Nationals after losing in both the finals and the game to go. This year, team leadership was determined to make it back to D-III Nationals and prove that Richmond has turned into a premier D-III program. After finishing up their season 28-3 and winning three tournaments, the Richmond Spidermonkeys have earned their bid to D-III Nationals and hope to outperform their 2014 results.

### ROSTER

0	Tynan Englert	Fr	6'1"	19
6	Mitchell Woo	Jr	5'7"	21
7	Sam Gillespie	Jr	6'3"	20
9	Dennis Maclaine	Sr	6'0"	21
10	James Lenox	Jr	6'1"	20
12	Justin Keller	So	5'8"	20
16	Chris Selwood	Fr	5'10"	19
19	Mitchell Parry	Jr	5'8"	21
20	Esteban Angeles	Fr	6'0"	19
21	Matt Szeluga	Jr	5'10"	20
24	Mike Le	So	6'0"	19
26	Alex Johnson	Sr	5'10"	22
27	Patrick Murray	Fr	6'2"	19
28	Henry Babcock	Jr	6'2"	20
30	Graydon Cowan	Fr	6'1"	18
33	Tyler Dickinson	Sr	5'3"	21
44	Evan Crawford	So	6'0"	20
48	Patrick TomHon	So	5'2"	20
75	Abraham Schroeder	So	6'1"	20
84	Joseph Cullison	Jr	6'0"	84
99	Brenden Carol	Jr	6'2"	21

SPECTATOR INFO

## WHEATON COLLEGE MASTODON

### WHEATON, IL

Captains: Skyler Aspegren, Marty Dekker, Don Gates,  
Colin McLaughlin

### ROSTER

2	Alec Fojtik	Jr	5'4"	20
3	Hawken Sawyer	So	5'9"	19
7	Don Gates III	Jr	6'1"	20
8	Holden Thompson	So	5'9"	20
9	Skyler Aspegren	Jr	6'0"	21
11	Elias Schomer	Jr	5'10"	20
13	David Barbalas	Jr	6'0"	20
15	Alex Neevel	Jr	6'0"	21
16	Jack Bandy	Sr	5'11"	21
17	Nathaniel Whitfield	Jr	6'2"	21
19	Luke Rynbrandt	Sr	6'0"	22
20	Laramie Aspegren	So	6'2"	19
22	Jonah Karls	So	6'3"	20
23	Marty Dekker	Sr	6'0"	22
24	Joshua Creedon	So	6'1"	20
34	Colin McLaughlin	Jr	6'4"	21
41	Jacob Van Dyke	So	5'10"	20
42	Steven Rongley	So	5'10"	19
71	Andrew Reay	Fr	6'1"	19
87	Alex Glynn	So	6'0"	20

# WOMEN'S TEAMS ★ ◆ ★

## AMHERST COLLEGE SPARKLE MOTION

### AMHERST, MA

Coaches: Robin Stewart Demartino, Anne-Elise Olsen  
 Captains: Margo Cody, Elaine Jeon, Julie Xia  
 @AmherstSpaMo



Amherst College Sparkle Motion, named after the dance troupe from the movie "Donnie Darko," was founded in 1995. Our program has grown over the years, eventually having enough numbers to split A-side/B-side for the first time in 2014. That split marked a watershed year for Sparkle Motion, sparking a hunger to improve and compete ever since. After historically struggling to pull out wins at South New England Conferences, this will be our first time attending the College Championships! We're incredibly excited to see how our young team matches up against teams from around the country.

### ROSTER

3	Victoria Zhang	So	5'4"	20
4	Lauren Weiss	So	5'6"	20
10	Kayla Collado	Sr	5'4"	21
11	Katy Rose O'Brien	Jr	5'7"	21
14	Elaine Jeon	Jr	5'4"	21
17	Noelle Nelson	Sr	5'2"	21
19	Margo Cody	Jr	5'3"	21
22	Sarah Teichman	So	5'2"	19
23	Flavia Martinez	So	5'5"	19
24	Julie Xia	Jr	5'6"	20
25	Lily Hunter	Fr	5'10"	19
26	Danielle Fregia	Jr	5'4"	21
41	Anri Chomentowska	So	5'4"	21
69	Sophia Doerr	Fr	5'5"	19
88	Julia Pike	Fr	6'0"	19

## BATES COLLEGE COLD FRONT

### LEWISTON, ME

Coaches: Chase Baker, Mohdis Delijani, Lynne Lewis  
 Captains: Ruthie Baker, Claire Bartell, Josie Gillett  
 coldfrontwomensultimate.wordpress.com  
 @coldfront\_ulti



We are proud to be the first team to ever represent Bates College at USAU D-III Nationals! Cold Front is coming south after a long winter of preparation and hard work. We like to play ultimate, have fun, play with our pet moose and take long walks on the beach. We love this sport and are so excited to chill out in the N.C. heat!

