

MAKING ULTIMATE STRONGER

Five Ultimate is proud to sponsor the 2012 USA Ultimate Coaching Deveopment Program. We are honored to support those individuals who work hard every day to make ultimate stronger.



Youth Ultimate is the future of our sport, and Five Ultimate supports youth programs by offering discounts on all youth team orders.

You love Ultimate? We love Ultimate. Let's talk.

PLAY HARD HAVE FUN FIVEULTIMATE team@fiveultimate.com



TABLE OF CONTENTS ///

| Velcome Letter/Weekend Overview | 2 |
|---|------|
| Competition Rules, Site Rules | 3 |
| Spirit Awards | |
| Health & Safety | 5-6 |
| Field Map | 6 |
| Directions | 7 |
| Sirls Schedule and Brackets | 8 |
| Open Schedule and Brackets | 9 |
| Sirls Team Rosters | |
| Dpen Team Rosters16 | 5-23 |
| 0 Things You Should Know about Spirit of the Game25 | 5-26 |
| Spirit of Coaching | 27 |
| JSA Ultimate Coaching Certification Information, Shooting Photos and Videos | 28 |

STAFF ///

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

EVENT STAFF

Tournament Director: Luke Johnson Assistant TD/Volunteer Coordinator & Assistant Head Scorekeeper: Kelly Johnson Head Scorekeeper: Cameron Hodgkinson Head Statistics Keeper: Robert Hirsch Local Media Coordinator: Anthony Miocic Social Event Coordinator: Arnoush Javaherian

USA ULTIMATE STAFF

Managing Director, Competition and Athlete Programs – Will Deaver Manager, Competition and Athlete Programs – Baker Pratt



USA Ultimate 4730 Table Mesa Drive Unit I-200 C Boulder, CO 80305 Tel: 303-447-3472 Fax: 303-447-3483 Web: www.usaultimate.org Email: info@usaultimate.org

WELCOME ///

On behalf of USA Ultimate and the Chicago Ultimate Community, I welcome you to the inaugural USA Ultimate High School Central Championships. Along with my wife, Kelly Johnson, we are excited to help run this first-time event alongside USA Ultimate. We are excited to see the talent and spirit of the central region high school ultimate community!

The tournament takes place at the historic Naperville Polo Complex in Naperville, III. These fields have been home to some of the most exciting ultimate for the last 30+ years.

The Saturday night social event will be held at Neuqua Valley High School and will feature dinner, a trade night, and an official spike ball tournament.

Downtown Chicago is only about 45 minutes away and is well worth the stop after your exciting weekend of play.

This year's event is taking place because of the time and energy USA Ultimate and the local organizers have committed to it. They will be keeping score, running the social event and taking care of every need throughout the weekend. Be sure to acknowledge their hard work. Say "Thanks!" to a volunteer when you see one.

Have a great Tournament!

Luke Johnson, Tournament Director

WEEKEND OVERVIEW ///

FRIDAY, MAY 11 AT BEST WESTERN NAPERVILLE INN

7:00 - 9:00pm: Team Registration

SATURDAY, MAY 12 AT NAPERVILLE POLO CLUB

| 8:00am: | Captain's Meeting |
|------------------|---|
| 9:00am - 6:00pm: | Pool Play and Pre-Quarters (Open only) |
| 6:15 - 8:30pm: | Social Event, Dinner and Fun at Neuqua Valley High School |

SUNDAY, MAY 13 AT NAPERVILLE POLO CLUB

| 8:30am - 2:00pm: | Elimination and Placement games | |
|------------------|--|--|
| 2:30pm: | 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 | |



COMPETITION RULES ///

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games are to 13, point cap at 15 (Open A & C Pool games to 15, point cap at 17).
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g. In a game to 13 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end
 of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

SITE RULES ///

- NO ALCOHOL OR TOBACCO: Facility, event staff, and security will be checking to make sure people are not drinking or smoking. There will also be lots of moms, dads, and kids watching the action. Please abide by these rules. If you are caught with alcohol/tobacco at the field site you will risk disqualification for your team as well as potential ramifications outside of the event for breaking the field regulations. Thank you!
- NO FIREARMS
- NO GLASS OR METAL BOTTLE CAPS
- NO DOGS
- SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 YARDS AWAY FROM SIDELINES: Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- TRASH AND RECYCLING: Place recyclables in the recycling receptacles and place trash in the trash...keep your sidelines clean.
- LANGUAGE: This is a Youth Facility and overall a family environment. Please keep this in mind when doing team cheers etc.
- GUESTS AND SPECTATORS: You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.
- PARKING: No entry or exiting is allowed other than the entrance at the polo house. Failure to do this will result in ultimate not being allowed the rent the facility in future years.

SPIRIT AWARDS ///

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

TEAM AWARDS: Following every game, each team will be asked to rate its opponent on a scale of 1–5, with 5 being the highest level of sportsmanship. These ratings will be averaged and the team in each division with the highest rating will be awarded the Team Spirit Award after their division's finals.

USA ULTIMATE SPIRIT RATINGS GUIDELINES

The ratings are ordered from 5 (indicating the highest level of spirit) through 1 (the lowest level of spirit):

5: Highest level of respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unfailingly played fairly and with an excellent attitude.

4: Respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed above average knowledge of the rules and abided by them throughout the game. Any conflicts were resolved favorably and without incident. Opposing team's conduct did not detract from our enjoyment of the game. The opposing team played fairly and with a good attitude.

3: Generally exhibited respect towards opponents, officials, and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.

2: Exhibited a lack of respect towards opponents, officials, and/or spectators. For the level of play, showed a lack of knowledge of, or disregard for the rules at points during the game. Any conflicts were resolved heatedly or led to contentious incidents. Opposing team's conduct detracted somewhat from our enjoyment of the game. The opposing team played unfairly and/ or with a poor attitude.

1: Exhibited a major lack of respect towards opponents, officials, and/or spectators. For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game. Conflicts were resolved acrimoniously or led directly to contentious incidents. Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly and their attitude was abysmal.

INDIVIDUAL AWARDS: Teams are asked to nominate a player from their own team who displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of respect, sportsmanship, leadership, perseverance, intensity, etc. Teams are asked to choose the player whose attitude should be emulated by teammates and admired by opponents. Individual spirit winners will receive a medal and prize disc (courtesy of DISCRAFT). Thanks to Discraft for their support of Ultimate and Spirit of the Game!



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/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/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 by 7:30 a.m. each day. Directions to the local hospital can be found in the "Directions" section of this program.

CONCUSSIONS

- Concussions are brain injuries that can occur as a result of a blow to the head.
- Symptoms may include headache, nausea, vision problems, confusion, and balance problems.
- If you think you or one of your teammates might have a concussion, tell your coach and have the athlete see a medical professional. Medical staff members are on hand at Tournament Central.

HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling by evaporation is limited. Sweating depletes the body's salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.
- Prevention and treatment of heat illness
- Avoid alcohol, caffeine, and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase risk for heat illness. Avoid them if possible,
- Avoid certain nutritional supplements

(such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.

- Know your body Be honest! Are you fit enough to perform under current conditions?
- Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important (good sources include: sports drinks, yogurt, grapefruit juice, bananas and oranges). Sodium is also important (good sources include: sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies).
- Don't drink too much: Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
- Monitor your urine: Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness: If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin, get in front of a fan or breeze.

SIDELINE SAFETY

 Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.

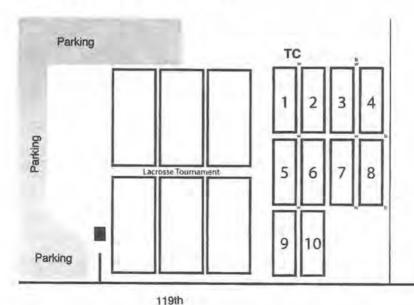
ULTIMATE

- If a player believes that an object on the sideline is not safe, he or she should inform Event Staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or Event Staff, unsafe for players, staff or spectators.

LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via PA system, and through field marshals equipped with radios, if there is a lightning danger. Play then will be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed building or vehicle with a hard top and closed windows.

- Event staff will use the "flash-tobang" 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.



FIELD MAP ///

ULTIMATE 6

DIRECTIONS ///

BEST WESTERN NAPERVILLE INN

(1617 Naperville Road, Naperville, IL 60563) to Naperville Polo Club (0.4 mile West of 1L- 59 on West 119th Street, Plainfield, IL 60585)

- Head Northwest toward Naperville Rd
- Turn Left onto Naperville Rd
- Continue onto N Naper Blvd
- Turn Right onto E Ogden Ave
- * Turn Left onto W Ogden Ave
- Turn Left onto IL-59 S
- Turn Left onto 119th St. Destination will be on the left
- .4 mile West of IL- 59 on West 119th Street, Plainfield, IL 60585

NAPERVILLE POLO CLUB

(0.4 mile West of IL- 59 on West 119th Street, Plainfield, IL 60585)

- to Neuqua Valley High School (2360 95th Street, Naperville, IL 60564)
- Exit the fields and take a right onto 119th street
- Turn left at the first light onto IL-59
- Go three miles and turn right onto 95th Street
- Go 0.6 miles and turn right onto Skylane Drive, the entrance into Neuqua Valley High School. Park in the left hand side parking lot
- Walk to the front circle drive of the school and enter the doors under where it says "ATHLETICS"
- 2360 95th Street, Naperville, IL 60564

NEUQUA VALLEY HIGH SCHOOL

(2360 95th Street, Naperville, IL 60564) to Best Western Naperville Inn (1617 Naperville Road, Naperville, IL 60563)

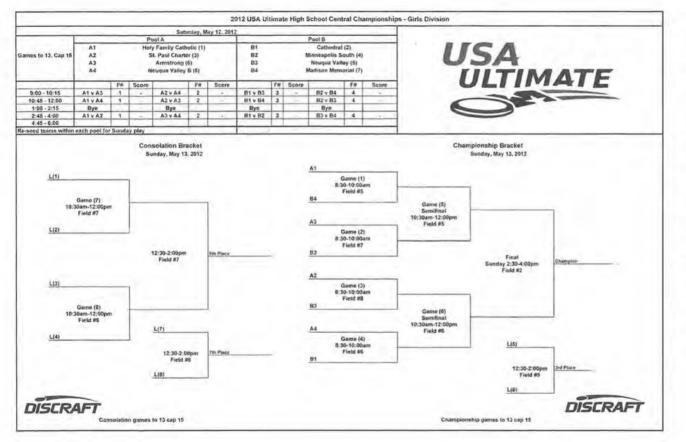
- Exit School and head West on Skyland Drive toward 95th St
- Take the first left onto 95th St
- Take the third right onto IL-59 N
- Turn right onto W Ogden Ave
- Slight right to stay on W Ogden Ave
- Turn left onto N Washington St
- Turn right onto E Diehl Road
- Turn right onto N Naper Blvd/ Naperville Rd. Destination will be on the right
- 1617 Naperville Road, Naperville, IL 60563

NAPERVILLE POLO CLUB

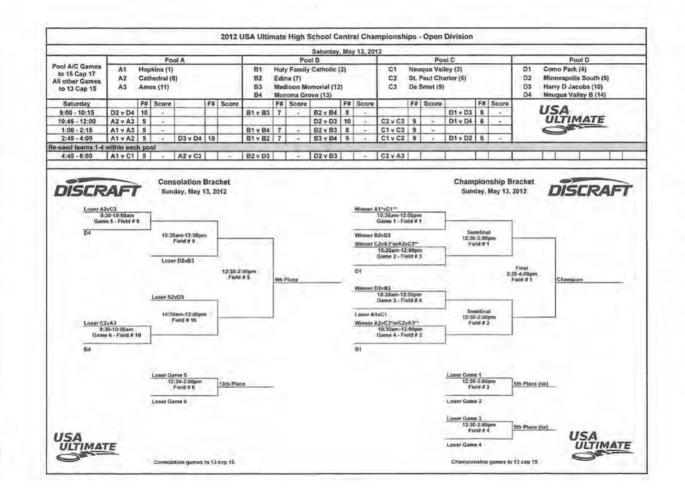
(0.4 mile West of IL- 59 on West 119th Street, Plainfield, IL 60585)

- to Rush-Copley Medical Center (2000 Ogden Avenue, Aurora, IL 60504)
- Exit the fields and take a right onto 119th St./Ferguson Rd toward S Spalding School Dr
- Turn right at Lincoln Hwy/US-30 W & continue to follow US-30 W
- Turn right at Oswego Rd/US-34 E & continue to follow US-34 E
- Turn left onto Point Blvd/Pointe Blvd
- 2000 Ogden Avenue, Aurora, IL 60504

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GIRLS TEAMS ///

ARMSTRONG HIGH SCHOOL

AU Gold

Plymouth, Minn.

Coaches: Jason Curtis, Melissa Klajda, Kenall Jeske

AU (for Armstrong Ultimate) is the chemical symbol for Gold so that's where the team name comes from. It's the fifth year for Armstrong's girls team and the team has made huge strides forward each year. The team has several crafty veterans and a bunch of brand new faces! We always strive to meet the gold standard for spirit while being competitive.

