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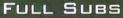






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USA Ultimate, 5825 Delmonico Drive, Suite 350, Colorado Springs, CO 80919 719-219-8322 / www.usaultimate.org / info@usaultimate.org

WELCOME

Dear Athletes:

Congratulations on qualifying for the USA Ultimate Central High School Championships! On behalf of the City of Ames, Iowa Convention Bureau, Iowa State Ultimate Clubs, and the greater Des Moines ultimate community, it is a privilege to welcome you to Centrals 2016!

One of the goals of this tournament is to continue to grow the ultimate community in lowa. I hope this tournament inspires you to work and train harder to be the best player you can be.

As you look toward the future and begin to make plans after high school, I would encourage you all to continue to play ultimate. As you continue to play, you will grow as an athlete, a teammate, a student and a leader while also learning valuable life skills. Whether the college you end up choosing has a very developed program or they are just starting out, I hope you will continue to improve your skills and the skills of your future teammates.

All in all, I hope you enjoy yourself at this tournament. Play as hard as you can and leave it all on the field. I look forward to meeting you and watching some competitive ultimate.

-Linda Behrer

Iowa State University Woman Scorned







AMES CONVENTION & VISITORS BUREAU



2016 USA ULTIMATE HIGH SCHOOL CENTRAL CHAMPIONSHIPS

WEEKEND OVERVIEW

FRIDAY, MAY 13 AT GATEWAY HOTEL & CONFERENCE CENTER

7:30 – 9:00 p.m.: Team Registration

SATURDAY, MAY 14 AT IO	WA STATE UNIVERSITY SE RECREATION FIELDS
8:00 a.m.:	Captains' Meeting
9:00 a.m 6:00 p.m.:	Competition Begins
4:30 p.m 7:30 p.m.:	Meal for athletes, coaches and chaperones; interactive games
6:00 - 7:00 p.m.:	Mixed showcase game featuring Iowa (Saucy Nancy and IHUC) v. Iowa State (Woman Scorned and ISUC)
SUNDAY, MAY 15 AT IOWA	STATE UNIVERSITY SE RECREATION FIELDS
8:30 a.m 2:00 p.m.:	Competition Continues
2:30 p.m.:	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 light blue jerseys. If they can't answer your questions, they will point you to one of the following people for further assistance.

LOCAL ORGANIZING COMMITTEE STAFF

Tournament Director – Linda Behrer Volunteer Coordinators – Lana Seiler, Alec Sauerbrei Hospitality Coordinator – Taylor Arseneau Logistics Coordinator – Seann DeMaris Head Scorekeeper – Kate Hunter Assistant Scorekeepers – Natalie Bidner, Niko Beauchamp, Joel Morton Local Media Coordinators – Bri Gerke, Crystal Davis

USA ULTIMATE STAFF

Manager – Events – David Raflo Manager – Youth & Education Programs – Dan Raabe

M A K I N G ULTIMATE STRONGER

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

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



Five Ultimate is proud to sponsor the 2016 USA Ultimate Coaching Development Program.





COMPETITION RULES

- . USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - 20-yard end zones
 - "contact" marking violation call
- · All games to 13, point cap at 15.
- · 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, 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.

GET READY FOR SUMMER TOURNAMENTS!





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ULTIMATE IN 10 SIMPLE RULES

1. THE FIELD: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

2. INITIATE PLAY: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.

3. SCORING: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.

4. MOVEMENT OF THE DISC: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.

5. CHANGE OF POSSESSION: When a pass in not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

6. SUBSTITUTIONS: Players not in the game may replace players in the game after a score and during an injury timeout.

7. NON-CONTACT: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

8. FOULS: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

9. SELF-OFFICIATING: Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. SPIRIT OF THE GAME: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

AMES PARALLEL

AMES, IA

Coach: John Misra Captains: Joey Kosterman, Ben Popken



Parallel, the Ames High School Ultimate Club, was founded in 2009 by a group of students. We remain a small club with a passion for ultimate. We have been runner-up at the lowa State Championships for the last four years and placed third last year at Madison Mudbath. We have not done historically well at Centrals, but we plan to come out fighting in 2016.

ROSTER

0	TJ Swanson	Jr	5'10"
2	Lane Danielson	Jr	6'2"
23	Rvan Strum	So	5'10"
4	Maria Wohlsdorf	Sr	5'6"
	Rose-Hulman		
6	Alex Berryhill	So	5'9"
7	Eric Hall-Floden	Jr	6'6"
11	Matt Adams	Jr	5'10"
14	Thomas Wilson	Sr	5'11"
19	Matt Kerton	Jr	5'10"
21	Patrick Schmidt	Sr	5'9"
24	Noah Barker	Fr	5'5"
34	Ryan Helton	Sr	6'6"
37	Ben Popken	Sr	5'10"
20	Minnesota		10.00
80	Joey Kosterman	Sr	6'0"
	Iowa State	-	

CATHEDRAL GRIFFIN

SAINT CLOUD, MN

Coach: Matt Banks Captains: Riley Braegelmann, Aidan Brew, Grant Marolf @CthdrlUltimate cathedralultimate.com



Cathedral Ultimate started in 1995 as four mixed teams in St. Cloud who scrimmaged local college teams and each other. In 2003, the first high school team was formed. Since then, Cathedral Ultimate has had a strong tradition in central Minnesota. Cathedral Ultimate is a team consistently playing near the top of the rankings. We

have several players who have gone on to play at higher levels. We are a strong supporter of expanding the sport of ultimate in Central Minnesota. We host two tournaments every year, including the Granite City Classic which is one of the longest-running high school tournaments in the state. We have expanded to four teams this year: high school boys, high school girls, high school mixed and middle school mixed.