### ROSTER

3	Hannah Gottlieb	Sr	5'4"	22
4	Sophia Thayer	So	5'2"	19
7	Katie Hartnett	So	5'4"	19
10	Mary Krathwohl	Sr	5'4"	23
11	Erin Montanez	Sr	6'0"	22
12	Wendy Goldman	Sr	5'5"	22
15	Nina Sevilla	Sr	5'5"	22
16	Ella Ross	Fr	5'9"	18
17	Ellen Southworth	Sr	5'9"	21
19	Josie Gillett	Fr	5'8"	18
21	Ruth Baker	Sr	5'9"	22
22	Erin Hazlett-Norman	Fr	5'7"	18
23	Natalie Silver	Sr	5'2"	22
24	Campbell Hart	Sr	5'7"	22
28	Allison Cormier	Fr	5'9"	18
29	Rachel Blaustein	So	5'2"	19
36	Marissa Bale	Fr	5'4"	19
62	Madeline Dulchin	Fr	5'6"	19
89	Claire Bartell	Sr	5'6"	22

# WOMEN'S TEAMS ★ ★ ★

## CARLETON COLLEGE ECLIPSE

### NORTHFIELD, MN

Captains: Lisa Qiu, Kate Wagner  
carletoneclipse.weebly.com  
@eclipsehthedisc



### ROSTER

0	Lisa Qiu	Sr	5'7"	22
2	Sara Hastings	Sr	5'2"	22
4	Jillian Banner	Jr	5'3"	21
5	Anya Moradian	Sr	5'3"	21
8	Haley Olson	Jr	5'8"	21
12	Maya Banks	So	5'3"	20
13	Eleanor Fireside-Ostergaard	Sr	5'1"	22
14	Leah Roche	Jr	5'7"	20
15	Melannie Wurm	So	5'7"	20
17	Devon Graham	Sr	5'5"	21
18	Abby Polk	So	5'8"	19
19	Sophia Kawamoto	So	5'5"	20
21	Kate Wagner	Sr	5'5"	22
24	Fiona Fraser	So	5'9"	19
25	Kaya Stitzhal	So	5'11"	19
28	Rachel Gallagher	So	5'3"	19
51	Abigail Herscovici	Fr	5'2"	19
88	Helen Hoyt	So	5'4"	20

SPECTATOR INFO

## CLAREMONT COLLEGES GREENSHIRTS

### CLAREMONT, CA

Coaches: Zachary Purdy, Margot Stert  
Captains: Sarah Laws, Amelia Haselkorn,  
Kaitlyn Anderson  
claremontgreenshirts.com  
@claremontgreens



The Greenshirts are the combined team of the Claremont Colleges Consortium: 5Cs, one heart. After our first big taste of victory, winning DIII Nationals in 2012, we've been hungry for more ever since. Yeah, we know our shirts aren't green. Someone messed up our jersey order.

### ROSTER

00	Marianna Heckendorn	Sr	5'7"	22
2	Danielle Tishkoff Chidester	Fr	5'4"	19
4	Bridget Pranzatelli	Fr	5'7"	19
7	Amelia Haselkorn	Sr	5'5"	22
8	Tiana Wu	Sr	5'4"	21
9	Francesca Querdasi	So	5'6"	20
10	Lisa Hirata	Sr	5'2"	22
12	Lydia Sylla	Fr	5'6"	18
13	Merritt Gohn	So	5'9"	20
17	Sharon Huynh	So	5'4"	20
19	Sarah Laws	Sr	5'2"	22
20	Mara Bandt-Law	Sr	5'5"	22
23	Minah Choi	So	5'6"	20
24	Daphne Guo	Fr	5'5"	18
27	Samantha Echevarria	Sr	5'3"	22
30	Nicole Subler	Sr	5'9"	22
31	Becca Wainess	Fr	5'7"	19
32	Elery Koelker-Wolfe	Fr	5'10"	19
33	Brynn Arborico	So	5'5"	21
35	Rose Soiffer-Kosins	Fr	5'1"	19
42	Nancy Karreman	So	6'2"	19
45	Bryn Bandt-Law	Sr	5'4"	22
55	Kaitlyn Anderson	Sr	5'6"	21
66	Montana Roberts	So	5'10"	19
69	Elyse Lindahl	Fr	6'2"	18

# WOMEN'S TEAMS ★ ★ ★

## ELON UNIVERSITY WILD RUMPUS

### ELON, NC

Coaches: Brian Dobyns, Rachel Johnson  
Captains: Kerianne Durkin, Aelish Aoki, Emily Bell  
@elonwildrumpus

Let the Wild Rumpus start!



### ROSTER

1	Sara Levine	Fr	5'2"	19
2	Emily Bell	So	5'7"	19
5	Kerianne Durkin	Sr	5'3"	22
6	Becca Foley	Fr	5'4"	18
7	Sarah Smythe	Fr	5'1"	19
8	Molly Spero	So	5'0"	19
11	Gabrielle Rumney	Jr	5'8"	20
13	Ann Glynn	Jr	5'9"	20
14	Alina Iwan	Fr	5'3"	19
15	Grace Huang	Jr	5'6"	21
18	Emily Harrison	Jr	5'6"	20
21	Ros Spada	Sr	5'5"	22
25	Viiu Loub	So	5'4"	19
26	Catie Ryan	Jr	5'6"	20
27	Brittany DiRienzo	Sr	5'4"	21
35	Camden Formby-Lavertu	So	5'10"	20
42	Morgan Drew	Sr	5'2"	21
44	Aelish Aoki	Sr	5'2"	22
46	Wynn Treco	Fr	5'7"	18
52	Sydney Harris	Sr	5'5"	21
63	Sophie Faxon	So	5'5"	20
65	Natalie Brown	Sr	5'1"	21

## GEORGIA COLLEGE LYNX RUFUS

### MILLEDGEVILLE, GA

Coach: Doug Oetter  
Captains: Julia Eck, Kat Watson  
bfc.gcsu.edu  
@gc\_lynx\_rufus



Lynx Rufus was born six years ago as a small team of just nine ladies who rocked every tournament, many times savage. We have qualified for Nationals five of the six years that our team has been together. Today, we have a roster of 21 women, the largest roster for Nationals yet! We are a community founded on spirit and fun. We

continue our goofy and unique traditions such as wacky wear, colorful cheers and twerk lines as well as our newest tradition, which began last year: our famous dance performances. We perform routines to "Feeling Myself" and "Come Get Her" for our fellow spirited teams with lots of pizzazz.