ROSTER

|) | Meg Lake | Ju | 5'4" |
|----|-----------------|----|-------|
| | Sydnie Merriman | Sr | 5'4" |
| 1 | Hannah Weber | Sr | 5'3" |
| 5 | Melia Gruber | So | 5'7" |
| 7 | Arianna Wegley | So | 5'5" |
| 3 | Meghan Hayden | So | 5'4" |
| | Amanda Huber | Sr | 5'10" |
| 10 | Theresa McNeill | So | 5'6" |
| 11 | Rachel Johnson | Jr | 5'3" |
| 13 | Courtney Graf | Fr | 5'5" |
| 15 | Sarah Corvell | So | 5'3" |
| 16 | Hannah Cowan | Fr | 5'4" |
| 17 | Sara Wixon | So | 5'7" |
| 19 | Katie Cudo | Fr | 5'4" |
| 21 | Sammy DeBlieck | Jr | 5'3" |
| 22 | Alina Dain | So | 5'4" |
| 23 | Melanie Ruha | Fr | 5'4" |
| 24 | Erin Anderson | So | 5'3" |
| 29 | Alexa Schroeder | Jr | 5'6" |
| 32 | Vivian Chu | Sr | 5'5" |
| 99 | Katy Berglund | Fr | 5'7" |
| | | | |



CATHEDRAL HIGH SCHOOL

Cathedral Ultimate

St. Cloud, Minn. Coaches: Maria Mahowald, Paula Meyer

Cathedral Ultimate began in the mid-90's as four mixed intramural teams who scrimmaged area college teams. In the early 2000's, the team was rebuilt and slowly grew to become a solidly competitive team, both in Minnesota and in the national arena. In 2010, they placed second at the Westerns in Burlington, Wash., and won the Minnesota State Championship. Last year was a re-building year: with only three inexperienced seniors on the team, the CHS Women's team placed third at Hopkins Hustle and Granite City Classic and second in state competition. This year, virtually the entire team is returning. They are extremely honored to be rep-

resenting Cathedral High School and Minnesota High School Ultimate in the 2012 USA Ultimate High School Central Championships.

ROSTER

| 1 | Clare McCarty | 8th | 5'4" |
|----|----------------------|-----|-------|
| 3 | Alisha Knutson | Jr | 5'5" |
| 4 | Courtney Jones | Jr | 5'5" |
| 6 | Rose Berg-Arnold | Jr | 5'8" |
| 7 | Ella Hackett-Reicher | Sr | 5'6" |
| 8 | Paula Kowitz | Fr | 5'9" |
| 9 | Natasha Pulliam | Sr | 5'6" |
| 10 | Hannah Detra | Sr | 5'4" |
| 14 | Hannah Lakmann | Fr | 5'3" |
| 19 | Annie Johnson | So | 5'7" |
| 25 | Jessica Voight | Jr | 5'6" |
| 26 | Alysson Prom | Sr | 5'6" |
| 28 | Carmen Ebel | Fr | 5'6" |
| 33 | Allie Lenzmeier | Jr | 5'4" |
| 34 | Samantha Meyer | Sr | 5'10" |



ROSTER

| 4 | Madison Wilker | Jr | 5'4" |
|----|-------------------|-----|--------|
| 6 | Havley Samson | 8th | 5'4.5" |
| 14 | Michelle Ragusa | Sr | 5'2" |
| 15 | Emily Reutener | 8th | 5'6" |
| 16 | Sara Friemoth | 8th | 5'6.5" |
| 23 | Courtney Roth | Sr | 5'4" |
| 25 | Andrea Willging | Jr | 5'5" |
| 27 | Gracie Francomb | So | 5'4" |
| 31 | Colleen Morris | Sr | 5'3" |
| 42 | Lucy Teller | Fr | 5'4" |
| 47 | Ellie Fishlock | 7th | 5'2.5" |
| 49 | Emily Dorsey | Fr | 5'5" |
| 63 | Katherine Fry | 7th | 4' 11" |
| 81 | Holly Koch | So | 5'8" |
| 86 | Clara Fishlock | Fr | 5'8" |
| 87 | Annie Folzenlogen | Fr | 5'3" |
| 88 | Kiersti Fry | So | 5'4" |
| 93 | Kayla Fry | Sr | 5'2" |
| 99 | Maddie Samson | 8th | 5' 5" |

/// GIRLS TEAMS HOLY FAMILY CATHOLIC HOME EDUCATORS

Omega

Cincinnati, Ohio Coach: David Fry

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000, which has now grown to more than 20 teams. While Revolution plays as a mixed team in the local leagues, the girls of Revolution formed Omega for the 2010 Ohio State Championship. A Revolution parent also founded a juniors program in Cincinnati where now more than 120 kids 8-13 years old learn the basic skills of Ultimate. Nearly all the current Omega team played junior ultimate and many coach the young girls.



ROSTER

| 1 | Hadassah McCloskey | Jr | 5'6" |
|----|--------------------|-----|-------|
| 9 | Sofia Hahn | Jr | 5'7" |
| 13 | Aliyah Bolles | Jr. | 5'1" |
| 20 | Aurora Eggers | So | 5'7" |
| 25 | Katie Tredinnick | Sr | 6'2" |
| 26 | Kira Tobin | Jr | 5'6" |
| 32 | Angeline Sun | Sr | 5'7" |
| 33 | Christian Eggers | Jr | 5'7" |
| 42 | Nive Prabakaran | Jr | 5'2" |
| 44 | Mckenna Becker | Jr | 5'6" |
| 46 | Sarah Godfrey | Sr | 5'10" |
| 55 | Amelia Rossa | Jr | 5'7" |
| 77 | Claire Hornacek | Jr | 5'5" |
| 81 | Meg Hamele | Jr | 5'3" |
| 99 | Atzie Sobotik | Jr | 5'6" |

JAMES MADISON MEMORIAL HIGH SCHOOL

Spartans

Madison, Wis. Coaches: Rex Beaber, Jen Buccholz

The James Madison Memorial Spartans Women's team has been around for more than 15 years, participating in Nationals and Easterns every year but one in the past decade. As the only perennial women's team in the state of Wisconsin, we have been crowned State Champions every year since its inception in 2005. This year the team is shedding the old name of Mahadivas, following the lead of our Open division team, and adopting our host high school's mascot, the Spartans. Historically, Spartans are known for their determination and perseverance, something our women's team wholeheartedly embodies, both on and off the field.



11 ULTIMA

GIRLS TEAMS ///

NEUQUA VALLEY HIGH SCHOOL

Girls A

Naperville, Ill. Coach: Pat Wood

Neuqua Valley A is now in its fifth year as a program. We started off with only 48 players in the program, but have now grown to more than 160 consisting of eight different teams including two girls teams. Our Girls A Team got second at the Illinois State Championship last year, losing in a close one to Geneva. This year, we return many players and have the best senior class we have ever had. We look to make a run at all of our tournaments.

