



EVENT GUIDE \$2



# SPIN ULTIMATE ACADEMY

JUNE 15-19, 2015 | ATLANTA, GA

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## USA ULTIMATE

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# WELCOME

On behalf of the city of Ames, Iowa Convention Bureau and the Iowa State Ultimate Clubs. I am incredibly excited to be representing these groups as your co-tournament director. Not that long ago I was playing at this tournament, and I know the excitement it brings your team and your community.

Personally, I was inspired by this tournament, and it pushed me to work and train harder. I hope that for each and every one of you this tournament inspires you to be the best player you can be.

As you start to make future plans, I would like to encourage you all to continue to play ultimate in college or post-graduation. The experiences I have had being a part of the team here at Iowa State have been unforgettable. I have grown as an athlete, a teammate, a student and a leader while learning valuable life skills traveling around the U.S.A. If you choose to go to a college that has a developed program, I hope that you take advantage of the resources that team has and never stop improving. If you go to a college that has a less-developed team, I hope that you work to improve your skills and the skills of your future teammates.

All in all, I hope that you enjoy yourself this weekend. Play as hard as you can and leave nothing behind. Value the friendships you have on your teams and on the teams of your competitors. I look forward to talking with you and watching you play this weekend.



Cami Nelson, Iowa State University, Woman Scorned

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Dear Athletes:

Congratulations on qualifying for the USA Ultimate Central High School Championships! On behalf of the Iowa Sports Foundation, it is a privilege to welcome you to Ames, Iowa State University and the great state of Iowa.

We are excited to host these championships for the second time at the Southeast Recreation Complex on Iowa State University's beautiful campus. The Southeast Recreation Complex has played host to the Iowa Games Ultimate Championships since 2003, as well as the 2012 National Beep Baseball World Series.

One of our goals by hosting this championship in Iowa is to increase the awareness and exposure of ultimate in Iowa and ultimately (pun intended), increase ultimate participation throughout the state. We thank you for your participation and providing this opportunity to expand ultimate in Iowa.

Although not everyone can take home a medal, all are winners for having participated. Best wishes to all the athletes, coaches, volunteers, families and friends. I hope you take home many good memories and a sense of accomplishment from the 2015 USA Ultimate Central High School Championships.

Sincerely,  
Kevin Bourke, Chief Operating Officer  
Iowa Sports Foundation



# WEEKEND OVERVIEW

## FRIDAY, MAY 15 AT ECONO LODGE

7:30 – 9:00pm: Team Registration

## SATURDAY, MAY 16 AT IOWA STATE UNIVERSITY SE RECREATION FIELDS

8:00am: Captains' Meeting

9:00am – 6:00pm: Competition Begins

4:30pm – 7:30pm: Meal for athletes, coaches and chaperones; interactive games

6:00pm – 7:00pm: Showcase game featuring Chad Larson Experience versus Des Moines Metro

## SUNDAY, MAY 17 AT IOWA STATE UNIVERSITY SE RECREATION FIELDS

8:30am – 2:00pm: Competition Continues

2:30pm: Championship Games

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.

# EVENT STAFF

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

## LOCAL ORGANIZING COMMITTEE STAFF

Tournament Directors – Cami Nelson, Kevin Bourke

Volunteer Coordinators – Lana Seiler

Hospitality Coordinator – Kim Abels

Logistics Coordinators – Seann DeMaris, Megan Main

Head Scorekeeper – Samantha Sauerbrei

Assistant Scorekeepers – Brian Wandrei, Niko Beauchamp, Caitlin Durston

Local Media Coordinator – Julie Kieffer

## USA ULTIMATE STAFF

Manager – Events – David Raflo

Manager – Competition and Athlete Programs – Ernest Toney



Ames<sup>TM</sup>

CONVENTION & VISITORS BUREAU

# COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point cap at 15, except:
  - Boys A & C Pool games are to 15/17
  - Girls B Pool games are to 11/13
- 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 staff, event staff and security will be checking to make sure people are not drinking or smoking. Please abide by these rules.
- **NO GLASS OR METAL BOTTLE CAPS!**
- **PETS, GLASS CONTAINERS, MOTORIZED VEHICLES AND ANY OTHER ITEMS THAT ARE DEEMED UNSAFE ARE PROHIBITED.**
- **VEHICLES ARE NOT ALLOWED ON THE GRASS PLAYING SURFACES AT ANY TIME.** Parking is prohibited on the grass playing surfaces.
- **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 the facility clean.
- **LANGUAGE** – This is a youth event and overall a family environment. Please keep this in mind.



2015



The highest level of competitive ultimate in North America is coming.

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# DIRECTIONS

## FROM IOWA STATE UNIVERSITY SE RECREATION FIELDS TO MARY GREELEY MEDICAL CENTER (1111 Duff Avenue, Ames, IA 50010)

- Head north on University Boulevard, pass Hilton Coliseum on your left and take the next right onto Lincoln Way and proceed 0.7 mile
- Turn left onto Grand Avenue and proceed 0.8 mile
- Turn right onto 13th Street and proceed 0.5 mile
- Turn right onto Duff Street, and Mary Greeley Medical Center will be approximately 0.1 mile down on your right.

# SHOOTING PHOTOS/VIDEO

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

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

The agreement can be found online at [usultimate.org/about/usultimate/media\\_policies.aspx](http://usultimate.org/about/usultimate/media_policies.aspx) or may be obtained from the USA Ultimate staff at your event.

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

# BOYS' TEAMS

## AMES HIGH SCHOOL

### Parallel

Ames, IA

**Coach: Joe Wheelock**



Parallel ultimate club was started in 2008. Led by Peter Miller and Jake Arrowsmith for the past three years, the club has grown in size and skill. Vincent Montabon, the leading athlete and tallest character on the roster, runs the show when it comes to scoring. Watch out for Joe Wheelock, Parallel's coach, whose colorful personality brings an

extra zing to the team's gameplay. The team is glad to have Centrals back in Ames this year

#### ROSTER

1	Jack Swanson	Sr	5'9"
	<i>Iowa State</i>		
7	Bryan Hall	Sr	5'11"
	<i>Iowa State</i>		
8	Aaron Marner	Sr	5'11"
	<i>Northern Iowa</i>		
14	Thomas Wilson	Jr	5'10"
17	Alec Withers	Jr	5'8"
19	Vincent Montabon	Sr	6'3"
	<i>Iowa State</i>		
21	Patrick Schmidt	Jr	5'10"
23	Ben Joerger	Sr	6'3"
	<i>Iowa State</i>		
33	Peter Miller	Sr	5'11"
	<i>Iowa State</i>		
34	Ryan Helton	Jr	6'4"
37	Ben Popken	Jr	5'10"
65	Luke Heilman	Sr	6'0"
	<i>Iowa State</i>		
80	Joseph Kosterman	Jr	5'10"

## CATHEDRAL HIGH SCHOOL

### Griffin

St. Cloud, MN

**Coaches: Matt Banks, Jimmy McDonald**



Cathedral Ultimate has been a club sport at our school for over 10 years. We started out as a very small group of kids learning ultimate as one coed team and are now a club with three teams and 65 players. As for our name, we wanted to find something

that demonstrated not only our strength on the ground but that also illustrates the lack of gravity we seem to contain, giving us free reign over the skies. The colors of our jerseys, blue and orange, are also symbolic. Blue represents stability, trust, loyalty and confidence, all of which describe the fundamental cornerstones on which this program has been built. Orange represents enthusiasm, determination and success, the three main goals we aim to reach annually as a team.