### ROSTER

3	Morgan DeMell	Fr	5'7"	19
5	Katherine Wilkison	So	5'7"	20
7	Mary Mason Beale	Jr	5'11"	21
8	Jennifer Weaver	Fr	5'2"	18
10	Julia Eck	Sr	5'7"	22
11	Iman Clark	Fr	5'7"	18
12	Emily Moses	Sr	5'1"	21
13	Sarah Mackett	So	5'5"	20
15	Nellie Thomas	Jr	5'4"	21
18	Audrey Greene	Sr	5'4"	21
19	Julia Steele	Fr	5'4"	19
21	Sophia Crowson	Jr	5'5"	22
22	Emily Krauss	Fr	5'11"	19
24	Jennifer Gold	Sr	5'6"	23
25	Katherine Marzendorfer	Sr	5'9"	22
30	Katherine Yost	Jr	5'1"	21
31	Lindsey Moon	Fr	5'10"	19
33	Rachel Kandzierski	Fr	5'4"	19
41	Samantha Segars	So	5'5"	20
48	Kathryn Watson	Jr	5'3"	21

# WOMEN'S TEAMS ★ ★ ★

## LUTHER COLLEGE FREYA

### DECORAH, IA

Captains: Hannah Garry, Rachel Johnson

[luther.edu/womens-ultimate](http://luther.edu/womens-ultimate)

@FreyaUltimate



Freya, named for the Norse goddess of love and war, is the women's ultimate team from Luther College. We practice surrounded by the bluffs (and cornfields) of Northeast Iowa in the small town of Decorah. We play for Freya and all strong, powerful women (examples include

Michelle Obama, Eleanor Roosevelt and, of course, Queen Bey) and are inspired by all of the wonderful female players in the ultimate community. Freya went to D-III Nationals for the first time in 2015.

### ROSTER

3	Olivia Brooks	Sr	5'3"	22
6	Hannah Garry	Sr	5'8"	21
7	Lisel Caldwell	Sr	5'3"	21
12	Rachel Johnson	Jr	5'4"	21
17	Lindsey Pielage	Sr	5'9"	21
18	Cassie Kiener	Fr	5'5"	18
20	Ashley Veeseer	So	5'6"	20
24	Hanna Doerr	Fr	5'7"	19
27	Lucia Holte	Jr	5'8"	20
29	Laura Johnson	Jr	5'4"	21
32	Annie Waniger	Sr	5'7"	22
42	Tatiana Proksch	Fr	5'7"	19
60	Sarah Feltaut	Jr	5'3"	21
78	Kjerstin Nelson	So	5'3"	20
96	Elizabeth Mumm	Jr	5'11"	21

SPECTATOR INFO

## MOUNT HOLYOKE COLLEGE DAISY CHAIN

### SOUTH HADLEY, MA

Coach: Evan Johnson

Captains: Molly Morgan, Rose Dennis, Kalin Hanson  
[sites.google.com/a/mtholyoke.edu/mhculimate/home](http://sites.google.com/a/mtholyoke.edu/mhculimate/home)



Elise Hale-Case and Amika Gair-MacMichael founded MHC Ultimate in 2005. Both players started out by connecting with other competitive teams in the Pioneer Valley while growing and coaching their own at Mount Holyoke College.

Known as Innuendzone for quite a few years, the team grew and shrank and just kept swimming until our numbers shot up this past year to nearly 20 players! Our record has been climbing, and in 2014, we advanced from conferences, coming in seventh at New England Regionals. In 2015, we came in fourth at New England Regionals.

Now known as Daisy Chain, we finished the regular season ranked #1 in women's D-III ultimate with a record of 10-1. This year, we came in fourth at New England Regionals, and we are heading to Nationals for the first time and couldn't be more excited!

### ROSTER

0	Molly Morgan	Jr	5'9"	21
2	Sophey Dong	So	5'8"	20
3	Mary Margaret Meenehan	So	5'8"	20
4	Annakate Schatz	Sr	5'5"	21
6	Ada Schnake	So	5'2"	20
10	Chloe Martin-Poteet	Fr	5'8"	19
13	Hyeji Kim	So	5'6"	20
14	Bernadette Norman	So	5'5"	20
18	Kalin Hanson	Sr	5'4"	21
19	Alaina McGinley	Sr	5'4"	22
20	Alice Richardson	So	5'8"	20
21	Katrina Meserve	So	5'10"	20
24	Rose Dennis	Sr	5'2"	21
26	Elizabeth Nelson	So	5'3"	20
28	Tahlia Hodes	Sr	5'7"	22
30	Erika Tai	Jr	5'4"	19
88	Michelle Wellman	Fr	5'4"	19

