



HIGH SCHOOL CENTRAL CHAMPIONSHIPS

MAY 18-19, 2013
MASON, OH

EVENT GUIDE // \$2

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STAFF

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

EVENT STAFF

- Tournament Director: Dale Wilker
- Volunteer Coordinators: Eddie Mack & Mike Kaylor
- Head Score/Stat Keepers: Chris Hoy & Pete Luttmann
- Local Media Coordinator: Elizabeth Bikun
- Social Event Coordinator: Peter Tran & Ben Huffman

USA ULTIMATE STAFF

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

WELCOME

On behalf of USA Ultimate, the Cincinnati Ultimate Players Association, Youth Ultimate Cincinnati and the Warren County Convention and Visitors Bureau, I take great pleasure in welcoming you to the 2013 USA Ultimate High School Central Championships. We are very excited about hosting another USA Ultimate Championship event in southwest Ohio – Warren County.

Warren County is centrally located between Cincinnati and Dayton, which makes it a perfect destination to experience nearby regional attractions such as the Cincinnati Zoo & Botanical Garden, the National Museum of the U.S. Air Force, the Kings Island Amusement Park and many fine athletic facilities, performing arts centers and cultural museums. There's a reason we're called Ohio's Largest Playground®, where everyone wins.

This year's tournament includes 15 Open high school teams and 6 Girls high school teams from the central United States in a showcase of high school ultimate at its best. Many of the teams are returning

from last year, including last year's Open champions, Hopkins from Minnetonka, Minn., and Girls champions, Holy Family Catholic from Cincinnati, Ohio. Also, many new teams will be playing in their first USA Ultimate Central Championship event. Best of luck to all of the teams, and thanks to all of the players and coaches who continue to grow and support high school ultimate.

Events like the High School Central Championships only happen with lots of volunteers. Volunteers are the backbone of any successful USA Ultimate Championship event. These fabulous helpers will be keeping score, setting up the fields, keeping you hydrated and running many other errands around the fields. We will strive to make this a premier event. Please acknowledge their hard work and dedication in supporting the sport of ultimate.

Have an ULTIMATE weekend!

Dale Wilker,
Tournament Director
and the CUPA Staff



WEEKEND OVERVIEW

FRIDAY, MAY 17 AT HYATT PLACE CINCINNATI NORTHEAST

7:30pm – 8:30pm: Team Registration

8:45pm – 9:45pm: Coaches' Social sponsored by Cincinnati Ultimate Players Association

SATURDAY, MAY 18 AT HERITAGE OAK PARK

8:00am: Captain's Meeting

9:00am – 6:00pm: Pool Play and Pre-quarters (Open only)

SATURDAY, MAY 18 AT MASON COMMUNITY CENTER

4:30pm – 10:00pm: Centrals After Hours Tournament Party

*See opposite page for details.

SUNDAY, MAY 19 AT HERITAGE OAK PARK

8:30am – 2:00pm: Pool Play (Girls only), 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.

Centrals After Hours

tournament party

Saturday after games

4:30pm - 10:00pm

at the

Mason Community Center

6050 Mason-Montgomery Road, Mason, OH 45040

jersey/disc swap

rock climbing wall, basketball courts

pool, lazy river & hot tub

food and drinks prepared by Maggiano's

Locker room and showers will be open

Players should bring their own locks, towels, and swimsuits

***Free for players, coaches
& chaperones***

\$15 for any additional family members to attend

sponsored by Warren County Convention and Business Bureau
and Mason Community Center



COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point cap at 15, except Open C Pool games are to 15/17.
- 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.

SHOOTING PHOTOS/ VIDEOS

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

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

The agreement is intended to protect USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like to submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Manager of Communications & Publications Stacey Waldrup at stacey@hq.usultimate.org.

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HEALTH AND SAFETY

Medical staff will be available throughout the event at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness. Directions to the local hospital can be found in the “Directions” section of this program.

CONCUSSIONS

- Concussions are brain injuries that can occur as a result of a blow to the head.
- Symptoms may include headache, nausea, vision problems, confusion and balance problems.
- Any blows to the head must be seen by a medical professional and evaluated for concussion symptoms before the athlete can return to play. Medical staff is on hand at the event at Tournament Central.

HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling by evaporation is limited. Sweating depletes the body’s salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.
- Prevention and Treatment of Heat Illness
 - Avoid alcohol, caffeine and carbonated beverages.
 - Medications such as antihistamines, decongestants, certain asthma medications and diuretics can increase risk for heat illness. Avoid them if possible.
 - Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
 - Know your body – be honest! Are you fit enough to perform under current conditions?
 - Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important (good sources include sports drinks, yogurt, grapefruit juice, bananas and oranges). Sodium is also important (good sources include sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies).
 - Don’t drink too much. Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.

- Monitor your urine. Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness. If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin, get in front of a fan or breeze.

SIDELINE SAFETY

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

LIGHTNING GUIDELINES

- Event Staff will communicate with players and spectators via PA system and through field marshals equipped with radios if there is a lightning danger. Play then will be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed building or vehicle with a hard top and closed windows.
- Event Staff will use the “flash-to-bang” method to determine when to send people to shelter. By the time the flash-to-bang count has reached 30 seconds, all individuals should be in a safe shelter location.
- If you can't get to a safe shelter, try to avoid being the tallest object in an open field or on open water. Avoid other tall objects, metal objects and water. Assume a crouched position with only the balls of your feet touching the ground, your arms wrapped around your knees, and your head lowered. Minimize contact with the ground. Do not lie flat.
- Avoid using telephone land lines. Cell phones are safe, provided the person has followed other safety guidelines.
- Event Staff will indicate to players when play is going to resume. Team captains should meet at Tournament Central to receive instructions for resuming play and any schedule modifications.

