

COLLEGE CHAMPIONSHIPS

MAY 19-20 ★ ROCKFORD, IL



EVENT GUIDE \$2

USA
ULTIMATE



COLLEGE CHAMPIONSHIPS

MAY 19-20 ★ ROCKFORD, IL



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WELCOME

On behalf of Ultimate Chicago, I would like to welcome you to the 2018 D-III College Championships! We are excited to host this event for the second time and looking forward to collaborating yet again with the Rockford Area Convention & Visitors Bureau (CVB) and Mercyhealth Sportscore Two. We had a blast working together for the D-III Championships in 2015 and National Championships in 2016.

Many hours of work went into planning and running this event. A big thank you goes to Nick Povalitis and Mary French from the Rockford CVB, Scott Pilkerton from the Rockford Park District and David Raflo from USA Ultimate for all being awesome, funny and organized. Lastly, this event could not happen without the time and efforts of the volunteers. So, THANK YOU volunteers! (Feel free to thank them yourselves as well. They don't bite.)

Please enjoy your time playing in this year's D-III Championships. Play well and don't forget to enjoy your experience! Best of luck to you all!

Sincerely,

Gail Reich

Tournament Director

2018 USA Ultimate D-III College Championships



On behalf of the City of Rockford and the Rockford Area Convention & Visitors Bureau, we are pleased to welcome you to our region for the 2018 USA Ultimate D-III College Championships.

For more than 30 years, we've made the commitment to provide the exceptional experience you should expect from an award-winning sports destination. Our dedication to strive for excellence is a top priority as we continue to raise our game to new heights. It's an honor to welcome tournaments - including yours - to Rockford each year due in part to our spectacular facilities, community partnerships and the outstanding customer service our visitors receive throughout the community.

While you're visiting the Rockford region, we hope you will have time to experience our local sites, attractions and eateries! Explore nature at its finest by fishing, hiking and paddling at Rock Cut State Park with 3,092 acres including preserves, paths and lakes. Take an adventurous walk at Severson Dells Nature Center. Hop on a dockless LimeBike, part of our new bike sharing program, and ride around town and on the Sinnissippi bike path situated along the beautiful Rock River. Enjoy handmade pizzas of all kinds and signature dishes at Capri Restaurant in downtown Rockford, or visit one of our hundreds of other Real. Original. Restaurants.

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

Thank you for choosing the Rockford region and best wishes for an exciting and successful tournament!

Very truly yours,

John Groh

President/CEO



WEEKEND OVERVIEW

Friday, May 18 – Holiday Inn Express Loves Park

7:00pm – 9:00pm: Team Registration

Saturday, May 19 – Mercyheath Sporscore Two

8:00am: Captains' Meeting
 9:00am – 6:15pm: Game Play
 4:15pm: Dinner for teams not in crossovers
 6:15pm: Dinner for teams in crossovers

Sunday, May 20 – Mercyheath Sporscore Two

8:00am – 3:45pm: Elimination and Placement Games
 12:00pm: Women's Final
 2:00pm: Men's Final
 Post-Finals: Award Ceremony. Immediately following the men's final, awards will be presented to the champions and second-place teams in each division, both Team and Individual Spirit Award winners, as well as the Donovan Award winners.
Thanks to Discraft for their support of the individual Spirit of the Game awards!

EVENT STAFF

Tournament staff members will be wearing volunteer/staff jerseys. 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 Director and Volunteer Coordinator – Gail Reich
 Rockford Area Convention & Visitors Bureau – Nick Povalitis and Mary French
 Mercyhealth Sportscore Two – Scott Pilkerton
 Colleen Costello
 Jen Sanfilippo
 Leanne King
 Danny Hoppe
 Cody Haas

USA Ultimate Staff

Manager, Competition & Athlete Programs (College) – Tom Manewitz
 Manager, Digital Marketing & Communications – Maelyn Divinski
 Manager, Events – David Raflo
 Men's D-III College National Director – Kevin Kula
 Women's D-III College National Director – Grace Kiel

Observers

Laura Meyer (Head Observer), Jeff Blair, Bill Bourret, Brian Bradburn, Vincent Chang, Pdraig Driscoll, Nate Gath, Sandra Hanson, Steve Haynes, Tiago Hori, Derek Jacobs, Linda Kudo, ShIELlah Quintos, Christopher Ries, Sam Shapiro, Brad Tinney, Stephen Wang, Sam Wood

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The official USA Ultimate mobile app brings the latest news, videos, championship event results & schedules, magazine and more to your mobile device.



COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- In addition, per the 2018 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.
- Halftime 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.

SITE RULES

- **No Tobacco.** This is a smoke- and tobacco-free campus. Facility staff, event staff and security will be checking to make sure people are not smoking. There will also be a lot 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 or 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 five yards away from sidelines.** Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least five 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 and other gestures.
- **Guests and Spectators.** You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.

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

NOISEMAKER GUIDELINES

The following guidelines for noisemakers will be applied at USA Ultimate events. They are designed to strike a balance between limiting artificial noise that adversely impacts the competition or the on-site experience of participants with allowing for noise that helps create an enthusiastic, fun and supportive environment. Players, teams and spectators are expected to abide by these guidelines while on site at the event.

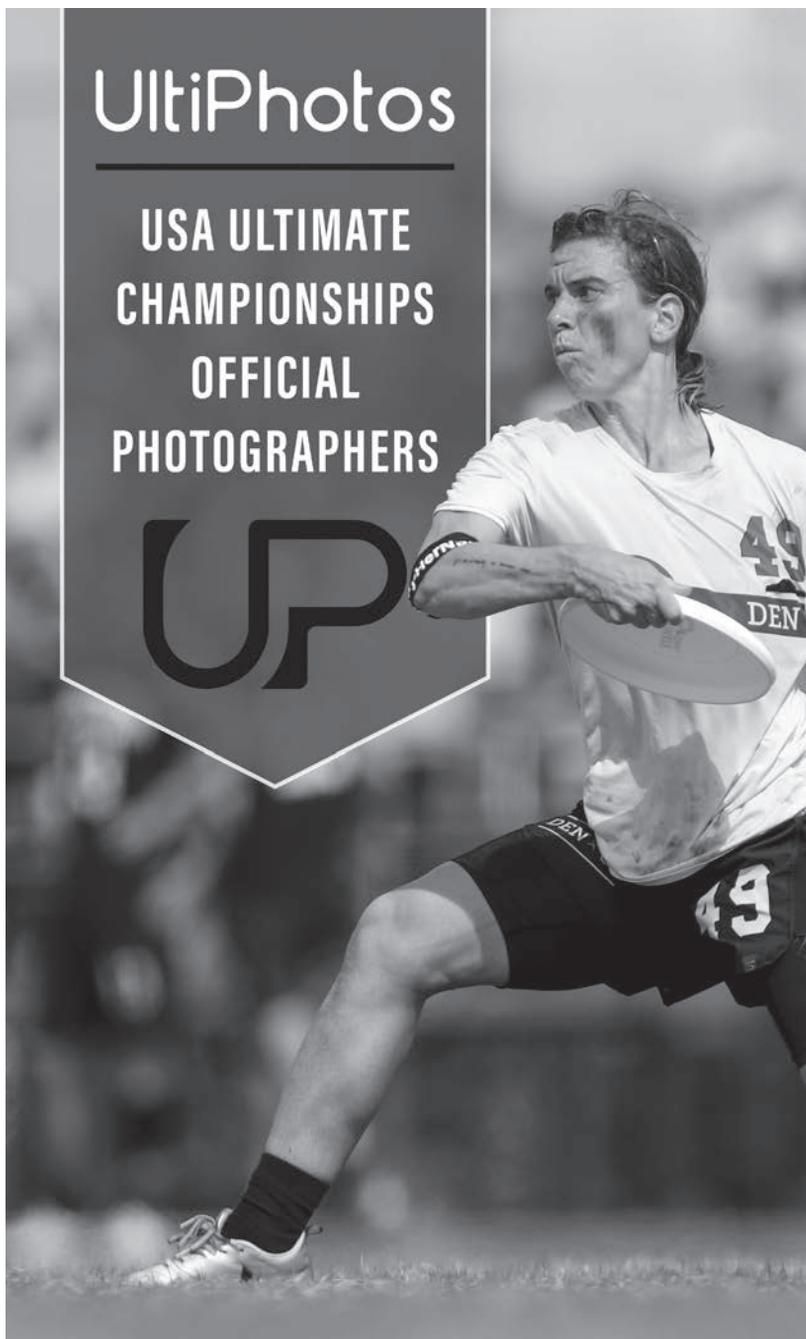
- Powered noisemakers are not allowed at the event site. This includes, but is not limited to, air horns, sirens and electronic bullhorns.
- Novelty noisemakers are NOT permitted, except under the following conditions:
 - o Must remain outside of the equipment lines.
 - o May only be used between a goal being scored and the offense signaling readiness for the next point.
 - o May not be used during timeouts taken during active play.
 - o Novelty noisemakers include, but are not limited to, whistles, vuvuzelas, squeeze horns and musical instruments.
- Music-playing devices with external speakers are permitted under the following conditions:
 - o Must remain outside of equipment lines, except during warm-ups and half-time.
 - o Must remain at a reasonable volume considering other event participants and attendees.
 - o May not be used to play music with offensive lyrics or themes.
- No noisemaker of any kind is permitted that may present a safety hazard.
- Any noisemaker permitted above may be disallowed if the volume or content of the noise is deemed to be offensive or disruptive to the enjoyment of the event, or the noisemaker is used in an un-spirited manner such as to taunt, intimidate or give a team an undue competitive advantage, as determined by event staff.

Event staff and observers will inform teams and individuals of these guidelines as needed. Repercussions for violation of these guidelines may include confiscation of the noisemaker, removal of the individual from the event site and/or in-game sanctions associated with the Misconduct System.