# WOMEN'S TEAMS ★ ★ ★

## OBERLIN COLLEGE PREYING MANTI

### OBERLIN, OH

Coach: Isabel Simon  
Captains: Zoe Bluffstone, Jess Hubert  
oberlin.edu/stuorg/obult/manti  
@OberlinManti



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

### ROSTER

3	Abby Cheng	Fr	5'6"	18
5	Sasha Lopez	Jr	5'5"	21
6	Zoe Bluffstone	Sr	5'6"	21
9	Maya Howard-Watts	So	5'4"	19
12	Abigail Bisesi	Jr	5'11"	20
17	Jacqueline Milestone	Sr	5'6"	22
18	Jess Hubert	Sr	5'7"	22
19	Nina Afsar	So	5'7"	20
21	Helen Samuel	Fr	5' 0"	19
11	Emma March	So	5'10"	20
27	Allison Fulton	Sr	5'7"	21
36	Maya Gillett	Jr	5'4"	21
98	Hannah Sklar	So	5'2"	19

## UNIVERSITY OF PUGET SOUND CLEARCUT

### TACOMA, WA

Coach: Spencer Sheridan  
Captains: Becca Ebert, Ellen Mueller, Ellie Engel,  
Ellen Kalenscher  
facebook.com/upsclearcut  
@wutwutclearcut



University of Puget Sound, as a small, D-III, liberal arts college, doesn't draw a large ultimate community. It used to have maybe seven players coming to practice. Today, the team has 23 rostered players, three conference championships and a D-III Warmup Championship under their belt. Clearcut has adapted into a growing program full of heart, spirit and Kodak moments. This is the third year in a row that

Clearcut has qualified for Nationals, but only the second year that they've accepted the bid. Over the past three years, Clearcut has grown exponentially: in numbers, in talent, in dedication and overall as a community. We've become a family, willing to fight through the rains of the Northwest and those pesky tumbleweeds in California. We also have each other's backs and understand that when there are eight of us on the line (which happens fairly often), at least one of us must go. The development that has occurred with this program is astonishing, and we've produced so many floppy-floppy-sea-spiders (because realistically that's what an octopus is). Clearcut, what do we crush? Bones. Clearcut, what makes the grass grow? Blood. Clearcut, what is your profession? Awoo, awoo, awoo. This is our profession.

### ROSTER

3	Jane Marie Gunn	So	5'8"	19
4	Ellen Mueller	Sr	5'8"	22
5	Yvonne Wetzig	Sr	5'6"	22
6	Ellie Engel	Jr	5'8"	20
8	Sarah Ciabrone	Jr	5'4"	21
9	Alice Altbaum	So	5'3"	20
11	McKenna Milton	Fr	5'5"	19
12	Sarah Davidson	So	5'3"	20
13	Becca Ebert	Sr	5'9"	22
14	Neeyati Johnson	So	5'5"	20
17	Zoe Weinberg	So	5'2"	19
18	Ellen Kalenscher	Jr	5'5"	20
19	Mickela Heilicher	So	5'0"	20
23	Alana Speich	Jr	5'5"	21
30	Abigail Bidegain	Fr	5'4"	19
32	Fiona Bruce	Fr	5'11"	19
35	Abby Mayo	So	5'9"	20
42	Hannah Gould	So	5'6"	20
47	Erin McMillin	Fr	5'8"	19
77	Poulami Wielga	So	4'11"	21
82	Delaney Rudy	Fr	5'6"	19
85	Jian Kettunen	Fr	5'4"	18
99	Jamie Millon	So	5'3"	20

# WOMEN'S TEAMS ★ ★ ★

## RICE UNIVERSITY TORQUE

### HOUSTON, TX

Coaches: Sharon Tsao, Ashley Shelor  
Captains: Angela Aie, Kelsey Nanneman  
torqueultimate.wix.com/rice-womens-ultimate  
@TorqueUltimate



Rice Women's Ultimate, or Torque (previously "Miss Red"), is a competitive club team composed of a diverse group of girls. We come together from a variety of different backgrounds to not only compete, but have fun and encourage each other. We are a growing program coming off a successful season after winning back to

back D-III National Championships. We are a competitive team that works hard but also loves to have fun!

### ROSTER

2	Marie Hoeger	Sr	5'9"	22
3	Sam Paulsen	Gr	5'8"	25
4	Emma Wine	Jr	5'6"	21
5	Kelsey Nanneman	Jr	5'6"	21
6	Marica Sharashenidze	Sr	5'7"	22
8	Cory Brazile	Sr	5'6"	21
9	Malvika Govil	So	5'9"	20
10	Angela Aie	Sr	5'4"	22
11	Angela Yang	Sr	5'5"	21
14	Jacqui Lee	Fr	5'5"	18
17	Jackie Li	Jr	5'10"	21
18	Julie Doar	Jr	5'3"	20
20	Valerie Pinillos	Sr	5'4"	22
21	Victoria Yuan	Jr	5'1"	21
23	Brandi Ransom	So	5'11"	20
27	Philippine Kugener	Fr	5'4"	19
34	Erin Yang	So	5'4"	19
42	Kimberly Wood	Fr	5'5"	18
45	Emmie Ledesma	Fr	5'9"	19

SPECTATOR INFO

## ST. OLAF COLLEGE VORTEX

### NORTHFIELD, MN

Captains: Tulsa Douglas, Mattie Melin, Emma Keiski  
vortexultimate.weebly.com  
@STOWomensUlti



This year was a very exciting year for the newly minted Vortex Ultimate. We placed first in our region to qualify for Nationals, second at Dust-Bowl and fourth at Southern. With support from the community, our women's program initiated change after recognizing our team name (formerly Durga) as a form of cultural appropriation,

and came to our new name – Vortex. Our women's team has been around for approximately 21 years. We like breakfast and brunch. We can dance like it's nobody's business (but we like to make it everybody's business because we love when friends join us). Vortex has a growth mindset, so we're always striving to improve. One of our life-long goals is to be a cohesive team that connects on and off the field. We're excited to support each other as we work toward that goal at Nationals.