DIRECTIONS

IMPORTANT ADDRESSES

- **HYATT PLACE CINCINNATI NORTHEAST** 5070 Natorp Boulevard, Mason, OH 45040
- **HERITAGE OAK PARK** 4601 State Route 42, Mason, OH 45040
- **WEST CHESTER HOSPITAL** 7700 University Drive, West Chester, OH 45069
- **MASON COMMUNITY CENTER** 6050 Mason-Montgomery Road, Mason, OH 45040

HYATT PLACE CINCINNATI NORTHEAST TO HERITAGE OAK PARK

- Take the first left onto Natorp Boulevard and proceed for 400 feet
- Take the first left onto South Mason-Montgomery Road and proceed for 5.5 miles
- Turn right onto Bethany Road and proceed for 1 mile
- Take the second right onto Ohio 741 South and proceed for 0.2 mile
- Take the first right onto US 42 South and proceed for 0.7 mile
- Heritage Oak Park entrance will be on your right

HERITAGE OAK PARK TO WEST CHESTER HOSPITAL

- Exit the park and turn right onto US 42 North and proceed for 0.7 mile
- Turn left onto OH 741 North and proceed for 0.2 mile
- Take the first left onto Bethany Road and proceed for 3.1 mile
- Turn left onto Butler Warren Rd and proceed for 1.1 mile
- Take the 3rd right onto Liberty Way and proceed for 0.8 mile
- Turn left onto Cox Road and proceed for 0.9 mile
- Turn right onto University Drive and the West Chester Hospital will be on the right

HERITAGE OAK PARK TO MASON COMMUNITY CENTER

- Exit the Park and turn right onto US 42 North and proceed for 0.7 mile
- Turn left onto OH 741 North and proceed for 0.2 mile
- Take the first left onto Bethany Road and proceed for 1 mile
- Take the 2nd left onto North Mason-Montgomery Road and proceed for 1.7 miles
- Turn left onto Foxfield Drive and you have arrived at the Mason Community Center

MASON COMMUNITY CENTER TO WEST CHESTER HOSPITAL

- Exit the Mason Community Center turning left onto Foxfield Drive and prepare to
- Turn left onto Mason-Montgomery Road and proceed for 0.7 miles
- Turn right onto Tylersville Road and proceed for 3.1 miles
- Turn right onto Cox Rd and proceed 0.3 miles
- Take the 1st left onto University Drive and the West Chester Hospital will be on the right

MASON COMMUNITY CENTER TO HYATT PLACE CINCINNATI NORTHEAST

- Exit the Mason Community Center turning left onto Foxfield Drive and prepare to
- Turn left onto Mason-Montgomery Road and proceed for 3.8 miles
- Turn right onto Natorp Boulevard and turn right and right again into the parking lot and you will have arrived Hyatt Place Cincinnati Northeast

SPIRIT AWARDS

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

TEAM AWARDS

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

USA ULTIMATE SPIRIT RATINGS GUIDELINES

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

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

MAKING ULTIMATE STRONGER

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

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



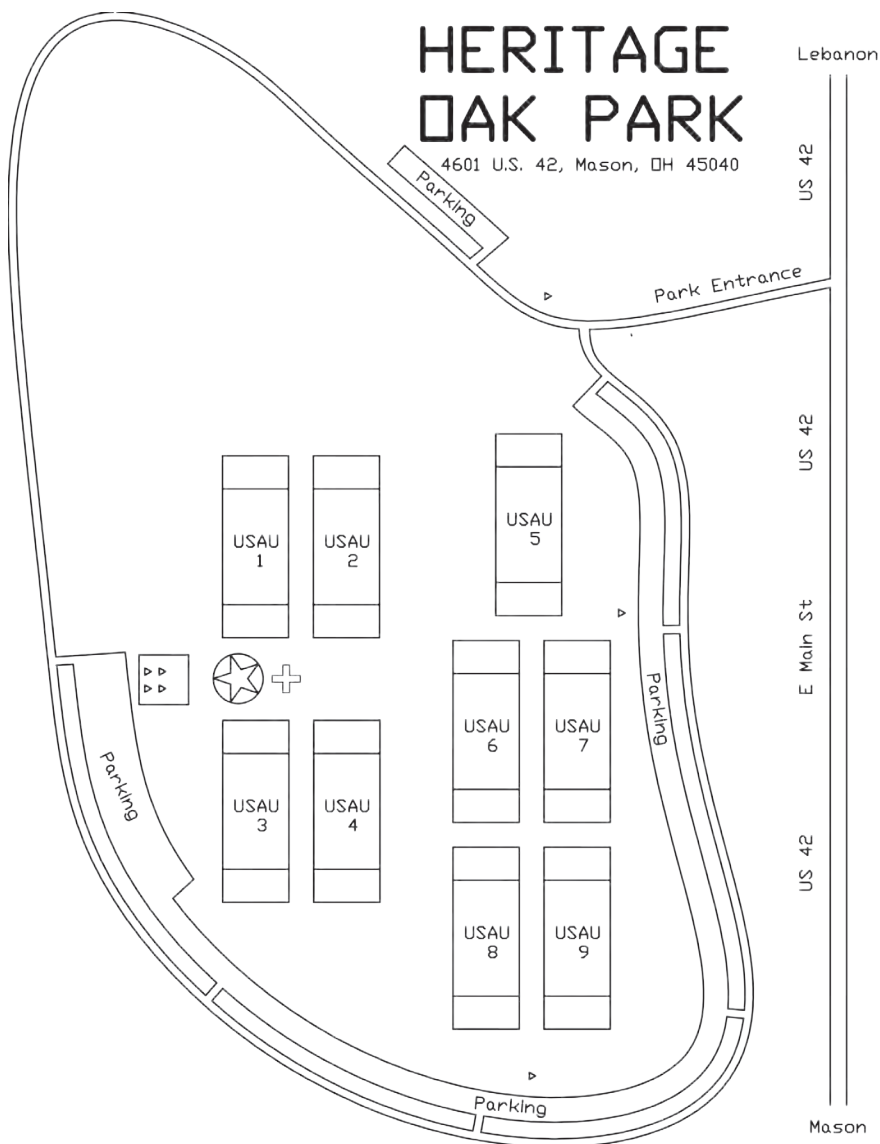
Five Ultimate is proud to sponsor the 2013 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN.
FIVEULTIMATE

Team@FiveUltimate.com



FIELD MAP



Game Fields



Tournament Central

- * Check-In
- * Media
- * Information
- * Scoring
- * Vendors

Medical

Restrooms

GIRLS SCHEDULE

2013 USA Ultimate High School Central Championships - Girls Division

Saturday, May 18, 2013					Sunday, May 19, 2013				
Pool A					Championship Bracket				
Games to 13 Cap at 15					Sunday, May 19, 2013				
A1	A2	A3	A4	A5	Championship Bracket				
Holy Family Catholic Cathedral Hopkins Nequa Valley Mount Notre Dame					Sunday, May 19, 2013				
		F#	Score	F#	Score				
9:00 - 10:15	A1 v A5	6	-	A2 v A4	7				
10:45 - 12:00	A1 v A3	6	-	A4 v A5	7				
12:45 - 2:15	A2 v A5	6	-	A3 v A4	7				
2:45 - 4:00	A1 v A4	6	-	A2 v A3	7				
4:45 - 6:00	A1 v A2	6	-	A3 v A5	7				
Re-seed teams within each pool for Sunday play									

Consolation Bracket
Sunday, May 19, 2013

Championship Bracket
Sunday, May 19, 2013

Diagram illustrating the tournament bracket structure for the Championship Bracket on Sunday, May 19, 2013.