#### ROSTER

0	Ben Yelle	So	
2	David Verwijs	Sr	
3	Nick Staudinger	Sr	
4	Will Unger	Sr	
6	Simon Berg-Arnold	So	
8	Jacob Schwitalla	Sr	
11	Turner Kuhn	So	
13	Jacob Hasbrouck	Sr	
14	Thomas Hawkins	So	
15	Riley Braegelman	Jr	
16	Suwen Chen	Jr	
17	Grant Marolf	So	
20	Devon Hawkins	So	
22	Aidan Brew	So	
24	Benjamin Dullinger	Sr	
31	Mike Maleska	So	
33	Tabler Elliott	Fr	
34	Owen Berg-Arnold	Sr	
56	Adam Reineke	Sr	
84	Tyler Brott	So	

# BOYS' TEAMS

## CENTER GROVE HIGH SCHOOL

### Holy Mackerel

Greenwood, IN

Coaches: Jake Phillips, Levi Jacobs

Website: holymackerelultimate.com



Holy Mackerel was founded in 2003 and has gradually grown from a casual group to a competitive team playing year round, traveling the Midwest and running two summer leagues, a winter league and a tournament each year. In 2015, our club expanded to include Indiana's first girls' team

and first middle school summer league and continues to garner school support with our own field space, bus transportation and yearbook inclusion. We focus on effort and attitude, striving to be the best version of ourselves we can be, regardless of the score. Our program is coached by eight alumni and seeks to be a leader in ultimate for the state of Indiana, winning the State Championship from 2011-2014, and striving to represent our state's YCC team and the USA U-19 team well. We also work to be the base of Indiana's top club teams, which are partly based out of Center Grove.

#### ROSTER

0	Alex Henderson	Fr	5'7"
1	Caleb Sulya	Fr	5'8"
7	Kyle Ries	Sr	6'1"
	<i>Ivy Tech</i>		
10	Connor Halloran	Sr	5'10"
	<i>Ivy Tech</i>		
11	Charlie Galoozis	Sr	5'9"
	<i>Ball State</i>		
12	Dustin Baird	Fr	5'8"
13	Ryan York	Sr	6'3"
14	Conner Henderson	So	5'10"
16	Ian Elliott	So	5'7"
17	Grant Dowling	So	6'0"
18	Mason Skinner	Jr	5'10"
21	Jimmy Phillips	So	5'9"
24	Austin Wilson	So	6'0"
32	Nick Lucero	Sr	5'10"
	<i>IUPUI</i>		
33	Phillip Simcox	Sr	6'0"
	<i>Indiana</i>		
35	Austin Rominger	Sr	5'11"
	<i>Ball State</i>		
43	Cole Stettler	Fr	5'8"
45	Trey Dynes	So	5'10"
51	Zach Padgett	Jr	6'2"
55	Ryan Smith	So	6'3"
72	Alex Lord	Jr	5'10"
86	Luke Hinton	So	6'2"

SPECTATOR INFO

## EDINA HIGH SCHOOL

### Green Lantern Varsity

Edina, MN

Coaches: Nate Wohl, Stephen Lederman

Twitter: @EdinaUltimate

Website: edinaultimate.org



The Edina ultimate program has grown now into the largest program in the state of Minnesota. With over 120 participants in our high school programs (three boys' and two girls'

teams) and 60 amongst the two middle schools in Edina, the program has seen its growth through great leadership in the past, creating a culture that is constantly recruiting the next generation of Green Lantern ultimate players.

Edina Ultimate also earned its first State Championship last year, sweeping the championships in the boys' and girls' divisions. Edina High School has a long tradition of success in the state of Minnesota with 155 State Championships (157 including ultimate). For the program to uphold the tradition of success and values of Edina Athletics was a proud moment. Our goal is to continue to represent all that is great about Edina Athletics now and for years to come.

#### ROSTER

1	John Swanke	Sr	6'2"
	<i>Wisconsin</i>		
2	Jack Lokowich	So	5'6"
3	Matt Whear	Jr	6'0"
5	Tom Rhoades	Jr	6'1"
6	Brett Weicht	Sr	5'9"
7	Evan Ogren	Jr	5'8"
8	Karl Donahue	Sr	6'5"
9	Ansel Smolund	Sr	5'9"
11	Tanner Morrison	Sr	6'2"
	<i>Indiana</i>		
12	John Sandahl	Jr	5'9"
15	Adam Panken	Sr	6'0"
19	Alex Rice-Slothower	Jr	6'1"
21	Wystan Duhn	Jr	5'11"
22	Robbie Hatch	Jr	5'9"
23	Brennan Scott	Jr	6'2"
26	Dan Bruncker	So	5'8"
30	Becker Mathie	So	5'9"
32	Sam Hammar	So	5'8"
42	Colin Dowda	Sr	5'8"
	<i>Wisconsin</i>		
45	Colton Dover	Sr	6'1"
	<i>St. Thomas</i>		
46	Joe Lagorio	Jr	5'10"
74	Joe Dronen	Jr	5'11"
81	Drew Otterlei	Jr	5'10"
88	Peter Rundquist	So	6'0"
91	Connor Shoemaker	Jr	5'9"

# BOYS' TEAMS

## GENEVA HIGH SCHOOL

### Vikings

Geneva, IL

Coaches: Joe Schoen, Chris Vieau

Twitter: @VikingsUltimate



Vikings Ultimate had its beginnings in 2004, when a group of students started the first ultimate club at Geneva High School. We played pickup ultimate for the first several years, steadily increasing in numbers to become a 50+ member club. In the winter of 2009, we founded our first competitive ultimate team, competing in our first Chicago Invite in the spring of 2010. From there, a lasting legacy of Vikings Ultimate was born. We have been one of the top three teams in Illinois since our first season. "Vikings" is our school's mascot, who we represent proudly.

#### ROSTER

6	Jack Biesecker	So	6'0"
7	Matt McGavin	Sr	6'0"
10	Michael Wagner	Sr	6'1"
11	Evan Wiseman	Sr	6'5"
12	Adam Turnquist	Sr	6'0"
13	Joel Machlet	So	5'11"
15	Griffin Radford	So	5'11"
16	Jake Tarpey	So	5'10"
19	Peter Haines	Jr	5'11"
20	Sean Johnston	Sr	6'1"
21	Adam Vial	Sr	6'1"
26	Zack Thompson	Jr	5'11"
27	Jordan Vedder	Jr	6'6"
34	Jason Belzer	Sr	6'0"
40	Kyle Nunn	Sr	5'10"
50	Logan Ruby	So	5'10"
77	Jack Buchanan	Sr	5'11"
88	Ethan Anderson	So	5'11"
99	Thomas Siler	So	5'10"

## HOLY FAMILY CATHOLIC HOME EDUCATORS

### Revolution

Cincinnati, OH

Coaches: Steve Conrad, Phil Hale

Twitter: @hfcrevoultime



Revolution began in 2000 when a group of homeschooled athletes helped start Youth Ultimate Cincinnati (YUC), which has grown to over 30 teams. Revolution has won every YUC title since 2003 and every State Championship since 2005 except for 2011, when we finished second in the last High School Eastern Championship. Over the past several years, Revolution has competed in and won Deep Freeze, Chicago Invite and Paideia Cup. For the first time this year, we hosted our own tournament, the Rivertown Throwdown, which featured 14 boys' teams from six states and three regions. Our team has finished first or second at all three Central Regional Championships. We are looking forward to the competition in Ames.