### ROSTER

6	Evelyn Boss	Sr	5'2"	22
9	Sami Peterson	So	5'6"	19
11	Ellen Mesnik	Sr	5'4"	22
12	Ali Schmitz	Sr	5'5"	21
13	Kim Nissen	Fr	5'6"	19
14	Tulsa Douglas	So	5'9"	20
16	Emma Keiski	Sr	5'8"	21
17	Grace Freeman	Jr	5'7"	21
18	Emily Verticchio	Jr	5'7"	21
19	Amy Turner	Sr	5'7"	22
21	Amy Erlandson	Jr	5'3"	21
22	Aidan Zielske	So	5'9"	20
23	Lise Ramaley	So	5'6"	19
25	Elizabeth Izaguirre	Sr	5'3"	21
29	Anna Hjerpe	Sr	5'5"	22
33	Mattie Melin	Sr	5'3"	21
41	Marit McQuaig	So	5'5"	20
42	Anna Ruehlow	So	5'6"	19

# WOMEN'S TEAMS ★ ★ ★

## TRUMAN STATE UNIVERSITY TSUNAMI

### KIRKSVILLE, MO

Captains: Emma Randolph, Callie Warren, Gabby Beckemeier  
[tsunamiultimate.weebly.com](http://tsunamiultimate.weebly.com)  
[facebook.com/tsunamiultimate](https://facebook.com/tsunamiultimate)  
 @TSUnamiUltimate



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 landlocked place with

no ocean in sight, these women are ready to represent Truman State University and the South Central Region. TSunami returns for our fifth consecutive Nationals, with more depth and versatility in our players than ever before! Come rain, shine or even hail, we are ready to bring our bright skirts and colorful personalities to Winston-Salem.

### ROSTER

00	Jessica Zilch	Gr	5'6"	22
2	Mallory Bell	Fr	5'10"	18
3	Carli Jackson	Sr	5'3"	22
4	Sabrina Lavezzi	Jr	5'4"	22
5	Lexie Thomas	Fr	5'3"	18
6	Emma Randolph	Sr	5'2"	21
7	Emily Royer	Jr	5'5"	20
8	Emily Sallade	Jr	5'2"	20
10	Emilie Willingham	Sr	5'9"	21
11	Christy Crouse	Jr	5'6"	21
12	Brooke Johnson	So	5'6"	19
13	Kristina Kohl	Jr	5'6"	21
14	Stephanie Sherman	Gr	5'6"	22
15	Caitie Staver	So	5'6"	20
18	Haley Johnson	Jr	5'2"	21
21	Mahliyah Adkins-Threats	Jr	5'0"	21
23	Claire Trumbull	Fr	5'9"	19
26	Amanda Matteucci	Fr	5'3"	19
27	Katie Bruggeman	Fr	5'11"	18
28	Emilia Budzowski	Fr	5'4"	18
33	Kelly Vallal	Fr	5'7"	18
34	Samantha Daugherty	Sr	5'6"	21
38	Callie Warren	Jr	5'7"	20
44	Julianne Dworak	Gr	5'5"	23
45	Gwendolyn Beckemeier	Jr	5'9"	21
54	Hanna Molesky	Jr	5'8"	21
66	Caroline Taylor	So	5'8"	20
96	Jordan Ganter	Sr	5'7"	22
99	Genevieve Presley	Fr	5'3"	19

## VALPARAISO UNIVERSITY CHICKS HUCKING DISCS

### VALPARAISO, IN

Captains: Serena Badgley, Michelle Espino  
[facebook.com/vuchd](https://facebook.com/vuchd)  
 @ValpoCHD



Valparaiso's Chicks Hucking Discs have qualified for Nationals for the seven consecutive years and placed seventh at the 2015 tournament. After losing six seniors last year, CHD has been rebuilding to meet the standards that those before them set. Their motto is FAITH – Focus, Attitude, Integrity, Teamwork, Heart – and they live their

FAITH in everything that they do. These ladies rely on respect for each other and chemistry on the field in order to be as successful as they are. This spring season, Valparaiso won Illinois Invite and their conference tournament and placed a close second at Last Call. CHD is a team that emphasizes the Spirit of the Game and expects their players to uphold the tradition.