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NEUQUA VALLEY HIGH SCHOOL

Girls B

Naperville, Ill. Coach: Amy Gregory

Neugua Valley A is now in its fifth year as a program. We started off with only 48 players in the program, but have now grown to more than 160 consisting of eight different teams. including two girls teams. Our Girls B Team has been put together this year for the first time as we have more than 35 girls in the club. It is truly exciting to be able to promote girls Ultimate to this extent.

ROSTER

| 2 | Dana Mullen | So | 5'6" |
|----|--------------------|----|------|
| 4 | Joline Chang | IL | 5'7" |
| 8 | Michelle Lin | Jr | 5'5" |
| 9 | Kirstin Johnson | Sr | 5'6" |
| 10 | Allyse Johnson | Sr | 5'5" |
| 11 | Devin Simonelli | Sr | 5'8" |
| 12 | Dana Romano | Sr | 5'5" |
| 14 | Jaqueline Jeambay | Sr | 5'7" |
| 18 | Mary Beth McMullan | Jr | 5'5" |
| 20 | Mitali Dave | Sr | 5'8" |
| 21 | Jordan Kaczor | Sr | 5'8" |
| 22 | Abby Larson | Sr | 5'6" |
| 23 | Alexa Kaczor | Sr | 5'8" |
| 28 | Rachael Downen | Sr | 6'0" |
| 33 | Cleo Bubulka | Jr | 5'6" |
| 86 | Minjoo Seo | Jr | 5'9" |
| 96 | Kristina Cosmos | So | 5'4" |
| | | | |



ROSTER

| 2 | Paige Weber | Sr | 5'6" |
|----|-------------------|-----|-------|
| 4 | Annalise Brown | Jr | 5'7" |
| 5 | Allison Radike | So | 5'7" |
| 6 | Annie Gilbert | So | 5'6" |
| 7 | Megan Halverson | Fr | 5'4" |
| 8 | Abby Rehmann | So | 5'4" |
| 9 | Kelly Kubiak | Sr | 5'6" |
| 11 | Claire Dietz | So | 5'6" |
| 12 | Jill Evans | Sr | 5'7" |
| 14 | Meagan Heavner | So | 5'6" |
| 15 | Erica Heggeland | So | 5'7" |
| 16 | Michaela McKibbin | So | 5'6" |
| 19 | Alex Cluxton | So | 5'5" |
| 33 | Aisel Alcedo | Jr | 5'4" |
| 43 | Kate Adams | Sr | 5'6" |
| 44 | Natalie Urso | So | 5'6" |
| 57 | Kelly Rusin | So | 5'8" |
| 72 | Avery Stephenson | So | 5'10" |
| 76 | Laura Holland | So | 5'5" |
| 83 | Shelby Pemberton | So | 5'5" |
| | | 2.4 | |



ROSTER

| 2 | Talia Badillo Moorman | Sr | 5'6 | |
|--------|-----------------------|------|-----|--|
| 234567 | Olivia Olson | Sr | 5'6 | |
| 4 | Tess Garvey | Jr | 5'4 | |
| 5 | Kerry Honan | Sr | 5'6 | |
| 6 | Kelsea Woodward | Jr | 5'9 | |
| 7 | Eliza Skoler | Soph | 5'5 | |
| 9 | Rhianna Williams | Sr | 5'9 | |
| 11 | Nola Beni | 8 | 5'0 | |
| 12 | Johanna Keller-Flores | Soph | 5'7 | |
| 13 | Lily Cregan | Fr | 5'6 | |
| 14 | Lucy Beni | Sr | 5'9 | |
| 15 | JoAnne Markley | Jr | 5'6 | |
| 16 | Anna Miller | Jr | 5'7 | |
| 17 | Paige Felber | Sr | 5'4 | |
| 22 | Zoe Brandburg | Soph | 5'5 | |
| 23 | Tailana Blaylark | Sr | 5'6 | |
| 24 | Abby Shade | Fr | 5'4 | |
| 28 | Bella Olson | 8 | 5'0 | |
| 29 | Hannah Bassewitz | Fr | 5'5 | |
| 30 | Grace Scribner-Opray | Fr | 5'7 | |
| 31 | Deminica Maryanovich | Fr | 5'5 | |
| 32 | Olivia Garceau | Jr | 5'8 | |
| 85 | Jian Kettunem | Fr | 5'6 | |

/// GIRLS TEAMS

Stars

St. Paul, Minn.

Coaches: Dave Zdenek, Kristin Henderson, Andrea Christensen, Kate Diehn

The Charter Stars girls' team is made up of two charter schools — Great River School and Twin Cities Academy. Both schools serve a small population of less than 400 students. The Ultimate program for girls has been around for six years. This combined team in particular has helped with the development of the sport by bringing it to smaller communities of students around our Twin Cities area.

Being a new team and a new program, we struggled against the big schools. We spent practices going over basics and games applying the little we knew against teams with established flow. As the years went on we gained and lost team-

mates but kept a solid foundation of dedicated players and proactively made a point of building the team. This year, with every player returning, our girls' team is ecstatic to start off the spring season.



ROSTER

| 1 | Katie Eckstrom | Sr | N/A |
|------|------------------|-----|------|
| 2 | Yana Walljasper | So | 5'0" |
| 3 | Eleanor Noble | Fr | 5'2" |
| 5 | Greta Regan | Sr | 5'5" |
| 2356 | Luci Holte | Jr | 5'8" |
| 7 | Emily Kampa | li | 5'8" |
| 8 | Eva McCauley | So | N/A |
| 8 9 | Cici Donovan | So | 5'2" |
| 10 | Mary Thomas | Jr | 5'4" |
| 11 | Rachel Stiyer | Jr | 5'2" |
| 12 | Zosha Carroll | Jr | 5'4" |
| 13 | Sylvia Reilly | Jr. | N/A |
| 14 | Eileen Gorsky | Jr | 5'7" |
| 15 | Ashley Schilling | Jr | 5'4" |
| 16 | Clio Cullison | So | 5'4" |
| 17 | Vivian Big Eagle | So | N/A |
| 18 | Natalie Rummel | So | 5'3" |
| 19 | Hannah Garry | Sr | 5'9" |
| 20 | Ruby Bayliss | Jr | N/A |

MINNEAPOLIS SOUTH HIGH SCHOOL

Squall

Minneapolis, Minn. Coaches: John Schmit, Kelsie Brust

The South Squall started in 2002 as a group of 15 random high school students that finished seventh in their first year. Today, the Squall consists of two full Open teams and two full Girls teams. In 2011, the Girls A team won the Minnesota State High School Ultimate League championship.

Because Ultimate Frisbee is a club sport at South High School, the founding team members were not required to use South High's varsity team nickname, the Tigers. They chose the name "Squall" and created the Squall team logo that South High Ultimate players use to this day.