#### ROSTER

9	Josh Vietas	Jr	5'7"
11	James Morris	Sr	6'1"
12	Brendan Conrad	8th	6'2"
13	Luke Monnin	8th	5'10"
15	Nathan Schuster	8th	5'6"
16	Sebastian Kunkel	So	5'11"
20	Mark Schuster	Jr	5'10"
23	John Beatrice	Sr	6'1"
24	Jake Kenniv	Jr	6'1"
25	Gabe Dorsey	8th	5'5"
29	Ethan Bissonnette	Jr	6'1"
30	Jordan Monnin	Jr	6'2"
54	Matthew Muldoon	So	6'0"
55	Julian Misleh	8th	5'10"
88	Michael Schuster	8th	5'7"
89	Evan Bissonnette	Jr	6'1"
98	Jeremy Bucher	So	6'0"

# BOYS' TEAMS

## HOPKINS HIGH SCHOOL

### HUrt

Minnetonka, MN

Coaches: Erin Mirocha, Lou Abramowski, Dan Hunt

Twitter: @hopkinsultimate

Website: hopkinsultimate.com



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

eight 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.

### ROSTER

00	Jacob Ungerman	Sr	5'10"
	<i>Kansas</i>		
1	Max Seffren	Jr	5'10"
2	Bradley Kaplan	Sr	5'11"
	<i>Indiana</i>		
3	Max Sandler	Sr	5'7"
	<i>Tulane</i>		
4	Isaac Teplinsky	Sr	5'6"
	<i>Kansas</i>		
5	Will Cohen	Sr	5'7"
	<i>Kansas</i>		
7	Max Stillman	Jr	5'6"
8	Matt Molnar	Jr	5'9"
12	Ben Pavelka	Jr	5'8"
13	Liam Bronstein	Sr	6'2"
	<i>Minnesota</i>		
15	Trey Taylor	Sr	5'9"
	<i>Utah</i>		
16	Zach Shear	Jr	5'7"
18	Sam Kaminsky	Sr	6'0"
	<i>Minnesota</i>		
19	Jacob Borenstein	Jr	5'10"
22	Drew Pearson	J	5'8"
23	Alex Campbell	So	5'8"
24	Spencer Boney	Sr	6'3"
	<i>Minnesota State-Mankato</i>		
31	Jacob Elias	Sr	5'9"
42	Mosey Krelitz	Sr	6'1"
	<i>Minnesota</i>		
44	Jonathan Lovagnini	Sr	6'2"
	<i>Luther</i>		
50	Noah Fogel	So	5'9"
54	Andrew Fern	Jr	5'10"

SPECTATOR INFO

## JAMES MADISON MEMORIAL HIGH SCHOOL

### Memorial Ultimate

Madison, WI

Coaches: Dan Raabe, Jon Fok



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 10 years it has been held.

We are also the proud hosts of the Madison MudBath, one of the longest-running high school tournaments in the United States.

### ROSTER

00	Rami Paust	Sr	6'0"
2	Ryan Menninga	Sr	6'1"
	<i>Wisconsin-Milwaukee</i>		
3	Ryan Yee	Jr	
5	Ben Kishter	Jr	5'11"
6	Hunter Brandon	Sr	6'2"
	<i>Wisconsin</i>		
7	Oskar Zarzycki	Sr	5'10"
	<i>Wisconsin</i>		
9	Ben Shovers	So	5'10"
10	Richard Kerr	Jr	5'11"
11	Samir Kharbush	Sr	6'1"
	<i>Idaho</i>		
15	Sam Geier	Jr	6'0"
16	Wyatt Cook Silvern	Jr	6'3"
17	Geordi Haer-Hartmann	Sr	5'11"
	<i>Wisconsin</i>		
20	Kevin Hanauer	Jr	6'1"
21	Nathan Larson	Sr	5'3"
	<i>Wisconsin</i>		
23	Ben Halverson	Jr	5'8"
25	Drake Singleton	Sr	6'1"
	<i>Hamline University</i>		
26	Adrian Godfrey	Sr	6'1"
27	Paul Slaughter	Jr	6'2"
32	Daniel Petersen	Sr	5'10"
33	Jackson Murphy	Jr	6'6"
42	Nate Swanson	Sr	5'10"
	<i>Minnesota</i>		
45	Ben Hogan	Fr	5'4"
49	Josh Blumenstein	Jr	6'2"
66	Ted Schewe	So	6'1"
69	Joe Venuta	Sr	5'10"
	<i>Wisconsin</i>		
72	Nick Rieger	Sr	5'10"
	<i>Iowa State</i>		
80	Jake Genskow	Jr	5'10"
81	Amos Kaldor	Sr	6'2"
96	Ian Fitzgerald	So	6'2"
	<i>Donovan Ogden</i>	So	6'0"

# BOYS' TEAMS

## MINNEAPOLIS SOUTH HIGH SCHOOL

### South Squall

Minneapolis, MN

Coaches: John Sandahl, John Chandler



Squall began back in 2002 as a mixed team. Over time, the program has grown into a flourishing family that can always be found in the top tiers at the Minnesota State Championships in both the boys' and girls' divisions. The name Squall comes

from a storm that almost ended the life of our coach John Sandahl while he was traversing the Appalachians as a young man. After that, he truly knew that a Squall was a force to be reckoned with and could be the only possible name for his turbulent young squad of goons.

#### ROSTER

00	Ezra Bergmann	Jr	5'4"
2	Luke Sook	Jr	5'11"
3	Kean Johansen	Sr	5'11"
4	Jolo Baldus	Sr	6'0"
	<i>Whitman</i>		
5	Will Casperson	Sr	5'10"
	<i>Wisconsin- Milwaukee</i>		
6	Nathan Van Brunt	So	5'6"
7	Sam Kleven	Fr	5'7"
8	Cole Wallin	Sr	6'0"
	<i>Minnesota</i>		
9	Jakob McCabe-Johnston	Sr	5'11"
	<i>Minnesota Community &amp; Technical College</i>		
10	Avery Craves	Sr	6'0"
	<i>Yale</i>		
11	Miles Jamison	Jr	5'9"
13	Avery Kojis	Sr	6'2"
	<i>Minnesota Community &amp; Technical College</i>		
14	Walker Nelson	Fr	5'10"
15	Mitchell Schilling	Sr	5'9"
	<i>Colorado-Colorado Springs</i>		
17	Abdul Wake	Sr	5'8"
	<i>Minnesota</i>		
18	Umar Hassan	Sr	5'7"
	<i>Macalester</i>		
19	Oscar Leinbach	Jr	6'3"
27	Marco Dregni	So	5'10"
68	Johan Cavert	Sr	5'9"
	<i>Texas</i>		
69	Townes Nelson	So	5'8"

## NAPERVILLE CENTRAL HIGH SCHOOL

### Redhawks

Naperville, IL

Coaches: Lynne Nolan, Chris O'Hara, Joey Williams

The first Naperville Central High School ultimate team was formed in 1994-95. We actually hosted one of the first high school ultimate tournaments in Illinois with six participating teams. Revived in 2001, a combined Naperville North and Naperville Central team participated in CUJO for several years until both schools had enough players to field teams.

