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Peter Tran......Tournament Director Will DeaverCompetition Director UPA Championships Director Meredith Tosta......UPA Youth Development Director







On behalf of the Ultimate Players Association, the Cincinnati Ultimate Players Association, Youth Ultimate Cincinnati and the Warren County Convention and Visitors Bureau, I take great pleasure in welcoming you to the 2007 UPA High School Eastern Ultimate Championships.

This year's tournament includes 16 Open High School Teams and 8 Girls High School Teams from Eastern United States and Canada. The tournament this year takes place at the Lebanon Sports Complex in Warren County, Ohio.

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

The discs will be flying high and competition soaring. As the popularity of Ultimate burgeons, so does the level of play. Many of the teams are returning from last year including last year's Open and Girls champions from Amherst Regional High School in Massachusetts. And many new teams will arrive on the scene.

Events like the High School Eastern Ultimate Championships only happen with lots of volunteers. Volunteers are the backbone of successful UPA Championship events. These fabulous helpers will be keeping score, setting up the fields, keeping you hydrated and running many other errands around the fields. Please acknowledge their hard work and dedication to supporting the sport of Ultimate,

Have an ULTIMATE weekend! Peter Tran CUPA president 2007 UPA High School Easterns Tournament Director



Friday May 18th – Hyatt Place – Cincinnati Northeast 6:00pm-10:00pm – Team Registration

Saturday May 19th at the Lebanon Sports Complex

8:00am - Captain's Meeting

9:00am-6:00pm - Pool play (Girl's). Pool Play and Open Pre-quarters.

5:00pm-9:00pm – Free entry into The Beach Water Park for participants (ticket provided with player packs). Unwind and loosen up those sore muscles on the water rides. There will be food for sale at the water park and at the fields for those that are interested in event-related dinner options. Other options are available around the fields and hotels. See directions for how to get to the park. Closes at 9PM. *Additional tickets can be bought Saturday evening at the waterpark for \$10 each.

Sunday May 20th at the Lebanon Sports Complex

8:30am-2:00pm - Championship and Consolation play (Open and Girl's).

2:30pm-Finals (Open and Girl's)

Post-Finals – Award Ceremony. Immediately following the finals, awards will be presented to 1st and 2nd place teams in each division, as well as Team and Individual (one from each team) Spirit Awards.

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The Ultimate Players Association appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by the UPA.

The use of such recordings for personal use is acceptable. However, anyone wishing to sell or market their recordings in any manner to any individual or organization other then the UPA (including but not limited to any sales, promotional, advertising or merchandising uses) will be required to complete a 2007 Recording Partnership Agreement prior to being allowed to record UPA events.

Note: Family and friends may record events for personal use, but may not reproduce these recordings for commercial purposes without prior written consent from the UPA.

- 11th Edition Rules of Ultimate will be in effect.
- All games to 15, point-cap at 17.
- Half-time 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 15 goals, overtime occurs when the score reaches 14-14).
- Soft time-cap goes on at end of round time on schedule. Add two points to higher score after first score after soft time-cap. Play to that total. No more win by two.
- Hard time-cap goes on 15 minutes after the soft time-cap. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

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

Team Awards - Following every game, each team will be asked to rate its opponent on a scale of 1-5, with 5 being the rating for 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.

Individual Awards - Teams will each be asked to nominate a player from their own team who they feel displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of sportsmanship, leadership, perseverance, fire, etc. Choose the person whose attitude you wish other people on your team would emulate and who other players off your team admire. 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!



The tournament will be held at the Lebanon Sports Complex, located north-east of Cincinnati, OH. The official address is: Lebanon Sports Complex, 900 McClure Rd, Lebanon, OH 45036

Headquarters Hotel to the Lebanon Sports Complex:

- Turn RIGHT onto MASON-MONTGOMERY RD. 0.5 Miles
- Turn LEFT onto FIELDS ERTEL RD. <0.1 Miles
- Merge onto I-71 N via the ramp on the LEFT toward COLUMBUS. 5.1 Miles
- Take the KINGS MILLS RD WEST / OH-741 N exit- EXIT 25. 0.2 Miles
- Turn LEFT onto OH-741. 1.0 Miles
- Turn RIGHT to stay on OH-741. 1.1 Miles
- Turn RIGHT onto US-42. 4.5 Miles
- Turn LEFT onto MCCLURE RD / TOWNSHIP HWY 71. -0.1 Miles

Cincinnati/Northern Kentucky Airport to the Headquarters Hotel:

- Take I-275 East toward Cincinnati 3.3 Miles
- Merge onto 1-75/I-71 North via exit 84 7.6 Miles
- Keep right onto I-71 North via exit 1B 19.4 Miles
- Take the Mason-Montgomery Road exit 19 towards Fields Ertel 0.2 Miles
- Turn LEFT on Mason-Montgomery Road 0.7 Miles
- Turn LEFT onto Natorp Boulevard <0.1 Miles

Dayton Airport to the Headquarters Hotel:

- Merge onto I-70 East towards Columbus 1.6 Miles
- Take I-75 South via exit 33A 38.6 Miles
- Take Tylersville Road exit 22 0.3 Miles
- Turn LEFT onto Tylersville Road 3.6 Miles
- Turn RIGHT onto Mason-Montgomery Road 3.0 Miles
- Turn RIGHT onto Natorp Boulevard <0.1 Miles

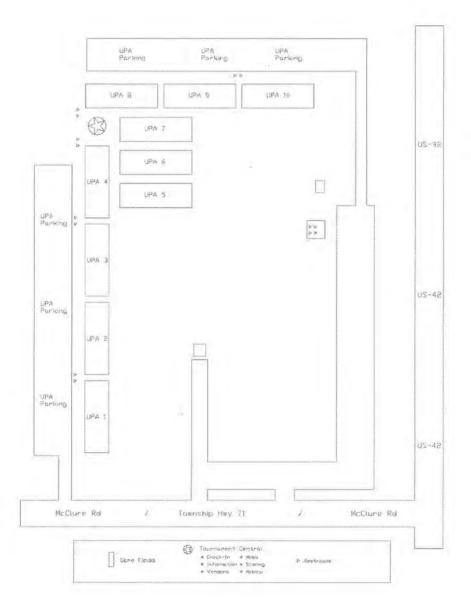
Lebanon Sports Complex to The Beach Waterpark:

(2590 Waterpark Drive, Mason, OH 45040)

- Start out going East on McClure Rd/Township Hwy 71 towards US-42
- Turn RIGHT onto US-42 4.5 Miles
- Turn LEFT onto OH-741 1.1 Miles
- Turn LEFT to stay on OH-741 0.6 Miles
- Turn LEFT onto Beach Blvd <0.1 Miles
- Turn RIGHT onto Waterpark Dr 0.1 Miles

Lebanon Sports Complex to Bethesda Medical Center

- Turn left on US 42 0.0 mi.
- Turn right on Hwy 48 1.6 mi.
- Turn left on Hwy 48 0.4 mi.



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Medical staff (trainer and EMT) will be available through the event at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness.

Directions to the local hospital can be found in the "Directions" section of this program.

Concussions

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

Heat, Nutrition and Hydration.

- Heat-related illness occurs where 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 change in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased urine output and change in color.
- Prevention and Treatment of Heat Illness
 - o 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?
 - o Drink and eat 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, 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, 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

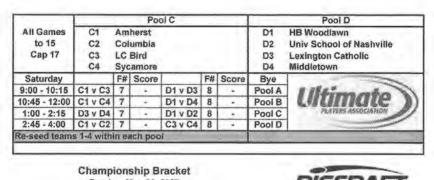
- Players and spectators should make every effort to keep objects, including but not limited to bags, strollers, chairs, coolers and tents, as far away from the playing field as possible.
- If a player feels that an object on the sideline is not safe, s/he should inform Event Staff and should refrain from playing until s/he is satisfied that safe conditions have been established.
- The UPA 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 the UPA or Event Staff, unsafe for players, staff, or spectators.

Lightning Guidelines

- Event staff will communicate with players and spectators via PA system and field marshals equipped with radios that there is a lightning danger, play will be stopped, and everyone should seek shelter.
- Safe Shelter for players and spectators at the Lebanon Sports Complex 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 crouch 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.

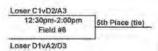


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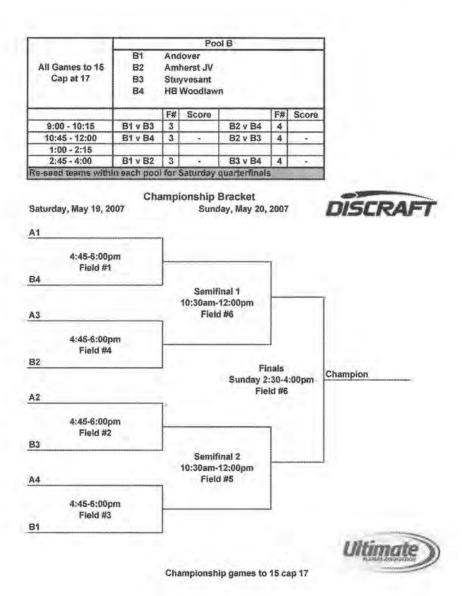


Ultimate

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Amherst Regional Hurricanes Amherst, Mass. Coach: Tiina Booth



The Ultimate program was established in 1990 by English teacher Tiina Booth. The first teams were made up of students who dawdled too long after class, and other kids that Tiina could convince to play. In 1992, she founded the Amherst Invitational, the oldest continuous high school tournament in the U.S. Since those early beginnings, the program has grown to include six Ultimate teams, a fall intramural league, and a thriving middle school program that routinely attracts 70+ every spring.

A number of years ago, once the team was finally granted varsity status by the athletic department, they decided to adopt the school name and school colors-the Hurricanes.

This year's version of the 'Canes has experienced some rough spots during the season. They finished third at both the Paideia Cup and Amherst Invitational. Their biggest regret, however, is not being able to meet this year's version of Paideia, a team clearly above the rest of the East Coast high school field. They look forward to bringing their best against every team they play in Cincinnati!

Columbia CHS Ultimate Maplewood, N.J. Coaches: Anthony Nunez, Benny Haim, Jon Lin

Fieldston Eagles Bronx, N.Y. Coach: Benjamin Wearn

Fieldston Ultimate began around the year 2000. The program was started with John Lambert coaching, built up by Vinni Drybala until last season, and is now led by Benjamin Wearn. (What is it about science teachers and Ultimate, anyway?) The team wouldn't be where it is without a long history of parent support and the strength of the New York City Ultimate League.

We are neither an army of ants, nor a swarm of bees. We are more than a quiver of cobras or a flight of doves. We are a Convocation of Eagles. James Madison Memorial Midwest Express Madison, Wisc. Coach: Dan Raabe, Jen Buchholz, Tyler Conn

LC Bird

Skyhawk Ultimate Club Chesterfield, Va. Coaches: Nick Ligatti



(Head Coach), Paverick Nicolas (Assistant Coach), and Ray Heath (Assistant Coach)

The team has been in existence for six years. It was started by a bunch of seniors that just got together and played. In 2002, with one returning player, the team grew to have twenty members. The captains decided that they wanted to compete nationally, so we traveled to our first tournament (Deep Freeze in Chattanooga, TN). We won two games that weekend, and the players were hooked. Since then we try to play in five or six tournaments a year. The last three years we have hosted a tournament in December to raise money for the Leukemia and Lymphoma Society and this year we hosted a tournament with CorssOver Ministries to help them raise money to provide health care for homeless and impoverished citizens

We have been to many tournaments throughout the season including Tidewater Tune-up (November), Sue Inge (December), Deep Freeze (January), YHB DC Invite (March), CrossOver Challenge (April), and States (May). We started out the season placing 5th at Tidewater, with horrible conditions on Sunday. At Sue Inge, we lost a tough game against CHUFF, but rebounded to take third from Woodside. Over Winter Break we worked hard and with the help of some of our alum, we went to Deep Freeze ready for the spring season. We played tough all weekend, and came in second to University School of Nashville. At the DC Invite, we lost some very close games to top teams and eventually took 4th. In addition to the tournaments, we started the first Central Virginia Utimate League, we are currently undefeated in the league.