3	John Bates	Sr	5'8"
6	Simon Berg-Arnold	Jr	6'0"
7	Justin Bloch	So	5'11"
11	Turner Kuhn	Jr	6'4"
12	Tyler Brott	Jr	5'11"
14	Thomas Hawkins	Jr	6'1"
15	Riley Braegelmann	Sr	6'0"
16	Suwen Chen	Sr	5'7"
17	Grant Marolf	Jr	5'11"
21	Jeremiah Kresky	Fr	5'5"
22	Aidan Brew	Jr	5'11"
30	Ben Yelle	Jr	5'10"
33	Tabler Elliott	So	5'8"
35	Joseph Weis	Fr	6'1"
52	Isaiah Moorefield	Jr	5'10"
53	Ryan Staudinger	So	5'8"
99	Anthony Kampa	So	5'10"



CENTER GROVE TROJANS GREENWOOD, IN

Coaches: Jacob Phillips, Levi Jacobs Captains: Conner Henderson, Heath Kalaba, Trey Dynes @CGUltimateClub centergroveultimateclub.org



Center Grove Trojans, formerly known as "Holy Mackerel," is the longest-running and most successful high school team in Indiana – founded in 2003 and crowned state champions six out of nine years. With a focus on community, character and competition, it is our goal to be a champion of youth ultimate for our

state and the Midwest and to provide a foundation for our growing statewide ultimate community at the college and club levels. As we find success and alumni move on to the highest levels of play, we are determined to remain humble as a program, with a deliberate focus on effort and attitude, and growing as players and people, regardless of the outcome.

2016's iteration of our A team Is young but harder working and more focused than ever.

ROSTER

1000	and the second s		
0	Alex Henderson Caleb Sulya	So So	5′9″ 6'0″
10	lan Elliott	Jr	5'10"
12	Dustin Baird	So	5'8"
13	Austin Wilson	Jr	6'2"
14	Conner Henderson	Jr	5'10"
16	Heath Kalaba	Sr	6'2"
17	Grant Dowling	Jr	6'1"
20	Jeremy Keusch	So	5'9"
21	Jimmy Phillips	Jr	5'9"
22	Anthony Coe	Sr	5'6"
23	Caleb Rumsey	Jr	5'11"
25	Delaney Johnson IUPUI	Sr	5'4"
26	John Soderdahl	So	5'9"
27	Alex Lord	Sr	6'0"
43	Cole Stettler	So	5'11"
45	Trey Dynes	Jr	5'9"
51	Zach Padgett	Sr	6'5"
55	Ryan Smith	Jr	6'3"
86	Luke Hinton	Ĵr	5'5"

SPECTATOR INFO

EDINA GREEN LANTERN VARSITY

EDINA, MN

Coaches: Nate Wohl, Stephen Lederman, Michael Jordan Captains: Sam Hammar, Joe Lagorio, Drew Otterlei @EdinaUltimate EdinaUltimate.org



The Edina Ultimate program was founded in 2002. The program had some high and low points during the early years. In 2010, a core group of sophomores entered the program, along with the team's

current head coach, and the program transformed, taking off in popularity within the school and showing success on the field. Every season since, Edina has been one of the top programs in Minnesota and one of the largest programs in the Midwest. Edina produces the most YCC players in the state, and recently, our graduates have gone on to play large roles on elite college and club teams. We pride ourselves on taking successful athletes from other sports, as well as new players, and making them into athletes who are successful in ultimate. Our culture is to have fun, be spirited and prepare our athletes for their future successes in life.

2	Jack Lokowich	31	5'6"
3	Haakon Rondestvedt	8th	5'9"
4	Cash Barber	31	5'10"
5	Tom Rhoades	Sr	6'1"
	lowa State		
6	Jack Resenthal	So	5'8"
1	Evan Ogren	Sr	5'8"
	Wisconsin		
9	Christian Rondestvedt	11	611
10	Peter Rundquist	11	6'2"
11	Max Hammar	Fr	5'8"
12	Wystan Duhn	Sr	5'11"
	Minnesota		
13	Alec Karlen	Jr.	6'3"
14	Alex Rice-Slothower	Sr	6'2"
	Vanderbilt		
15	Josh Felton	Sa	6'0"
16	Joe Lenarz-Hooyman	li	6'3"
19	Ben Brandt	11	6'1"
21	Casey Kerin	Sr	5'11"
	Creighton		
22	Robbie Hatch	Sr	5'9"
	Michigan		
26	Daniel Brunker	Jr.	5.9"
21	Matt Whear	Sr	6'2"
	St. Olat		
30	Becker Mathie	li	5'10"
32	Sam Hammar	JE	5'9"
46	Joe Lagorio	Sr	5'10"
	St. Thomas		
81	Drew Otteriei	Sr	6'1"
	Minnesota		
91	Connor Shoemaker	Sr	5'9"
	Wisconsin		

FISHERS FISHERS ULTIMATE

FISHERS, IN

Coach: Will Drumright Captains: Robby Workman, Justin Abraham @fishers_ultimate fishersultimate.com



Fishers Ultimate is a second-year team from Fishers High School. In our first season, we finished fourth in the state of Indiana. We are looking to grow from our first year's success and improve as a team. Our team nickname is "BAJA." The name originated because players used to play pick-up ultimate at a field behind Taco Bell.

ROSTER

0	Matthew Olry	Jr	5'10"
1	Devantave Jones	Sr	5'11"
3	Race Ewing	So	5'8"
3 4	Andrew Hudson	So	6'5"
5	Robby Workman	Jr	5'9"
6	Jacob Beaver	So	5'3"
7	Eric Hoy	Fr	5'10"
12	Justin Abraham	Jr	5'10"
13	Alex Green	Jr	5'8"
14	Tyler Stahl	Jr	6'0"
15	Mason Schulman	Jr	5'11"
17	Adam Wintrow	Jr	5'10"
18	Andrew Sin	Fr	5'9"
19	Sam Trent	Sr	5'8"
20	Lucas Lawyer	Jr	6'1"
33	Alex DiBetta	Jr	5'10"
72	Nick Baehl	Jr	5'8"

GREAT RIVER SCHOOL GREAT RIVER STARS

ST. PAUL, MN

Coaches: Galen Ryan, Jonah Malenfant Captains: Cole Zielske, Leo Sovell-Fernandez, Ben Fjetland-Souza



We were formerly known as the St. Paul Charter Stars because there were players from multiple charter schools in the past, but the team has boiled down to represent only one school. Now known as Great River Stars, we represent Great River School, a public Montessori school (grades

1-12) with approximately 450 students in the whole school.