With the advent of Illinois Youth Ultimate's Chicago High School Ultimate League - West, the Redhawk program has grown in the past four years from one team to two teams in league play. We steadily improve in tournament play and finished in the middle of the pack last year at the Illinois State Championships with nine rookies on the roster. This year, those rookies are the core of an emerging team that is athletic and hungry to learn the sport. They continue to develop their individual skills and team-play concepts. Most of all, they are fun and love the sport. We're here at Centrals to test our skill against the best programs in the region! Thanks for the opportunity! Let's go Redhawks!

#### ROSTER

0	Danny Drinkard	Sr	5'9"
3	Kyle Hersma	Sr	5'9"
5	Reed Hersma	So	5'8"
12	Ethan Werner	So	5'8"
14	Drew Quiriconi	So	5'8"
15	Billy Giger	Jr	5'8"
17	Adam Dahlquist	Fr	5'8"
18	Chip Howenstine	So	5'8"
20	Austin Werner	Sr	6'3"
24	John Trowbridge	Sr	6'3"
30	Nick DeFily	Jr	5'10"
31	Nick Perrell	So	5'10"
71	Adam Jannusch	So	5'8"
73	Mikey Williams	So	5'9"
81	Matt Robinson	Sr	5'9"

# BOYS' TEAMS

## NEUQUA VALLEY HIGH SCHOOL

### NV Ultimate A

Naperville, IL

Coaches: Arnoush Javaherian, Ryan Smith, Adam Wright

Twitter: @nvultimate

Website: nvultimate.com



Neuqua Valley A is now in its eighth year as a program. We started off with only 48 players in the program but have now grown to over 180 across seven different teams, including two girls' teams. We have competed at the elite youth level for several years now and continue to enjoy the competition and teams we face each year. This year, we have a new crop of players but continue to show how our program builds great teams.

#### ROSTER

7	Ben Swiatek	So	5'8"
9	Alex Biskis	Sr	6'1"
10	Jake Kaindl	Jr	5'11"
12	Ben Sabourin	Sr	6'1"
13	Reid Martin	So	5'10"
16	Jake Marrapode	Sr	6'1"
	<i>Colorado State</i>		
17	Dylan Power	Jr	6'0"
22	Parker Alford	Sr	6'1"
	<i>Loyola</i>		
23	Alex Jacobson	So	5'8"
24	Taran Moy	So	5'7"
27	Thomas Passaro	So	5'9"
33	Thomas Reidy	Jr	6'1"
44	Michael Nally	Sr	5'9"
47	Bill Kellens	Sr	6'0"

SPECTATOR INFO

## NEUQUA VALLEY HIGH SCHOOL

### NV Ultimate B

Naperville, IL

Coaches: Rob Gross, Brian Misius, Shane O'Farrell

Twitter: @NVB\_Ultimate

Website: nvultimate.com



NV Ultimate B has existed as the second Neuqua Valley team for as long as the program has existed but has made major strides in the past three years. We have finished in the top five in the state of Illinois for two straight seasons, a major feat for a JV team. We focus on individual improvement, leaving everything on the field when we play and striving to play the best we possibly can.

#### ROSTER

3	Matthew Kwon	So	
5	Collin Lamb	So	
8	Matt Wells	So	
10	Justin Priser	So	
14	Jack Penrose	Fr	
17	Eugenio Alvarez	So	
18	Joe Nutt	So	
19	Nick Burril	So	
21	Phuoc Vo	So	
22	Ryan Dart	Fr	
23	Adam Gernes	Sr	
	<i>Illinois</i>		
27	Jacob Sanford	So	
34	Steven Biondo	Jr	
35	Michael Durand	Fr	
37	Zach Eiden	Sr	
	<i>Illinois State</i>		
39	Sam Nutt	Sr	
	<i>Case Western Reserve</i>		
47	Jack Williamson	So	
53	Joey Kennedy	Fr	
69	Oscar Evans	So	
74	Anthony Ruzzo	So	
97	Alex Diener	Jr	

# BOYS' TEAMS

## ROBBINSDALE ARMSTRONG HIGH SCHOOL

### Falcon Punch

Plymouth, MN

**Coach: Carl Nelson**

Our current team is made up of a core of seniors who were freshmen when Carl Nelson began coaching. They have grown as a team over the last four years and were instrumental in a fourth-place finish at the Minnesota State Championships last year. This year is seeing a larger group of underclassmen building up the program. The team name was chosen four seasons ago after the signature move of a video game character.

#### ROSTER

4	Jon Bergly	Sr	5'10"
2	Parker Erickson	Sr	5'7"
5	Jackson Adler	Jr	5'9"
6	Cameron Miller	So	5'8"
7	Will Fredrickson	So	5'11"
9	Tom Duret	Sr	5'10"
12	Grant Schroeder	Sr	5'10"
15	Kyle Moreau	Fr	5'11"
16	Nathan Bramwell	Fr	5'11"
23	Noah Spielman	Fr	5'10"
22	Andrew Serumgard	Fr	5'6"
27	Chase Ponsonby	Sr	5'8"
36	Brennan Jaeger	Sr	5'9"
44	Adam Herzuck	Sr	6'2"
50	Dean Koopman	So	6'0"
69	Cullen Cunningham	Sr	6'0"
77	Tom Norman	Sr	5'11"

## ST. PAUL CHARTER

### Stars

St. Paul, MN

**Coaches: Jake Henderson, Alex Stanislaw, Galen Ryan**



St. Paul Charter Ultimate comes from a collection of small schools. We have traditionally had smaller team sizes but have been able to overcome the small size of our teams by promoting excellent team chemistry and maximizing the talents of each of our individual players. This season, we hope to build on the success we have had in past years and make deep, competitive runs in every tournament we attend.

#### ROSTER

1	Henrik Mikko	Fr
2	Alex Cusick	Sr
3	Leo Sovell-Fernandez	Fr
5	Ben Fjetland	Fr
7	Sam Thompson	So
8	Cole Zielske	Fr
9	Lucas Bulger	Sr
11	Jonah Malenfant	Sr
17	Riley Huch	Fr
18	Aidan Clements	Sr
19	Jeremy Rylicki	So
21	Juan Domingo-Davila	Sr
25	Kunle Ajao	Sr
33	Danny Barrett	8th
69	James Kiser	So
72	Joshua Eufinger	Sr
88	Jonathan Madera	So
97	Hunter Reeve	Sr



# GIRLS' TEAMS

## CATHEDRAL HIGH SCHOOL

### Phoenix

St. Cloud, MN

Coaches: Kale Daniel, Caleb Jones



Cathedral Ultimate has been a club sport at our school for over 10 years. We started out as a very small group of kids learning ultimate as one coed team and are now a club with three teams and 65 players. As for our name, blue and orange, are also symbolic. Blue represents stability, trust, loyalty and confidence, all of which describe the fundamental cornerstones on which this program has been built. Orange represents enthusiasm, determination and success, the three main goals we aim to reach annually as a team.

strength on the ground but that also illustrates the lack of gravity we seem to contain, giving us free reign over the skies. The colors of our jerseys, blue and orange, are also symbolic. Blue represents stability, trust, loyalty and confidence, all of which describe the fundamental cornerstones on which this program has been built. Orange represents enthusiasm, determination and success, the three main goals we aim to reach annually as a team.