13

ULTIMATE



5 FIVE ULTIMATE AWESOME COMES STANDARD

- FREE ART ASSISTANCE
- FREE SHIPPING ON TEAM GEAR
- NO SETUP FEES, NO HIDDEN COSTS
- TOP NOTCH GEAR DESIGNED BY ULTIMATE PLAYERS, FOR ULTIMATE PLAYERS
- THE BEST CUSTOMER SERVICE ON THE BLOCK
- 100% COMMITMENT TO ULTIMATE

2012 USA ULTIMATE HIGT SCHOOL

OPEN TEAMS /// AMES HIGH SCHOOL

Parallel

Ames, Iowa

Five years ago a sophomore, David Shirbroun, got a group of friends together to form an Ultimate team while they were in high school. That group of friends were together for three years playing in tournaments every year including Minnesota's State Tournament. Never did any of them expect a group of youngsters to turn the Parallel team name into a legacy. After the graduation of all but three members of the team, Jack Sanders and Cody Brown put together a team that is currently proud to be called Parallel.

ROSTER

| 1 | Kyle Schaudt | Fr | 5'11" |
|----|--------------------|----|-------|
| 3 | Joel Uhlmeyer | Sr | 6'3" |
| 37 | Hangil Lee | Sr | 5'11" |
| 9 | Cody Brown | Sr | 5'11" |
| 10 | Joel Heilman | Sr | 5'10" |
| 11 | Luke Heilman | Fr | 5'10" |
| 12 | Jack Sanders | Sr | 6'1" |
| 16 | Eli Bratsch-Prince | Fr | 5'9" |
| 17 | Peter Miller | Fr | 5'10" |
| 22 | Brian Whitley | Sr | 6'2" |
| 27 | Alex Constant | Sr | 5'9" |
| 33 | Charlie Rathe | Sr | 6'1" |
| 43 | Vincent Montabon | Fr | 5'10" |
| 54 | Brady Brinkmeyer | Sr | 5'10" |
| 77 | Bryan Hall | Fr | 5'10" |
| 82 | Paul Fritzell | Jr | 6'2" |

CATHEDRAL HIGH SCHOOL

Cathedral Ultimate

St. Could, Minn. Coach: Matt Theisen

Cathedral Ultimate began in the mid 1990's with four mixed intramural teams who scrimmaged local college teams. In the early 2000's, the team was rebuilt and slowly grew to become a solidly competitive team, both in Minnesota and in the national arena. In 2008, they placed third at Westerns and first in the Minnesota State Championship; in 2010, the team placed third in Westerns and second in Minnesota States. Last year was a rebuilding year---the team had a lot of young and first-time players. This year, virtually the entire team is returning. They are extremely honored to be representing Cathedral High School and Minnesota High School Ultimate in the 2012 USA Ultimate High School Central Championships.



ROSTER

| Mitch Hagen | Sr | 5'10" |
|--------------------|---|---|
| | | 5'9" |
| | | 6'3" |
| | | 6' |
| Charlie Schuweiler | | 5'11" |
| Grant Daniel | Sr | 6' |
| Austin Brott | So | 5'10" |
| Caleb Jones | Jr | 6' |
| Ben Nelson | Sr | 6'3" |
| Tyler Lampher | So | 5'7" |
| David Flynn | Sr | 5'9" |
| Tyler Meyer | So | 6'2" |
| Adam Volkmuth | Jr | 5'7" |
| Andy Zetterlund | So | 5'7" |
| Jason Schoenberg | Sr | 6'1" |
| Aidan McCarty | Sr | 5'10" |
| Kyle Koopmeiners | Jr | 5'10" |
| | Grant Daniel Austin Brott Caleb Jones Ben Nelson Tyler Lampher David Flynn Tyler Meyer Adam Volkmuth Andy Zetterlund Jason Schoenberg Aidan McCarty | Joe Jaye Sr Daniel Theisen Sr Stephen May Jr Charlie Schuweiler So Grant Daniel Sr Austin Brott So Caleb Jones Jr Ben Nelson Sr Tyler Lampher So David Flynn Sr Tyler Meyer So Adam Volkmuth Jr Andy Zetterlund So Jason Schoenberg Sr Aidan McCarty Sr |

ROSTER

/// OPEN TEAMS COMO PARK HIGH SCHOOL

ROSTER

| 0 | Tom Zitko | Sr | 5'9" | |
|----|---------------------|----|-------|--|
| 2 | Tim Ratz | Jr | 5'10 | |
| 23 | Alex Vehige | Sr | 5'9" | |
| 4 | Brandon Shackleford | Jr | 5'10" | |
| 5 | Zach Gase | Sr | 5'9" | |
| 6 | Michael Ahlheim | Sr | 6'1" | |
| 7 | Steve Ratz | Sr | 6' | |
| 8 | Tanner Rolfes | Jr | 5'10" | |
| 9 | James Nations | Sr | 5'11" | |
| 10 | Dan Bruin | Jr | 5'9" | |
| 12 | Connor Riley | Jr | 5'10" | |
| 13 | Kenny Meyer | So | 6'1" | |
| 14 | Jack Herrmann | So | 6' | |
| 15 | Alex Straughn | So | 6'2" | |
| 16 | Sam Drever | So | 5'11" | |
| 17 | Ron Rolfes | Sr | 6' | |
| 19 | Matt Lafever | Sr | 6'2" | |
| 20 | Mike Potrzeboski | Sr | 6'2" | |
| 21 | Michael Simon | Sr | 6'1" | |
| 22 | John Barron | Jr | 6'7" | |
| 23 | Kevin Grogan | Sr | 6'1" | |
| 77 | AJ Siebert | Jr | 6' | |
| | | | | |

DE SMET JESUIT HIGH SCHOOL

De Smet Ultimate Club (DUC) St. Louis, Mo.

The De Smet Ultimate Club (DUC) was founded in 2001 by a few De Smet seniors who were interested in learning the sport. Within a few years we began committing ourselves to three practices a week and out of town tournaments. We have won four straight Missouri State Championships and are seeking to take the next step by becoming competitive on the regional level.



OPEN TEAMS ///

EDINA HIGH SCHOOL

Green Lantern

Edina, Minn.

Coaches: Nate Wohl, Seth Grossinger, Steven Kane, Jonathan Wolfish

Edina High School's first Ultimate team took the field in 2003. Successfully, that team made the Minnesota State Championships semifinals. However that would be as far as Edina would finish for several years. Since then, Edina Ultimate has gone through numerous name changes, but in 2008, captains voted to make a brand. EHS's primary school color being green, the team chose several names relating to that identity. History shows "Green Lantern" was elected over "Gang Green" or "Ensalada" depending who you talk to. Since officially becoming Green Lantern, the team has doubled in size each season. Last year was the first year Edina fielded a JV team, and this was the first year Edina fielded a Girls team. Lantern in 2011 finished

third in the Minnesota State Championships & third at Hopkins Hustle. This year with over 80 students in the Edina Ultimate program this season, the future looks bright.