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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

Captains: Trevor Browning, Spencer Yacos,
Christopher Delgado
Coaches: Carl Chan, Stephen Lin
@AFU_Afterburn



Our team was founded in the 1990s and hasn't missed a season since. Our first trip to Nationals came in 2016 with a third-place finish. We also attended last year and ended with an 11th-place finish. We won our region in 2016 and 2017, and place second at this year's tournament. We've always been a competitive team with a lot of athletes, and with the addition of Carl Chan as our coach in 2015, our team's goal has been to win Nationals.

ROSTER

3	Zachary Arns	Jr	6'0"	21
4	Kainoa Chun-Moy	Jr	5'8"	22
5	Trevor Browning	Sr	5'11"	22
7	Michael Delatte	So	6'0"	19
9	Keanu Komar	So	5'10"	20
15	Connor Grant	Fr	6'1"	19
17	Theodore Jantscher	Jr	6'1"	21
20	Justin Blasius	Fr	5'11"	20
21	Christopher Delgado	Sr	5'9"	23
23	Matthew Frierson	So	5'11"	20
26	Matthew Chmiel	Fr	6'3"	18
27	Joshua Alsleben	Sr	5'8"	22
34	Matthew Moshea	Jr	6'4"	21
36	William Cooper	Jr	6'3"	21
42	Alan Villanueva	Jr	6'0"	21
43	Charlie Wasz	So	6'2"	19
44	Robert Warner	Fr	5'10"	19
46	Michael Higgins	So	5'11"	21
88	Juan Ramos	So	5'8"	21
99	Spencer Yacos	Sr	6'0"	22

BOWDOIN COLLEGE CLOWN

BRUNSWICK, ME

Captains: Max Vogel, Phillip Galonsky
Coach: Michael Pistrang
@stoned_clown



As a highly active think tank and anti-science lobby, Bowdoin Clown has been involved in many of the major geopolitical changes around the globe since its inception in the late 1990s. Playing ultimate to divert federal attention has helped us keep Big Science out of politics and given us the edge in the competitive New England region.

ROSTER

3	Franklin Ahrens	Sr	5'10"	22
4	Nate Blum	So	6'9"	20
5	Rowan Warren	So	6'1"	20
7	Tim Moran	Jr	6'2"	21
9	Phil Galonsky	Sr	5'10"	22
10	Yuta Kobayashi	Jr	5'8"	21
11	Victor Dankens	So	6'0"	20
13	Tenzin Choezin	Fr	5'10"	19
14	Will Savage	Fr	5'10"	19
15	Conor McManamy	Jr	6'1"	21
17	Will De Bruyn Kops	So	6'2"	19
18	Conor Belfield	Jr	6'0"	22
19	Nico Valette	So	6'1"	20
23	Max Vogel	Sr	6'1"	22
24	Noah Keates	So	5'9"	20
30	Sam Swindell	Jr	6'3"	21
36	Tom Jones	So	6'4"	20
39	Cameron Markovsky	Fr	6'0"	18
40	Jasper Gordon	Fr	5'10"	19
42	Jojo Amdur	Sr	5'9"	21
96	Sean McManus	Sr	5'9"	22

MEN'S TEAMS

BRYANT UNIVERSITY CRAZE

SMITHFIELD, RI

Captains: Cameron Jack, Alex Kenworthy, Austin Kelson
Coaches: Jim Bishop, Mike Cardello
[youtube.com/watch?v=1E6CyPbl2X8](https://www.youtube.com/watch?v=1E6CyPbl2X8)
@BryantUltimate



Bryant Craze will be making their fifth straight appearance at Nationals this year and is looking to improve upon previous finishes with a revamped team. After graduating a heavy senior class, Bryant has looked for younger players to fill important roles. The roster is solid from top to bottom with all 18 players contributing at some point in the season. They pride

themselves on being in shape and being able to compete in high-intensity, physical games. Bryant puts in extra work off the field in the gym, where they lift with chains and complete rigorous circuit workouts to give them that extra edge in tight games. They're led by Donovan nominee and senior, Alex Kenworthy, who has stepped up in big games when the team needed someone to make a play. Senior Cameron Jack has also been an integral part of the team, playing a big role in developing the younger players and preparing them for tough competition. Bryant is coming off big wins at conferences and regionals and hopes to carry their momentum into Rockford. Finally, Bryant credits coaches Jim Bishop and Michael Cardello for their fearless leadership and ability to adapt on the fly to difficult situations.

ROSTER

0	Jared Krueger	So	5'8"	20
3	Jacob Roy	So	5'7"	20
5	Nicholas Mendoza	Jr	5'10"	20
6	Zachary Tuxbury	Jr	5'9"	21
7	Ryan O'Connor	So	5'10"	20
9	Benjamin Adams	Fr	6'0"	18
10	Joshua Nunes	So	5'6"	20
11	Seth Lundstrom	Jr	6'0"	21
14	Austin Kelson	Gr	6'0"	22
22	Jake Fontes	So	5'9"	19
24	William Schenker	So	6'5"	20
25	Dylan Coppinger	Fr	6'4"	19
34	Cameron Jack	Sr	6'2"	22
35	Brogan Heneghan	Fr	6'0"	19
36	Ryan Donovan	Fr	6'1"	19
47	Alexander Kenworthy	Sr	6'0"	22
78	William Gordenstein	So	5'10"	20
88	Justin Kunkel	Jr	6'0"	20

SPECTATOR INFO

CARLETON COLLEGE GODS OF PLASTIC

NORTHFIELD, MN

Captains: Will Yetvin, Abe Eicher, Saul Wildavsky
Coach: Michael Massad
apps.carleton.edu/student/orgs/gop
@goprocks



GoP was born late one February night in 1995 in a room on 2nd Nourse, Northfield, Minn. A group of Carleton seniors, motivated by their love of ultimate and a desire for a level of play higher than intramurals, conspired to form a team around the idea that enjoyment of the game and a higher level of competitive play should not run screaming from each other, but walk hand in hand. They agreed to a style of play that could be considered quirky, but would embody the true spirit of the game. From this discussion arose our lofty team name: Gods of Plastic.

ROSTER

1	Russel Smith	Sr	5'9"	22
2	Matthew Maclay	Sr	6'3"	22
3	Dawson d'Almeida	So	6'0"	20
4	Will Yetvin	Sr	5'9"	22
5	Noah Robiner	Jr	5'10"	21
6	Bryce Barton	Jr	5'11"	21
7	Austin Sorscher	Jr	6'1"	21
8	Jacob Cohen	Jr	5'7"	21
10	Chenxi Sun	Sr	6'0"	22
11	Nathan Mannes	Jr	5'9"	21
13	Jeremy Hills	Sr	5'9"	22
14	Abe Eichner	Sr	6'0"	22
15	Oren Lieber-Kotz	Fr	5'9"	19
16	Arthur McCray	Sr	6'2"	22
19	Quinn Mayville	Jr	5'11"	21
21	Henry Alexander	Jr	6'1"	20
23	Paul Ready	Fr	5'10"	19
27	Charlie Bushman	Fr	6'4"	19
28	Ian Klein	Fr	6'1"	19
30	Michael Ebako-Hodgson	Sr	6'0"	22
35	Alex Rafkin	So	6'1"	20
42	Ian McCarthy	So	6'0"	20
45	Theo Morris	Sr	5'9"	22
69	Ezra Sergent-Levanthal	Jr	6'0"	21
71	David Goodell	Sr	6'1"	22
83	Will Gleason	Fr	5'11"	19
90	Saul Wildavsky	Jr	6'1"	20

MEN'S TEAMS



GEORGIA COLLEGE DISCONNECTED

MILLEDGEVILLE, GA

Captains: Jacques Perivier, Dakota Wellmaker, Nathan Vickroy



Disconnected was established 16 years ago. Since then, we've made a statement as a regional powerhouse in D-III ultimate. We pride ourselves on our ability to fight and prove our might to our competitors. Our climb culminated in a nationals win in 2016. After a rebuilding year, we are back strong and ready to compete.

ROSTER

1	Jacques Perivier	Jr	5'11"	21
2	Scott Diller	Sr	5'11"	21
4	Gillis Carroll	Fr	5'8"	18
5	Kade Ottaway	Sr	6'2"	22
6	Dakota Wellmaker	Sr	6'0"	22
7	Nathan Vickroy	Gr	6'0"	23
9	Parker Rhinehart	Jr	5'11"	20
12	Terrance Phillip	So	5'8"	19
13	Connor McCarthy	Fr	6'4"	19
17	Parker Robertson	Jr	5'8"	21
19	Gavin Shelton	Fr	5'8"	19
20	Dawson Burns	Fr	6'3"	19
21	Alexander Mejia	Sr	5'11"	22
24	Tim Martin	Fr	5'9"	19
33	Brody Craft	Fr	6'2"	18
37	Alec Powers	Jr	5'8"	20
72	Rylan Gordon	Jr	5'11"	21

JOHN BROWN UNIVERSITY IRONFIST

SILOAM SPRINGS, AR

Captains: Spencer Patterson, Ethan Bolthouse, Grant Bruner
@JBUIronfist



JBU Ironfist, from Siloam Springs, Ark., is in its 15th 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 Championships in 2013, Ironfist has not missed an appearance. 2018 is its sixth 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 is ready to prove the strength of the team and the South Central Region.

ROSTER

7	Parker Gulbranson	Sr	6'7"	21
12	Josiah Heikes	Fr	6'1"	19
15	Grant Bruner	Sr	6'2"	21
19	Ethan Bolthouse	Sr	5'10"	22
28	Garrit Headley	So	6'0"	19
67	Spencer Patterson	Jr	5'11"	21
74	Clinton Carroll	So	5'10"	20
76	Andrew Hastings	Fr	6'2"	18
81	Joel Stennett	Fr	5'11"	19
99	Harrison Kretzer	Fr	6'4"	18

MEN'S TEAMS

UNIVERSITY OF MARY WASHINGTON MOTHER OF GEORGE

FREDERICKSBURG, VA

Captains: Zachary Norrbom, Harper James, Robert Blake

Coach: Keys Pattie

@motherofgeorge



Hailing from Fredericksburg, Va., the University of Mary Washington's Mother of George has been competing at a consistently high level at regionals since 2015. With Donovan nominee Zach Norrbom at the helm of this polished vessel, we have made Nationals for the first time in program history. Momma's coming to Natties!