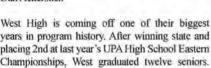
Lexington Catholic Knights Lexington, Ky. Coach: David Wu



Lexington Catholic Knights: The Ultimate Frisbee program at Lexington Catholic has existed for six years. In 2003 we went to the UPA High School Championships and in 2005 we attended the first Mixed Youth Club Championships. We placed 3rd and won the Spirit award. Since Easterns traditionally falls on our graduation date (as it does this year) we feel honored to receive a bid with our Freshman-Junior squad. It is also an honor to be the first team from Kentucky to receive a bid to Easterns.

Madison West

Madison, Wisc. Coaches: John Hugget, Brendan Egan, Dan Ackerstien



Championships, West graduated twelve seniors. Depleted of seniors this year, West looks to their junior and sophomore leadership throughout 2007 and into 2008 to help carry more of the load.

So far West has yet to record a "big win," so to speak, and after strong showings at Terminus and Mudbath despite a dwindling roster, we look to make our biggest impact yet on Easterns this year.

Middletown Firestarters Middletown, Conn. Coach: Trevor Charles



Middletown is in its third year of existence, founded by three students, Todd Hettrich, Austin Raymond, and Bobby Meskill. Initially unrecognized, and therefore not allowed to use the school mascot, the Blue Dragons, the team chose play off the dragon variation and go with the Firestarters because they started something new in Middletown. Quickly rising among the ranks in New England, Middletown finished 2nd to Amherst in last year's New England tournament. The team hosted this year's states and helped form the Connecticut Ultimate League open to all high schools in Connecticut. Needham Needham Ultimate Needham, Mass. Coaches: Dan Hourigan, Jared Salvatore

Our team has been around since 2001, becoming very serious and competitive after the 2003 season. This past season we got a few alumni to help out the team as coaches, and we hope to make the 2007 season our best yet. With the help of an after school program at the middle school, and a strong showing of underclassmen wanting to play this season, Needham looks to be a powerhouse for many years to come.

Our team has played at one college tournament, beating Amherst Regional High School 11-8 in the first round of pool play. We play one or two regular season games per week, so far winning all three of those games. Starting April 22nd, we have four tournaments in three weekends, with it being capped off with the Amherst Invitational

North Hills Blaze Pittsburgh, Pa. Coach: Nick Kaczmerek

This team started out as a couple kids playing Ultimate in their elementary school gym in third grade. It slowly grew and picked up more players as the main core got older, until a breakout tenth grade year. Now there are over 20 players on the varsity team, and there is a girls and junior varsity team. The name "Blaze" was just thought up by a player and everyone agreed that it is a sweet name.

2007 MPA high Respond to hum Chung Capity of the Capity of Cast



Northfield Mt. Hermon Hoggers Northfield, Mass.



Princeton P-HUC Princeton, N.J.

At our Summer School in 1968, Jared Kass, then a teaching fellow from Amherst College, taught a rudimentary team sport involving a flying disc to a group of interested students, among them, Joel Silver. Back home in New Jersey, Silver, with friends, popularized the game and later codified its rules. Kass may have brought the nascent version of Ultimate up to Mount Hermon from the next county, and the rules may not have been written until sometime afterwards, but it is fair to say that without that fateful interchange between Kass and Silver, on this very campus, the self-officiated, freeflowing game we know and love would not exist as it does today..

Pennsbury

Pennsbury Ultimate Fairless Hills, Pa. Coach: Darwin William Kieffer III



The team at Pennsbury was started by seven students in 1998. Since then it has grown into an established program with an A team, a B team and a Girl's team. We are two-time Pennsylvania State Champions and five-time Philadelphia City Champions. The first team name was Pennsbury SCUM, from which it became Pennsbury Peyote and has since evolved into Pennsbury Ultimate.

As defending Pennsylvania State Champions, we are excited to return with a core group of seniors that have been playing together for three years. The fall season was exciting and we went undefeated against high school and college teams, finishing 28-0. Teams we defeated included Columbia, Princeton, North Hills, Yorktown, Woodside, Stuyvesant, Penn State, Princeton University, and Bucknell. We qualified for Club Sectionals, but declined our bid in order to play in the annual Kat in the Hat tournament, which we won. We also won our own tournament, Fall Brawl, and the Tidewater Tune-up. After 1st place finishes at the DC Invite and Born to Dive this spring, our first wake-up call came at the Paideia Cup, where we finished in 4th place. May will be an exciting month and the last chance for us to prove our greatness.

The Princeton High Ultimate Club, or P-HUC, has been around for roughly 15 years in many different forms. At times there have been coaches, but currently the team is run by the returning seniors from last year's squad that went to the UPA High School Eastern Championships. We practice in the fall and spring on the front lawn of our school and play in tournaments all along the east coast. We are members of the New Jersey School Ultimate League and play matches throughout the fall season, culminating in the state tournament, where last year P-HUC had their best finish, losing in the finals to Columbia 15-13.