With a Big Bang, the universe began. Luminous spheres of plasma churned out the materials we see around us. We are but sentient beings made of stardust roaming our universe, however small, with a mission to create lasting peace. We are the Great River Stars.

3	Leo Sovell-Fernandez	So	5'6"
7	Sam Thompson	200	6'0"
8	Diego Luevano-Pappas	So	5'9"
9	Kinkaid Kruse-Frink	So	5'10"
10	James Kiser	Jr	5'11"
12	Alexander Hitchler	8th	5'8"
14	Ezra Scribner-O'Pray		6'0"
17	Evan Anderson	Fr	5'8"
18	Mauricio Badillo Moo		
		8th	5'9"
20	Jeremy Skoler	Ir	5'8"
24	Cole Zielske	So	5'9"
26	lan Bromander	So	5'9"
27	Jeremy Rylicki	Jr	5'10"
30	Max Iverson	So	5'10"
35	Henrik Mikko	So	5'8"
39	Ben Fjetland-Souza	So	5'8"
44	Connor Alvarez	Jr	6'0"
50	Guthrie Pritchard	Fr	5'8"
77	Sean Cusick	Jr.	5'11"
88	Jonathan Madera	Jr	6'0"
00	Tonotnan manera		M W



HOLY FAMILY CATHOLIC REVOLUTION

CINCINNATI, OH

Coaches: Steve Conrad, Phil Hale Captains: Jordan Monnin, Jake Kenniv



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, Paideia Cup and our very own Rivertown Throwdown.

ROSTER

	the states		
2	Ben Reutener	Ir	6'2" 5'9"
9	Josh Vietas	Sr	5'9"
11	John Morris	So	
12	Brendan Conrad	Fr	6'2"
13	Luke Monnin	Fr	5'10'
15	Nathan Schuster	Fr	5'9"
16	Sebastian Kunkel	Jr	6'0"
18	Jesse Edwards	Sr	6'0"
20	Mark Schuster	Jr	5'10'
24	Jake Kenniv	Sr	6'2"
	Cedarville		
25	Gabe Dorsey	8th	5'5"
29	Ethan Bissonnette	Sr	6'1"
30	Jordan Monnin Hillsdale	Sr	6'2"
54	Matthew Muldoon	So	6'0"
88	Michael Schuster	Fr	5'7"
89	Evan Bissonnette	Sr	6'1"
98	Jeremy Bucher	Jr	6'1"

SPECTATOR INFO

HOPKINS HURT

HOPKINS, MN

Coaches: Lou Abramowski, Greg Cousins Captains: Zach Shear, Noah Fogel, Alex Campbell



In the 15 seasons of Hopkins varsity boys' ultimate, they have won eight state championships, four USA Ultimate Championships and two Paideia Cup titles. They pride themselves on being a model program, upholding standards of spirit, displaying sportsmanship and supporting the ultimate com-

munity at large. Hopkins also hosts the Hopkins Hustle, one of the premier youth ultimate tournaments in the Midwest.

1	Max Seffren	Sr	5'10"
4	Wisconsin-Stout Sam Resnick	Jr	5'8"
67	Carl Miller Max Stillman	Sr	6'1" 5'7"
12	Minnesota-Duluth Ben Pavelka	Sr	5'11"
15	Wisconsin Ethan Kadet	So	5'8"
16	Zach Shear	Sr	5'9"
17	Georgia Tech Andrew Patel	Sr	5'7"
18	Northwestern Theo Lentsch	So	5'5"
19	Jacob Borenstein Wisconsin	Sr	6'0"
22	Drew Pearson Minnesota-Duluth	Sr	5'8"
23 27	Alex Campbell	ır. ır	6'1" 5'8"
28	Abe Passman Jordan Passman	Fr	5'3"
36 42	Adam Friedman Ben Cohen	Jr So	5*5* 5'6"
47 50	Sam Stillman Noah Fogel	Fr	5'7" 6'2"
52 54	Max Wolpert Andrew Fern	Jr Sr	5'9" 6'0"
1	Kansas		
55	Evan Segal Noah Kaplan	So Jr So	5'9" 5'9" 6'1"
81	Alex Condon	20	0.1



IOWA CITY WEST METALLIC WINGS

IOWA CITY, IA

Coach: Colin Lord Captain: Dillon Crowell @ICWingUlti



Started in the spring of 2013, Metallic Wings has won the past three lowa State Championships. The program puts an emphasis on preparing players for the transition to college ultimate.

Our team name and school colors come from our school not wanting to associate with us.

ROSTER

 Cole Davis Dillon Crowell Sam Cayler Ethan Esgate Armand Crouch Sam Loman Nick Raley Jiung Jung Tyler Brand Erik Smith Noah Pullen Ibo Pepic Nathan Hinkley Ethan Upchurch Kax Brown Gade Zschiesche Matt Haney Ian McKay Griffin Whitehead Caleb Crossett Harvard 	lr Ir Ir Sorrison Sor	5'9" 6'1" 5'8" 5'8" 5'8" 5'8" 5'10" 6'3" 6'1" 5'11" 6'1" 6'1" 5'11" 6'1" 5'11" 6'1" 5'11" 6'2"
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JAMES MADISON MEMORIAL SPARTANS

MADISON, WI

Coaches: Jon Fok, Greg Maddox, Chris Olig Captains: Paul Slaughter, Ben Kishter, Ryan Yee, Ted Schewe



Madison Memorial has been in existence since 1997. The program, once known as Midwest Express, has participated in Nationals/Easterns/ Centrals since 2000 with the exception of two years. The team has always been excited to travel to various parts of the country over the years, from Corvallis, Ore., to Arlington, Va., and places in be-

tween. While the team has reverted back to the Spartans, which is the high school team name, the program continues to be one of the best teams in the state of Wisconsin. After placing fifth at Centrals last year, the team is eager to build off that success and looking forward to the competition this year.