ROSTER

1	Zack Richardson	So	6'3"	20
6	Joseph Richards	Sr	6'3"	22
7	Alistair Andruis	Sr	6'1"	22
9	Kyle Welty	Jr	6'1"	20
10	Zachary Norrbom	Gr	5'8"	23
11	Anthony Clark	Jr	6'0"	20
12	William Carpenter	So	5'9"	21
14	Robert Blake	Sr	6'2"	21
15	Raj Barua	Sr	5'8"	23
17	Landrum Beard	So	6'2"	19
19	Edan Lyons	Sr	5'10"	24
21	Harper James	Jr	6'1"	21
24	Andrew Sharpe	Jr	5'11"	19
25	Cameron Bierkan	Sr	6'2"	23
27	Amos Dufore	So	5'7"	20
39	Jared Height	So	5'8"	19
45	Beau De Konick	Fr	6'2"	19
47	Daniel Schlichtig	Fr	6'1"	19
52	Benjamin Masse	Jr	5'9"	21
56	Owen Donovan	Fr	5'9"	18
64	Kai Jensen	Sr	5'9"	21
68	Caleb Picard	Fr	6'2"	18
71	Jason Fields	Fr	6'0"	21
77	Matthew Sutherland	So	5'10"	20
94	James Fendley	Fr	5'10"	18

SPECTATOR INFO

MIDDLEBURY COLLEGE PRANKSTERS

MIDDLEBURY, VT

Captains: Connor Hanify, Connor Levesque, Dylan Salzman

go.middlebury.edu/ultimate

@pranksters69



Since making the transition to D-III in 2013, the Middlebury Pranksters have an illustrious history consisting of one national championship and two subsequent returns to the tournament, including this trip, our first in four years. After graduating 10 seniors, including five O-line starters in 2017, the future looked bleak. But the program has been resurrected by the youthful vigor and energy of our eight new freshmen. Ian Hanson, from the Great White North, helps lead the D-line alongside fellow freshmen Mason Arndt, Van Lundsgaard, Chris Gernon, Danny Grubbs-Donovan and Josh Mohling; Kevin Strenski and Josh Sims-Speyer will be fixtures on the O-line for years to come. Thanks to these burgeoning superstars, the Pranksters have crushed and rolled to a 27-3 cumulative record this season. We are excited to take on the best (division III) that the country has to offer. "Body" by Loud Luxury is the single greatest piece of musical genius ever to have ever been made.

ROSTER

00	Noah Fine	So	5'7"	20
1	Warren Lundsgaard	Fr	5'9"	19
6	Christopher Gernon	Fr	5'9"	19
7	Zach Levitt	So	5'8"	20
9	Michael La Bella	So	5'6"	20
10	Mason Arndt	Fr	6'1"	19
11	Connor Levesque	Sr	5'10"	22
13	Kevin Strenski	Fr	6'1"	19
14	Kai DeLorenzo	So	6'2"	20
15	Adin Insoft	So	6'0"	20
16	Edward Hoffman	So	5'8"	19
18	Joshua Sims Speyer	Fr	5'9"	19
20	Danny Grubbs-Donovan	Fr	5'8"	19
22	Josh Mohling	Fr	5'9"	19
24	Sean Fallon	So	5'11"	19
28	Connor Hanify	Sr	5'8"	22
30	Ian Hanson	Fr	5'6"	19
40	Alex Forde	Jr	5'7"	21
42	Nathan Beningson	Sr	5'6"	22
44	Magnus Cleveland	So	5'10"	20
72	Dylan Salzman	Jr	5'6"	21
76	Chris Adamo	So	5'8"	20
96	Asher Lantz	Jr	6'3"	21
99	Luke Kikukawa	Jr	5'8"	21

MEN'S TEAMS

MISSOURI UNIVERSITY OF SCIENCE & TECHNOLOGY MINER THREAT

ROLLA, MO

Captains: William Imming, Julius Bertoncin

Coaches: Alan Scher Zagier, Kelly Dunlap, Courtney Munch
minerthreatultimate.com

@miner_threat



Miner Threat was founded in 2004 at Missouri S&T. The last time we made it to Nationals was in 2011, where we placed third. Our ultimate program has been growing and rebuilding ever since, focusing on each player's contribution to our team success instead of relying on individual stars.

We hail from a small engineering school, using whatever resources we can find to our advantage. Our practice field doubles as a cricket pitch, has more dirt than grass and often injures our players more than tournaments do. Regardless of the obstacles in our path, we keep playing and improving at our game. We treat each other like family, as every practice involves both the men's and women's team, and we never cease to support each other on the way to team success.

In the 2018 season, Miner Threat faced several tough match ups, but never once did we doubt ourselves. Even in the close losses, we learned how we should tweak our game to become better. All that hard work paid off when we swept regionals, defeating every bid-earning team in our region. Keep an eye out for us at Nationals. Don't sleep on the Threat!

ROSTER

2	Matthew Gentry	So	5'8"	20
4	John Mauntel	Sr	6'0"	21
5	Quinten Volz	So	5'8"	20
6	Rusty McDonald	Sr	6'2"	22
8	Danny Drury	Sr	5'11"	22
9	Chris Dolles	Jr	6'2"	21
10	Ezekiel Peterson	So	6'0"	20
12	Brendan Carriel	Jr	6'2"	21
16	Nate Clancy	So	6'3"	19
20	Jared McKay	Fr	6'2"	18
21	Brody Johnson	Sr	6'0"	22
24	Will Imming	Sr	6'1"	22
25	Kelly Mauntel	Sr	6'0"	23
26	Ben Kilper	Fr	5'11"	19
27	Cameron Leonard	So	5'8"	19
28	Eric Chavez	So	6'2"	22
30	Trevor Nennering	Sr	6'1"	22
32	Kyle Johnson	Fr	6'3"	19
35	Richie Murphy	Sr	6'1"	23
36	Louie Bertoncin	Sr	5'9"	22
39	Sandy Gu	Sr	5'11"	22
42	Jack Markiewicz	Fr	6'1"	19
44	Lawrence Eastman	Fr	6'1"	19
48	Justin Flynn	Sr	6'0"	22
56	Zach De Craene	Fr	6'1"	19
69	Robert Taylor	Sr	5'10"	21
78	Mitchell Zimmermann	Sr	6'0"	22
89	Seth Day	So	5'9"	20

NORTH PARK UNIVERSITY LOST BOYS

CHICAGO, IL

Captains: Scott Nitchie, Drew Swanson, Curtis Pederson, Nate Werling

@NPLOstboys



The 2018 season is the 14th year of the North Park Ultimate team competing in the USAU Series. Since the inception of the USAU D-III College Championships in

2010, the team has attended Nationals five out of eight years, finishing T-5th, T-3rd, T-9th and T-11th. Despite being overlooked for most of the season, the Lost Boys won the Great Lakes Region and finished with an overall record of 18-3. This will be their first time back to Nationals since 2015. They look to continue their successful season through Nationals. Notable alumni include Luke Johnson, who has been a major part of the club since its beginning and is known for his amazing video work with FulcrumPro.

ROSTER

1	Ben Soffel	Jr	6'0"	21
2	Nate Werling	So	6'0"	20
3	Eric Lundgren	Sr	6'1"	22
5	Andres Garcia	Jr	6'0"	21
8	Tim Clark	Fr	5'8"	20
10	Scott Nitchie	Sr	5'10"	22
12	Tommy Johnson	Sr	5'9"	22
13	Cory Wallace	So	6'3"	20
14	Drew Swanson	Sr	6'5"	22
19	Josh Crozier	Fr	5'9"	19
22	Ben Horstman	Jr	5'8"	21
24	Brad Johnson	Sr	6'0"	24
53	Carlos Macias	Jr	5'6"	21
57	Noah Swanson	Sr	6'4"	22
60	Curtis Pederson	Sr	6'1"	22
88	Jonathan Madera	Fr	6'3"	19

MEN'S TEAMS

OBERLIN COLLEGE FLYING HORSECOWS

OBERLIN, OH

Captains: Noam Fisherman, Jacob Arons
Coach: Jessica Mast
flyinghorsecows.com
@Horsecows



Founded in 1987. We love playing ultimate,
and we love playing with each other.

ROSTER

0	Jack Kenslea	So	6'4"	20
1	George Hawk	So	6'0"	20
4	Colin Cahill	So	5'10"	20
5	Noam Fisherman	Jr	5'10"	21
10	Toby Harvey	Sr	5'10"	22
16	Jacob Arons	Jr	5'10"	20
17	Noah Zobel	Fr	6'3"	19
18	Samuel Waranch	Jr	5'11"	20
21	Ilan Ackelsberg	So	5'7"	21
22	Julian Bregstone	So	6'1"	19
23	Joaquin Cardozo	So	6'0"	20
25	Cody Anderson-Salo	Sr	6'3"	22
42	Oliver Vickers-Batzdorf	Fr	5'10"	19
56	Matthew Skarha	Jr	5'10"	20
68	Talon Johnson	Fr	6'3"	19
81	Jonathan Karpatkin	Sr	5'11"	22
87	Lucien Fitzpatrick	Sr	6'3"	22

SPECTATOR INFO

OCCIDENTAL COLLEGE DETOX

LOS ANGELES, CA

Captains: Adam Grammer, Kade Cheatham, Max
Marion, Paul Tomlinson
Coach: Nathan Warden
facebook.com/detoxultimate



This is the third Nationals appearance in the history of Detox. With the first coming in 2011, Detox has managed to qualify for back-to-back Nationals in 2017 and 2018. They will be in search of a better finish this year after coming in 15th place last year.