#### ROSTER

1	Clare McCarty	Jr
3	Antonia Baynes	8th
4	Kelsey Kuhlman	Sr
5	Hannah Lakmann	Sr
7	Brooke Schwieters	8th
8	Paula Kowitz	Sr
10	Kristen Lucius	Sr
11	Gretchen Curtis	Fr
12	Emily Brew	8th
14	Lindsay Lund	Sr
16	Carmen Ebel	Sr
17	Isabel Yaggie Heinen	Fr
18	Maria Flynn	So
23	Madeline Titus	Sr
24	Lucia Hawkins	7th
28	Hannah Deaton	Sr
31	Hannah Weldon	8th
42	Celine Schoenecker	8th
55	Nicole Fish	8th
95	Loundy Silkman	Sr

SPECTATOR INFO

## CENTER GROVE HIGH SCHOOL

### Holy Mackerel

Greenwood, IN

Coaches: Jacob Phillips, Jacqueline Humphress

Website: holymackerelultimate.com



Holy Mackerel was founded in 2003. In 2011, a B team was founded, and in 2014, a freshmen team was founded. After minor girls' participation among our boys' teams throughout the years, the girls have finally formed their very own team and began competing autonomously in 2015. Their

first season included two out-of-state tournaments and one in-state tournament. It is the club's hope that this team, which also draws girls from nearby high schools and is the first high school girls' team in Indiana, will be a springboard for growth in the high school girls' division all around central Indiana.

To help in that mission, the girls' team participates in weekly practices and three weekend girls-only clinics with women from around the state. Holy Mackerel envisions this season being the beginning of something great for female athletes in the Center Grove area and is working to provide our girls with all the same opportunities our boys' programs have had over the years!

#### ROSTER

00	Brooklyn Wampler	Sr	5'5"
6	Julia Coons	Fr	5'0"
8	Julie Barnett	Sr	5'4"
<i>Indiana</i>			
11	Sydney Smotherman	Jr	5'5"
12	Isabelle Loria	Fr	5'4"
18	Katie Grubbs	Fr	5'4"
20	Abigail Edminster	So	5'4"
25	Delaney Johnson	Jr	5'5"
27	Melody Gray	Fr	5'4"
30	Madison Montgomery	Fr	5'11"
33	Arriana Fowler	Fr	5'4"
37	Rachel Gray	So	5'5"

# GIRLS' TEAMS

## EDINA HIGH SCHOOL

### Green Lantern Girls Varsity

Edina, MN

Coaches: Ashley Green, Eric Larson, Cloid Green, Ali Ling

Twitter: @EdinaUltimate

Website: edinaultimate.org



The Edina ultimate program has grown into the largest program in the state of Minnesota. With over 120 participants in our high school programs (three boys' and two girls' teams) and 60 amongst the two middle schools in Edina, the program has seen its growth through great leadership in the past, creating a culture that is constantly recruiting the next generation of Green Lantern ultimate players.

Edina Ultimate also earned its first State Championship last year, sweeping the championships in the boys' and girls' divisions. Edina High School has a long tradition of success in the state of Minnesota with 155 State Championships (157 including ultimate). For the program to uphold the tradition of success and values of Edina Athletics was a proud moment. Our goal is to continue to represent all that is great about Edina Athletics now and for years to come.

#### ROSTER

2	Victoria Hengel	So
3	Katherine Johns	So
4	Megan Docherty	Jr
5	Sophie Crosby	So
6	Megan Moffatt	Jr
7	Melissa Bernstein	So
8	Ellen Kemp	So
9	Madison Silianoff	So
10	Jill Morton	Sr
11	Julia Tollefson	So
12	Ellie Kewitsch	Sr
13	Jessica Dryden	So
14	Sarah Anderson	Sr
15	Kate Austin	Jr
16	Beryl Bils	Jr
17	Michelle Walkup	So
18	Sydney Donovan	So
20	Mara Stephan	Sr
21	Marisa Paule	Sr
22	Emily Buenz	So
23	Emma Simmons	So
24	Elizabeth Muench	Jr
26	Josie Wilde	Jr
27	Julia Nelson	So
30	Louise Beck	Sr
33	Kayla Blaneck	Sr
34	Annabelle Albitz	Sr
35	Emily Klos	So
70	Lucy Thompson	Jr
72	Emily Layton	Jr

## HOLY FAMILY CATHOLIC HOME EDUCATORS

### Omega

Cincinnati, OH

Coach: David Fry

Twitter: @hfcrevoultime



Omega began in 2010 for the Ohio State Championships. This team of home-schooled 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 young players. They enjoy playing in tournaments with challenging competition and good Spirit of the Game. The girls of Omega continue to grow girls' ultimate in Ohio by coaching and mentoring junior girls' ultimate players and teams.

#### ROSTER

3	Rebecca Monnin	6th	5'6"
6	Hayley Samson	Jr	5'5"
11	Savannah Jeffries	8th	5'6"
12	Anna Grace Stephenson	So	5'9"
13	Janey Vandegrift	So	5'5"
14	Kameron Horn	So	5'4"
16	Sara Friemonth	Jr	5'8"
21	Emma Wilker	So	5'4"
22	Teresa Kenny	Fr	5'5"
33	Katie Brown	Sr	5'6"
	<i>Franciscan</i>		
42	Lucy Teller	Sr	5'5"
	<i>Dallas</i>		
47	Ellie Fishlock	So	5'4"
49	Emily Dorsey	Sr	5'5"
63	Katherine Fry	So	5'0"
83	Kinsey Fry	7th	5'1"
86	Clara Fishlock	Sr	5'8"
99	Maddie Samson	Jr	5'6"

# GIRLS' TEAMS

## HOPKINS HIGH SCHOOL

### HERt

Hopkins, MN

Coaches: Mike Kinsella, Lisa Barnes

Twitter: @hopkinsultimate

Website: hopkinsultimate.com



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,

Hurt is a family working together to make one another better. 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	Lilly Shapiro	Jr	5'3"
1	Abigail Yousha	Fr	5'1"
2	Heather Cleary	Jr	5'7"
3	Janelle DeRubeis	Jr	5'8"
4	Millie Wiesner	Jr	5'3"
5	Campbell Teigen	Jr	5'7"
6	Shayna Korsh	Fr	5'0"
7	Sarah Fogel	8th	5'4"
8	Samantha Tankenoff	Sr	5'6"
9	Carmen Garrigos	Fr	5'9"
10	Sydney Gottlieb	Fr	5'5"
14	Winnie Brand	Jr	5'7"
16	Aleeza Mandel	Jr	5'2"
17	Maddie Ansel	Sr	5'8"
19	Katie Rudelius	Jr	5'3"
23	Anna Nelson	So	5'11"
25	Leah Stillman	8th	5'0"
27	Addie Sedoff	Jr	5'2"
83	Kyla Kristal	Jr	5'3"
88	Libby Fern	Fr	5'3"