00	Zheyu He	Sr
1	Alex Blum	Jr
3	Ryan Yee	Sr
5	Ben Kishter	Sr
5	Wisconsin	01
7	Michael Yee	So
7 9		
	Ben Shovers	JL
10	Richard Kerr	Sr
12	Nick Corsi	Jr
14	Eli Tripp	So
15	Ken Adams	So
16	Wyatt Cook-Silvern	Sr
17	Tyler Metzloff	Fr
21	Isaac Maida	Fr
22	Elliot Shager	Fr
24	Eric Mehnert	So
27	Paul Slaughter	Sr
28	Kyle Fruhling	Sr
32	Sam Robertson	Fr
52	Donovan Ogden	Jr
54	Sam Ramer	So
66	Edward Schewe	Jr
99	lan Fitzgerald	Jr



MINNEAPOLIS SOUTH SQUALL

MINNEAPOLIS, MN

Coaches: John Chandler, Jacob Salzman Captains: Oscar Leinbach, Ezra Bergmann, Marco Dregni @SquallUltimate southsquall.wordpress.com



Minneapolis South Squall has a long history of being one of the premier teams in Minnesota, dating back to 2001 when the club was founded. Squall has placed in the top 10 at the state championships in all but one year of its history. In recent years, Squall finished seventh (2014) and third (2015) at the Minnesota State Championships, as

well as making it to the finals twice (2009, 2012). The name Squall comes from the unpredictable Minnesota weather that has come to define us as a team.

ROSTER

0	Denali Doying	So	5'9"
1	Rowan Doyle	Jr	5'8"
123	Bonna Dabala	Jr	6'3"
3	Mateo Pignatello	So	6'0"
5	Marco Dregni	Jr	5'10"
9	George Muller	So	6'3"
10	Townesend Nelson	Jr	5'9"
11	Max Baker	Sr	5'10"
	North Dakota State		
12	Ben Meier	So	5'8"
14	Walker Nelson	So	5'10"
15	Nathan Van Brunt	Jr	5'10"
16	Maxwell Hansen	So	6'1"
19	Oscar Leinbach	Sr	6'3"
	Minnesota		
83	Sam Kleven	So	5'8"

SPECTATOR INFO

NEUQUA VALLEY NV ULTIMATE A

NAPERVILLE, IL

Coaches: Arnoush Javaherian, Ryan Smith Captains: Dylan Power, Thomas Reidy, Ben Swiatek @nvultimate nvultimate.com



Neuqua Valley A is now in its ninth year as a program. We started off with only 48 players in the program but have now grown to over 200 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.

2	Nate Cinnamon	Fr	5'5"
	Matthew Kwon	Jr	5'11"
37	Ben Swiatek	Jr	5'10"
10	Jake Kaindl	Sr	6'3"
13	Reid Martin	Ir	5'10"
15	Collin Lamb	Jr	6'0"
17	Dylan Power	Sr	6'1"
21	Phuoc-an Vo	Jr	5'9"
22	Alex Jacobson	Jr	6'0"
23	Jacob Sanford	Jr	6'0"
24	Taran Moy	Jr	5'6"
27	Tommy Passaro	Jr	5'10"
33	Tommy Reidy	Sr	6'4"
53	Joey Kennedy	So	5'10"
74	Anthony Ruzzo	Jr	5'10"



NEUQUA VALLEY NV ULTIMATE B

NAPERVILLE, IL

NV ULTIMATE

Coaches: Adam Wright, Shane O'Farrell Captains: Alex Diener, Nick Amendola, Jack Penrose

> Neuqua Valley B is a developmental team that prepares each of its players to improve until they are able to compete at the highest levels of high school ultimate.

ROSTER

0	Ben Diener	So	5'10"	
23457	Justin Priser	Jr	6'0"	
3	Alec Steck	Sr	5'9"	
4	Nick Amendola	Jr	6'0"	
5	Brendan McClusky	8th	6'0" 5'9"	
7	Nate Irle	Jr	5'10"	
9	Sam Swiatek	8th	5'9"	
13	Dylan Kolb	Jr	5'10"	
14	Jack Penrose	So	6'3"	
	Eugenio Alvarez	Jr	6'3" 6'0"	
17			5'10"	
18 27	Joe Nutt	Jr.	0 I C	
21	Chris Pavlopoulos	Sr	5'8"	
33	Nick Reeverts	Sr	5.9"	
34	Matt Sudd	Jr	6'2"	
35	Michael Durand	So	6'2"	
37	Henry Cheng	Jr	5'9" 6'2" 6'2" 5'7"	
40	Gavin Babbitt	Fr	5'/"	
47	Ethan Smith	Fr	5'4"	
69	Oscar Evans	Jr	6'1"	
80	Nick Szimon	So	6'0" 5'7"	
85	Jon Tseng	So	5'7"	
91	Jimmy Davis	Fr	5'11"	
97	Alex Diener	Sr	6'3"	

ROBBINSDALE-COOPER WRENCHBEATERS

NEW HOPE, MN

Coaches: Matt Nelson, Chris Northard, Erik Johnson Captains: Will Johnson, Kyle DeJesus, Isaac Griffin-Wiesner, Trent Brunner



Our team was formed seven years ago. We are a program that has grown significantly over the past three years in both wins and player numbers. We won our first fournament last year at the Goeke Memorial. Our team name came from finding our hard-work and blue-collar attitude.