Consolation Bracket (Left Side):

- L(2)** (A4): Game (4) 12:30pm-2:00pm, Field # 1. 3rd Place.
- L(3)** (A5): Game (4) 12:30pm-2:00pm, Field # 1.

Championship Bracket (Right Side):

- A1**: Game (2) Semifinal 10:30am-12:00pm, Field # 1.
- A4**: Game (1) 8:30-10:00am, Field # 1.
- A5**: Game (5) Final 2:30-4:00pm, Field # 1. Champion.
- A2**: Game (3) Semifinal 10:30am-12:00pm, Field # 2.
- A3**: Game (3) Semifinal 10:30am-12:00pm, Field # 2.

Consolation games to 13 cap 15

Championship games to 13 cap 15

OPEN SCHEDULE

2013 USA Ultimate High School Central Championships - Open Division

Saturday, May 18, 2013

Pool A

Pool B

Pool C

Pool D

Pool E

Pool F

Pool G

Pool H

Pool I

Pool J

Pool K

Pool L

Pool M

Pool N

Pool O

Pool P

Pool Q

Pool R

Pool S

Pool T

Pool U

Pool V

Pool W

Pool X

Pool Y

2013 USA Ultimate High School Central Championships - Open Division

Saturday, May 18, 2013

Pool A

Pool B

Pool C

Pool D

Pool E

Pool F

Pool G

Pool H

Pool I

Pool J

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Pool Q

Pool R

Pool S

Pool T

Pool U

Pool V

Pool W

Pool X

Pool Y

2013 USA Ultimate High School Central Championships - Open Division

Saturday, May 18, 2013

Pool A

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Pool J

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Pool P

Pool Q

Pool R

Pool S

Pool T

Pool U

Pool V

Pool W

Pool X

Pool Y

2013 USA Ultimate High School Central Championships - Open Division

Saturday, May 18, 2013

Pool A

Pool B

Pool C

Pool D

Pool E

Pool F

Pool G

Pool H

Pool I

Pool J

Pool K

Pool L

Pool M

Pool N

Pool O

Pool P

Pool Q

Pool R

Pool S

Pool T

GIRLS TEAMS

CATHEDRAL HIGH SCHOOL

**PHOENIX
ST. CLOUD, MN**

COACH: PAULA MEYER

Cathedral Ultimate began in the mid-1990s as four mixed intramural teams who scrimmaged local college teams. In the early 2000s, the high school team was rebuilt and the team grew to become solidly competitive. In 2010, Cathedral women placed second at Westerns in Burlington, Wash., and won the Minnesota State Championship. In 2011, we took second at the State Championships. Last year, with virtually the entire team returning, we took second at Centrals in Naperville, Ill., and won the Minnesota State Championship. This

year, a solid mix of returnees and new recruits has been working hard (despite the weather!) in order to best represent Cathedral High School and Minnesota High School Ultimate at the 2013 Central Championships.



ROSTER

1	Clare McCarty	Fr	5'3"
2	Aimee Delage	Jr	5'2"
3	Alisha Knutson	Sr	5'5"
<i>Concordia - Moorhead</i>			
5	Hannah Lakmann	So	5'5"
6	Rose Berg-Arnol	Sr	5'6"
<i>St. Mary's - Winona</i>			
7	Maddie Schwieteis	Sr	5'10"
<i>St. Scholastica - Duluth</i>			
8	Paula Kowitz	So	5'11"
9	Mary Kampa	Jr	5'2"
10	Kristen Lucius	So	5'7"
13	Brigid Brew	Jr	5'7"
19	Annie Johnson	Jr	5'9"
20	Emily Schmitz	So	5'6"
21	Julia Brown	Jr	5'5"
25	Madina McManus	Jr	5'1"
28	Hannah Deaton	So	5'3"

HOLY FAMILY CATHOLIC HOME EDUCATORS

**OMEGA
CINCINNATI, OH**

COACH: DAVID FRY

Omega began in 2010 for the Ohio State Championships. This team of homeschooled girls developed from the mixed team Revolution, which has been a part of Youth Ultimate Cincinnati since 2000. Nearly all the Omega girls played in a junior league before they reached high school and now help to coach younger players. They enjoy playing in tournaments with challenging competition and good spirit of the game. In the past three seasons, Omega has regularly traveled to tournaments like Chicago Invite, the Paideia Cup, and Eastern and Central Regionals.

Omega finished third in the college women's division at Arctic Vogue in February. In March, Omega lost in the finals of the Chicago Invite to Seattle Fryz. At Paideia Cup in April, Omega lost only to the eventual champion, Saga (a NC Club Team). Omega will compete at the Ohio State Championships the week before regionals.



ROSTER

4	Madison Wilker	Sr	5'4"
<i>Wright State University</i>			
6	Hayley Samson	Fr	5'4"
12	Anna Grace Stephenson	7th	5'9"
13	Janey Vandegrift	8th	5'3"
16	Sara Friemoth	Fr	5'7"
17	Rachel Monnin	Jr	5'7"
25	Andrea Willging	Sr	5'5"
<i>University of Cincinnati</i>			
27	Grace Francomb	Jr	5'5"
42	Lucy Teller	So	5'4"
47	Ellie Fishlock	8th	5'4"
49	Emily Dorsey	So	5'5"
63	Katherine Fry	8th	5'1"
81	Holly Koch	Jr	5'8"
86	Clara Fishlock	So	5'8"
88	Kjersti Fry	Jr	5'4"
99	Maddie Samson	Fr	5'4"

GIRLS TEAMS

HOPKINS HIGH SCHOOL

HERT MINNETONKA, MN

COACHES: JEANINE MIAKOTINA, JENNA DAILY
AND ALEX FRASER

Started in 2002 by Justin Berg and friends, Hopkins Ultimate has become well known in high school ultimate. The Hopkins girls' team split off and created Hert in 2004. Hopkins teaches their players to be noble warriors and to embrace and embody the spirit of the game. At the end of the day, Hert is a family working together to make one another better.