ROSTER

0	Paul Tomlinson	Jr	6'1"	20
1	Evan Sarafian	So	5'8"	19
2	Max Marion	Sr	6'1"	21
3	Nelson Rayl	So	6'4"	20
6	Robert Zhang	Sr	5'8"	21
8	Sundy Khalsa	Fr	5'10"	19
10	Sam Hajduk	So	6'2"	20
11	Adam Grammer	Sr	5'9"	22
13	Greg Kleinman	So	5'9"	20
14	Ebby Naftzger	So	6'2"	19
16	Silas Scott	Fr	5'8"	18
17	Josh Bogen	So	6'2"	20
21	Brian Lavongtheung	Jr	5'11"	21
22	Kade Cheatham	Sr	6'0"	21
23	Jake Sabitt	Fr	5'10"	19
26	Zach Goodwin	Fr	5'10"	19
28	Hunter Weinreb	Sr	5'10"	22
33	Sam Monius	Fr	6'0"	19
42	Wally Huron	So	6'1"	21
44	Jack Allen	Jr	5'7"	21
69	Griffin Morita	Sr	6'3"	22
72	Daniel Scal	Fr	6'0"	19
80	Mitchell Bullington	Fr	6'2"	19

MEN'S TEAMS



UNIVERSITY OF PUGET SOUND POSTMEN

TACOMA, WA

Captains: Lucas Crowley, Ramsey Rossmann
Coaches: Christian Brink, Jeffrey Gayle
upsultimate.com
@UPSPostmen



The team started from humble beginnings in the year 2004 when a little boy with a dream wanted to start a local micro financing bank with his friends in their beloved town of Tacoma, Wash. They soon realized this would be way too much work and quickly opted to just throw around a small piece of plastic instead. Celebrating its 10th anniversary during the 2014-2015 season, the Postmen are now in their second decade of existence.

From humble beginnings, the Postmen rode to the D-III College Championships for the first time in 2011, when the team tied for third place. After a one-year hiatus, the Postmen returned to Appleton to avenge themselves where they fought their way into the finals. Once again, the title slipped through their hands. The year 2013 was no different. The Postmen, the brave Men of the West, placed second.

After a brief foray into D-I in 2013-2014, the Postmen are rebuilding – traveling to villages far and wide looking for new recruits. The 2017-2018 season is promising. Building upon the work of years past and the efforts of those who came before, the Postmen of today look to ride to greater glory.

ROSTER

1	Lucas Crowley	Sr	5'8"	22
2	Yuuki Hashimoto	Fr	5'9"	19
3	Luke Garrison	Jr	6'1"	22
4	Stephen Hymr	Fr	5'8"	19
5	Samuel Keller	So	5'7"	19
6	Guillermo Ruiz	Fr	6'1"	19
7	Nate Hess	So	5'9"	19
8	Zachary Fletcher	So	5'11"	19
9	Chris Porter	Jr	6'0"	21
11	Jack Kineke	So	5'10"	19
12	Ramsey Rossmann	Jr	6'4"	21
13	Patrick Wallin	Sr	6'3"	22
15	Bryce Ulrich	So	6'1"	19
17	Luke Groenveld	Fr	6'1"	19
18	Chris Roach	Sr	6'2"	22
21	Miles Gilbert	Fr	6'1"	19
22	Carson Boggess	Fr	5'10"	20
23	Destin Newfont	So	6'3"	20
24	John Leslie	Jr	6'0"	21
27	Nalin Richardson	So	6'2"	19
33	Jonathan Schmidt	So	6'4"	20
39	Dylan Friedman	So	5'6"	19
43	Andrew Brandt	Sr	6'5"	21
55	Cameron Waugh	Jr	5'9"	23

UNIVERSITY OF RICHMOND SPIDERMONKEYS

RICHMOND, VA

Captains: Justin Keller, Chris Selwood, Patrick Murray
Coach: Matt Graves
urspidermonkeys.wordpress.com
@URspidermonkeys



The 2017 National Champion Richmond Spidermonkeys are returning to the D-III Championships to defend their title. This marks the team's fourth appearance in the last five years. The focus on hard work, growth and spirit has led the team to another successful season. Last year was stache-nals; this year, let's see what we come up with at the last minute. BIKES!?!?

ROSTER

2	Evan Steinfeld	Jr	5'10"	21
3	Matt Chiappinelli	Fr	6'0"	19
4	Hunter Lang	Fr	6'2"	19
6	Tynan Englert	Jr	6'1"	21
8	Ben Weinstein	So	5'6"	20
11	Rob Silipigni	Fr	5'11"	19
12	Justin Keller	Sr	5'9"	22
16	Chris Selwood	Jr	5'10"	21
20	Xavier McCormick	So	5'10"	19
22	Harris Cannon	So	6'1"	20
24	Mike Le	Sr	6'0"	21
27	Patrick Murray	Jr	6'2"	21
30	Graydon Cowan	Jr	6'1"	20
31	Dan Scherzer	Fr	6'4"	19
34	Zach Perkins	So	5'6"	20
44	Evan Crawford	Sr	6'0"	22
48	Patrick Tomhon	Sr	5'7"	22
52	Bobby Croxon	So	5'11"	20
70	Chris Cassella	So	6'0"	19
75	Abe Schroeder	Sr	6'1"	21

MEN'S TEAMS

RENSSELAER POLYTECHNIC INSTITUTE TRUDGE

TROY, NY

Captains: Andrew Yale, Alex Curreri

Coach: David Ferraro

frisbee.union.rpi.edu

@rpitrudge



RPI TRUDGE is excited to have the opportunity to represent the Metro East Region at Nationals! After a tough 2017 season, TRUDGE came into 2018 with new fire, energy and, for the first time in the team's history, a coach: David Ferraro. Ferraro coached the A team and the brand new B team throughout the spring season at five tournaments and over 40 games, elevating both team strategy and spirit.

TRUDGE was one of the original eight teams to compete at the first College Championships in 1975 at Yale, making it to the final game against Rutgers. Since then, TRUDGE has competed at a national level a number of times, most recently in 2012. TRUDGE alumni have gone on to play for nationals-caliber club teams such as the Condors, Metro North and High Five, as well as coach teams around the country, including our sister team, Strut. The legacy of TRUDGE lives on through the team's current members who are eager to showcase their hard work throughout the season on a national stage.

ROSTER

1	James Veitengruber	Jr	6'3"	21
2	Ciaran Young	So	5'11"	20
3	Bryce Markel	Fr	5'11"	19
4	Alex Curreri	Sr	6'1"	22
5	Jonathan Pizzo	So	5'9"	20
6	Hendrik Humes	Jr	5'10"	21
9	Andrew Yale	Gr	6'2"	25
10	Andrew Kerns	Gr	6'0"	23
12	Spencer Holt	Jr	6'2"	21
13	Devin Malanaphy	So	5'4"	20
17	Pierre Fabris	Jr	6'2"	21
18	Christopher Duffy	So	6'4"	19
28	Sacha Kaiser	Gr	6'0"	23
30	Alain Hwang	Jr	5'9"	21
32	Matthew Brown	Fr	6'2"	19
33	Adam Pomeranz	Sr	6'3"	21
34	Zachary Bilech	Sr	5'9"	22
37	Alec Krasinski	So	6'2"	19
38	Issac Kim	Fr	5'9"	19
42	Victor Chen	Jr	5'11"	20
44	Adam Morgan	Jr	5'7"	21
53	Huntington Gazecki	Sr	6'1"	22
63	Timothy Newman	Sr	6'0"	22
64	Adam Alper	So	6'0"	20
77	Francis Santoso	So	6'0"	20
79	Peter Ko	Sr	5'10"	21
88	Philip Kamei	Jr	5'10"	20
96	Dane Bush	Gr	6'1"	31
99	Calvin Jungreis	Fr	5'11"	18

SPECTATOR INFO

WHITMAN COLLEGE SWEETS

WALLA WALLA, WA

Captains: Robbie Farwell, Christoph Suhr, Alex Walsh

Coaches: Alex Wells, Arianne Lozano

@MWhitman_Sweets



We are the Whitman College Men's Sweets Ultimate Frisbee Team. We get our name from the sweet onions that are grown around us. A lot of wheat is grown around Walla Walla too (which is where we go to school). We don't practice in the wheat fields, we practice on normal fields. It gets pretty windy sometimes.

We practice a lot. Sometimes we go to tournaments. We went to three tournaments this year: one located in Morgan Hill, California; one located in Fair Oaks, Indiana; and one situated outside of Boise which is in Idaho. We won some games at the tournaments as well. We then played at our Conference Championships and it rained a lot. We also won. The general consensus is that this year has been fun. Fun is something us sweets enjoy having. We also have a new coach, and are looking forward to meeting him at Nationals. If you are watching our games, please cheer us on by yelling, "Go Sweets." That tends to do the trick.