00	Joe Thompson North Dakota St	Sr
4	Noah Johnson	Sr
8	Bryce Dougan	Fr
9	Victor Anzaldo	Sr
11	Justin Norcutt	Jr
12	Jake Teply	Fr
14	Trevor Hendrix	Fr
15	Ethan DeJesus	Fr
16	Will Johnson	Sr
17	Grant Jones	So
19	Matthew Hunke	Fr
20	Jack Rybarczyk	So
21	Dalmas Omwoyo	Fr
22	Tony Landas	Sr
	Minnesota	
23	Andrew Geller	Jr
31	Josh Levitt	Jr
42	Connor Couture	Sr
44	Zach Driskill	So
45	Josh Valk	Sr
49	Isaac Griffin-Wiesner St. Olaf	Sr
50	Brian Lewis	Jr
53	Thomas Hotvedt	Fr
87	Trent Brunner	Jr
93	Gavin Schultz	Fr
95	Nikoli Hovorka	Jr
99	Kyle DeJesus	Sr
	Minnesota-Duluth	



ST. PAUL CENTRAL REVOLUTION

SAINT PAUL, MN

Coaches: Jordan Vlastuin, Carl Aanestad, Martin Stecker Captains: Will Bergstrom, Nelson Moroukian, Sigurd Ostlie-Olson @RevUltimate

Revoltimate

sites.google.com/site/centralrevolution

SCENTRAL

St. Paul Central Ultimate started in 2007 when Central and TCA played together as one team. In 2008, Central made the split with TCA, forming the Challenged

Penguins. The team had 12 players. They finished 16th in the state with only eight players. In 2009, the team changed its name to Over-flow Ultimate and added a few new players. They finished 13th in the state. The team officially became a club in 2010 and renamed itself Revolution Ultimate. Since 2010, Revolution has continued to grow and change. Due to popularity and success on the field, they have grown into a boys' and a girls' team, both of which are working to compete more and more each year.

ROSTER

1	Logan Macgowan	So	6'4"
3	Ben Bushnell Minnesota-Duluth	Jr	5'8"
4	Elijah Grow-Hanson Miami	Sr	5'8"
5	Samuel Agnarsson Uppsala	Sr	6'0"
10	Nelson Moroukian Harvard	Sr	5'10"
16	Will Bergstrom Marquette	Sr	5'9"
18 19	Asher Bernick-Roehr Simon Brooks	So So	5'9" 5'11"
21 22	Carl Baxter-Zink Adam Ickler	So So	6'0" 6'0"
23 27	Cooper Schwartz Lance Xiong	Fr Sr	5'8" 5'5"
29	Carleton College Aiden McVey Oregon	Sr	6'0"
31	David Shanahan Minnesota	Sr	5'10"
40	Jack Dzik	Fr	5'10"
53	Thor Cramer Bornemann Florida	21	5'10"
55	Spencer Wareloncas Texas Tech	Sr	5'10"
65	Armel Alagbo	Fr	5'8"
72	Michael Brennan Luther	Jr	5'9"
99	Sigurd Ostlie-Olson Ohio	Jr	6'0"

YORK COMMUNITY ELMHURST EVOLUTION

ELMHURST, IL

Coaches: Brad Johnson, Audie Smith, Peter Bennett Captains: Cal Tornabene, Jordan Ciccarone, Lucas Brush

@elmhurstevo

elmhurstevolution.shutterfly.com

Cur name came from the need to evolve past the program we used to be when we were affiliated with York High School. Each of the high schools in Elmhurst (two private, one public) have at least one color represented in our jerseys (red, green, blue). We represent one unified Elmhurst.

	2012/02/02/02		
00 2 3 6 8 10 12 15 18 19	John Yacko Holt Puckett Joe Brown Nick Soldano Steve Doan Lucas Brush Ryan O'Donnell Andres Perez Evan Haug Ian Smart	Jr FF Tr Jr Sr Jr Jr So	5'11" 5'8" 5'7" 5'9" 6'0" 6'2" 6'1" 5'10" 6'3" 6'0"
21	Cal Tornabene	Sr	6'4"
21 22	Quinn Corcoran	Sr	6'1"
23	Jordan Ciccarone	Sr	6'2"
25	Sam Jordan-Wood	Jr	6'1" 6'2" 6'2"
26	Jimmy Chaudoin	Ĵr	6'1"
29	Morgan Gorecki	Ĵr	5'9"
29 32 33	Danny Mendralla	Sr	5'9"
32	Dylan Pozeck	So	6'0"
33		Jr	5'6"
34	John Carey		0.0
42	Calvin Shollenberger	1L	5'9"
88	Alek Malone	Fr	5'5"
98	Connor Markuson	Jr	5'11"
99	Brandon Parr	Jr	6'2"

GIRLS' TEAMS

CATHEDRAL PHOENIX

SAINT CLOUD, MN

Coaches: Kale Daniel, Raechell Bayerl Captains: Toni Baynes, Gretchen Curtis @CthdrlUltimate cathedralultimate.com



Cathedral Ultimate started in 1995 as four mixed teams in St. Cloud who scrimmaged local college teams and each other. In 2003, the first high school team was formed. Since then, Cathedral Ultimate has had a strong tradition in central Minnesota. Cathedral Ultimate is a team consistently playing near the top of the rankings. We have several play-

ers who have gone on to play at higher levels. We are a strong supporter of expanding the sport of ultimate in Central Minnesota. We host two tournaments every year, including the Granite City Classic which is one of the longest-running high school tournaments in the state. We have expanded to four teams this year: high school boys, high school girls, high school mixed and middle school mixed.

ROSTER

1	Clare McCarty	Sr	5'4"	
3	Antonia Baynes	Fr	5'3"	
4	Hailey Bloch	8th	5'1"	
	Anna Berg-Arnold	Fr	5'7"	
6 7	Brooke Schwieters	Fr	5'6"	
9	Morgan Stienessen	Fr	5'7"	
10	Ana Bates	So	5'0"	
11	Gretchen Curtis	So	5'4"	
12	Emily Brew	Fr	5'5"	
18	Maria Flynn	Jt	5'6"	
26	Wenhui Qi	So	5'4"	
31	Hannah Weldon	Fr	5'1"	
42	Celine Schoenecker	Fr	6'2"	
55	Nicole Fish	Fr	5'6"	

GREAT RIVER SCHOOL GREAT RIVER STARS

ST. PAUL, MN

Coaches: Dave Zdenek, Andrea Christensen, Trevor Ruwitch

Captains: Isabel Olson, Grace Backes, Emma O'Brien



We were formerly known as St. Paul Charter Stars because there were players from multiple charter schools in the past, but the team has boiled down to represent one school only, Now known as Great River Stars, we represent Great River School, a public Montessori school (grades 1-12) with approximately 450 students in the whole school.