So far in 2013, Hert has traveled to Chicago Invite and Denver Invite to match up against competition from all over the country. At Hopkins, we strive to play the highest level ultimate we can as often as we can - we're lucky to have the opportunity to meet such great competition this season, and there's a lot of season left.



ROSTER

00	Lily Shapiro	Fr	5'3"
1	Sophie Stillman	Sr	5'0"
	<i>American University</i>		
2	Alyssa Resnick	So	5'4"
3	Zoe Mosow	So	5'4.5"
7	Hattie Holm	Sr	5'6"
	<i>University of Minnesota</i>		
8	Sam Tankenoff	So	5'6"
13	Noa Parker	Jr	5'3"
14	Winnie Brand	Fr	5'6"
17	Maddie Ansel	So	5'7"
18	Mickela Heilicher	Jr	5'1"
19	Katie Rudelius	Fr	5'2"
22	Claire Smart	Jr	5'3"
23	Becca Steinman	Jr	5'2.5"
28	Jordan Shear	Jr	5'1"
32	Sarah Benton	Sr	5'6"
	<i>Northwestern University</i>		
38	Lisa Persson	Sr	5'10"
	<i>University of Minnesota</i>		
44	Addie Sedoff	Fr	5'2"

MOUNT NOTRE DAME HIGH SCHOOL

SAVAGE CINCINNATI, OH

COACHES: MIKE KAYLOR, JENNY FUNK, JEFF
BABIAK, JOHN BALBACH, ZACH KAYLOR

MND Savage is half of the coed team (some would argue the better half) that has male players from Archbishop Moeller as its other half. The team has participated in the Cincinnati Ultimate Players Association (CUPA) high school spring league since 2005 and each year has grown the number of participants on the team. We try to maintain the right balance of fun with skills development and have grown the number of girls on the team each year. Our objective is to develop spirited players who love the game and grow as leaders on and off the field. Several MND graduates now play at the club and college level, and we had two alumni participating in the 2012 College Championships.



We will be sending a girls' team to the Ohio State Championships in 2013. Our ladies were strong contributors to both our JV and varsity teams in the 2013 high school season.

ROSTER

1	Katie Von Erden	Sr	5'4"
	<i>UC</i>		
3	Paige Brown	Sr	5'6"
4	Ashley Poland	Sr	5'5"
7	Jeaness Hargis	Jr	5'2"
12	Ashley Black	Fr	5'6"
13	Julia Smiddy	So	5'6"
14	Emily McGill	So	5'6"
15	Emily Carlier	Jr	5'9"
16	Grace Castelli	Sr	5'2"
33	Alora Reiff	Sr	5'6"
36	Kathleen Barcomb	So	5'6"
47	Ashley Woxman	So	5'6"
51	Emily Schappacher	So	5'6"
52	Rachel Dobrozsi	Fr	5'6"
56	Olivia Kettler	Fr	5'6"
64	Annie Folzenlogen	So	5'6"

GIRLS TEAMS

NEUQUA VALLEY HIGH SCHOOL

NEUQUA VALLEY ULTIMATE - GIRLS NAPERVILLE, IL

COACH: JOHN BECHTOLD

Neuqua Valley is now in its sixth year as a program. We started off with only 48 players in the program, but have now grown to over 160 comprising seven different teams, including one girls' team. Our girls' team placed second at the Illinois State Championship in each of the last two years. This year, we have the strongest team yet! We look to make a run at all of our tournaments.

This season, our girls' team has done well and is doing better by the game. We have a lot of new players and returning players. It is our best year yet as we did well at the Chicago Invite, losing to Hopkins by only one point. Then we went to the Madison Mudbath in which we lost to the eventual champion in the semifinals by one point. We have a solid team and are looking forward to Centrals.



ROSTER

2	Dana Mullen	Jr
3	Maggie Kennedy	Jr
5	Allison Radike	Jr
7	Megan Halverson	So
9	Stephany Stumphauzer	So
10	Lauren Weil	So
20	Kendall Smith	Jr
24	Kelly Crowley	So
27	Paige Passaro	Jr
27	Christina Kellens	Fr
31	Aisel Alcedo	Sr
33	Cleo Bubulka	Sr
34	Kara Coffel	Fr
77	Maggie Stachewicz	Fr
86	Minjoo Seo	Sr

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OPEN TEAMS

BEXLEY HIGH SCHOOL

SCOOPERHEADS COLUMBUS, OH

COACH: BRENT REEB

Our team was established four seasons ago in the spring of 2010. We were nothing that first year, but with a team of committed young players, we pushed each other into working our hardest to become the best we could be. No one truly knows where our team name came from or why our logo is a snake, but it works for us, and we've all grown to love it.

Most people know us from our showing at the 2013 Chicago Invite which was the one big tournament we had the chance to go to this season. We came to the tournament seeded 23rd with only 9 players but were able to win our pool and crossover game to put us in the quarterfinals against the Seattle Fryz. After losing to the Fryz, we played a very tight game against Hopkins up to hard cap before losing 8-9 on universe point and finishing 7th overall.



ROSTER

1	Adam Turner	Sr	5'11"
	<i>University of Cincinnati</i>		
2	Elliot Predmore	Sr	6'2"
	<i>Columbus State</i>		
3	Tucker Stas	Sr	5'9"
	<i>Wittenberg University</i>		
4	Alex Young	Sr	5'10"
	<i>Columbus State</i>		
5	Justin Burnett	Sr	6'2"
	<i>Columbus State</i>		
6	Jacob Hodge	Sr	5'9"
	<i>Miami University</i>		
7	Jacob Turner	Sr	5'9"
	<i>University of Cincinnati</i>		
8	Luke Groom	Sr	5'9"
	<i>Ohio State University</i>		
9	Riley Collins	Sr	6'2"
	<i>Miami University</i>		
11	Leland Schwartz	So	5'6"
12	Truman Haycock	Sr	5'9"
	<i>Ohio Wesleyan University</i>		
14	Drew Powell	Sr	5'10"
	<i>Columbus State</i>		
15	Dylan Hardy	Sr	5'9"
	<i>Columbus State</i>		
17	Max Meizlish	Fr	5'7"
18	Sebastian Parra	Sr	5'10"
	<i>Marietta College</i>		
31	Parker Murphy	So	6'4"
45	Jack Brubaker	So	5'9"
	<i>Wittenberg University</i>		
47	Daniel Schwartz	Sr	5'8"
	<i>Ohio University</i>		

BLOOMINGTON SOUTH HIGH SCHOOL

BULLETS BLOOMINGTON, IN

COACHES: ADAM SCHOBINGER, CHAD RENDE, JASON BAER, JULIA MEEK

The journey to our team name began several years ago with the name Brand X Ultimate. It then became Schnozzberries. The last stop before landing on the Bullets was Saucer Tosser. Finally, after years of looking for a catchier name, we landed on Bullets.