SPECTATOR INFO

## JAMES MADISON MEMORIAL HIGH SCHOOL

### Spartans

Madison, WI

Coaches: Amelia Cuarenta, Kari Rongstad



### ROSTER

3	Hadley Nellis	So	5'8"
4	Taylor Shager	Jr	5'3"
6	Mara Blumenstein	Sr	5'7"
	<i>Carleton College</i>		
7	Samantha Miller	Sr	5'7"
8	Jesse Hershberger	Jr	5'7"
9	Olivia Oaks	So	6'0"
11	Maggie Sleeth	So	5'5"
15	Sophia Vaccaro	So	5'7"
16	Maddy Green	Sr	5'3"
	<i>Colorado</i>		
17	Hannah Cole	Jr	5'8"
18	Ankita Jha	Sr	5'6"
	<i>UCLA</i>		
21	Annika Weller	Jr	5'3"
26	Kate Hahn	Jr	5'8"
29	Eva Cornwell	Sr	5'8"
	<i>St. Olaf</i>		
31	Emily Hubbard	Sr	5'7"
	<i>Cal-Poly</i>		
42	Lexi Amundson	Sr	5'6"
	<i>Wisconsin</i>		
99	Annabelle Sobotik	Jr	5'6"
	Molly Tobin	Jr	5'7"

# GIRLS' TEAMS

## MINNEAPOLIS SOUTH HIGH SCHOOL

### South Squall

Minneapolis, MN

Coaches: Tobie Miller, Emily Regan



The South Squall girls' team has been around since 2005. We placed second in the state in 2009 along with winning the Spirit Award. In 2011, there were enough girls for two teams, and we split into varsity and junior varsity. That year, varsity won the

State Championship while junior varsity won the Spirit Award. We have always had a competitive team that works hard to battle through the Minnesota elements of rain, snow and wind. We always manage to "Bring the Squall" with us. We look forward to a fun and competitive weekend at Centrals.

### ROSTER

1	Chloe Coultrip	Jr	5'4"
2	Brigie Donovan	Jr	5'3"
3	Carly Siewert	Sr	5'5"
	<i>Wisconsin</i>		
4	Lydia Detweiler	Sr	5'5"
	<i>Belize</i>		
5	Maya O'Loughlin	Jr	5'0"
6	Carly Eckstrom	Sr	5'2"
	<i>Stanford</i>		
7	Mary Kampa	Sr	5'4"
	<i>Whitman</i>		
8	Tova Breen	So	5'6"
9	Anna Kleven	Jr	5'3"
10	Helen Walz	Sr	6'0"
11	Kaitlyn Mulhern	Jr	5'7"
12	Sylvie Mercil	Fr	5'0"
13	Rebecca Krasky	Sr	5'7"
14	Anna Mulhern	Fr	5'2"
15	Phoebe Eisenbeis	Jr	5'5"
16	Laurel Neufeld	Jr	5'9"
17	Emma Krasky	So	5'3"
18	Sofie Everetts	Sr	5'6"
	<i>St. Catherine</i>		
19	Paulina Poehlman	So	5'7"
23	Ruby Mitchell	Jr	5'8"

## NEUQUA VALLEY HIGH SCHOOL

### eNVy

Naperville, IL

Coaches: Jody Kissane, Carol Li

Twitter: @neuquagirlsulti

Website: nultimate.com



The Neuqua Valley High School girls' team has been around for about six years now. We adopted the team name eNVy two years ago. We picked it by choosing a

word that contained the letters N and V in succession. We have since learned that it makes cheers more difficult because they sound the same, but "envy" is one syllable, and "NV" is two syllables which requires us to clarify what we are cheering most of the time.

### ROSTER

1	Molly Frank	So	5'3"
3	Rachel Lindsey	Sr	5'7"
	<i>College of DuPage</i>		
8	Mindy Radike	So	5'7"
9	Stephany Stumphauzer	Sr	5'4"
	<i>Ohio State</i>		
10	Lauren Weil	Sr	5'1"
	<i>North Central</i>		
11	Kara Coffel	Jr	5'4"
13	Mary Sullivan	Jr	5'8"
15	Megan Halverson	Sr	5'2"
	<i>Iowa State</i>		
16	Kara Garland	So	5'2"
17	Chloe Sabado	So	5'2"
18	Allie Swiatek	7th	5'5"
19	Kat Sandstrom	So	5'5"
22	Kiara Pronovost	Jr	5'4"
24	Kelly Crowley	Sr	5'6"
	<i>Western Illinois</i>		
25	Lindsey Ishman	So	5'6"
28	Annie Wells	So	5'5"
77	Maggie Stachewicz	So	5'6"
99	Zoe Rath	Sr	5'11"
	<i>Colorado</i>		

# GIRLS' TEAMS

## ROBBINSDALE ARMSTRONG HIGH SCHOOL

### AU Gold

Plymouth, MN

Coaches: Jason Curtis, Melissa Davey



AU (Armstrong Ultimate) is the chemical symbol for gold. You can see this gold splashing out on the jerseys, but it also runs through our veins, driving us to be the best we can, both in play and in spirit! This is the eighth year for Armstrong's girls' team, and the team has made huge strides forward each year.

### ROSTER

1	Katie Mickelson	So	5'3"
3	Alison Roston	Fr	5'0"
4	Hailey Weber	Jr	5'0"
5	Lisa Hansen	Fr	5'2"
7	Anastasia Magsig	Jr	5'5"
9	Julia Roston	Jr	5'2"
11	Cameo Mattingly	Jr	5'1"
12	Leyla Mahabadi	Jr	5'3"
13	Sophia Handzel	So	5'5"
14	Kelsey Madison	Fr	5'7"
16	Hannah Cowan	Sr	5'6"
<i>Minnesota</i>			
18	Ellie Sjodal	Sr	5'5"
19	Katie Cudo	Sr	5'4"
<i>Bethel</i>			
20	Emily Gratz	Jr	5'4"
22	Elissa Ness	Jr	5'7"
23	Zoe Bakken-Heck	Jr	5'5"
24	Julia Lucyk	Fr	5'8"
27	Joanna Brown	Jr	5'6"
31	Natalie Gill	Jr	5'6"
32	Kaitlin Lucyk	Jr	5'7"
33	Courtney Nelson	Sr	5'7"
36	Alex Schneider	So	5'7"
37	Kelsey Mathews	Sr	5'5"
72	Marta Luiken	Fr	5'7"
73	Ashley Kantor	Fr	5'4"
77	Elayna Abboud	Sr	5'8"
79	Jesse Spaulding	Jr	5'7"
81	Jenna Geier	Fr	5'8"
97	Tora Jensen	Sr	5'6"
99	Katy Berglund	Sr	5'9"

SPECTATOR INFO

## ST. PAUL CHARTER

### Charter Stars

St. Paul, MN

Coaches: Kristin Henderson, Dave Zdenek, Andrea Christensen Zdenek



Now in our ninth year, the Charter Stars (a collaboration between Minnesota Star Charter Schools Great River School and Twin Cities Academy) have come a long way. This will be our third Centrals tournament, and we look forward to representing

well. When the team was new, their biggest victory was scoring one point toward the end of the season. A few years later, we were in the state championship game. We didn't win, but it seemed like half the school was there cheering us on - building community is very important to the Stars program, which grew to be over 80 players (boys and girls combined, nearly a quarter of the adolescent student body at GRS). Since then, we have sustained strong girls' teams throughout, becoming annual contenders.