With a Big Bang, the universe began. Luminous spheres of plasma churned out the materials we see around us. We are but sentient beings made of stardust roaming our universe, however small, with a mission to create lasting peace. We are the Great River Stars.

25	Isabel Olson	Sr	5'6"
5	Greta Peterson-Naf		£10%
6	Beatrice Ibes-Nede	Fr	5'8"
	Deathies meaning	Fr	5'8"
7	Lydia Rolfes	Sr	5'10"
8	Christine Siebels-L	indquis	t
		Jr	5'9"
10	Anne Sullivan	Sr	5'7"
11	Maura McDaniel	Sr	5'7"
12	Eva Fisher	8th	5'4"
21	Bing Zalaznik	8th	5'4"
22	Isabel Sullivan	ıt	5'7"
23	Emma O'Brien	Sr	5'9"
27	Chloe Peterson-Nafi		
		Sr	5'10"
28	Anna Clements	So	5'9"
37	Lucia Davila	Sr	5'6"
42	Gabrielle Dobson	Sr	5'7"
53	Emma Piorier	JI	5'8"
61	Anna Barron	Jr	5'9"
62	Grace Backes	Sr	5'9"
66	Espoir DelMain	Sr	5'5"



GIRLS' TEAMS

HOLY FAMILY CATHOLIC OMEGA

CINCINNATI, OH

Coach: David Fry Captains: Sara Friemoth, Hayley Samson, Maddie Samson



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 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

23	Nastia Cappozzo Rebecca Monnin	Fr 7th	5'6" 5'6"
6	Hayley Samson	Sr	5'5"
8	Eva Vandegrift	7th	5'4"
11	Savannah Jeffries	Fr	5'6"
12	Anna Grace Stephensor	ıJr	5'9"
13	Janey Vandegrift	Jr	5'5"
14	Kameron Horn	Jr	5'4"
15	Felicity Kenny	7th	4'11"
16	Sara Friemoth	Sr	5'8"
17	Cara Sieber	Sr	5'2"
	Ohio State	2	
21	Emma Wilker	Jr	5'4"
22 23	Teressa Kenny	So	5'6"
23	Amy Friemoth	8th	5'2"
25	Ella Enders	Fr	5'6"
26	Therese Enders	8th	5'6"
32	Mary Clare Teller	Fr	
47	Ellie Fishlock	Jr.	5'4"
63	Katherine Fry	Jr.	5'0"
83	Kinsey Fry	8th	5'2"
90	Catherine Beatrice	Fr	5'7"
99	Maddie Samson	Sr	5'6"

SPECTATOR INFO

HOPKINS HURT

HOPKINS, MN

Coaches: Dan Martin, Haley Arenson, Jessie Lambert Captains: Lilly Shapiro, Winnie Brand, Addie Sedoff



HURT stands for Hopkins Ultimate Recreational Team. We have been a club team since starting in 2002 with barely enough girls to make a team. Since then, we have grown dramatically as a club, more specifically a girls' team. This year, we have the largest amount of girls playing in Hopkins his-

tory. With this large amount of girls, we have the ability to participate and compete in many more opportunities than in the past.

0 1 2 3 4 6 7 9 11 12 13 14 18 19	Lilly Shapiro Abigail Yousha Heather Cleary Zoe Gayle Campbell Teigen Shayna Korsch Sarah Fogel Carmen Garrigos Sydney Gottlieb Sarah Jonas Ivy Greenberg Winnie Brand Sarah Yousha Elyse Friedman	Sr So Sr So So So So So So So Sth Sr Sr So Sr So Sr So Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr Sr	5'3" 5'1" 5'3" 5'7" 5'7" 5'6" 5'6" 5'6" 5'6" 5'7" 5'1" 5'4"
22 26 27 33 37 42 71 80 88 90	Pennsylvania Margo Mandel Leah Stillman Addie Sedoff Katie Rudelius Nhan Le Anna Nelson Aleeza Mandel Emma Feinberg Libby Fern Cathy Paske	8th Fr Sr Jr SSO Jr	5'5" 5'2" 5'2" 5'2" 5'2" 5'2" 5'2" 5'2"



JAMES MADISON MEMORIAL SPARTANS

MADISON, WI

Coaches: Amelia Cuarenta, Kari Rongstad, Rachael Romaniak Captains: Hannah Cole, Kata Hahn, Annabelle Sobotik



ROSTER

3	Hadley Nellis	Jr
4	Taylor Shager	Sr
6	Andrea Fruit	So
8	Jesse Hershberger	Sr
11	Maggie Sleeth	Jr
15	Sophia Vaccaro	Jr
17	Hannah Cole	Sr
	Washington State	
18	Nicole Feiner	So
21	Annika Weller	Sr
26	Kata Hahn	Sr
28	Evanka Annyapu	So
31	Anna Hubbard	Fr
36	Aikum Talwar	Sr
44	Nicole Frey	Jr
51	Nina Vaccaro	Fr
63	Emma Leith	Sr
66	Molly Tobin	Sr
-	Scripps College	
97	Maria Golovkina	Sr

99 Annabelle Sobotik Sr

MINNEAPOLIS SOUTH SQUALL

MINNEAPOLIS, MN

Coaches: Maria White, Emily Regan, Cici Donovan, Tobie Miller, Daniel Schmit Captains: Brigie Donovan, Maya O'Loughlin, Phoebe Eisenbeis @squallultimate southsquall.wordpress.com



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 competi-

tive 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.

1	Renee Smith	So	5'9"
2	Brigie Donovan	Sr	5'3"
3	Bronwyn Earthman	Jr	5'6"
	Livia Lund	So	5'5"
4 5	Anna Mulhern	So	5'2"
6	Emily Mulhern	8th	5'0"
7	Maya O'Loughlin	Sr	5'0"
8	Tova Breen	Jr	5'6"
9	Rose Letofsky	So	5'0"
10	Mary Miranda	So	5'7"
11	Maggie Schauff	Jr	5'3"
12	Sydney Miller	Fr	5'5"
14	Linnea Keire	So	5'6"
15	Phoebe Eisenbeis	Sr	5'7"
17	Sylvie Mercil	So	5'1"
18	Emma Krasky	Jr	5'4"



GIRLS' TEAMS

NEUQUA VALLEY ENVY

NAPERVILLE, IL

Coaches: Andrew Baginski, Jamie Wolf Captains: Mindy Radike, Kara Coffel @NeuquaGirlsUlti nvultimate.ultimatecentral.com



The NV ultimate program is centered around the idea of family and inclusion of all who wish to participate in the sport of ultimate. The integrity of the game is held in the highest regard. The women's high school team, eNVy, was started in 2010 and has been a growing force in the ultimate world ever

since. Last year's team won Centrals after competing against many top-level teams in very close and exciting games. This year, eNVy brings a new team of girls. Their minds are set on providing tough and spirited competition to their opponents.