### ROSTER

1	Alice Baker	So	5'6"	20
7	Serena Badgley	So	5'7"	20
10	Michelle Espino	Jr	5'5"	23
12	Mackenzie Allen	Jr	5'8"	21
13	Tara Beere	Fr	5'4"	19
15	Madeline Horton	So	5'6"	20
24	Jordan Bauer	Jr	5'10"	21
26	Jordan Eisner	Jr	5'8"	21
44	Austin Coleman	Jr	5'5"	21
77	Holly Taylor	Fr	5'6"	19

# WOMEN'S TEAMS ★ ★ ★

## WESLEYAN UNIVERSITY VICIOUS CIRCLES

### MIDDLETOWN, CT

Captains: Emily Weinstock-Collins, Lucy Salwen  
 viciouscircles.weebly.com  
 @divacupzone



Vicious Circles hails from Wesleyan University, in the bustling metropolis of Middletown, Conn. Our #roadtonationals journey began way back in the fall, and culminated in a thrilling sweep at both conferences and regionals this spring. This is the first time we have made it to Nationals since 1990, and we couldn't be more thrilled to get to

compete with some of the best D-III teams across the country! On top of the obvious ultimate prerequisite, Vish's other passions include Kanye a capella covers, dance warm-ups and pickle juice. We are so excited to be here and can't wait to show off our spirit, sticky fingers, killer flow and bagel-eating capabilities at the National level!

### ROSTER

2	Louisa Winchell	So	5'7"	19
3	Chi Chi Wakabayashi	So	5'5"	20
4	Emily Weinstock-Collins	Sr	5'5"	21
5	Lucy Salwen	Jr	5'6"	20
6	Sarah Dobrow	So	5'11"	20
7	Becca Elsner	So	5'3"	19
11	Eileen Connor	So	5'4"	20
13	Kathryn Wheeler	Jr	5'8"	21
14	Amabel Jeon	Fr	5'5"	19
15	Oona Wallace	Jr	5'6"	21
16	Laura Bither	So	5'7"	20
26	Julia Lejeune	So	5'5"	19
27	Sage Loomis	So	5'9"	19
30	Nicole DelGaudio	So	5'11"	19
33	Lily Gould	Fr	5'6"	18
99	Tessa Hill	Sr	5'8"	21

SPECTATOR INFO

## WILLIAMS COLLEGE LAWUFA

### WILLIAMSTOWN, MA

Coach: Lauren Childs  
 Captains: Ali Hill, Ali Roach, Christine Reed  
 @lawufaultimate



The Williams Ultimate Frisbee Association is excited to receive our sixth consecutive bid to Nationals. La Wufa has had an incredibly rewarding season with a young, athletic team — the amount of freshmen on the team outweighs both the junior and senior classes combined! LaWufa began their 2016 season with Antifreeze

2016 in Houston, Texas, where they had the opportunity to play top ultimate talent from Texas. Fueled on a steady diet of Panera Bread, they continued to grow as a team with a first place win at River City Tune Up in Chesapeake, Va., and a strong second-place finish at I-85 Rodeo in Martinsville, Va., in which they beat Cornell and Case Western Reserve to make it to the finals against North Carolina. Their season culminated with first-place finishes at both South New England Conferences and New England Regionals. They look forward to playing other top-level competitors at Nationals!

### ROSTER

3	Ali Hill	Sr	5'8"	22
4	Mairead Reynolds	So	5'2"	20
6	Caley Dickinson	Fr	5'6"	19
7	Louisa Goss	Fr	5'3"	19
8	Christine Reed	Jr	5'5"	20
9	Haley Lescinsky	So	5'9"	19
12	Caroline Weinberg	Fr	5'5"	19
13	Mia Wang	So	5'5"	20
14	Abby Miller	Fr	5'7"	19
16	Lili Bierer	Fr	5'4"	20
17	Rachel Retica	Fr	5'10"	19
18	Andrea Quintanar	Fr	5'3"	19
21	Ali Roach	Sr	5'5"	22
25	Ava Anderson	So	5'6"	19
26	Eliza Klein	Fr	5'2"	19
27	Claudia Forrester	So	5'11"	20
30	Jocelyn Volk	Sr	5'6"	22
44	Rachel Krcmar	Sr	5'9"	21
50	Lane Davis	Jr	5'10"	21
76	Amy Rosten	Jr	5'9"	20

# HEALTH AND SAFETY

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](http://cdc.gov/concussion/headsup/youth.html).
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: [usultimate.org/membership/usa\\_ultimate\\_membership\\_forms.aspx](http://usultimate.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.

## 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.

# 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.

# SPIRIT CIRCLES

Spirit circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but 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 circles. 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 or spirit 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 something 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!

# 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 2016 USA Ultimate Coaching Development Program.

**PLAY HARD. HAVE FUN.**  
**FIVEULTIMATE**

Team@FiveUltimate.com



photo by Billy D Photography



# MEN'S SCHEDULE

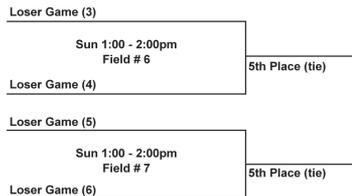
2016 USA Ultimate Beach Championships - Men's Division												
Saturday, May 14, 2016												
Pool A				Pool B								
Pool A,B,D Games to 13 Cap 15 Pool C Games to 15 Cap 17	A1	And The Warhawks (Cambridge, MA)				B1	Humiliswag (Ocean City, MD)					
	A2	Dune Squad (Ypsilanti, MI)				B2	Bayonet (San Francisco, CA)					
	A3	Jaybirds (Destin, FL)				B3	FludWhale (Richmond, VA)					
	A4	Somerville Youth (Somerville, MA)				B4	Weekend With Bernie (New York, NY)					
Saturday		F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	
9:00 - 10:00	A1 v A3	1	-	A2 v A4	2	-	B1 v B3	3	-	B2 v B4	4	-
10:30 - 11:30	A1 v A4	1	-	A2 v A3	2	-	B1 v B4	3	-	B2 v B3	4	-
12:00 - 1:00												
1:30 - 2:30	A1 v A2	13	-	A3 v A4	20	-	B1 v B2	11	-	B3 v B4	12	-
3:00 - 4:00												
Re-seed teams 1-4 within each pool												
4:30 - 5:30	A1 v C1	9	-	B1 v D1	11	-	C2 v A3	12	-	D2 v B3	22	-