ROSTER

2	Ryan Kierulf	Fr	5'9"	19
3	Jordan Payne	So	6'3"	20
5	Christoph Suhr	Jr	5'10"	21
6	Max Sheffield	Sr	5'11"	22
8	Sam Huston	Fr	6'4"	20
9	Nate Raphael	Jr	5'7"	21
10	Jules Choquart	Jr	6'2"	20
11	Joshua Shin	Fr	6'0"	19
12	Eli Cohen	Jr	5'6"	21
13	Gabriel Zansberg	So	5'8"	20
16	Alex Walsh	Jr	6'3"	20
17	David Dregallo	So	6'0"	20
18	Robbie Farwell	Jr	5'9"	20
23	Toby Zabel	Fr	5'7"	20
28	Jacob Klusmeier	Fr	6'4"	20
30	Jesse Sindelar	Jr	6'2"	21
34	Jarrett Arakaki	Fr	5'9"	18
42	Craig Brunner	Fr	6'0"	19
47	Tivon Sadowsky	So	6'0"	20
59	Ben Katz	So	5'7"	21
66	Noah Schlenk	Sr	5'11"	21
85	Alex Brettmann	So	6'1"	20
93	Ben Lahr	So	5'8"	21

WOMEN'S TEAMS

AMHERST COLLEGE SPARKLE MOTION

AMHERST, MA

Captains: Sarah Teichman, Julia Pike, Kyra Wortley
Coaches: Robin Stewart DeMartino, Anne Elise Olsen
facebook.com/Sparkle-Motion-Womens-Ultimate-395747607570099/
@AmherstSpaMo



This marks the second occasion that the Amherst College Women's Ultimate Team has secured a bid to Nationals. In the past few years, the program has undergone significant growth to reach the competitive level that we see in the rest of the New England Region. We are motivated by opportunities to match up against nearby teams, Mount Holyoke and Williams, and competitors to the north, Bates and Middlebury. Sparkle Motion is very excited to get the opportunity to play in Rockford, Ill.!

Sparkle Motion is very excited to get the opportunity to play in Rockford, Ill.!

ROSTER

1	Kyra Wortley	Jr	5'10"	20
3	Victoria Zhang	Sr	5'4"	22
5	Mackenzie Stein	Jr	5'5"	21
6	Julia Pike	Jr	6'0"	21
10	Julia Burnett	So	5'10"	19
13	Carly Drost	Jr	5'7"	20
15	Rachel Cohen	Jr	5'3"	21
16	Sophia Doerr	Jr	5'5"	21
19	Hannah Neiditz	Fr	5'3"	19
22	Sarah Teichman	Sr	5'1"	21
31	Allison Tennant	Jr	5'4"	21
41	Anri Chomentowska	Sr	5'4"	23
46	Ella Yarmo-Gray	Jr	5'3"	20
54	Katianna Nardone	Jr	5'2"	21
66	Kelley Baumann	Jr	5'3"	21
72	Logan Deming	So	5'3"	20
77	Lily Hunter	Jr	5'10"	21
98	Charissa Doerr	So	5'8"	19

BATES COLLEGE COLD FRONT

LEWISTON, ME

Captains: Adair Andrew, Josie Gillett, Katie Harnett
Coaches: Mohdis Delijani Baker, Chase Baker
@Coldfront_Ulti



Bates College Cold Front is attending the USA Ultimate D-III College Championships for their third consecutive year. Captains Adair Andre '18, Katie Harnett '18 and Josie Gillett '19 have led the team through their spirit, playing abilities and years of experience dating as far back as middle school. Coaches Chase (Colby '11) and Mohdis Baker (Bates '14) each bring more than a decade of knowledge from various high school, college and club programs in Maine to assist the team in reaching their fullest potential. The grit and spirit of this team has led them this far, and they are excited to continue playing their favorite sport in Rockford! The Cold Front team dynamic is perfectly summarized in their motto: "Friendship and Sports!"

ROSTER

0	Olivia Gomez	Jr	5'5"	21
1	Madison Liistro	So	5'3"	19
3	Grace Warder	So	5'3"	20
4	Sophia Thayer	Sr	5'2"	21
5	Anna Helms	So	5'2"	20
7	Katie Harnett	Sr	5'4"	21
8	Elizabeth Casey	Fr	4'11"	18
15	Adair Andre	Sr	5'8"	21
17	Sarah Delany	So	5'3"	20
18	Libby Masalsky	Sr	5'8"	21
19	Josie Gillett	Jr	5'7"	20
20	Becca Havian	Jr	5'5"	21
21	Sarah King	Fr	5'3"	19
23	Nora Finley	So	5'5"	19
24	Cameron Johnson	Fr	5'7"	18
26	Sophia Miller	Fr	5'6"	19
29	Rachel Blaustein	Sr	5'2"	21
36	Marissa Bale	Jr	5'5"	21
49	Avery Wolfe	Sr	5'6"	23
78	Joanna Vollrath	Fr	6'0"	21

WOMEN'S TEAMS

CATHOLIC UNIVERSITY OF AMERICA NUN BETTA

WASHINGTON, DC

Captains: Grace Castro, Christine Tomasic
Coaches: Steve Kreider, Layne Scherer
facebook.com/CUAWomensUltimate
@cuultimate



Have you heard of the pope-mobile? If you haven't, you must not have faced the women from Catholic University yet. Nun Betta, CUA's favorite women's ultimate team, is stepping onto the field with nothing to lose this year. Established in 2010 by incredible

alumni, these women are ready to take Nationals by storm! Nun Betta started out as a small team, but in just a few short years, it grew to a roster of 24 competing in their first-ever College Championships. Led by current coaches "Scuba" Steve Kreider, Layne Scherer, Blaire Thomson and Bridget "Beef" Finnell, along with captains Grace Castro ('18) and Christine "Gram" Tomasic ('18), Nun Betta follows the timeless saying, "Tada Gan larracht," meaning "nothing without effort," in every aspect of their play. Look for strong junior and senior classes this year, as well as a scrappy group of underclassmen looking to prove themselves on the field and off, with everyone focused on supporting the spirit of the game in every match.

ROSTER

1	Maddy Demaret	Jr	5'11"	21
2	Lauren Coene	So	5'7"	20
3	Grace Brodeur	Sr	5'5"	21
4	Liz Shoemaker	So	5'4"	19
5	Sarah Lynch	Jr	5'10"	20
7	Sarah Grupp	Jr	5'7"	22
10	Fran Giardina	Fr	5'4"	18
11	Kat Lemanski	Jr	5'4"	21
13	Katie O'Brien	Jr	5'6"	21
14	Natalie Hahn	Sr	5'6"	22
16	Alyssa Diaz	Fr	5'5"	19
18	Emily Jansen	So	5'4"	19
19	Christine Tomasic	Sr	5'5"	21
20	Abby Grabowski	Fr	5'10"	19
21	Annie Vogel	So	5'0"	19
22	Kate Connolly	Sr	5'7"	21
24	Grace Castro	Sr	5'4"	22
25	Emily McGuire	Jr	5'6"	21
26	Izzy Vander Bleek	Jr	5'4"	21
27	Theresa Button	Sr	5'8"	22
32	Bridget King	Sr	5'8"	22
33	Irene Wilson	So	5'7"	19
37	Kate Swaan	Fr	5'7"	19
60	Jordan Bryant	So	5'6"	20

SPECTATOR INFO

CLAREMONT COLLEGES GREENSHIRTS

CLAREMONT, CA

Captains: Sharon Huynh, Montana Roberts, Nancy Karreman
Coach: Alexandra Kirby
claremontgreenshirts.wordpress.com
@ClaremontGreens



The Greenshirts are the combined team of the Claremont Colleges Consortium: 5Cs, one heart. After our first big taste of victory, winning D-III College Championships 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

1	Megan Schmiesing	Fr	5'7"	20
3	Emma Ranheim	Fr	5'3"	19
5	Kaila Finn	So	5'6"	20
7	Maya Cohrssen-Hernandez	Fr	5'3"	18
8	Eleanor Schiffler	So	5'7"	20
9	Fran Querdasi	Sr	5'6"	22
10	Elizabeth Willmsmore-Finkle	So	5'2"	21
11	Emily Diamond	So	5'7"	19
12	Lydia Sylla	Jr	5'6"	20
13	Merritt Gohn	Sr	5'9"	22
16	Ella Scudder-Davis	Fr	5'3"	18
17	Martha Gao	Fr	5'2"	19
18	Miriam Raffel-Smith	So	5'4"	19
21	Sharon Huynh	Sr	5'4"	22
24	Daphne Guo	Jr	5'5"	20
26	Feiyang Lin	Fr	5'5"	18
28	Erin Mathieu	Fr	5'2"	19
31	Becca Wainess	Jr	5'8"	21
39	Watson Vhugen	Fr	5'0"	19
42	Nancy Karreman	Sr	6'3"	21
55	Sam Martin	Fr	5'7"	19
66	Montana Roberts	Sr	5'10"	21
96	Julia Fradkin	Fr	5'4"	18

WOMEN'S TEAMS

GEORGIA COLLEGE LYNX RUFUS

MILLEDGEVILLE, GA

Captains: Morgan DeMell, Lindsey Moon

Coach: Doug Oetter

gcultimate.org

@GC_lynx_rufus



Lynx Rufus is Georgia College's Women's Club Ultimate team, founded in 2010. Our team was built on the cornerstones of spirit, hard work, love and determination, and our team continues to embody these qualities. We have attended Nationals nearly every year that we have existed: 2010, '13, '14, '15, '16, '17 and now '18. Our team began with a small number of players, but over the past eight years, the team has grown into a team of 20 women. Lynx Rufus is along the lines of a family comprised of a close group of spirited players.

ROSTER

0	Cheyenne Baillew	Sr	5'3"	21
2	Alyssa Wilwol	So	5'3"	21
3	Morgan DeMell	Jr	5'7"	21
4	Melissa Escudero	So	5'7"	20
6	Brooke Yost	So	5'0"	20
7	Olivia Eck	Fr	5'7"	19
11	Iman Clark	Jr	5'7"	20
14	Avary Cross	Fr	5'9"	18
16	Megan Pike	So	5'6"	20
17	Shannon Hendrickson	Fr	5'6"	19
18	Sarah Breeden	So	5'3"	20
28	Sunshine Flamer	So	5'11"	20
29	Brittney Schwind	Sr	5'6"	22
30	Katherine Yost	Sr	5'1"	23
31	Lindsey Moon	Jr	5'10"	21
33	Rachel Kandzierski	Jr	5'4"	21
35	Meredith Collier	So	5'5"	20
56	Jada Moore	Fr	5'2"	18
69	Courtney Grubbs	Jr	5'2"	21
76	Jessica Eleazer	Fr	5'8"	18

LEHIGH UNIVERSITY GRAVITY

BETHLEHEM, PA

Captains: Juliet Chung, Dana Waxenberg, Kelly Skewis

Coach: Matthew Lubitz

@LUgravity



Since being founded in 2010, Lehigh Gravity has attended four D-III College Championships: 2012, 2015, 2017 and 2018. Two years ago, we recruited over 15 rookie girls, and we have loved to watch them grow over the past two seasons. Despite having a very underclassmen-heavy team, we have kept our competitive edge throughout the fall and spring seasons. We have been fortunate enough to develop a team chemistry that prevents us from having to rely on a handful of players, and instead feel comfortable knowing that any player who touches the disc will be able to hold their own. Through a lot of hard work and only a few major injuries, we have managed to secure our spot at Nationals for this year, and we are extremely proud of everyone who made it possible.