ROSTER

| | ~ ~ | | | |
|----|-----------------------|----|------|--|
| 0 | Brian Wandrei | Jr | 6'1 | |
| 1 | Matt Rock | Sr | 6'2 | |
| 2 | Khalid Ward | So | 5'7 | |
| 3 | Conor Kline | Jr | 5'11 | |
| 5 | Jackson Kessel | Sr | 5'10 | |
| 6 | Jack Hartwig | Jr | 6'0 | |
| 7 | Mickey Stone | Sr | 5'8 | |
| 8 | Henry Carlson | Sr | 5'8 | |
| 9 | Donald Wothe | Sr | 5'9 | |
| 10 | Michael Jordan | Sr | 5'10 | |
| 11 | Kevin Foley | Sr | 6'1 | |
| 12 | Ryan Soltau | Jr | 5'8 | |
| 14 | Grant Robinson | Jr | 5'8 | |
| 15 | Petar Van Dongen | Sr | 6'0 | |
| 16 | Ryan Gaertner | Sr | 6'0 | |
| 17 | Joe Budenske | Sr | 5'11 | |
| 19 | Nick Crain | Jr | 6'0 | |
| 20 | Jerry Housh | Sr | 5'10 | |
| 21 | John "Bearsy" O'Leary | Jr | 5'11 | |
| 23 | Joel Morton | Sr | 6'2 | |
| 25 | Danny Schmitz | Sr | 5'10 | |
| 26 | Mitchell Lentz | Sr | 5'10 | |
| 36 | Aria Shahghasemi | Sr | 5'8 | |
| 47 | lan Andre-Knudsen | Sr | 6'3 | |
| 69 | Joe Wagner | Sr | 5'8" | |
| 86 | Jordan Ripple | Sr | 6'6 | |
| 99 | Nick Stastny | So | 5'9 | |
| | | | | |

HOLY FAMILY CATHOLIC HOME EDUCATORS

Revolution

Cincinnati, Ohio Coaches: Steve Conrad, Phil Hale, Scott Bissonnette

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000, which has now grown to 18 teams. Being comprised of players who are home schooled and drawing from a group of only 120 eligible students, Revolution has won the YUC league championship since 2003. In 2005 the team won the first Ohio State Championship and repeated every year since. Revolution is well represented on the YCC teams that Cincinnati sends. For the past four years Revolution has competed at H.S. Easterns, finishing second last year. The name

Revolution came to us our second year as we realized how 'revolutionary' we were to be homeschooled students, starting a new league, in an avant-garde sport with a 'revolving' disc.



ROSTER

| 11 | James Morris | So | 5'11" |
|----|----------------------|----|--------|
| 12 | Ricky Vandegrift | Fr | 6'2" |
| 13 | Eddie Hoffmann | Sr | 6' |
| 17 | Cory Woodruff | So | 5'6" |
| 20 | Eli Smith | Jr | 5'9.5" |
| 21 | Daniel Schuster | Sr | 6' |
| 22 | Dominic Schuster | So | 5'9" |
| 23 | John Beatrice | Fr | 6' |
| 24 | Jp Bort | Jr | 5'11" |
| 25 | Braden Dorsey | Jr | 5'8" |
| 34 | Jay Ratajczak | Jr | 6'3" |
| 39 | Nicholas Bissonnette | So | 6'1" |
| 55 | Joe Beatrice | Sr | 6' |
| 64 | Ben Ragusa | Sr | 5'6" |

USA IS

ROSTER

| 0 | Tyler Barrett | Fr | 5'7" | |
|----|--------------------|----|-------|--|
| 2 | Kenny Nevarez | Sr | 5'5" | |
| 5 | Dan Fairhurst | Sr | 5'8" | |
| 7 | Jake Thompson | Sr | 5'9" | |
| 8 | Hunter Klein | Fr | 5'10" | |
| 10 | Abe Nakhleh | Jr | 6'1" | |
| 11 | Tommy Gallagher | JL | 5'10" | |
| 13 | RJ Farina | So | 5'11" | |
| 14 | Grayson Meunier | Sr | 5'11" | |
| 15 | Austin Williams | Sr | 6'1" | |
| 16 | Andrew Gubernick | Jr | 5"10" | |
| 17 | Reno Brinn | Fr | 5"7" | |
| 18 | Anthony Conigliaro | Fr | 5'8" | |
| 20 | Mike Highland | Sr | 5'10" | |
| 22 | Alex Glover | Sr | 6'6" | |
| 23 | Connor Booker | Sr | 6'1" | |
| 27 | Yared Taye | So | 5"9" | |
| 37 | Jan Szmanda | Sr | 5'10" | |
| 47 | Clay Zibert | Sr | 6'2" | |
| 62 | Kyle Krukowski | Fr | 5'9" | |
| 99 | Nate Drews | Sr | 6'2" | |
| | | | | |

/// OPEN TEAMS HARRY D. JACOBS HIGH SCHOOL

Jacobs Golden Eagles Algonquin, Ill.

We were founded in 2007, and since then we've been growing and developing nicely. In those short years we've graduated players who now play on or captain six different college teams and a Chicago club team. In our future outlook we hope to have many more players playing for top-20 college programs and top level club programs in the Windy City. We currently run three teams (Varsity, JV and girls) and finished second last year behind Neuqua in the state championship. Last year we toyed with the idea of changing from our school name, but found it too confusing and came back to the Golden Eagles.



ROSTER

| 1 | Zac Merie | Jr | 6'1 | |
|----|-------------------|----|-------|--|
| 2 | Jeff Lifson | Sr | 5'9" | |
| 04 | Jason Finkelstein | Sr | 5'10" | |
| 5 | Jordan Taylor | Sr | 5'11" | |
| 6 | Ryan Franklin | Jr | 5'11" | |
| 7 | Danny Gollin | Sr | 6'1 | |
| 9 | Braden Spencer | So | 6' | |
| 10 | Sam Kaminsky | Fr | 5'10" | |
| 12 | JJ Pira | Sr | 5'9" | |
| 13 | Michael Seffren | Sr | 5'10" | |
| 14 | Jacob Brandys | Sr | 6' | |
| 15 | Trey Taylor | Fr | 5' 7" | |
| 18 | Aaron Raskin | Jr | 5'10" | |
| 21 | Joel Ratner | Jr | 5' 8" | |
| 22 | Adam Caskey | Jr | 5'11" | |
| 23 | Wyatt Mekler | Jr | 5'11" | |
| 24 | Zach Mekler | Sr | 5'10" | |
| 32 | Adam Shapiro | So | 5'11" | |
| 34 | Benji Mosow | Jr | 5' 8" | |
| 41 | Sam Bumsted | Sr | 6' | |
| 42 | Jeremy Steinman | Sr | 5' 8" | |
| 87 | Aaron Blaser | Sr | 5'11" | |
| | | | | |

HOPKINS HIGH SCHOOL

HUrt

Minnetonka, Minn.