It's still early in our season. We've played in two tournaments so far, finishing second and third respectively. We're gearing up for our state tournament in late June.



ROSTER

0	Isaac Kennedy	Sr	5'9"
	<i>Northwestern University</i>		
1	Matthew Zelenin	Fr	5'6"
5	DohHyun Kim	Sr	6'2"
	<i>Indiana University</i>		
6	Matthew Johnsen	Jr	5'7"
7	Jake Frederickson	So	5'10"
8	Christopher Tiwari	Sr	6'0"
	<i>Indiana University</i>		
10	James Audretsch	Sr	6'0"
	<i>Indiana University</i>		
17	Maria Tiwari	So	5'3"
18	Daniel Moss	Fr	5'5"
34	Kevin Lettelleir	Sr	6'1"
42	Robert Rickert	Sr	6'3"
	<i>Cornell University</i>		
50	Christopher Audretsch	Fr	5'9"
55	Frank Li	Fr	5'6"
81	Victor Fitzek	So	6'0"
84	Harshel Naik	Sr	5'11"
	<i>Indiana University</i>		
99	Tate Blacketter	8th	5'5"

OPEN TEAMS

CATHEDRAL HIGH SCHOOL

CATHEDRAL ULTIMATE SAINT CLOUD, MN

COACH: MATT THEISEN

Cathedral Ultimate began in the mid-1990s with four mixed intramural teams who scrimmaged local college teams. In the early 2000s, the team was rebuilt and slowly grew into a solidly competitive team, both in Minnesota and the national arena. In 2008, they placed third at Westerns and first in the Minnesota State Championship; in 2010, the team placed third at Westerns and second in Minnesota State. Last year was a rebuilding year---the team had a lot of young and first-time players.

We have not competed in any tournaments (on the date this was scribed), but we have three full weeks with the Granite City Classic and Hopkins Hustle and finishing off with 2013 Centrals. There is always a good outlook for Cathedral Ultimate, even in rebuilding years. We are ready to strut our stuff this year.



ROSTER

2	David Verwrys	So
4	Stephen May	Sr
5	Charlie Schuweiler	Jr
7	Noah Ebel	Sr
8	Jacob Schwittalla	So
9	Thomas Warnert	So
12	Austin Brott	Sr
13	Caleb Jones	Sr
15	Tyler Lampher	Sr
18	Tyler Meyer	Jr
19	Adam Volkmuth	Sr
24	Benjamin Dullinger	So
26	Patrick Blee	Jr
33	Brady Johnston	So
34	Owen Berg-Arnold	So
42	Anders Zetterlund	Jr
96	Kyle Koopmeiners	Sr
	John Deaton	Jr

CRETIN-DERHAM HALL

RAGING SAFARI SAINT PAUL, MN

COACHES: NICK GILES-LAUER AND PATRICK NYBERG

We are the Cretin-Derham Hall Raging Safari. Our team has been around since the mid-90s. When the team was formed, the new ultimate players knew they were not going to get monetary support from the school, so they could name themselves whatever they wanted and didn't have to be affiliated with the school. They came up with a very original and fun name that was quite different from the school's mascot of the Raiders. Our ultimate team name has been Raging Safari ever since. CDH usually boasts a very highly athletic and talented group of kids, and it is no different with our ultimate team. We strive to keep up the pace and take chances on the field while having a great time. This year, we have a number of seniors who want to go out on top, and our team will do our best to make that happen. RAGE!



ROSTER

0	Jeff McGurran	Sr	6'2"
	<i>St. John's University</i>		
2	Anthony Marchio	Sr	5'10"
	<i>Creighton University</i>		
3	Conor McDonald	Sr	6'0"
	<i>St. John's University</i>		
4	Jack Ketchum	So	5'9"
5	Alex Kunzer	Jr	5'11"
8	Geoff McQuillan	Sr	5'11"
	<i>St. Thomas University</i>		
9	Luke McRaith	Sr	5'10"
	<i>Creighton University</i>		
12	DJ Goldenstein	Sr	6'0"
	<i>St. Thomas University</i>		
13	Ryan McQuillan	Sr	5'10"
	<i>St. Thomas University</i>		
15	Matthew Dunn	Jr	6'4"
27	Frankie Zobitz	So	5'11"
40	Joe Burris	Sr	5'11"
	<i>University of Minnesota</i>		

OPEN TEAMS

HOLY FAMILY CATHOLIC HOME EDUCATORS

REVOLUTION CINCINNATI, OH

COACHES: STEVE CONRAD, PHIL HALE,
SCOTT BISSENETTE

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000, which has now grown to 27 teams. Despite 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 each year since 2003. In 2005, the team won the first Ohio State Championship and has repeated every year since. Revolution is well represented on Cincinnati's YCC teams. We finished second at the last High School Eastern Championship and second at the first High School Centrals in 2012. The name Revolution came to us in our second year as we realized how "revolutionary" we were to be home-schooled students starting a new league in an avant-garde sport with a "revolving" disc.



ROSTER

10	Spencer Dorhout	So	6'2"
11	James Morris	So	5'11"
13	Luke Monnin	7th	5'4"
18	Jack Brink	Fr	
19	Mark Beaulieu	Jr	5'8"
20	Eli Smith	Sr	5'11"
	<i>Franciscan University of Steubenville</i>		
22	Dominic Schuster	Jr	5'10"
23	John Beatrice	So	6'0"
24	John Paul Bort	Sr	5'10"
	<i>Franciscan University of Steubenville</i>		
25	Braden Dorsey	Sr	5'9"
	<i>University of Cincinnati</i>		
30	Jordan Monnin	Fr	6'2.5"
34	Jay Ratajczak	Sr	6'3"
	<i>Franciscan University of Steubenville</i>		
39	Nicholas Bissonnette	Jr	6'2"
41	Mark Schuster	Fr	5'6"
43	Stephen Kenny	Jr	5'9"
89	Evan Bissonnette	Fr	5'10.5"

HOPKINS HIGH SCHOOL

HURT MINNETONKA, MN

COACHES: ERIN MIROCHA, LOU ABRAMOWSKI,
DAN "POKEY" HUNT

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 six 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.