In the two tournaments that P-HUC has entered thus far (April 18) they have compiled a record of 7-4, losing to Pennsbury twice and HB Woodlawn twice. At the YHB invite in DC, P-HUC came in third place in the two day tournament after bringing only nine players. P-HUC's only loss in pool play was 9-6 to Pennsbury. On the second day, P-HUC lost in the semi's to HB, but came back to defeat LC Bird for third place. At Pennsbury's Born to Dive tournament it was a similar story except losing to HB in pool play and Pennsbury in the semis. Aside from those four games P-HUC has remained undefeated. P-HUC also played in the Hip Hop on Pop tournament on April 21 and has continued to play in league games



Sycamore Syc Ultimate Montgomery, Ohio Coaches: Steve Rock, Mike Gutekunst

Sycamore High School has had an Ultimate team since 2004. We play in a local mixed league that currently has 16 teams playing an eight-week spring season. This team understood the Spirit of the Game® early on, winning more Spirit awards than games for the first several years. This year we still have some of the team's charter members, but the roster has grown considerably, as has the popularity of the sport at the school. The team's name, Syc Ultimate, is a fortuitous word play on the school's name, because although we like scoring points, we really appreciate syc layout bids and D's.

Our year started with a fall Recreation league that gave us a chance to play against some college players and some veterans, and gave some game time to some of our newer players. We hosted the Huckoween tournament at the end of October, and had a very good weekend, losing only to Lexington Catholic in the finals. The Cincinnati Ultimate Players Association (CUPA) runs the Youth Ultimate Cincinnati (YUC) league. This year the league has a highly competitive A division, and although the early spring games are often played with a gusty cross wind on top of soggy field conditions, halfway through Sycamore is in the hunt for a very successful season.

University School of Nashville Brutal Grassburn Nashville, Tenn. Coach: Mike Lutz



Brutal Grassburn, is the result of an eighth grade change project by the founders Dan Hodges and Brooks Daverman in 1994. The team started its storied rise to a national power with the addition of volunteer coach Michael Lutz. Girls were recruited to the team in 1997. In 1999 the girls and the boys both had entries to the UPA High School Championships. Since the beginning Brutal Grassburn has shown its free spirit and commitment to the Spirit of the Game®, winning both a National Championship and multiple Spirit of the Game® awards. Several names were thrown around during the early days. Fate or destiny, we may never know which, gave us Brutal Grassburn. Yorktown/HB Woodlawn YBH Arlington, Va. Coach: Will Smolinski



YHB Ultimate has been around since 1999 when some Yorktown students began organizing their own pick-up games. After several years, players from a program in Arlington called HB-Woodlawn started attending in greater numbers. As the team became more competitive and dedicated Dave Soles started developing YHB Ultimate as HB-Woodlawn's sole athletic team. Currently there are 75 students that play Ultimate with YHB which represents about 20% of HB-Woodlawn's student population. Since its conception YHB prides itself in allowing anybody who wishes to play Ultimate to play no matter their commitment level. YHB continues to be the keynote youth team in the Washington D.C. area with their high level of competitive play and friendly spirited play.



Aml	nerst Regional			22	Evan Krasner	Jr.	5'7"
2	David Baecher	Sr,	5'11"	25	Zack Green	So.	5'8"
3	Finn Olcott	Jr.	5'11"	26	Dean Acheson	Fr.	5'5"
4	Charlie Forray	Sr.	6'1"	27	Cameron Sinsheimer	Jr.	5'11"
5	Micah Franzman	Sr.	5'10"				
6	Zach Phillis	Jr.	5'11"	Jam	es Madison Memorial		
7	Jake Stocker	Jr.	5'8"	8	Dan Park	Jr.	5'10"
8	Andrew Kieffer	Jr:	5'9"	11	Matt Paul	Sr.	6'3"
9	Misha Herscu	So.	5'11"	16	Craig Price	Jr.	6'1"
10	Adam Salwen	Jr.	5'8"	18	Michael Fose	Sr.	5'10"
11	Matt Guild	Sr.	5'8"	21	Ilya Karasin	Jr.	5'11"
12	Ben Blumberg	Sr.	5'11"	22	Matt Olsen	Sr.	5'10"
14	Julian Summa	So.	6'1"	25	Lucas Turpin	Sr.	6'0"
15	Patrick Sephton	Jr.	5'11"	34	Danny Winter	Sr.	6*0**
16	Evan Bobrowski	Jr.	5'11"	35	Thomas Huncosky	Sr.	6*3**
17	Jonah Herscu	Fr.	5'11"		Joe Jung	Jr.	5'10"
18	Michael Lawlor	So.	5'10"		Michael Radloff	Sr.	6'0"
21	Patrick Roberts	Sr.	6'2"		Straining and and		
24	Colin Shea	Sr.	6'4"	LC	Bird		
27	Kellen Corkill	Sr.	5'8"	00	Alex Foldenauer	Sr.	6'2"
33	Russell Wallack	Sr.	5'11"	2	Troy Ukrop	Jr.	5'10"
55	Russell Wallack	01.	2.11	3	Ian Fletcher	Jr.	6'0"
Calu	imbia			4	Chad Garrett	Jr.	5'5"
	Declan O'Connell	Jr.	5'8"	7	Chris Wu	Jr.	4'8"
	Taylor Jordan	So.	5'7"	8	Kevin Walke	Jr.	6'0"
4	Aidan Pomper	Fr.	5'5"	09	Tschuna Gibson	Jr.	5'7"
5	Mike Brenner	So.	5'10"	9	Matt Harris	Só.	6'1"
,	Andre Peterson	St.	5'9"	11	Aaron Renolds	Sr.	6'2"
)	Jonah Sprung	Jr.	5'7"	15	Josh Smith	Só.	5'10"
0	Julian Elman	Sr.	5'11"	27	Douglas Self	Fr	
3	Josh Cincotta	Jr.	5'9"	66	Tim Rusbasan	Jr.	5'6" 5'10"
15	Jeremy Golden	So.	5'6"	89	Philip Dewire	Jr.	6'4"
21				99			
	Zander Padget	Jr.	5'11"	99	Michael Patterson	Jr.	5'10"
23	Jesse Moy	Sr.	5'7"	1.00	Columbation in a second s		
27	Jake Barriero	Sr.	5'8"		ington Catholic		
28	Ben Richardson	So.	6'1"	1	Chris Walker	So.	5'8"
32	Brian Walter	Jr.	6'1"	2	Aaron Corley	Jr.	5'9"
88	Sam Cohen-Wade	Jr.	5'10"	3	Trip Stephens	Fr	5'10"
12	Alex Holtz	Jr.	5'11"	4	Taylor Balko	Jr.	6'1"
50	Ben Swerdlow	Jr.	5'6"	5	Charlie Fieseler	So.	5'7"
50	Tim Morissy	So.	5'10"	11	Kevin Athy	Fr	6'0"
30	Peter Felsman	So.	6'2"	13	Michael Harr	Fr	5'6"
34	Sam Roche	So.	5'7"	21	Sam Athy	Jr.	6'0"
				23	Lee Richardson	Jr.	5'9"
	iston		Carl	24	Will Corley	Fr	5'0"
	Peter Baryshnikov	Sr.	6'0"	26	Tammy Cottam	Jr	5'1"
2	Aaron Profumo	Sr.	6'0"	30	Ethan Bowling	So.	5'8"
Ð.,	Marcus Goldman	Jr.	5'8"	82	Chris Lee	So,	5'8"
5	Annie deBoer	Jr.	5'4"				
5	Sam Barasch	Jr.	5'9"				
18	John Acheson	Sr.	5'10"				
19	Russell Taylor	Sr.	6"3"				