Coaches: Erin Mirocha, Lou Abramowski, Dan Hunt, Ben Feldman

This year Hopkins Hurt celebrates ten years of ultimate. Started in 2002 by Justin Berg and friends, Hopkins Ultimate has become a perennial national contender in high school ultimate. Hurt regularly attends national and international tournaments, and has hosted a home tournament (Hopkins Hustle) for the past five years. Hopkins teaches their players to be noble warriors and to embrace and embody the Spirit of the Game. At the end of the day, Hurt is a family working together to make one another better.



2012 USA ULTIMATE HIGH SCHOOL CENTRAL CHAMPIONSHIPS

19 ULTIMATE

OPEN TEAMS ///

JAMES MADISON MEMORIAL HIGH SCHOOL

Memorial Ultimate

Madison, Wis.

Previously known as Midwest Express, Memorial Ultimate began in 1997. In the past we have traveled to tournaments all over the United States enjoying competition wherever we can find it. We have enjoyed much success on the field, having won the Wisconsin State Championship six out of the last seven years it has been held.

ROSTER

| 0 | Nick Eggert | Sr | 6'2 " |
|----|--------------------|----|--------|
| | | | 6'1" |
| 1 | Josh Kamps | Sr | |
| 3 | David Whayland | Sr | 6' 3" |
| 4 | Brody Brunner | Jr | 5'9" |
| 5 | Joey Dybevik | Sr | 6'0' |
| 6 | Bill Kluender | Sr | 6'3" |
| 7 | Isaac Hoffmann | Sr | 5'5" |
| 8 | Jan Misselwitz | Jr | 6'0 |
| 9 | Greg Maddox | Sr | 5'10" |
| 11 | Branavan Yogarajah | Jr | 5'6" |
| 14 | Patrick Franken | Sr | 5'11" |
| 22 | Andrew Maicke | Sr | 5'11" |
| 24 | Sam Shovers | So | 5' 10" |
| 26 | Adrian Godfrey | Fr | 6'0 |
| 33 | Zachary Amiri | Sr | 6'0 |
| 45 | Colt Barone | Sr | 6'0 |
| 55 | Reed Tierney | Sr | 6'0" |
| 69 | Andrew Maddox | Fr | 5'7" |
| 72 | Nick Rieger | Fr | 5' 8" |
| 81 | lan Moy | Sr | 6'1" |



MINNEAPOLIS SOUTH HIGH SCHOOL

Minneapolis, South

Minneapolis, Minn.

The South Squall open team began in 2002. A squall is a small storm. There can be a lot of power in a squall storm – strong enough to rattle your windows and spoil your picnic. It is not a hurricane but it can be chilly and persistent. Don't forget the drizzle.

ROSTER

| | D. 110 | • | FILON |
|----|-------------------------|----|-------|
| 1 | Daniel Rasmuson | Sr | 5'10" |
| 2 | Ashton Robinson | Sr | 5'9" |
| 3 | Klayton Elliot | Fr | 5'8" |
| 4 | John Manthei | Sr | 5'10" |
| 5 | Pierre-Antoine | | |
| | Masscheleyn | Sr | 5'10" |
| 6 | Maxmillian Frisch | Sr | 6'0" |
| 8 | Cole Wallin | Fr | 5'9" |
| 9 | Tavis Leighton | Sr | 5'10" |
| 10 | Tristan Van de Moortele | Sr | 5'9" |
| 11 | Madison Richter | Jr | 5'11" |
| 13 | Leo Kendrick | Sr | 5'8" |
| 14 | Woody Riese | Jr | 6'0" |
| 15 | Nikolas Simon | Sr | 6'0" |
| 16 | Joe Quinlan | Sr | 5'7" |
| 17 | George Thome | Jr | 5'11" |
| 18 | Jack Grover | Sr | 6'0" |
| 19 | Gabe Bethke | Sr | 5'8" |
| 20 | Tim Marino | Jr | 5'11" |
| 21 | Matios Nemera | Jr | 5'9" |
| | | | |
| 23 | Nico Dregni | Sr | 5'8" |
| 24 | Tommy Carpenter | Sr | 6'2" |



ROSTER

| 00 | Andrew Everts | Jr | 5'11 | |
|----|-------------------|----|------|--|
| 1 | Sam Welsch | Jr | 6'3 | |
| 3 | Jordan Farwell | Fr | 5"10 | |
| 6 | Anders Shropshire | Fr | 5'7 | |
| 7 | Scott Kuffel | Jr | 5'6 | |
| 10 | Derrick McCaslin | Jr | 5'11 | |
| 13 | Matt Farwell | lr | 6'0 | |
| 17 | Ryan Hergenrother | Jr | 5'8 | |
| 23 | Riley Jones | Jr | 6'6 | |
| 25 | Thomas Strohfeldt | Fr | 5'6 | |
| 54 | Kyle Hynek | Jr | 6'0 | |
| 68 | Harry Stebbins | Jr | 5'11 | |

/// OPEN TEAMS MONONA GROVE HIGH SCHOOL

FoG

Monona, Wis.

FoG has been around for about five years. We are ready to take on the best to test our skills. FoG resides in Monona Wis., which is across the lake from the capital city Madison.



ROSTER

| 1 | Jack Hanson | Sr. | 5'7" |
|----|------------------|-----|-------|
| | Justin Reeverts | Sr. | 5'6" |
| 23 | Joel Biere | Sr. | 5'10" |
| 4 | Jessie White | Sr. | 6'2" |
| 6 | Keith Dehnel | Jr. | 5'11" |
| 7 | Jack Shanahan | So. | 6'2" |
| 9 | Nick Prozorovsky | Sr. | 5'10" |
| 13 | Andrew Lin | Jr. | 5'7" |
| 17 | Tony Poletto | Jr. | 5'7" |
| 20 | Jordan Dong | Sr. | 5'9" |
| 23 | Brad Herzog | Sr. | 6'2" |
| 28 | Jake Pawlak | Sr. | 5'10" |
| 29 | Hafeez Shams | Jr. | 5'9" |
| 33 | Connor Power | Jr. | 6'2" |
| 44 | Michael Cosmos | Sr. | 5'10" |
| 45 | Eric Brown | Sr. | 6'2" |
| 64 | Ben Royko | Jr. | 5'10" |
| 65 | Blaine Harvey | Sr. | 5'9" |
| 83 | Nick Johnson | Sr. | 5'11" |
| 88 | Johnny Saniat | Sr. | 5'8" |
| 99 | Ben Carver | Sr. | 6'2" |

NEUQUA VALLEY HIGH SCHOOL

Neuqua Valley - A

Naperville, Ill.