ROSTER

1	Molly Frank	Jr	5'3"
4	Tessa Kucharski	8th	5'6"
7	Violet Shamo	Sr	5'3"
8	Mindy Radike	Jr	5'7"
10	Grace Feehan	So	5'5"
11	Kara Coffel	Sr	5'4"
-	Northern Arizona		-
12	Allie Swiatek	8th	5'5"
13	Mary Sullivan	Sr	5'8"
	Illinois		
14	Hailey Shane	So	5'4"
16	Kara Garland	Jr	5'3"
17	Chloe Sabado	Jr.	5'3"
18	Sabrina Salvador	Ir	5'3"
19	Kat Sandstrom	Jr	5'7"
22	Ally Alford	So	5'7"
23	Giovi Kelly	Jr	5'5"
25	Lindsey Ishman	Jr.	5'6"
77	Maggie Stachewicz	Jr	5'8"
81	Marissa Kucharski	Fr	5'5"
	the second s		

SPECTATOR INFO

ROBBINSDALE-ARMSTRONG GOLD

PLYMOUTH, MN

Coaches: Jason Curtis, Melissa Davey Captains: Hailey Weber, Leyla Mahabadi, Jesse Spaulding



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.

3	Alison Roston	Fr	5'3"
4	Hailey Weber North Dakota State	Sr	5'1"
5	Lisa Hansen	So	5'3"
7	Anastasia Magsig	Sr	5'4"
9	Julia Roston Kansas	Sr	5'2"
12	Leyla Mahabadi Luther	Sr	5'3"
17	Erin Schneider	Fr	5'7"
19	Sarah Appelen	Fr	5'9"
20	Emily Gratz lowa State	Sr	5'2"
21	Belle Reeve lowa State	Sr	5'4"
23	Zoe Bakken-Heck	Sr	5'4"
30	Paige Kopka Concordia-Moorhead	Sr	5'7"
36	Alex Schneider	jr.	5'7"
63	Sydney Pomish	Sr	5'4"
73	Lily Kantor	Fr	5'4"
79	lesse Spaulding	Sr	5'7"



ROBBINSDALE-COOPER CULT

NEW HOPE, MN

Coaches: Sarah Thornburgh, Elle Yesnes, Jeanette Vyhanek, Jeanine Miakotina Captains: Jessica Halverson, Sofie Fitzsimmons, Jacalyn Gisvold @CUltimateLT



After attempting to start the team in 2012, Kirsten White successfully formed a girls' team for Robbinsdale-Cooper High School in the spring of 2013, her senior year. The name CULT, standing for Cooper Ultimate Ladies Team, was suggested in one

of the team's first meetings and instantly caught on. During its first season, the team was coached by Jordan Norcutt, who helped lay the groundwork for the team's success today. Many of the athletes who played for CULT in its inaugural year are now seniors and have seen the team grow in size and talent every season. In the beginning, the team played in the second tier at the Minnesota State High School Championships and, in 2015, broke seed in the first tier. In 2016, CULT hopes to continue to rage and have its best season yet.

ROSTER

35	Corina Machado	Sr
	Gracie Velasco	Jr
7	Dani Dahlseid	Fr
11	Erin Marshall	So
13	Mary Knudson	Sr
14	Allison Urevig	Sr
17	Jodi Spencer	Sr
18	Sarah Halverson	Fr
20	Sofie Fitzsimmons	Sr
29	Jane Kruskop	Sr
	Brown	
30	Eliza Schmitt	So
34	Lily Perkins	Fr
39	Jessica Halverson	Sr
	Minnesota	
75	Lucy Weld	Fr
95	Jacalyn Gisvold	Jr
98	Brie Max	Sr
20	Und mun	01

STOUGHTON VIKINGS

STOUGHTON, WI

Coaches: Fran Kelley, Vanessa Thibado, Claire Kelley Captains: Gracia Nauman, Sophie Pitney @SHSUltimate



The Lady Vikings of Stoughton High School have been shaping the program for about three years. In 2014, we had a handful of girls playing with our open team. In 2015, we had a combination team with another local high school, and by 2016, we had enough interest to have our very own team. We are blessed to have girls with a lot of different backgrounds coming together to share the fun of

the sport of ultimate and are extremely excited to get to compete against regional competition at Centrals.

3	Maria Silva	Jr	5'2"
8	Madi Bonebright	Fr	5'4"
13	Athena Gates	Sr	5'5"
	Wisconsin-Stevens	Point	
14	Alex Asleson	Sr	5'7"
15	Ken Silbaugh	Jr	6'0"
16	Chloe Silbaugh	Fr	5'8"
19	Hannah Wood	Sr	5'5"
	Minnesota		
21	Julia Olson	Sr	5'7"
	Oregon		
22	Sophie Pitney	Sr	5'2"
26	Anna Callahan	So	5'6"
30	Katie lverson	Fr	5'4"
31	Liz Auby	Sr	5'6"
1	Colgate		
32	Gracia Nauman	Sr	5'8"
1	Wisconsin-Stevens		
45	Colena Sankbeil	Jr	5'2"
50	Bella Lenz	Ĵr	5'10"
		-	



GIRLS' TEAMS

ST. PAUL CENTRAL REVOLUTION

SAINT PAUL, MN

Coach: August Brown Captains: Eleanor Heberlein, Hannah Mayhew @RevUltimate sites.google.com/site/centralrevolution

CENTRAL

St. Paul Central Ultimate started in 2007 when Central and TCA played together as one team. In 2008, Central made the split with TCA, forming the Challenged Penguins, The team had 12 players.