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							A second second
Ma	dison West			32	Dan Katz	Sr.	6'0"
1	Peter Graffy	Jr.	6'1"	64	Pat Holly	Sr.	6'4"
4	Ben Nadler	So.	5'9"	76	Mike Quinlan	So.	6'3"
7	Toney Bosscher	Sr.	5'10"	77	Branden Steinberg	Sr.	5'9"
9	Topher Kazanski	Jr.	5'6"				
14	Setj Collins	Jr.	6'1"	Nor	th Hills		
18	Pat Laphillip	So.	5'9"	0	Jeff Olko	Jr.	5'11"
23	Jordan Laz Hirsh	Jr.	6'0"	- a -	Alex Martinez	Jr.	6'0"
28	Nate Sender	Jr.	6'0"	2	Alex Thorne	Jr.	5'6"
33	Corey Strelstra	Jr.	6'3"	4	Greg Sencak	Jr.	5'11"
41	Evan Elderbrock	Jr.	5'11"	5	Colin Conner	Jr.	5'10"
42	Tom VerHoeve	So.	5'8"	7	Mike Oliphant	So.	5'7"
69	AI Matthews	So.	5'10"	8	Collin Hite	So.	5'10"
84	Michael Armstrong	Jr.	5'10"	9	Chris Lippert	Jr.	6'1"
00	Ian Tanadjaja	So.	5'8"	11	Jack Gazdik	Jr.	5'9"
-	and a survey of a			12	Ryan Earles	Jr.	6'1"
Mie	Idletown			13	RJ Mancuso	So.	5'8"
0	Devon Townsend	Jr.	5'11"	14	Evan Kurpewski	Jr.	5'10"
3	Tom Trelski	Jr.	6'3"	15	Dennis Damico	Jr.	5'9"
6	Steve Szarek	Sr.	5'10"	17	Paul Rust	Jr.	5'10"
8	Case Garner	So.	6'0"	19	Ben Funk	Jr.	5'10"
9	Lisa Chamberland	So.	5'5'	24	Jack Ross	So.	5'11"
10	Matt MacAlear	So.	6'0"	25	Justin Lubbert	Jr.	6'0"
13	Peter Drewniany	Jr.	5'11"	27	Dan Robertson	Jr.	5'10"
15	Alex Wetherell	Fr	5'8"	28	Zack Cervone	Jr.	5'6"
18	Ryan Kelley	Sr.	5'11"	33	Dave Yee	Jr.	5'7"
17	Bobby Meskill	Sr.	6'0"	37	Paul McNamee	Jr.	5'9"
20	Juan Ortiz	Sr.	5'7"	77	Matt Scanlon	Jr.	6'1"
23	Ryne Gervais	Jr.	5'11"		that Southon		0.1
24	Matt Fillion	Jr.	5'10"	Nor	thfield Mt. Hermon		
25	Marc Linares	Jr.	5'10"	3	Weston Halkyard	Jr.	5'11"
28	Bronson Vajda	So.	5'7"	4	Tanner Halkyard	Jr.	5'11"
30	David Soppleand	Jr.	6'3"	5	George Posner	Jr.	5'11"
33	Michael Ford	Sr.	5'11"	6	Greg Loweth	Sr.	6'1"
88	Jonathan Aldieri	Fr.	5'4"	7	Ben Hefner	Jr.	6'0"
99	Matt Secore	Jr.	5'11"	8	Joe Charpentier	Jr.	5'8"
24	inter offering			9	Tom Fagan	Jr.	5'11"
Nee	dham			10	Ed Kerstein	Sr.	5'10"
3	John Barker	Sr.	5'11"	12	Victor Barcaru	So.	5'10"
4	Corey Mindlin	Sr.	5'8"	13	Corey Jarecki	Sr.	6'3"
6	Andrew Lunetta	Sr.	5'10"	15	Owen Kasser	Sr.	6'2"
7	Jeff Escalante	Sr.	5'11"	17	Gabe Gallagher	Jr.	5'10"
8	Tom Bassett	Sr.	5'10"	24	Ben Weyers	Jr.	6'4"
9	Tom Allen	Jr.	5'9"	21	Den neyers	an.	0.4
10	Scott Gillespie	Sr.	6'0"				
11	Tom Georgevits	Sr.	5'11"				
13	Erik Huemiller	Sr.	5'11"				
14	Mike Virginio	Sr.	6'2"				
15	Ryan Holmes	Jr.	6'0"				
17	Nick Payne	Sr.	5'11"				
27	Rvan Maddalo	Jr.	5'8"				
28	Jeff Steeves	Sr.	5'9'				
-0	Cont Diverted	104+	1 A A				