Coaches: Arnoush Javaherian, Cullen Geppert

Neuqua Valley A is now in its fifth year as a program. We started off with only 48 players in the program, but have now grown to more than 160 consisting of eight different teams including two girls teams. Last year we won the Illinois State Championship and placed 11th at Easterns. This year, we had more than half of our A team coming back and are poised to make a run nationally.



2012 USA ULTIMATE HIGH SCHOOL CENTRAL CHAMPIONSHIPS

OPEN TEAMS ///

NEUQUA VALLEY HIGH SCHOOL

Neuqua Valley - B

Naperville, Ill.

Coaches: Jonathan Helton, Jonathan Ogrodnik

This season, we have come together in a big way with our most solid B team yet. We went to the Chicago Invite in Naperville, III. where learned a lot and grew as a team. We are constantly improving and looking to replace many seniors on our A Team. We look forward to going to the Madison Mudbath, Illinois State Championship, and of course the Central Championships.



ROSTER

| 2 | Adnan Ahmad | Jr | 6'3" |
|----|--------------------|----|-------|
| 3 | Karl Beck | So | 5'6" |
| 7 | Nathan Knockeart | Jr | 5'8" |
| 10 | Kevin Cheng | Sr | 5'10" |
| 12 | Nishant Mandapaty | Jr | 5'9" |
| 15 | Chad Fahrenbach | So | 5'7" |
| 15 | Zachary Broad | Sr | 6'1" |
| 16 | Jake Marrapode | Fr | 5'7" |
| 17 | Prayag Patel | Sr | 6'2" |
| 20 | Evan Sabado | Jr | 5'6" |
| 21 | Ethan Sabado | Jr | 5'6" |
| 23 | Michael Camis | Sr | 5'11" |
| 24 | Dominick Peluso | So | 5'6" |
| 25 | Saurav Dubey | Jr | 5'7" |
| 26 | Jake Stachewicz | So | 6'3" |
| 27 | Michael Hannigan | So | 5'9" |
| 34 | Bryan Fitzpatrick | Sr | 5'8" |
| 36 | Chris Contreras | Sr | 5'7" |
| 37 | Matt Andsanger | Jr | 5'10" |
| 54 | Alex Stumphauzer | Jr | 5'8" |
| 55 | Brandon McClintock | Jr | 5'7" |
| 69 | Taylor Fauley | Sr | 6'2" |
| 95 | Zachary Diener | Jr | 6'0" |
| | | | |

ST. PAUL CHARTER

Stars

St. Paul, Minn.

Coaches: Jake Henderson, Alex Stanislaw, Pat Niles, Russ Heitman

The Saint Paul Charter Ultimate team is a cooperative team that was started six years ago. Originally made up of three small charter schools, it now only includes two schools both of which have student bodies of fewer than 400. The two schools (Great River School and Twin Cities Academy), cooperate in all of their athletic programs and because of this have developed a strong bond.

In the past six years the team has steadily grown to be one of the top high school teams in Minnesota. In the team's first few years, the program was not particularly successful, but as players gained more experience the team continued to prog-

ress. In recent years, the team has finished 16th, 12th and most recently fifth in the Minnesota state tournament. This year the Charter Stars promise to deliver their most successful season yet.



ROSTER

| 0 | Galen Decker | Fr |
|----|------------------------|----|
| 1 | Jonah Malenfant | Fr |
| 2 | Alec Malenfant | Jr |
| 4 | Joe Cregan | Jr |
| 6 | Evan Furr | Jr |
| 9 | | Fr |
| | Lucas Bulger | |
| 10 | Leo Keefe | Fr |
| 11 | Alex Hanson-Rosenburg | |
| 12 | Harper Garvey | Sr |
| 13 | Peter Casey | Sr |
| 16 | Juan Domingo Davila | Fr |
| 17 | Eliot Larson | Jr |
| 18 | Tiernan Lenius | IL |
| 23 | Donovan O'Dowd | Sr |
| 24 | Isaac Ruff | Sr |
| 25 | Kunle Ajao | Fr |
| 28 | Joshua Eufinger | So |
| 29 | Dave Siglin | Jr |
| 30 | Nick Przybilla | Jr |
| 35 | Dalton Jahnke | Sr |
| 39 | Andres Badillo Moorman | Fr |
| 49 | Ben Ihlenfeldt | Sr |
| 54 | Henry Kwant | Fr |
| 57 | Alec Olson | Sr |
| 68 | Adam Olson | Fr |
| 69 | Malone Mitchke | Jr |

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10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME[™]

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

5. DON'T "GIVE AS YOU GOT."

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

6. BREATHE.

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

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

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

8. BE GENEROUS WITH PRAISE.

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

9. IMPRESSIONS LINGER.

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

10. HAVE FUN.

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

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

25 USA

USA ULTIMATE SPIRIT OF COACHING ///

BACKGROUND: The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As a non-player, the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision-making process, even in the most egregious violations, will indicate to players that the coach – and not the players – has the ultimate responsibility for ensuring the inherent fairness of the game. Teaching players the rules and how to implement them should be done at practices or off the field. It is the coach's responsibility to ensure that the players understand their own responsibilities as players and teach players how to handle those responsibilities.

GUIDELINES:

USA 26

- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or foot-blocking).
- Because the potential for misperception is high, spiking is prohibited at the youth level unless otherwise agreed upon by the coaches or captains. Spiking in a disrespectful manner is never acceptable at any level.
- Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.
- Coaches will always exhibit respect for opposing players, other coaches and observers.
- · Coaches will model Spirit of the Game at all times.

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

2012 USA ULTIMATE COACHING CERTIFICATION INFORMATION ///

During games at USA Ultimate Championship events where field access is restricted teams with coaching staffs are required to have at least one Level-1 Certified coach or a coach who has attended the USA Ultimate Coaching Ethics Workshop in order for coaching staff to have player-level field access. All coaches must pass an NCSI background check, be current coach-level members of USA Ultimate and must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. All other non-player support staff, with player-level or limited field access, must read, sign and agree to abide by the USA Ultimate coaching Code of Ethics and Spirit of Coaching Statement. Limits on number of coaches and other non-player support staff will be determined by specific event guidelines.

For more information on the USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Manager of Youth & Education Programs Mike Lovinguth at mike@hq.usaultimate.org, or visit the USA Ultimate website at usaultimate.org.

SHOOTING PHOTOS AND VIDEOS ///

USA Ultimate appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of events hosted by USA Ultimate.

Anyone wishing to record USA Ultimate events for commercial purposes (as defined in the agreement) is required to sign the USA Ultimate Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood.

The agreement is intended to protect USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like to submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Director of Marketing and Communications Andy Lee at andy@hg.usaultimate.org.

ULTIMATE

27

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