They finished 16th in the state with only eight players. In 2009, the team changed its name to Overflow Ultimate and added a few new players. They finished 13th in the state. The team officially became a club in 2010 and renamed itself Revolution Ultimate. Since 2010, Revolution has continued to grow and change. Due to popularity and success on the field, they have grown into a boys' and a girls' team, both of which are working to compete more and more each year.

ROSTER

3	Hannah Mayhew Carthage	Sr	5'7"	
4	Sally Hand	So	5'6"	
6	Ellen Gee	Sr	5'0" 5'4"	
10	Emma Church DePaul	Sr	5.4	
11	Eleanor Heberlein	Sr	5'5"	
	Western Washington	Col.	-	
12	Ellie Casement	So	5'7"	
14	Clara Mack	So	5'4"	
15	Mei Hecht	So	5'1"	
17	Audrey McCarthy	Sr	5'8"	
20	Madeline Timm	Jr	5'7"	1
24 25	Bryn King	So	5'6"	
25	Dana Fried	Fr	5'8"	
26	Sierra Hinze	So	5'5"	
32	Annika Peterson	Jr	5'6"	1
33	Juliet Olson	So	5'5"	
34	Olivia Persson	Jr	5'7"	
35	Abby Celander	Fr	5'2"	1
34 35 37	Aaisha Abdullahi	Sr	5'2" 5'8" 5'3"	
42	Rosy Weber	Jr	5'3"	
44	Alaina Portoghese	So	5'4" 5'7"	
45	Ellen Yuska	Sr	5'7"	
56	Natalie lerien	So	5'6"	
73	Annalena Klee	Jr	5'8"	
86	Blia Yang	So	5'4"	
88	Frankie Cerkvenik	So	5'4"	з

SPECTATOR INFO

HEALTH AND SAFETY

handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape or bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff.

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

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

CONCUSSIONS

EDUCATION

- USA Ultimate recommends the CDC "Heads Up Safety" program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate's participant waiver includes important information from the CDC regarding concussion safety: usaultimate.org/membership/usa_ultimate_membership_forms.aspx

COACHING REQUIREMENTS

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

REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
 - 1. Remove 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.

PLAYER INFO

SPIRIT OF THE GAME

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

10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

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

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



6. BREATHE,

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

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

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

8. BE GENEROUS WITH PRAISE.

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

9. IMPRESSIONS LINGER.

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

10. HAVE FUN.

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

SPIRIT CIRCLES

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

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

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



DON'T TELL YOUR FRIENDS HOW GOOD YOU ARE--SHOW THEM

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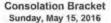
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BOYS' SCHEDULE

				Saturday	, Ma	y 14, 20	16					
		-	Po	ol A	-		Pool B					
All Games to 13 Cap 15	A1 A2 A3 A4	A2 (8) James Madison Memorial A3 (12) Cathedral		orial	B1 B2 B3 B4	(7) (11		mily Cath sdale-Coo				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	7	-	D2 v D4	3		B1 v B3	4		B2 v B4	5	1.4
10:45 - 12:00	A1 v A3	7	-	A2 v A4	3		C2 v C3	4		D2 v D3	5	-
1:00 - 2:15	A1 v A4	7		A2 v A3	3	*	B1 v B4	4		B2 v B3	5	
2:45 - 4:00	A1 v A2	7		A3 v A4	3	1.2.1	B1 v B2	4		B3 v B4	5	1.1
Re-seed teams 1-	4 within ea	ich p	lood			-						
4:45 - 6:00	2A v 3D	5	-	2B v 3C	4		2C v 3B	7		2D v A3	3	

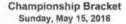






You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

				Saturday	, Ma	y 14, 20	16	Contract Contractor	
10.0	1		Po	ol C	Pool D				
All Games to 13 Cap 15	C1 C2 C3 C4	(6) (10	Minnea) Iowa (a Valley A polis Sou City West ul Central	th		D1 D2 D3 D4	(4) Center Grove (5) Hopkins (9) Great River (16) Neuqua Valley B	
Saturday	1	F#	Score		-	Score	Bye		
9:00 - 10:15	C1 v C3	10		D1 v D3	11		Pool A	USA	
10:45 - 12:00	C1 v C4	10	1.1	D1 v D4	11		Pool B	ULTIMATE	
1:00 - 2:15	D3 v D4	10		D1 v D2	11	1.1	Pool C	OP	
2:45 - 4:00	C1 v C2	10	1.1411	C3 v C4	11	10.000	Pool D	-	
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4:45 - 6:00	1								





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ar Even Photography.	Loser 1Dv2C/3B	_
	Loser 1Cv2D/3A	
	12:30pm-2:00pm Field # 1	5th Place (tie)
JILIE holos	Loser 1Dv2A/3D	_
les.com	Championship games to 13	3, cap 15

SCHEDULES & MAP

GIRLS' SCHEDULE







Championship games to 13 cap 15

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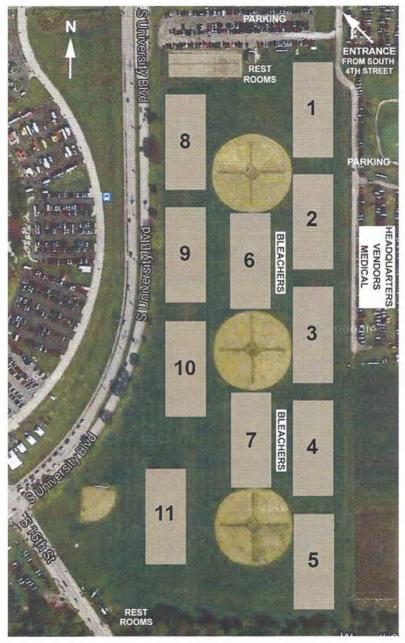






FIELD MAP

2016 USA ULTIMATE CENTRAL HIGH SCHOOL CHAMPIONSHIPS lowa State University Ames, lowa



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