	nsbury			32	Josef Kisør	Jr.	5'9"	
3	Mark Dundala	Sr.	6'1"	34	Stacy Shutts	Sr.	5'8"	
9	Alex Blum	Sr.	5'10"	35	Alex Rock	Jr.	5'11"	
11	Joe Karoly	Sr.	6'0"	36	Sanjay Choudrey	Jr.	5'10"	
15	Denny Bechis	So.	5'10"	42	Tony Huron	Sr.	5'10	
18	Jon Pfancook	Sr.	5'8"	44	Jenn French	Sr.	5'8"	
19	Isaac Saul	So.	5'10"	47	Allen Streck	Jr.	5'10"	
20	Michael Principi	Sr.	5'8"	99	Misha McCormick	So.	5'9"	
22	Tim Berg	Sr.	5'11"					
23	Alex Eng	Sr.	5'10"	Uni	versity School of Nashville			
24	Noah Saul	Sr.	6'0"	0	Dan May	Sr.	5'11"	
27	Elijah Karoly	Jr.	6'2"	1	Gray Dowsley	Jr.	5'10"	
28	Aaron Pavitt	Sr.	5°10"	2	Markham Shofner	Sr.	6'0"	
29	Scott Wright	Sr.	6°0"	3	Mikey Badr	Jr.	5'6"	
34	Matt Wilson	So.	5"11"	4 -	Avi May	Jr.	5'5"	
72	Justin Principi	Jr.	5'10"	5	Patrick Quinn	Sr.	6°3"	
88	Curtis Toews	Sr.	5'9"	6	Sam Warlick	Jr.	6'1"	
				7	Will Spiva	Jr.	5'10"	
Prin	ceton			8	Ari Schiftan	Sr.	6'0"	
2	Geoff Irving	Sr.	5'9"	9	Nicky Spiva	Sr.	6'2"	
5	Nick Prior	Sr.	5'11"	10	Joseph Prasit	Jr.	5'9"	
7	Ian Gabriel	Jr.	5'9"	11	Peter Wittig	Fr	5'11"	
9	Toly Rinberg	Sr.	5'11"	12	Edward Linton	Sr.	6'1"	
11	Andrew Bergman	Sr.	5'9"	14	Josh Vann	Fr	5'8"	
13	David Hu	Sr.	6'1"	15	Sam Linton	Jr.	6'0"	
17	Tamara Koeke	Jr.	5'4"	16	Will Knowles	8th	5'10"	
18	Will Henry	So.	5'10"	17	George Meyers	8th	5' 8"	
20	Adam Mertz	So.	5'7"	18	Ben Ramsaur	So.	5'11"	
22	Miheer Mhatre	Sr.	5'11"	19	Douglas Schatz	Sr.	6'4"	
27	Rahool Padhye	Sr.	6'1"	20	Powell Regen	So.	5'10"	
41	Yu-Han Hsu	Sr.	5'4"	20	rowen Regen	50.	5 10	
46	Alex Kinsey	Sr.	6'1"	Vorl	town/HB Woodlawn			
71	Andrew Gavenda	Sr.	5'9"	2	Jake Ward	So,		
11	Addition Ouverlag		51	3	Jonathan Caldera	Sr		
Suco	more			4	Matthew MacInnes	Sr		
00	Jessie Tufts	Jr.	5'9"	7	Christopher Fergusson	Sr.		
01	Andrew Stubblebine	Sr.	6'1"	8	Iv Neov	Sr		
2	Sam Snow	Sr.	5'9"	9	Mackenzie Conway	Sr		
3	Lehla Kisor	Sr.	5'4"	11	Svet Neov	Sr.		
4	Emily Eckert	So.	5'6"	12	Connor Echols	Sr.		
7	Phil Brodrick	Jr.	5'10	14	Andrew Malone	Sr.		
9	Garrett Steinbuch	Fr	5'8"	16		Sr.		
11			5 8 6'0"	23	Chase Raines	Sr.		
	Kevin Semones	Jr.		1000	Sam Duarte			
12	Ayaka Matsui	Jr.	5'4"	28	J.P. Mohler	Jr.		
13	Mark Szymczak	Jr.	5'10"	30	Kyle Fredricks	Sr,		
15	Melissa French	Fr	5'4"	33	Nathan Schelble	Sr.		
17	Will Eckert	Sr.	5'10"	43	Michael Gibbs	Jr.		
18	Sam Pollak	Sr.	5'!0"	47	Mike Van Ness	So.		
20	Mark Dapkins	Jr.	5'10"	50	George Foster	Jr.		
22	Rita Klofta	Sr.	5'8"	52	Brandyn Diachenko	Sr.		
23	Gus Klofta	So.	5'11"	55	Max Rhodes	Sr.		
24	Adam Aleksa	Sr.	6'1"	6.	Jacob Saracco	Jr.		
27	Scott Stubblebine	So. Jr.	5°10" 5'11"	72	Joe Anderson	Jr.		
28	Tom Zajdel							

18 2017 UPA Hen School Easton Championships Event Busk



Amherst Regional (Varsity) Hurricanes Amherst, Mass. Coach: Susan Morrello, Jason Stevens



This is the 11th year of a girls team at Amherst Regional High School. The office legend is that the name Hurricanes may have come from the fact that there was a hurricane with much flooding the year that the school was built in 1955.

Nor'easter, rain, unplayable fields, some more snow, some more rain, unplayable fields, canceled tournament. Finally some dry fields, three games against college teams, all in our favor. We are so hungry for Ultimate and are sprinting to put 7 on the line.

Amherst Regional (JV) Hurricanes Amherst, Mass. Coach: John Bechtold



The JVA girls of Amherst are celebrating their 10th year of existence. Still rivaling many of the top varsity teams in the game, culminating in a 2nd place finish in the 2004 UPA High School Championships, the JVA is looking forward to their return to the UPA High School Eastern Championships.

With a late New England start, the girls are still just beginning their season. We are looking forward to getting on the grass to compete with other high school and college teams.