### ROSTER

4	Izzy Sullivan	So	5'7"
8	Greta Peterson-Nafziger	Fr	5'3"
10	Anne Sullivan	Jr	5'4"
13	Lily Cregan	Sr	5'3"
17	Amelia Montie	Jr	5'2"
19	Lydia Rolfes	Jr	5'4"
23	Emma O'Brien	Jr	5'3"
27	Chloe Peterson-Nafziger	Jr	5'6"
28	Isabel Olson	Jr	5'2"
37	Lucia Davila	Jr	5'2"
40	Maura McDaniel	Jr	5'4"
52	Anna Clements	Fr	5'9"
53	Emma Piorier	So	5'5"
61	Anna Barron	So	5'10"
62	Grace Backes	Jr	5'6"
85	Jian Kettunen	Sr	5'4"

# GIRLS' TEAMS

## WALTER PAYTON COLLEGE PREP

### Grizzlies

Chicago, IL

Coaches: Nicole Cantello, Leanne King



Founded by current junior captain Zoe Kaplan, the Walter Payton girls' ultimate team is the only girls' team in Chicago and comes from a high school without a boys' team! Walter Payton College Prep is an academically selective enrollment high school

in downtown Chicago that accepts students from all over the city. The team is named after legendary Chicago Bears running back Walter Payton and aims to display the four Cs displayed by Payton himself: courage, compassion, curiosity and character. This team is committed to the Spirit of the Game, making friends and catching discs. This team is only in its second season but is positively on the come-up!

### ROSTER

00	Zoe Kaplan	Jr	5'1"
3	Lizzie Goodrich	Jr	5'6"
4	Maia Taylor	Jr	5'5"
6	Leah Weinstein	Jr	5'10"
7	Hollis Baker	So	5'4"
8	Emi Stearn	Jr	5'7"
9	Sydney Steans-Gail	Jr	5'1"
11	Camryn Purham	So	5'6"
12	Vanessa Tran	Fr	5'3"
13	Emily Martin	Jr	5'10"
14	Sophia Lynch	Jr	5'4"
15	Simone Miklosi	Jr	5'3"
16	Lila Ammarell	Jr	5'9"
17	Sarah Clausen	Jr	5'3"
19	Mary Cook	Fr	5'3"
20	Alexis McIlrath	Sr	5'7"
22	Adriana Alvarez	Sr	5'4"
25	Hindeke Tewodros	Sr	5'4"
26	Jillian Bowman	Jr	5'2"
27	Jenny Matusova	Jr	5'4"
30	Maxine Soss	So	5'5"
31	Isabel Roney	Fr	5'3"
33	Bianka Ramirez	So	5'3"
42	Steffany Villasenor	So	5'3"
47	Chloe Wilson	Sr	5'4"
54	Mikayla McIlrath	So	5'5"
98	Cindy Mei	So	5'4"
99	Julianna Ritzu	Fr	5'3"

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# HEALTH AND SAFETY

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

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

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

## CONCUSSIONS

### EDUCATION

- USA Ultimate recommends the CDC “Heads Up Safety” program, a free one-hour online training: [cdc.gov/concussion/headsup/youth.html](http://cdc.gov/concussion/headsup/youth.html).
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: [usultimate.org/membership/usa\\_ultimate\\_membership\\_forms.aspx](http://usultimate.org/membership/usa_ultimate_membership_forms.aspx)

### COACHING REQUIREMENTS

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

### REMOVAL & RETURN TO PLAY

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

## DOCTOR’S NOTE REQUIREMENT

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

## HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling by evaporation is limited. Sweating depletes the body’s salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.



## PREVENTION AND TREATMENT OF HEAT ILLNESS

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

## SIDELINE SAFETY

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

## LIGHTNING GUIDELINES

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

# SPIRIT OF THE GAME™

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

## 10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

### 2. CONTROL: SOTG TAKES REAL EFFORT.

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

### 3. HECKLING AND TAUNTING ARE DIFFERENT.

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

### 4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

### 5. DON'T “GIVE AS YOU GOT.”

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

**6. BREATHE.**

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

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

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

**8. BE GENEROUS WITH PRAISE.**

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

**9. IMPRESSIONS LINGER.**

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

**10. HAVE FUN.**

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

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

# SPIRIT CIRCLE

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

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

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

# SPIRIT AWARDS

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

## USA ULTIMATE SPIRIT RATINGS GUIDELINES

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

**5:** Highest level of respect shown throughout the game towards opponents, officials and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team 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 2015 USA Ultimate Coaching Development Program.

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

[Team@FiveUltimate.com](mailto:Team@FiveUltimate.com)



photo by Billy D Photography



# USA ULTIMATE SPIRIT OF COACHING

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

## **GUIDELINES:**

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

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

# 2015 USA ULTIMATE COACHING SIDELINE ACCESS INFORMATION

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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 Coordinator of Youth & Education Programs Sarah Powers at [sarah@hq.usultimate.org](mailto:sarah@hq.usultimate.org), or visit the USA Ultimate website at [usultimate.org](http://usultimate.org).



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# BOYS' SCHEDULE

## 2015 USA Ultimate High School Central Championships - Boys' Division

Saturday, May 16, 2015

Pool A/C Games to 15, Cap 17 All other Games to 13, Cap 15	Pool A						Pool B					
	A1	(1) Neuqua Valley A					B1	(2) Hopkins				
	A2	(8) Robbinsdale Armstrong					B2	(7) St. Paul Charter				
	A3	(11) James Madison Memorial					B3	(12) Naperville Central				
							B4	(13) Neuqua Valley B				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	D2 v D4	2	-				B1 v B3	5	-	B2 v B4	6	-
10:45 - 12:00	A2 v A3	2	-							D2 v D3	6	-
1:00 - 2:15	A1 v A3	2	-				B1 v B4	5	-	B2 v B3	6	-
2:45 - 4:00	A1 v A2	2	-	D3 v D4	11	-	B1 v B2	5	-	B3 v B4	6	-
Re-seed teams 1-4 within each pool												
4:45 - 6:00	A1 v C1	2	-	A2 v C3	6	-	B2 v D3	5	-	D2 v B3	9	-

## Championship Bracket

Sunday, May 17

Winner A1 v C1\*\*

10:30am-12:00pm

Game 1 - Field # 1

Winner B2 v D3

Semifinal  
12:30-2:00pm  
Field # 1

Winner C2 v A3\*\* or A2 v C3\*\*

10:30am-12:00pm

Game 2 - Field # 8

D1

Final  
2:30-4:00pm  
Field # 1

Champion

Winner D2 v B3

10:30am-12:00pm

Game 3 - Field # 3

Semifinal  
12:30-2:00pm  
Field # 4

L A1 v C1

Winner A2 v C3\*\* or C2 v A3\*\*

10:30am-12:00pm

Game 4 - Field # 4

B1

L(1)

12:30-2:00pm  
Field # 8

5th Place (tie)

L(2)

L(3)

12:30-2:00pm  
Field # 3

5th Place (tie)

L(4)