ROSTER

1	Caroline Smith	Fr	5'8"	19
2	Holly Rubloff	So	5'4"	20
3	Claire Ternes	So	5'6"	20
4	Mary Rose Patwell	Fr	5'4"	18
9	Nicole Vasoll	So	5'5"	20
10	Mariel Weigel	So	5'1"	20
13	Lexi Herzog	So	5'5"	20
14	Kayla Sippin	So	5'2"	19
15	Sarah Cookson	So	5'10"	20
18	Emma Hillman	So	5'5"	20
20	Brianne Barker	Sr	5'4"	22
26	Juliet Chung	Sr	5'3"	21
33	Madison Cannon	Sr	5'4"	22
35	Rebecca Cohen	So	5'0"	20
45	Monica Powers	Jr	5'10"	21
50	Dana Waxenberg	Sr	5'3"	21
58	Fiona Nugent	So	5'2"	20
68	Laura Marsiglio	Fr	5'8"	18
77	Hannah Flaherty	So	5'10"	19
78	Jeanne Espourteille	Sr	5'6"	22
84	Abby Bettenhausen	So	5'6"	20
88	Alexandra Meisse	So	5'7"	20
97	Kelly Skewis	Jr	5'7"	20

WOMEN'S TEAMS

MOUNT HOLYOKE COLLEGE

DAISY CHAIN

SOUTH HADLEY, MA

Captains: Katrina Meserve, Michelle Wellman
 Coach: Evan Johnson
sites.google.com/a/mtholyoke.edu/mhc_ultimate/home/about-us
 @MHCdaisychain



Elise Hale-Case and Amika Gair-MacMichael founded Mount Holyoke College (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 MHC.

In 2016, Daisy Chain finished fourth at regionals, making their Nationals debut and finishing T-11th. The following year, they finished third at regionals and 12th at Nationals. This year, they finished fourth at regionals and are excited to be making their third consecutive Nationals appearance.

Daisy Chain has a strong core of younger players who are both athletic and smart on the field, many of whom are making their first appearance at Nationals. This year, Daisy Chain finished the regular season 10-1, winning both the Jersey Devil and Vermont Open tournaments. They finished the season with an 18-4 record and are excited to have the opportunity to continue playing competitive ultimate.

ROSTER

7	Ysabel Lavitz	So	5'2"	20
8	Clara Honigberg	Fr	5'3"	19
9	Hadley O'Malia	Fr	5'7"	19
11	Emma Bowe	Fr	5'4"	20
12	Mahmuda Alam	So	4'10"	19
17	Yue Deng	Jr	5'2"	19
18	Sara Frieze	Fr	5'10"	19
21	Katrina Meserve	Sr	5'10"	22
25	Hannah Finn-Erb	So	5'2"	20
28	Xueyi Yang	So	5'9"	19
30	Sarah Bloomgarden	So	5'4"	20
31	Christine Sherwood	So	5'1"	20
32	Robin Joyce	Fr	5'2"	18
69	Natalie Russianoff	Jr	5'3"	19
87	Celia Mulcahey	Jr	5'6"	19
88	Michelle Wellman	Jr	5'2"	21
99	Madison Flueckiger	Fr	5'7"	19

SPECTATOR INFO

NORTH PARK UNIVERSITY ALLIHOPA

CHICAGO, IL

Captains: Erin Staurseth, Jessica Rosell, Michaela Scholte, Julie Spencer
 Coaches: Cameron Hodkinson, James Sykora
facebook.com/NPUallihopa/



From the first year Allihopa was started, there was one thing that the team members were focused on: community. Since Allihopa's first year in 2007, the team has seen itself at high points and low points in terms of competition level. However, one thing that has remained constant has been the sense of unity. To this day, there are still involved alumni that help to keep the program thriving. Over the past few years, Allihopa rose up and started to become more and more competitive, all while maintaining their main priority of community. We believe that Allihopa's success can be credited to the work the team has put in, both on and off the field, and the ways in which we care for and complement each other as friends and teammates.

ROSTER

2	Ellie Manderfield	So	5'4"	19
4	Abby Imperial	Jr	5'4"	21
5	Kara Lownsberry	Jr	5'6"	22
6	Katie Gustafson	Fr	5'8"	19
10	Jennifer Mueller	So	5'9"	19
11	Kajsa Meyer	So	5'10"	19
12	Tobiah Agurkis	Fr	5'8"	18
14	Jessie Rosell	Sr	5'8"	22
15	Maggie Johnson	So	5'4"	20
16	Grace Jang	Jr	5'1"	20
17	Erin Staurseth	Sr	5'8"	22
19	Kiersten Bixby	So	5'11"	19
20	Kysa Sager	Fr	5'4"	19
24	Mary Parenti	Sr	5'8"	22
28	Simone Carroll	Jr	5'7"	21
31	Abby Gentile	Jr	5'5"	21
45	Hannah Lewis	So	5'8"	20
87	Michaela Scholte	Jr	5'9"	21

WOMEN'S TEAMS

OBERLIN COLLEGE PREYING MANTI

OBERLIN, OH

Captains: Abby Cheng, Emma March

Coaches: Allison Fulton, Abbey Geib

oberlin.edu/stuorg/obult/manti

@OberlinManti



Over the past six years, the Oberlin Preying Manti have started to build and focus their program. Between 2013-2018, the Manti have been to Nationals three times (2013, 2016 and 2018). In 2013, the Manti had a mixed showing in the regular season, but had a strong showing at conferences and regionals where, aided by handlers Becca Kahn Bloch and Kayla Emrick and cutters Ally Fulton and Sharon Cross, they did not lose a game. In the past two years, specifically, the Manti have evolved from a scrappy and athletic, but somewhat chaotic, style of play to a more organized and disciplined approach. Captain Abby Cheng's ('16-'17, '17-'18) drive and extremely adept organizational skills have provided the team the push it needed to dominate the Ohio Conference and Ohio Valley Region this spring. Her fierce love and passion for the game, combined with co-captain Emma March's ('17-'18) ability to lead by example on and off the field and finding a dedicated coach in alum Ally Fulton, have pushed the team towards a higher ultimate IQ and their strongest postseason in years.

ROSTER

0	Margaret McCarthy	Sr	5'7"	23
2	Sky Davis	Sr	5'1"	22
3	Ora Hammel	So	5'3"	20
4	Miche McCall	Jr	5'6"	21
8	Helen Samuel	Jr	5'1"	22
11	Emma March	Sr	5'10"	22
13	Shay Jennings	So	5'7"	20
16	Hannah Kleppner	Sr	5'2"	21
18	Hannah Sklar	Sr	5'3"	21
19	Nina Afsar	Sr	5'7"	22
20	Linnea Fraser	Jr	5'6"	21
22	Abagael Cheng	Jr	5'6"	20
24	Rosie Rudavsky	Jr	5'8"	20
26	Zoe Kaplan	So	5'1"	19
34	Sonia Bloom	Sr	5'9"	21
42	Anna Barron	Fr	5'11"	19
44	Kayla Seeger	Jr	5'9"	21
83	Zoe Hecht	Fr	5'7"	19

PACIFIC LUTHERAN UNIVERSITY REIGN

TACOMA, WA

Captains: Liz Holm, Krysia Davis, Genny Boots

Coaches: Benita Ki, Ryan Mitchell

@PLUReignWomen



Reign started at Pacific Lutheran University (PLU) in 2000, and the women's and men's teams share the same name in order to promote unity and equity between the teams. PLU Reign Women made our first Nationals appearance in 2010, where we took first place! We're looking forward to playing again on the national stage, eight years later. We live by the motto: "Peace.Love.Ultimate," and have a very serious dedication to costumes and choreographed dances. Our favorite way to celebrate the end to a tournament is with "Air Cupcake," and if you ask nicely enough, we might let you join in.

Our seniors and head coach Ryan Mitchell are finishing their fourth years with the program, and going from a rowdy group of freshmen who didn't win a single game to earning a bid to Rockford is nearly unbelievable. This season has been our best yet, with a 15-10 record, second-place finishes at PLU BBQ and NW Challenge and breaking seed at the Stanford Open. We're most proud of our overall program growth, especially the creation of our developmental team, Royals, and Reign winning "Organization of the Year" from our university student life office.