Andover Lady Gophers Andover, Mass. Coach: Erin Baumgartner, Maurcen Taylor



This season, coming off a signature New England winter and spring, the Andover Gophers have been eager to get on fields and into competition. In spite of inclement weather, they have practiced for months and are boasting a roster with many experienced and spirited players.

Recently some of the team traveled to Atlanta to compete at the Paideia Cup on a combined New England team. They placed 3rd and returned to Andover with high prospects for the season. Andover has a great mix of new and returning players this year and with every game they improve their skills and plays and spirits are high. They aspire to improve on 2006's 3rd place Eastern's finish and a 2nd place Massachusetts State Championship finish.

Columbia Sparkle Motion Maplewood, N.J. Coach: Jen Freeman



Sparklemotion Ultimate was created by Vanessa Low and Maia Cincotta in 2005, when they decided to organize the women Ultimate players of Columbia high school and sent in a bid for the UPA High School Eastern Championships. That year, seeded last place, the team triumphantly took 3rd in a surprising sweep. Ever since, the team has been training hard in the fall and spring seasons, building up its base of underclassmen. from newbies to real Ultimate players. The name Sparklemotion comes from the classic movie, Donny Darko.

James Madison Memorial Maha Divas Madison, Wisc. Coach: Kevin Johnson, Katie Dorsch

Stuyvesant Sticky Fingers New York, N.Y. Coach: Andy Lykens, Amy Chou



The Stuyvesant Sticky Fingers Girls' Ultimate Team has been in existence for 18 years. Last year, our team struggled with only 10 players, and no coach. This year, however, we have turned things around. There has been a huge interest in Ultimate at our school this year, and we recruited many enthusiastic and talented girls to our team during the fall. We now also have two experienced coaches who have been a tremendous help teaching the sport to the newbies and making the team more competitive as a whole.



University School of Nashville Too Brutal Nashville, Tenn. Coach: Amy Dortch



This has been a building year for Brutal Grassburn. The girls are suffering from losing 9 players to graduation last year. Brutal walked through the competition at Deep Freeze. Cold. windy weather didn't slow the team much at Mud Bowl, providing the girls with their first win against college and club teams. Parts of both the boys and girls teams came together to compete as a mixed team during spring break at Terminus. Most recently, Too Brutal competed at Paideia Cup, finishing better than expected with such a new team. Now the preparations for the UPA High School Eastern Championships. New cheers, new Goo-Goos, you just never know what to expect from the most Spirited team in the country.

Yorktown/HB Woodlawn Kilojoules Arlington, Va. Coaches: Katic Klein, Dave Soles

We are in our 3rd year as a separate women's program and so far it's been our best year yet. We had 14 girls returning from last year and a dozen new recruits. This year's other improvements include a female coach, a field watering system, light and dark jerseys, and several girls-only games before the UPA High School Eastern Championships. Our team name comes from our undying love of chemistry. A kilojoule is a unit of energy, a lot of energy, which is what we have. When yelled it also sounds like Snoop Dogg talking about bling, which we also bring.

We hosted our own tourney and went 3-1, only losing to Durga on double game point. We won the female division of the burrito eating contest. At the Paideia Invite we beat the Canadians, lost a close game to Nashville and got whomped by the powers that be.





							100 mg
Am	herst Regional (Varsity)			Col	umbia		
3	Sophie Rabinovitz	Sr.	5'4"	0	Kate Donatelli	Fr.	4'11"
4	Silin Garfield	Jr.	5'0"	1	Claire Kearns-McCoy	Fr.	5'5"
6	Rosa Neff	Sr.	5'4"	2	Marlena Skrobe	Jr.	5'4"
7	Jenny Lindsey	Sr.	5'5"	3	Allison Phillips	Fr.	5'1"
8	Amber Sinicrope	Sr.	5'4"	4	Mary Jameson	Jr.	5'6"
9	Sarah Berlin	Jr.	5'2"	6	Leah Garber	Fr.	5'1"
10	Lauren Baecher	So.	5'8"	9	Karin Oxford	Jr.	5'4"
11	Claudia Tajima	So.	5'7"	10	Judith Garber	Sr.	5'1"
12	Michelle Huber	Sr.	5'3"	12	Eva Sachs	Fr.	5'0"
13	Nikki Kaufman	So.	5'6"	17	Karina Moy	Fr.	5'0"
17	Liz Duda	Jr.	5'1"	18	Jenny Podel	Fr.	5/5"
19	Kate Campbell Strauss	Sr.	5'8"	21	Kaite Haas	Fr.	5'6'
21	Sophie Herscu	Sr.	5'3"	25	Margaux Loree	Jr.	4'11"
23	Olivia Crough	Jr.	5'6"	77	Emma O'Shea	Fr.	5'6"
89	Annie Fisher	Jr.	5'7"	84	Meghan Kashtan	Fr.	5'6"
				89	Reni Callister	Sr.	5'4"
Am	herst Regional (JV)						
1	Afra Danai	Fr.	5'0"	Jam	es Madison Memorial		
2	Isabella Gutierrez	Fr.	5'0"	0	Meredith Mount	So.	5'5"
3	Rosie Rabinovitz	So.	5'4"	3	Katie Banaswynski	Sr.	5'8"
4	Zoe Weizenbaum	Fr.	5'2"	5	Carolyn Sleeth	Jr.	5'3"
6	Zoe Elkin	Fr.	5'4"	7	Rachel Maffitt	Sr.	5'6"
23	Anna Levine	Jr.	5'5"	12	Randa Sourba	Sr.	5'9"
8	Anna Armstrong	Jr,	5'8"	17	Laura Schott	Sr.	5'7"
11	Julie Karpinski	Jr.	4'11"	18	Becky RosenFelt	Jr.	5'10"
12	Jenny Piela	So.	5'3"	19	Lauren Ablena	Jr.	5'5"
13	Juliana Morgan-Trostle	Jr.	5'5"	21	Jessica Liu	So.	5'8"
14	Jackie Slocum	Jr.	5'5"	27	Katherine Kungui	Sr.	5'6"
16	Sally Marcus	So.	5'3"	28	Kelsey Johnson	Jr.	5'6"
22	Sam Roach	Jr.	5'2"	32	Meredith Bray	So.	5'6"
7	Keelin Berman	Fr.	5'8"	33	Francesca Brumm	Sr.	5'0"
29	Molly Krifka	So.	5'7"				
	lover	-					
2	Abby Zuckerman	Jr.	5'4"				
7	Aline Dargie	So.	5'8"				
8	Avery MacKenzie	Jr.	5'5"				
11	Katia Chapman	Jr.	5'3"				
12	Laura Zuckerman	Sr.	5'3"				
17	Emelie McKain	Sr.	4'11"				
21	1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 - 1 -	Sr.	5 '3"				
	Sarah Hempstead		5'5"				
26	Rachael Westgate	Jr.	5 5 5'4"				
28	Vicki Chang	Jr.	5'4				
37	Eadaoin Harney	Jr.					
38	Sarah Brown	Jr.	5'1" 5'9"				
44	Jackie Booth	Sr.	2.8				