So far in 2013, Hurt has traveled to Chicago Invite and Paideia Cup to match up against some of the best teams in the country. We have also participated in local tournaments including MLK Duluth Indoor (college division) and St. John's Invite. At Hopkins, we strive to play the highest level ultimate we can as often as we can - we're lucky to have the opportunity to meet such great competition this season, and there's a lot of season left.



ROSTER

0	Ryland Dorshow	Jr	6'0"
1	Zac Merie	Sr	6'3"
	<i>St. Thomas</i>		
5	Will Cohen	So	5'7"
6	Ryan Franklin	Sr	5'11"
	<i>Minnesota</i>		
7	Max Wolk	Jr	6'3"
9	Braden Spencer	Jr	6'0"
12	Liam Perkins	Jr	5'9"
13	Mike Lieberman	Jr	5'11"
15	Trey Taylor	So	5'7"
16	Zach Shear	Fr	5'7"
18	Sam Kaminsky	So	5'10"
19	Joe Kohlen	Sr	6'2"
	<i>North Dakota</i>		
21	Joel Ratner	Sr	5'9"
	<i>Michigan</i>		
22	Adam Caskey	Sr	5'11"
	<i>Ridge Water</i>		
23	Wyatt Mekler	Sr	5'11"
	<i>Israel</i>		
24	Robert Danaher	Sr	5'10"
31	Jacob Elias	So	5'9"
32	Adam Shapiro	Jr	5'11"
34	Benji Mosow	Sr	5'7"

OPEN TEAMS

MASON HIGH SCHOOL

COMETS MASON, OH

The Mason Comets Ultimate team is in its third season. The team started as a group of friends playing pick up after school and has grown into a formal team. The Comets team name was taken from Mason High School's mascot

The Comets had an undefeated season in the B North Division of Cincinnati's Youth Ultimate league (YUC), finished fourth in its first bid at the Ohio State qualifying tournament and is expecting to finish in the top three of the YUC league tournament.



ROSTER

00	Blake Weaver	Jr	6'0"
3	Elliot Skindzier	So	5'9"
4	Michael Kingsolver	Sr	5'10"
	<i>Ohio University</i>		
6	Tyler Hirsch	So	6'0"
7	Nick Stevens	So	5'9"
11	Dylan Hoffman	So	6'2"
14	Peter Mintz	Sr	5'9"
	<i>Ohio State</i>		
19	Spencer Hogan	So	5'11"
21	Grant Forsythe	So	5'10"
22	Kevin Klein	Sr	6'0"
	<i>University of Cincinnati</i>		
27	Nathan Domeck	So	6'1"
44	Landon Sagle	So	5'10"
81	Bryan Lewis	So	5'9"

MONONA GROVE HIGH SCHOOL

FOG MONONA, WI

FOG is going on its seventh year. We are from the south side of Lake Monona which is otherwise surrounded by Madison. Our participation is growing, although our numbers are still often low when going to tournaments.

We are building each and every day and getting better. We have been in two tournaments, Chicago Invite and Madison Mudbath, and have held seed in both tournaments. Last year at Centrals, we lost all our games. This year, we are going to do better.



ROSTER

0	Andrew Everts	Sr	5'11"
1	Sam Welsch	Sr	6'3"
3	Jordan Farwell	So	5'10"
6	Anders Shropshire	So	5'7"
10	Derek McCaslin	Sr	5'11"
13	Matt Farwell	Sr	6'0"
17	Ryan Hergenrother	Sr	5'8"
23	Riley Jones	Sr	6'6"
34	Noah Meehan	Fr	5'10"
54	Kyle Hynek	Sr	6'0"
68	Harrison Stebbins	Sr	5'11"
	Aaron Brogan	So	5'9"

OPEN TEAMS

NEUQUA VALLEY HIGH SCHOOL

NEUQUA VALLEY ULTIMATE - A NAPERVILLE, IL

COACH: ARNOUSH JAVAHERIAN

Neuqua Valley A is now in its sixth year as a program. We started off with only 48 players in the program, but have now grown to over 160 comprising seven different teams, including one girls' team. We won the Illinois State Championship each of the last two years, placed 11th at Easterns in 2011 and 3rd last year at Centrals. This year, we have a new crop of players but continue to show how our program builds great teams.

This season, we have come together in a big way with our most solid A team yet. We went to the Chicago Invite in Naperville, Ill., where we placed fifth. We then went to the Paideia Cup where we did amazing, finishing fourth. But our biggest moment was when we won Madison Mudbath, avenging a loss to De Smet from the Paideia Cup to win the tournament for the first time in our club history. We look forward to going to the Hopkins Hustle, Illinois State Championship and of course the Central Championships.



ROSTER

3	Karl Beck	Jr	5'7"
6	Keith Dehnel	Sr	5'10"
7	Jack Shanahan	Jr	6'3"
10	Mike Giere	Jr	6'1"
11	Jerry Kelly	Sr	5'10"
13	Andrew Lin	Sr	5'7"
	<i>Berkeley</i>		
17	Tony Poletto	Sr	5'8"
	<i>Minnesota</i>		
21	Ethan Sabado	Sr	5'8"
21	Evan Sabado	Sr	5'8"
23	Saurav Dubey	Sr	5'9"
	<i>Minnesota</i>		
24	Dom Peluso	Jr	5'7"
25	Adam Wong	Jr	5'8"
26	Jake Stachewicz	Jr	6'1"
29	Hafeez Shams	Jr	5'10"
30	Connor Power	Sr	6'3"
54	Alex Stumphauzer	Sr	5'9"
	<i>Drake</i>		
55	Brandon McClintock	Sr	5'9"
	<i>St. John's</i>		
59	Mike Sandstrom	Jr	6'2"
64	Ben Royko	Sr	6'0"
95	Zach Diener	Sr	6'1"

NEUQUA VALLEY HIGH SCHOOL

NEUQUA VALLEY ULTIMATE - B NAPERVILLE, IL

COACH: ROB GROSS

Neuqua Valley is now in its fifth year as a program. We started off with only 48 players in the program, but have now grown to over 160 comprising seven different teams, including one girls' team. Our B Team is now better than many A teams in the Chicago area. We are constantly improving and looking for our B Team to do well this year!