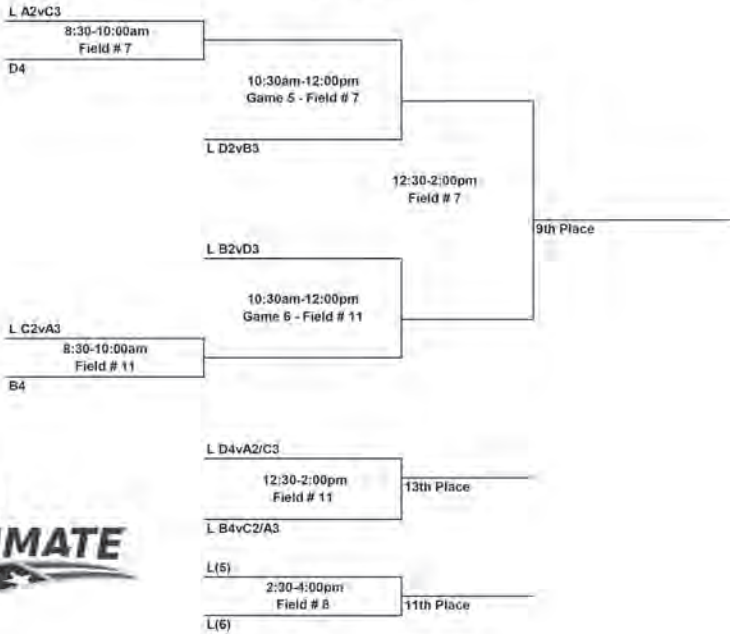


Championship games to 13, cap 15

# BOYS' SCHEDULE

2015 USA Ultimate High School Central Championships - Boys' Division									
Saturday, May 16, 2015									
Pool A/C Games to 15, Cap 17 All other Games to 13, Cap 15	Pool C					Pool D			
	C1	(3) Holy Family Catholic				D1	(4) Center Grove		
	C2	(6) Ames				D2	(5) Edina		
	C3	(9) Minneapolis South				D3	(10) St. Cloud Cathedral		
						D4	(14) Geneva		
Saturday		F#	Score		F#	Score			
9:00 - 10:15				D1 v D3	9	-			
10:45 - 12:00	C2 v C3	10	-	D1 v D4	9	-			
1:00 - 2:15	C1 v C3	10	-						
2:45 - 4:00	C1 v C2	10	-	D1 v D2	9	-			
Re-seed teams 1-4 within each pool									
4:45 - 6:00	C2 v A3	10							

### Consolation Bracket Sunday, May 17



Consolation games to 13, cap 15



# GIRLS' SCHEDULE

## 2015 USA Ultimate High School Central Championships - Girls' Division

Pool Play on Saturday & Sunday, May 16 & 17, 2015

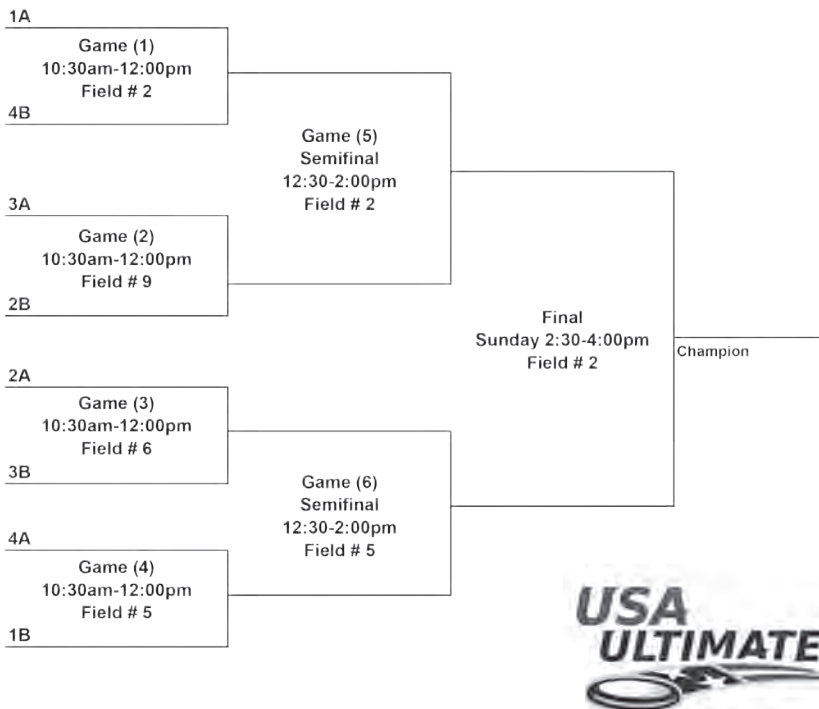
All Games to 13/15 except Pool B Games to 11/13	Pool A					
	A1	(1) Holy Family Catholic				
	A2	(3) St. Cloud Cathedral				
	A3	(6) Minneapolis South				
	A4	(8) James Madison Memorial				
	A5	(9) St. Paul Charter				
Saturday		F#	Score		F#	Score
9:00-10:15	A4 v A5	1	-	A2 v A3	7	-
10:45-12:00	A1 v A5	1	-	A3 v A4	7	-
1:00-2:15	Bye			Bye		
2:45-4:00	A1 v A4	1	-	A2 v A5	7	-
4:45-6:00	A1 v A2	1		A3 v A5	7	
Sunday		F#	Score		F#	Score
8:30 - 9:45	A1 v A3	2	-	A2 v A4	6	-



Re-seed teams within each pool for bracket play


### Championship Bracket

Sunday, May 17



Championship, Consolation & Bracket Games to 13/15

# GIRLS' SCHEDULE

2015 USA Ultimate High School Central Championships - Girls' Division									
Pool Play on Saturday & Sunday, May 16 & 17, 2015									
All Games to 13/15 except Pool B Games to 11/13	Pool B								
	B1	(2) Neuqua Valley							
	B2	(4) Edina							
	B3	(5) Robbinsdale Armstrong							
	B4	(7) Hopkins							
	B5	(10) Center Grove							
	B6	(11) Walter Payton							
Saturday		F#	Score		F#	Score		F#	Score
9:00-10:15	B1 v B4	4	-	B2 v B6	3	-	B3 v B5	8	-
10:45-12:00	B1 v B6	4	-	B2 v B3	3	-	B4 v B5	8	-
1:00-2:15	Bye			Bye			Bye		
2:45-4:00	B1 v B3	4	-	B2 v B5	3	-	B4 v B6	8	-
4:45-6:00	B1 v B2	4	-	B5 v B6	3	-	B3 v B4	8	-
Sunday		F#	Score		F#	Score		F#	Score
8:30 - 9:45	B1 v B5	5	-	B2 v B4	9	-	B3 v B6	10	
Re-seed teams within each pool for bracket play									

## Consolation Bracket Sunday, May 17



L(1)

12:30-2:00pm Field # 9
L(2)

5th Place (tie)

L(3)

12:30-2:00pm Field # 6
L(4)

5th Place (tie)

Round Robin for 9th-11th			
Sunday		F#	Score
10:30-12:00	B6 v A5	10	-
12:30-2:00	B5 v A5	10	-
2:30-4:00pm	B5 v B6	9	-

Championship, Consolation & Bracket Games to 13/15



# 2015 COLLEGE CHAMPIONSHIPS

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

## **LIVE ON ESPN3 // ALL TIMES EASTERN**

### **SUNDAY, MAY 24**

1:00pm – Women's Semifinal

3:30pm – Women's Semifinal

6:30pm – Men's Semifinal

9:00pm – Men's Semifinal

### **MONDAY, MAY 25**

1:00pm – Women's Championship Game

3:30pm – Men's Championship Game

## **TAPE-DELAYED BROADCAST**

**ON ESPN // ALL TIMES EASTERN**

### **WEDNESDAY, MAY 27**

8:00pm USA Ultimate College  
Championships Semifinals  
Highlights Show

9:00pm Women's Championship  
Game

10:00pm Men's Championship Game

**ESPN**



**ESPN 3**



# FIELD MAP

2015 USA ULTIMATE CENTRAL HIGH SCHOOL CHAMPIONSHIPS  
Iowa State University, Ames, Iowa





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