Hannah Hastings Jr. 4'11" Emily Peterson So. 5'2" 5'2" Charlotte Purcell Jr. Annie Brown Jr. 5'1" Rebecca Ginsburg Jr. 5'2"

Sr.

5'3"

62

65

66

78

83

98

Emily Bondaruk

2007 UPH High School Easern Chempsonsings Bient Goule 21



Stur	vesant			Yorl	ctown/HB Woodlawn			
2	Constance Duong	Sr.	5'2"	51	Jami Barr	Jr.	5'8"	
4	Anna Slavina	Jr.	5'6"	50	Hannah Boone	So.	5'10"	
6	Julia Jin	So.	5'4"	22	Laura Burt	So.	5'3"	
7	Sara Miller	Sr.	5'7"	19	Kellie Duncan	So.	5'8"	
8	Della Chen	So.	5"7"	11	Veronica Elkington	So.	5'11"	
9	Grace Lin	So.	5'4"	23	Hannah Fish	So.	5'7"	
10	Natasha Mishchenko	Jr.	5'8"	28	Allison Foster	Sr.	5"7"	
11	Angel Li	So.	5'5"	34	Emily George	So.	5'5"	
12	Krystal Lau	So.	5'3"	33	Rachel Hortman	So.	4'8"	
14	Ye Liu	Sr.	5'2"	43	Christine Kline	So.	5'8"	
16	Nicole Lau	So.	5'2"	20	Rachel Lupenbrgr	So.	5'7"	
17	Elaine Chang	Sr.	5'5"	37	Mary McLaughlin	So.	5'8"	
19	Michelle Ma	So.	5'2"	9 -	Phobe Rosen	So.	5'4"	
21	Jin Hyae Chun	So.	5'5"	68	Liza Rozen	So.	5'3"	
22	Charissa Ng	Jr.	5'4"	48	Emily Schwartz	Jr.	5'5"	
23	Cathy Zhang	Sr.	5'5"	45	Meredith Steen	So.	5'8'	
24	Palak Shah	Sr.	5'1"	10	Tori Stempniewicz	Jr.	5'5"	
28	Laura Chen	So.	5'5"	70	Susan Yousuf	So.	5'4"	
29	Jessica Kwok	So.	5'3"					
69	Tetyana Dolotova	So.	5'5"					

Uni	versity School of Nashville		
1	Margie Quinn	So.	5'9"
2	Taylor Hannasch	So.	5'6"
3	Justine Hart	Jr.	5'8"
4	Nora Hoover	Jr.	5'8"
5	Alex Eaton	So.	5'10"
6	Ricci May	Fr.	5'9'
7	Molly Doctor	Sr.	5'5"
8	Alison Lutz	Fr.	5'9"
9	Julianne Hyer	Fr.	5'5"
10	Rachel Vann	7th	5'1"



TriHealth, a community partnership of Bethesda North and Good Samaritan Hospitals, is pleased to be providing the sports medicine services for the 2007 UPA High School Eastern Ultimate Championships. TriHealth Sports Medicine will be providing the Certified Athletic Trainers for all the participants in this year's event. We encourage you to stop by if there is anything we might be able to provide for you. We wish you all the success and health available. If you have any questions or are in need of anything in particular, please feel free to contact me.

All the best, Greg Lynn ATC TriHealth Sports Medicine 513-247-8324 greg_lynn@trihealth.com

Bethesda North Good Samaritan

TriHealth CARING FOR PEOPLE FIRST



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 non-players 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 have 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 of 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 footblocking).
- 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 ok at any level.
- Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.
- · Coaches will always exhibit respect for opposing players.
- Coaches will always exhibit respect for other coaches.
- · Coaches will always exhibit respect for observer
- 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.



to pickup Sunday or purchase discounted vouchers for web orders

Cash/Visa/MC accepted

to see updated photos throughout the day

20% off prints or \$10 off posters ordered this weekend

VINGTACH

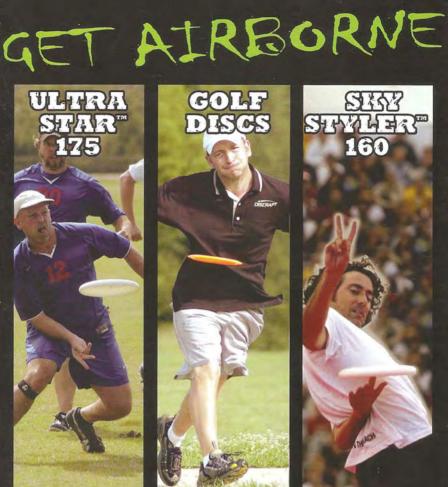
NG DISC WITH TACHOMETER



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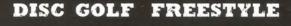
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