## Placement Brackets Sunday, May 15, 2016

Official Event Photography:



Round Robin for 13th-15th			
Sunday		F#	Score
10:00am - 11:00am	B4 v D4	11	-
11:30am - 12:30pm	A4 v D4	11	-
1:00pm - 2:00pm	B4 v A4	11	-



All games to 13, cap 15

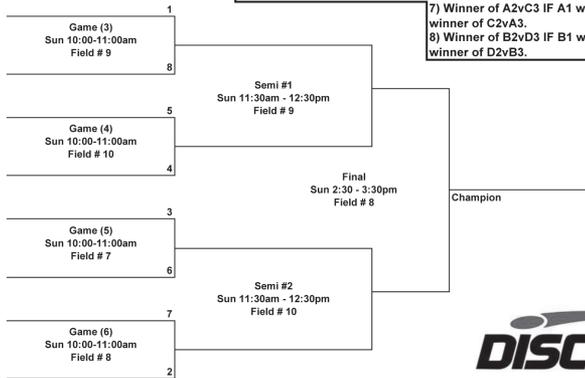
You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

2016 USA Ultimate Beach Championships - Men's Division									
Saturday, May 14, 2016									
Pool A,B,D Games to 13 Cap 15 Pool C Games to 15 Cap 17	Pool C					Pool D			
	C1	Right Coast (Raleigh, NC)		C2	Paranoia (Washington, DC)		D1	Yetis on the Beach (Ann Arbor, MI)	
	C3	BroWatch (Athens, OH)					D2	AMPersand (Philadelphia, PA)	
							D3	MidRift (Iowa City, IA)	
							D4	Sailors (Lynchburg, VA)	
Saturday		F#	Score		F#	Score		F#	Score
9:00 - 10:00	C1 v C3	22	-			-	bye		bye
10:30 - 11:30	C2 v C3	22	-			-	bye		bye
12:00 - 1:00							D1 v D3	22	-
1:30 - 2:30	C1 v C2	21	-			-	D1 v D4	22	-
3:00 - 4:00							D1 v D2	22	-
								D2 v D3	23
								D3 v D4	23
Re-seed teams 1-4 within each pool									
4:30 - 5:30	A2 v C3	13	-		B2 v D3	23			

**Championship Bracket**  
Sunday, May 15, 2016

Following Saturday, the top 8 teams are re-seeded in the following order for the Championship Bracket:

1) W of A1vC1	5) Winner of C2vA3 IF A1 won the A1vC1 game, otherwise winner of A2vC3
2) W of B1vD1	6) Winner of D2vB3 IF B1 won the B1vD1 game, otherwise winner of B2vD3.
3) Loser of A1vC1	7) Winner of A2vC3 IF A1 won the A1vC1 game, otherwise winner of C2vA3.
4) Loser of B1vD1	8) Winner of B2vD3 IF B1 won the B1vD1 game, otherwise winner of D2vB3.



All games to 13, cap 15

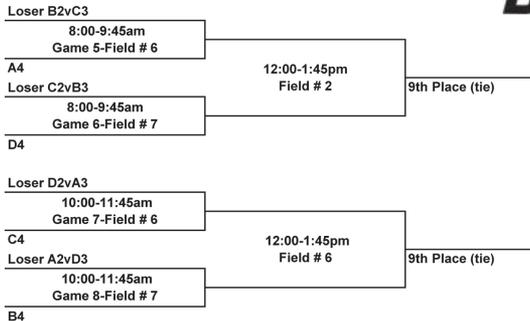


**SCHEDULES & MAP**

# WOMEN'S SCHEDULE

2016 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 21, 2016												
All Games to 15 Cap 17	Pool A						Pool B					
	A1 (1) Williams						B1 (2) Rice					
	A2 (8) Carleton College-Eclipse						B2 (7) Puget Sound					
	A3 (12) Claremont						B3 (11) Amherst					
	A4 (13) Elon						B4 (14) Oberlin					
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	A1 v A3	6	-	A2 v A4	7	-	B1 v B3	1	-	B2 v B4	2	-
10:45 - 12:15	A1 v A4	6	-	A2 v A3	7	-	B1 v B4	1	-	B2 v B3	2	-
1:00 - 2:30	A1 v A2	6	-	A3 v A4	7	-						
2:45 - 4:15							B1 v B2	1	-	B3 v B4	2	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	A2 v D3	1	-	B2 v C3	3	-	C2 v B3	5	-	D2 v A3	7	-

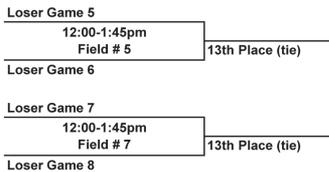
## Consolation Bracket Sunday, May 22, 2016



Official Event Photography:



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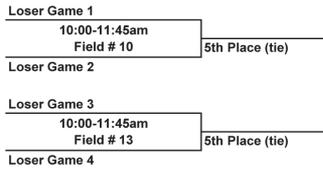
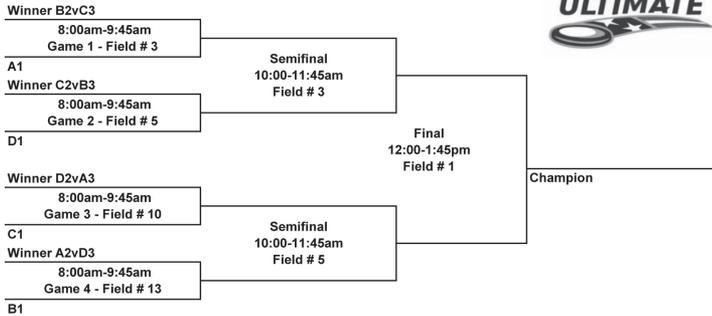


Consolation games to 15, cap 17

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

2016 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 21, 2016												
All Games to 15 Cap 17	Pool C						Pool D					
	C1 (3) Bates	C2 (6) Truman State	C3 (10) Luther	C4 (15) Valparaiso	D1 (4) St. Olaf	D2 (5) Mount Holyoke	D3 (9) Wesleyan	D4 (16) Georgia College				
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score		
9:00 - 10:30	C1 v C3	3	-	C2 v C4	5	-	D1 v D3	10	-	D2 v D4	13	-
10:45 - 12:15	C1 v C4	3	-	C2 v C3	5	-	D1 v D4	10	-	D2 v D3	13	-
1:00 - 2:30							D1 v D2	1	-	D3 v D4	2	-
2:45 - 4:15	C1 v C2	6	-	C3 v C4	7	-						
Re-seed teams 1-4 within each pool												
4:45 - 6:15												

**Championship Bracket**  
Sunday, May 22, 2016



Championship games to 15, cap 17

SCHEDULES & MAP



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

Catch the semifinals and finals, all streamed live from Raleigh, N.C., on Sunday, May 29, and Monday, May 30.

**CHECK OUT [USAULTIMATE.ORG](http://USAULTIMATE.ORG) OR [ESPN3.COM](http://ESPN3.COM)  
FOR BROADCAST TIMES**

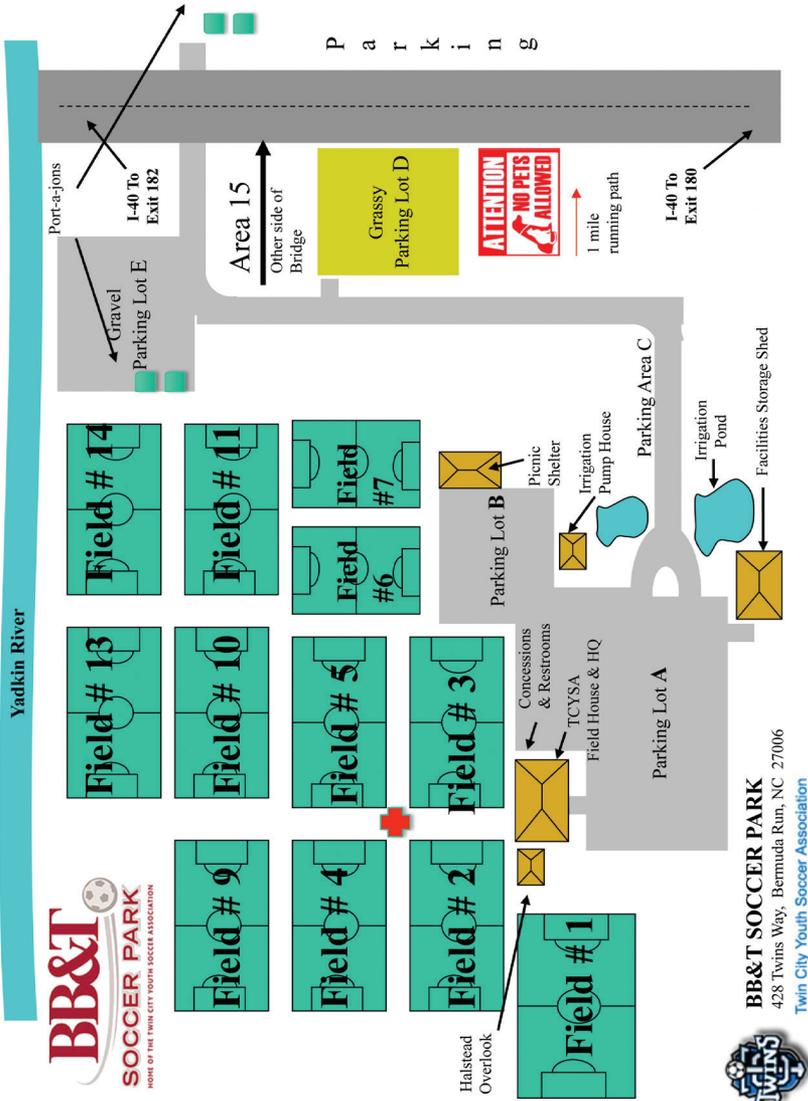
Then watch the Semifinals Highlights Show and both the Men's and Women's Championships games on ESPNU on Wednesday, June 1.

**ESPN**



**ESPN 3**

# FIELD MAP



SCHEDULES & MAP

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