ROSTER

2	Genny Boots	Sr	6'0"	23
4	Katie Powers	So	5'5"	20
7	Krysia Davis	Sr	5'6"	22
8	Lizzy Dalton	Sr	5'2"	22
10	Kayla Murray	So	5'4"	19
11	Hannah Hutchison	So	5'9"	20
12	Megan Packer	So	5'1"	19
13	Margaret Chell	Sr	5'11"	23
14	Nani Tadio	So	5'5"	20
16	Jamie Commander	So	5'7"	19
17	Molly Russell	Sr	5'6"	22
19	Jennica Kelm	So	5'8"	20
21	Liza Radford	So	5'5"	20
23	Katelyn Thompson	Fr.	5'2"	19
24	Ella Collins	So	5'4"	19
26	Liz Holm	Gr	5'4"	22
31	Kerry Dolan	Fr	5'6"	19
32	Emma Mickelson	Fr	5'7"	19
36	Olivia Cook	Sr	5'9"	22

WOMEN'S TEAMS

UNIVERSITY OF PUGET SOUND CLEARCUT

TACOMA, WA

Captains: Mickela Heilicher, Abby Mayo, McKenna Milton, Abigail Bidegain
Coaches: Spender Sheridan, Corinne Pingul
upsultimate.com
@wutwtuclearcut



University of Puget Sound Clearcut embodies all elements of your average octopus. With three hearts devoted to loving our team and always playing with spirit of the game, we love to bring our silly and competitive energy to every point. As for our nine brains, each one helps us with a different aspect of making Clearcut the best it can be. One brain is for our fiery defense, another is for our blazing hucks down the field. The third brain is devoted to our clear cuts (pun intended), and the fourth is for our enthusiastic sideline that leads us to victory. Our fifth and sixth brains are for our wicked skies and our layout Ds. The seventh brain embodies our unbreakable marks, and the eighth is our unstoppable zone. Last but not least, our ninth brain is entirely centered on our infamous bird dance (catch us at halftime busting some moves)!!!

ROSTER

00	Elizabeth Marks	Sr	5'5"	22
3	Jane Marie Gunn	Sr	5'9"	21
7	Arshia Gill	Fr	5'3"	20
12	Sarah Davidson	Sr	5'3"	22
13	Sarah McClain	So	5'4"	20
14	Neeyati Johnson	Sr	5'5"	22
16	Mattie Peters	Jr	5'7.5"	21
19	Mickela Heilicher	Sr	5'1"	22
21	McKenna Milton	Jr	5'5"	21
22	Meadhbh Koenigsberg	So	5'11"	19
27	Lisa Grimm	So	5'2"	20
30	Abigail Bidegain	Jr	5'4"	21
32	Fiona Bruce	Jr	5'11"	21
35	Abby Mayo	Sr	5'9"	
42	Hannah Gould	Sr	5'6"	22
45	Lillian Olson	So	6'3"	20
47	Erin McMillin	Jr	5'8"	21
53	Emma Piorier	Fr	5'6"	19
63	Bethany Llewellyn	Fr	5'4"	20
77	Poulami Wielga	Sr	4'11"	23
85	Jian Kettunen	Jr	5'4"	21
99	Jamie Millon	Sr	5'4"	22

SPECTATOR INFO

RICE UNIVERSITY TORQUE

HOUSTON, TX

Captains: Rebecca Lopez, Jacqueline Lee
Coaches: Ashley Shelor, Michelle Landis
torqueultimate.wixsite.com/rice-womens-ultimate
@TorqueUltimate



Rice Women's Ultimate first appeared on the scene in 1997. The team was originally known as "Miss Red," then "Catch Her on the Fly," and then finally "Torque." When Torque first entered the Division III scene in the 2013-2014 season, the team was led by a few superstars but still developed a deep sideline and made use of its rookies. This combination led them to quick success, clinching back-to-back championships in 2014 and 2015. The next season, Torque fought all the way to the finals and came in second after a hard-fought ultimate point. Though Torque didn't qualify for Nationals the next year, the team continued to grow – altogether and individually – recruiting and developing many first-time ultimate players to maintain that deep sideline and reliable set of rookies. This year, with a rookie-majority roster, Torque surprised many by going undefeated at the 2018 D-III South Central Regional Championships. Now, Torque is finally back in the Nationals field and more ready than ever to make waves in the national D-III ultimate community.

ROSTER

2	Regina Barcio	So	5'3"	19
3	Samantha Paulsen	Gr	5'8"	27
5	Emily Wang	Fr	5'11"	18
6	Christina Brown	So	5'4"	19
7	Melinda Ding	Fr	5'2"	19
8	Sarah Downing	So	5'6"	20
9	Emily Hwang	Fr	5'9"	18
14	Jacqueline Lee	Jr	5'4"	20
15	Abril Dominguez	Fr	5'2"	19
22	Rebecca Lopez	Sr	5'3"	21
23	YingYan Ho	So	5'4"	20
27	Philippine Kugener	Jr	5'4"	21
88	Clarise Trinh	Fr	5'2"	18

WOMEN'S TEAMS

RENSSELAER POLYTECHNIC INSTITUTE STRUT

TROY, NY

Captains: Nancy Bush, Makayla Wahaus
Coach: Garrett Clay
frisbee.union.rpi.edu/wanda/
@rpistrut



In 2007, A Team Named Wanda was founded by RPI student Jennie Stewart. She organized a small group of excited ladies, nearly making it to regionals. In 2015, A Team Named Wanda was rebranded as Strut, playing off of the men's team called TRUDGE, and was signified by a red heel.

When we had enough people, we would scrimmage at practices and travel to tournaments to learn more. Our cuts became sharper, our handlers became handlier, and we pushed ourselves to play better. As our numbers grew, we brought in RPI alumni Garrett Clay as a coach. Since then, he has helped facilitate our growth as a team. Our program started out small, but over the past decade, Strut has gone from a team of seven players who could barely compete at conferences to a squad of nearly 20 women ready to compete at Nationals.

ROSTER

2	Nancy Bush	Jr	5'7"	21
3	Tamar Austin	Sr	5'4"	23
4	Amy Schumacher	So	5'8"	20
8	Ariel Walter	Sr	5'10"	21
11	Samantha Lyons	Jr	5'4"	21
14	Yvonne Marcoux	Sr	5'6"	22
17	Lindsay Zadunayski	Jr	5'10"	20
18	Makayla Wahaus	So	5'0"	20
26	Michelle Merritt	So	5'10"	19
27	Anna Quartararo	Jr	5'0"	21
28	Zoe Fuerst	Jr	5'2"	20
69	Jennifer Collins	Sr	5'7"	22
73	Candy Zhang	Jr	5'8"	20
97	Amelia Loo	Jr	5'5"	20

ST. OLAF COLLEGE VORTEX

NORTHFIELD, MN

Captains: Sami Peterson, Tulsa Douglas
Coaches: Sean Prichard, Emma Peaslee
vortexultimate.weebly.com/
@STOWomensUlti



Vortex still loves the grind.

ROSTER

2	Izzy Sullivan	Fr	5'8"	18
4	Victoria Knutson	So	5'4"	20
6	Olivia Peer	Fr	5'7"	19
7	Katie Sherer	Fr	5'4"	19
8	Haley Challgren	Fr	5'4"	18
9	Sami Peterson	Sr	5'6"	21
10	Amelia Schneider	So	5'7"	19
11	Sarah Willstein	Jr	5'4"	22
12	Lauren Johnson	Fr	5'8"	18
13	Kimberly Nissen	Jr	5'7"	21
14	Tulsa Douglas	Sr	5'9"	22
15	Evelyn Wakeley	Fr	5'6"	18
16	Kaitlyn Mulhern	So	5'7"	20
17	Maggie Truitt	Fr	5'7"	19
21	Sally Manninger	Fr	5'5"	19
22	Aidan Zielske	Sr	5'9"	22
23	Lise Ramaley	Sr	5'7"	21
24	Kelsey Halverson	So	5'5"	19
26	Emma Purcell	Jr	5'8"	19
32	Annika Peterson	Fr	5'6"	19
41	Marit McQuaig	Sr	5'5"	22
42	Anna Ruehlow	Sr	5'6"	22

WOMEN'S TEAMS

WESLEYAN UNIVERSITY VICIOUS CIRCLES

MIDDLETOWN, CT

Captains: Sage Loomis, Eileen Connor, Chi Chi Wakabayashi
@divacupzone



Vicious Circles hails from Wesleyan University, nestled in the bustling metropolis of Middletown, Conn. Our #roadtonationals journey began way back in the fall, culminating in a thrilling repeat sweep at Metro East Regionals this spring. This is our third year in a row gracing the big, old stage of the College Championships, and we're thrilled to return to compete with some of the best D-III teams from across the country! On top of the obvious ultimate prerequisite, Vish's other passions include JBL-fueled dance warm-ups and chocolate soy milk. We are so excited to be here and can't wait to show off our spirit, dance moves and bagel-eating capabilities at the national level!

ROSTER

00	Sophie Lesjak	Fr	5'8"	19
1	Rose Griffin	Fr	5'11"	18
2	Louisa Winchell	Sr	5'7"	21
3	Chi Chi Wakabayashi	Sr	5'5"	22
4	Kelly Jamrog	Jr	5'6"	21
6	Sarah Dobrow	Sr	5'10"	22
7	Rebecca Elsner	Sr	5'2"	21
11	Eileen Connor	Sr	5'4"	22
15	Neve Wallace	Fr	5'6"	19
16	Laura Bither	Sr	5'7"	22
22	Cordray McCann	Fr	5'7"	18
25	Sydney Taylor-Klaus	So	5'8"	21
27	Sage Loomis	Sr	5'9"	21
30	Liz Mitts	Sr	5'11"	22
33	Lily Gould	Jr	5'6"	20
34	Natasha Timmons	Sr	5'7"	21
37	Maya Marshall	Sr	5'9"	22

SPECTATOR INFO

WILLIAMS COLLEGE LA WUFA

WILLIAMSTOWN, MA

Captains: Haley Lescinsky, Mia Wang, Caroline Weinberg
sites.google.com/site/lawufaultimate/
@LaWUFAultimate



Williams La WUFA hails from the purple valley in western Massachusetts and is excited to represent beautiful New England at the D-III Championships for yet another year! The first women's ultimate team at Williams competed in 1986 (crazy!), and we have been improving and learning ever since. We are self-coached and have a lot of love for each other and the game of ultimate.

We cannot wait for some great competition this year in Rockford!