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, Ill., where learned a lot and grew as a team. We are constantly improving and looking to replace many seniors on our A Team. We went to Madison Mudbath and finished 11th! Amazing for a B Team! We are looking forward to the Illinois State Championship and of course the Central Championships.



ROSTER

2	Adnan Ahmad	Sr	6'3"
7	Ben Swiatek	Fr	5'7"
9	Alex Biskis	So	5'11"
10	Tanner Wieland	Sr	6'2"
15	Chad Fahrenbach	Jr	5'7"
16	Jake Marrapode	So	5'11"
16	Chris Oesterreich	Jr	5'9"
17	Dylan Power	Fr	5'11"
19	Ben Gleason	Jr	6'3"
20	Nick Pistoris	Jr	5'9"
22	Parker Alford	So	6'0"
22	Alex Diener	Fr	5'9"
25	Josh Algren	Sr	5'10"
27	Mike O'Connell	Sr	6'0"
47	Ben Sabourin	So	5'9"
47	Bill Kellens	So	6'0"

OPEN TEAMS

PRITZKER COLLEGE PREP

JAGUARS CHICAGO, IL

COACHES: MATTHEW MCCABE, RICHARD SCHRISHUHN, MARK OLSEN, LAURA NIKIEL

The program was started in the spring of 2011 by AP World History teacher Matt McCabe. We started with 13 players, all without knowledge of the sport. We started the season playing in the Chicago Ultimate Junior Organization (CUJO). Our first season was a tough one, finishing with a rank of #472 nationally. In our second year, we were able to reach the CUJO championship, finishing second with a 9-1 season. The Jaguars are motivated to step it up for the 2013 season.

Our season began with the Chicago Invite. A new Jaguars squad was ready to play their first game against some of the nation's top teams. The first day, the Jaguars went 0-3 in pool play losing to Geneva, Monona Grove and Lexington Catholic. The second day, the Jaguars went 0-3 as well, losing all games by a margin of three points or less, holding seed at 24th. In the CUJO league, we are currently 4-2, with a combined point differential of 79-21.



ROSTER

0	Juan Flores	Sr	5'8"
	<i>University of Illinois - Urbana-Champaign</i>		
4	Victor Ramirez	Jr	5'9"
5	Monica Jara	Jr	5'7"
6	Luis Cerda	So	5'6"
7	Custodio Ramirez	Jr	5'10"
8	Adrian Hernandez	Fr	5'3"
9	Sostenes Roman	Jr	5'6"
10	George Zuniga	So	5'8"
12	Omar Alexis Cervantes	Sr	5'10"
	<i>Pomona College</i>		
15	Manuel DeJesus	Sr	5'8"
	<i>Notre Dame</i>		
16	Juan Renteria	So	5'9"
17	David Velis	Sr	5'7"
	<i>University of Illinois - Chicago</i>		
18	Diego Bueno	Sr	5'10"
	<i>Beloit College</i>		
21	Irvin Berriel	So	5'6"
22	Elijah Mercado	Jr	5'9"
23	Hector Moreno	Jr	5'7"
25	Miguel Mendiola	Jr	5'6"
26	Michelangelo Llamas	So	5'8"
30	Rigoberto Arceo	Fr	5'5"
32	Caleb Negron	Jr	5'8"
34	Miguel Arzate	Fr	5'4"
55	Alan Lozano	Fr	5'6"

SALINE HIGH SCHOOL

SALINE THUNDER SALINE, MI

We are a newly created team formed by student athletes that are also participating in other varsity sports. The name "Saline Thunder" came about because we wanted to shock the world!

In our first game of the season, we beat Northville. We competed in one tournament and played Lahser, WTMCA and Saline DiscOrganized.

ROSTER

1	Jimmy Lucas	Jr	6'0"
2	Brendan Hogan	So	5'9"
3	Jesse Ouellette	Sr	5'9"
4	Connor Loftus	Jr	5'9"
5	Vince Olsen	Sr	5'9"
6	Jack McGreal	So	5'8"
9	John Davis	Jr	6'1"
10	John Stante	Jr	6'4"
11	Aubrey Loftus	So	5'6"
32	Mark Whitton	So	5'10"
33	Mitch Manninen	Jr	5'10"
37	Brandon Huang		5'10"

OPEN TEAMS

ST. IGNATIUS HIGH SCHOOL

WILDCATS CLEVELAND, OH

The St. Ignatius Ultimate Club Team first started as an intramural club two years ago for all students at the high school. As a core group of more "hardcore" players started competing in leagues, the school agreed to sanction the team as a club sport. Now as seniors, those core players, are looking to make their alma mater proud in their last year of high school.

This season, the Wildcats are 9-0 in regular-season play. They are the favorites to win the Cleveland district and will represent North-east Ohio in Versailles at the Ohio State Championships. While close games such as an 8-6 win over Kenston have kept the Wildcats honest, most wins have come at large margins such as 16-2 (Brecksville). The Cats look to continue this pace into the Ohio State and Central Cham-pionships.



ROSTER

00	Jackson Shorey	Fr	5'7"
5	Andres Saldana	Jr	5'10"
7	James Laughery	Fr	5'7"
8	Jake Girardot	Jr	5'10"
10	Nick Mast	Sr	6'2"
	<i>University of Southern California</i>		
12	Jake Brenner	Jr	5'10"
13	Jake Lamier	Sr	6'1"
	<i>Xavier University</i>		
17	Zack Valletta	Sr	5'11"
	<i>University of Dayton</i>		
22	Dan Lynch	Sr	5'11"
	<i>Wooster College</i>		
24	Kevin Flynn	Fr	5'9"
25	Sam Nemeth	Sr	5'11"
	<i>Ohio Northern University</i>		
33	Dean Miller	Jr	5'8"

SUN PRAIRIE HIGH SCHOOL

SUN PRAIRIE ULTIMATE SUN PRAIRIE, WI

COACHES: CREED HANSEN & CHARLIE STRADER

Sun Prairie Ultimate, founded by students Cole McCloskey and Nash Thiry, officially became a Sun Prairie High School organization last year. The club consisted of about 20 competitive players, most of whom were relatively new to ultimate, but the team came together quickly and posted a surprising 5-2 regular season record in the Madison Area Youth League. Sun Prairie Ultimate finished fifth in the Wisconsin State Tournament in 2012 and officially eliminated Frisbee from the end of its name, resulting in the simple but effective Sun Prairie Ultimate. In its second year as a club, Sun Prairie Ultimate has exploded, fielding an A team, a B team and a girls' team. Total membership has almost tripled since the club's inception.