ROSTER

1	Louisa Nyhus	So	5'8"	20
2	Isabel Cushing	Fr	5'6"	19
3	Sofie Netteberg	So	5'10"	20
4	Mairead Reynolds	Sr	5'3"	22
5	Abby Fournier	Fr	5'4"	19
6	Caley Dickinson	Jr	5'6"	21
7	Louisa Goss	Jr	5'5"	21
8	Erica Gibble	So	5'8"	20
9	Haley Lescinsky	Sr	5'8"	22
10	Anna Lietman	So	5'9"	20
11	Elsa Bjornlund	So	5'3"	20
12	Caroline Weinberg	Jr	5'5"	21
13	Mia Wang	Sr	5'7"	22
14	Abby Miller	Jr	5'8"	21
15	Casey Phalen	So	5'6"	20
16	Lili Bierer	Jr	5'5"	21
17	Rachel Retica	Jr	5'11"	21
18	Andrea Quintanar	Jr	5'5"	21
19	Sarah McLaughlin	Jr	5'4"	21
22	Madeline Kaplan	Fr	5'2"	19
24	Clare Rogowski	Fr	5'6"	20
25	Ava Anderson	Sr	5'7"	22
26	Eliza Klein	Jr	5'3"	21
27	Hattie Schapiro	Sr	5'5"	21
42	Nelly Lin-Schweitzer	Fr	5'5"	19

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.

St. Anthony's Hospital is the closest hospital: 5666 E State St, Rockford, IL 61108

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 the athlete from play.
 2. Ensure the 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 the athlete is a minor, inform the athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussions.
 4. Allow the 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.

ATHLETE PROTECTION

- USA Ultimate takes the protection of event participants seriously. In accordance with SafeSport and the USA Ultimate Conduct Policy, all USA Ultimate employees, volunteers, athletes, members, coaches and chaperones are prohibited from engaging in the following conduct with athletes at any time (a more thorough description is available at www.usaultimate.org/protection):

o Bullying

o Hazing

o Harassment, including Sexual Harassment

o Emotional Misconduct

o Physical Misconduct

o Sexual Misconduct, including Child Sexual Abuse

- With the passage of the recent federal legislation to protect amateur and minor athletes, all SafeSport trained individuals (including coaches, team support, USA Ultimate staff) are now mandatory reporters.

- If you have questions or would like to file a complaint with USA Ultimate, please contact Dan Raabe at dan@hq.usaultimate.org.



HEAT, NUTRITION AND HYDRATION

- Heat-related illnesses occur when the body's ability to cool itself 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 a heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of a 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 A HEAT ILLNESS

- Avoid alcohol, caffeine and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications and diuretics can increase the 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 any 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 or get in front of a fan or breeze.

SIDELINE SAFETY

- Spectators and equipment must stay at least five yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, people and other objects 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 a PA system and through field marshals equipped with radios if there is a lightning danger. Play will then 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 be monitoring radar and listening for thunder. If lightning is occurring within 10 miles or thunder is audible, play will be suspended and all individuals should get 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) 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!

BUILD THE FUTURE OF ULTIMATE



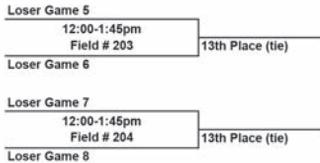
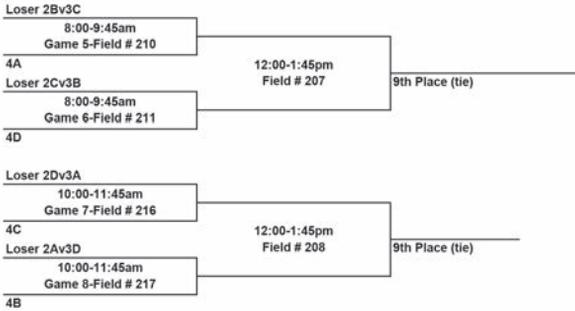
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MEN'S SCHEDULE

2018 USA Ultimate Division III College Championships - Men's Division												
Saturday, May 19, 2018												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	(1) Bryant					B1	(2) Air Force				
	A2	(8) Richmond					B2	(7) Whitman				
	A3	(12) Georgia College					B3	(11) Bowdoin				
	A4	(13) Oberlin					B4	(14) RPI				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30							B1 v B3	210	-	B2 v B4	211	-
10:45 - 12:15	A1 v A3	210	-	A2 v A4	211	-						
1:00 - 2:30	A1 v A4	210	-	A2 v A3	211	-	B1 v B4	203	-	B2 v B3	204	-
2:45 - 4:15	A1 v A2	210	-	A3 v A4	211	-	B1 v B2	203	-	B3 v B4	204	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	2A v 3D	210	-	2B v 3C	203	-	2C v 3B	208	-	2D v 3A	207	-



Consolation Bracket Sunday, May 20, 2018



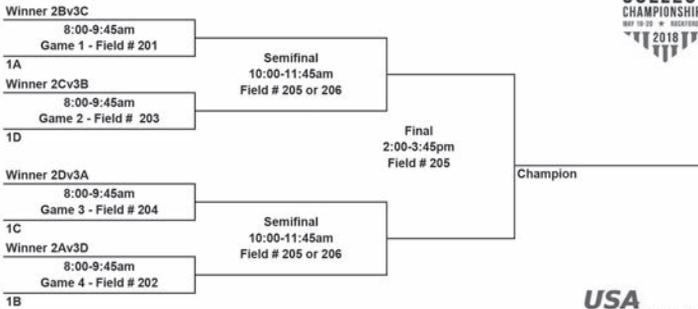
Consolation games to 15, cap 17



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

2018 USA Ultimate Division III College Championships - Men's Division												
Saturday, May 19, 2018												
All Games to 15 Cap 17	Pool C						Pool D					
	C1	(3)	Middlebury	C2	(6)	John Brown	D1	(4)	Mary Washington	D2	(5)	Carleton-GOP
	C3	(10)	North Park	D3	(9)	Missouri S&T	D4	(16)	Occidental			
	C4	(15)	Puget Sound									
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	C1 v C3	207	-	C2 v C4	208	-						
10:45 - 12:15							D1 v D3	207	-	D2 v D4	208	-
1:00 - 2:30	C1 v C4	216	-	C2 v C3	217	-	D1 v D4	207	-	D2 v D3	208	-
2:45 - 4:15	C1 v C2	216	-	C3 v C4	217	-	D1 v D2	207	-	D3 v D4	208	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	2A v 3D	210	-	2B v 3C	203	-	2C v 3B	208	-	2D v 3A	207	-

Championship Bracket
Sunday, May 20, 2018



Official Event Photography:



Championship games to 15, cap 17

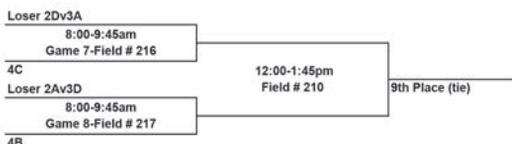
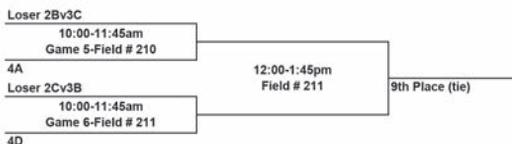
SCHEDULES & MAP

WOMEN'S SCHEDULE

2018 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 19, 2018												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	(1) Williams					B1	(2) Bates				
	A2	(8) RPI					B2	(7) St. Olaf				
	A3	(12) Georgia College					B3	(11) Pacific Lutheran				
	A4	(13) Claremont					B4	(14) North Park				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	A1 v A3	205	-	A2 v A4	206	-	B1 v B3	203	-	B2 v B4	204	-
10:45 - 12:15	A1 v A4	205	-	A2 v A3	206	-	B1 v B4	203	-	B2 v B3	204	-
1:00 - 2:30	A1 v A2	205	-	A3 v A4	206	-						
2:45 - 4:15							B1 v B2	201	-	B3 v B4	202	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	2A v 3D	206	-	2B v 3C	201	-	2C v 3B	205	-	2D v 3A	202	-



Consolation Bracket Sunday, May 20, 2018



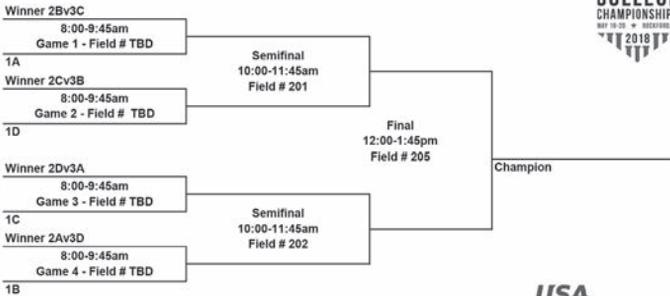
Consolation games to 15, cap 17



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

2018 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 19, 2018												
All Games to 15 Cap 17	Pool C						Pool D					
	C1 C2 C3 C4	(3) Puget Sound (6) Amherst (10) Lehigh (15) Rice	F#	Score	F#	Score	D1 D2 D3 D4	(4) Oberlin (5) Wesleyan (9) Mount Holyoke (16) Catholic	F#	Score	F#	Score
Saturday		F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	
9:00 - 10:30	C1 v C3	216	-	C2 v C4	217	-	D1 v D3	201	-	D2 v D4	202	-
10:45 - 12:15	C1 v C4	216	-	C2 v C3	217	-	D1 v D4	201	-	D2 v D3	202	-
1:00 - 2:30							D1 v D2	201	-	D3 v D4	202	-
2:45 - 4:15	C1 v C2	205	-	C3 v C4	206	-						
Re-seed teams 1-4 within each pool												
4:45 - 6:15	2A v 3D	206	-	2B v 3C	201	-	2C v 3B	205	-	2D v 3A	202	-

Championship Bracket
Sunday, May 20, 2018



Official Event Photography:



Championship games to 15, cap 17



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FIELD MAP



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CAMPUS MAP

MERCYHEALTH SPORTSCORE TWO – LOVES PARK, IL

SCHEDULES & MAP

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