ROSTER

0	Wyatt Trevino	Jr	5'8"
1	Austin Albert	Sr	6'1"
	<i>University of Wisconsin-Madison</i>		
7	Austin Rauls	Sr	5'11"
	<i>University of Wisconsin-Milwaukee</i>		
9	Austin Luxford	Sr	6'2"
	<i>University of Wisconsin-Oshkosh</i>		
11	Kyle Phegley	Sr	6'0"
	<i>Indiana State University</i>		
12	Josh Thiry	Fr	5'11"
13	Darnell Morris	Sr	6'0"
21	Nash Thiry	Sr	6'1"
	<i>Western Technical College</i>		
23	Tyler Hebert	Sr	5'10"
	<i>University of Wisconsin-Whitewater</i>		
24	Jordan Dailey	Sr	5'9"
	<i>Le Cordon Bleu College</i>		
26	Alex Matheson	Sr	6'4"
29	Andrew Kilian	Jr	6'2"
32	Jake Sachse	Sr	6'1"

10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

5. DON'T “GIVE AS YOU GOT.”

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

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

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

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

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

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

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

USA ULTIMATE SPIRIT OF COACHING

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

GUIDELINES:

- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or foot-blocking).
- Because the potential for misperception is high, spiking is prohibited at the youth level unless otherwise agreed upon by the coaches or captains. Spiking in a disrespectful manner is never acceptable at any level.
- Coaches will not make calls from the sideline or offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute, coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of ultimate.
- Coaches will always exhibit respect for opposing players, other coaches and observers.
- Coaches will model Spirit of the Game at all times.

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

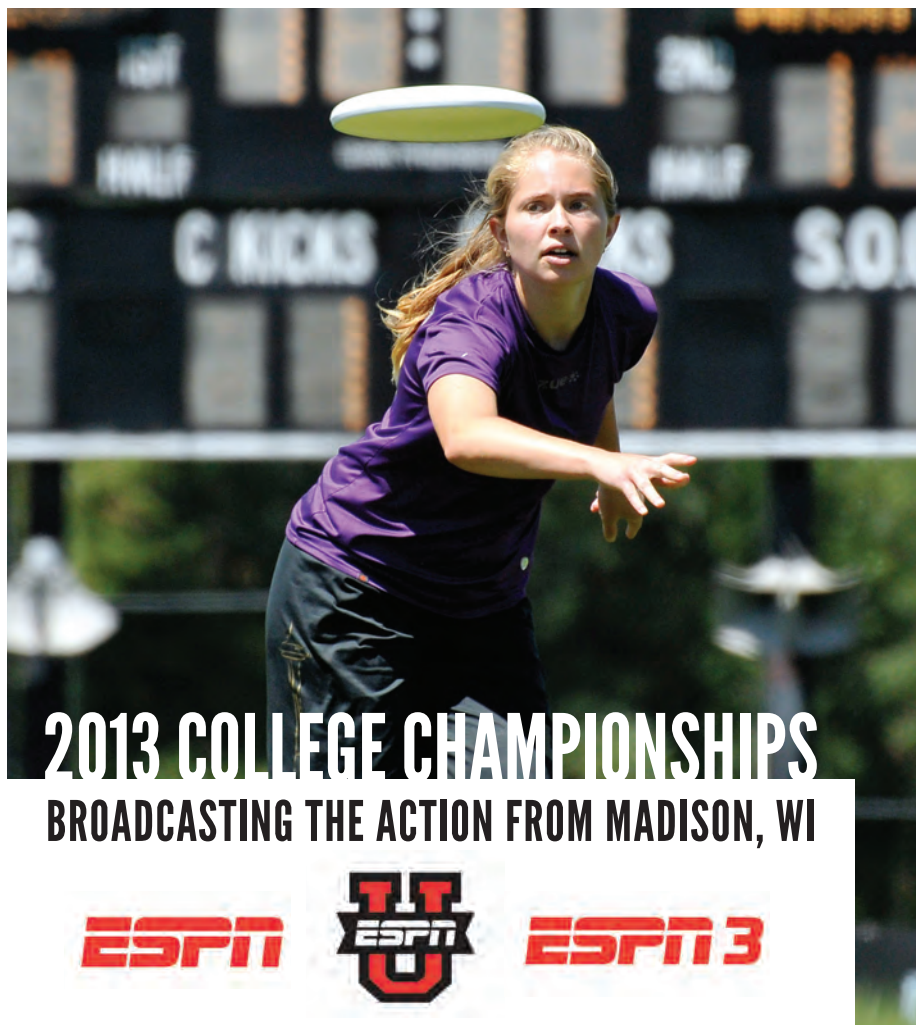
2013 USA ULTIMATE COACHING CERTIFICATION INFORMATION

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

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



TriHealth Sports Medicine is pleased to be providing the Certified Athletic Trainers to the 2013 USA Ultimate High School Central Championships. TriHealth is a multi-disciplinary network of health care professionals that provides comprehensive prevention, recognition, and assessment of athletic injuries, and the complete treatment & management of them to a wide range of patients and athletes of all ages throughout Greater Cincinnati. Services are provided to many area high schools, club teams, local colleges & universities and related organizations and events. **TriHealth Sports Medicine** is an official partner of the Warren County Convention & Visitors Bureau.



2013 COLLEGE CHAMPIONSHIPS

BROADCASTING THE ACTION FROM MADISON, WI



LIVE ON ESPN3 (ALL TIMES EST)

SUNDAY, MAY 26

1:00pm - Women's Semifinal

3:30pm - Women's Semifinal

6:30pm - Men's Semifinal

9:00pm - Men's Semifinal

MONDAY, MAY 27

1:00pm - Women's Final

3:30pm - Men's Final

TAPE-DELAYED BROADCAST ON ESPNU (ALL TIMES EST)

WEDNESDAY, MAY 29

7:00pm - USA Ultimate College Championships
Highlight Show

8:00pm - Men's Championship Game

9:00pm - Women's Championship Game

THURSDAY, MAY 30

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

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

Never stop reaching.



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