



Event Guide

Congratulations to all competitors!
Enjoy the Championships, and a **sponsorship from**
VC Ultimate - contact us for more info.



QUALITY

VC strives to bring you the highest quality,
top-performing custom gear possible.
100% guaranteed.



RESPONSIBILITY

All VC custom gear is manufactured in
North America... 40 minutes from our HQ.
Less fuel + happy workers = our commitment.



COMMUNITY

We support Ultimate - first, foremost & always.
Your team / tournament / fundraiser - all part
of our community. We want to support you.



GREEN

Green is more than VC's new favorite color.
Green is our lifestyle (zero waste office).
Green is our initiative (VC Green Program).

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VC ULTIMATE custom uniforms & apparel

Est. 1998

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STAFF

TOURNAMENT STAFF will be wearing yellow event staff shirts. If they can't answer your questions, they can point you to one of the following people to help you out.

Tournament Director: Darren Shultz
Volunteer Coordinator: Christie Lawry
Head Scorekeeper: Rachel Steigerwalt
UPA Director of Youth Development: Meredith Tosta
UPA Executive Director: Sandie Hammerly

Some of the **UPA STAFF** will also be on hand at the event. We look forward to spending some time out of the office with the people we work hard for every day.

Championship Series Manager: Matthew Bourland
Membership/Outreach Director: Melanie Byrd
Championship Director: Will Deaver
Executive Director: Sandie Hammerly
Communications Director: Kelley Kneib
Administrative Assistant: Val Nigro
Youth Development Director: Meredith Tosta

ULTIMATE PLAYERS ASSOCIATION
4730 TABLE MESA DR., STE J200, BOULDER, COLORADO 80305
TEL: 303-447-3472 FAX: 303-447-3483
WEB: WWW.UPA.ORG EMAIL: INFO@UPA.ORG

WELCOME

On Behalf of the Ultimate Players Association and the Community for Pittsburgh Ultimate, it is my great pleasure to welcome you to the 2008 UPA High School Eastern Ultimate Championships. We are excited to host the Championships back in Pittsburgh for a third time; eager to witness old rivalries and welcome the new faces who will be the future of our sport.

As Pittsburgh celebrates its 250th anniversary as a city, we look back at the rich heritage and character of our region with pride, and as an inspiring foundation for the future. From a smoky industrial city to the current evolved hub of culture, arts, robotics and medical progress, Pittsburgh has always been known as a pinnacle of sports. The Greater Pittsburgh region continues

to work to become a mecca of Youth Ultimate, and we're thrilled to have the talent and passion of this year's Eastern qualifiers to showcase our sport.

Saturday evening will feature another showcase, a game between two Nationals-level college teams which players can watch while enjoying some authentic Pittsburgh cuisine. Our volunteer staff will be working hard all weekend (as they have for months prior) to give you the best experience at this premier event. Please don't hesitate to ask them for any information or help that you need, or thank them for their tireless efforts. Congratulations and welcome to Pittsburgh!

Sincerely,
Darren Shultz
Tournament Director

COMPETITION RULES

- 11th Edition UPA 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.

SITE RULES

NO ALCOHOL! This is a high school event. You will be asked to leave if you are caught with alcohol.

NO DOGS! If you bring your dog, you will be asked to take him/her home. Do not leave your dog in your car.

SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 METERS AWAY FROM SIDELINES! Where there are buffer

lines, respect them. Where there are not buffer lines, stay back at least 3 meters.

TRASH AND RECYCLING! Place recyclable items (bottles, cans, paper/cardboard) in the recycling receptacles and place trash in the trash. Thanks to VC Ultimate for its support of UPA Easterns recycling through the VC Green program.



WEEKEND OVERVIEW

FRIDAY, MAY 9 – HOLIDAY INN MONROEVILLE

6:00-10:00pm Team Registration

SATURDAY, MAY 10 – TURNER VALLEY FIELDS

8:00am Captains Meeting

9:00am-6:00pm Pool play (Girls). Pool play (Open) and Pre-quarters (Open).

5:15-7:30pm Dinner is served at the main pavillion for players, coaches/chaperones (2/team), and event staff. Tickets for dinner available in players/coaches packs.

6:30pm Showcase game between the University of Pittsburgh and Ohio State University College Open teams. These national-caliber college teams typically advance far into the UPA College Series and will be in top form, ready to put on a great display of spirited, high-level Ultimate.

SUNDAY, MAY 11 – TURNER VALLEY FIELDS

8:30am-4:00pm Pool play (Girls). Championship and Consolation play (Open and Girls).

2:30pm Finals (Open and Girls)

Post-Finals Award Ceremony. Immediately following the finals, awards will be presented to 1st and 2nd place teams in each division, Spirit Award teams, and Spirit

SHOOTING PHOTOS AND VIDEOS

The Ultimate Players Association (UPA) appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by the UPA. Anyone wishing to record UPA Events for Commercial Purposes (as defined in the agreement) is required to sign the UPA Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood. The agreement is intended to protect the UPA's rights as an event organizer as well as to encourage and allow recording of UPA Events for both personal and commercial purposes beneficial to the sport and its participants. Please see UPA Communications Director, Kelley Kneib, at the event for more information.



SPIRIT AWARDS

Ultimate has traditionally relied upon a 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 UPA 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.

UPA SPIRIT RATINGS GUIDELINES

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

- 5: Highest level of respect shown throughout game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unflinchingly played fairly and with an excellent attitude.
- 4: Respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed above average knowledge of the rules and abided by them throughout the game. Any conflicts were resolved favorably and without incident. Opposing team's conduct did not detract from our enjoyment of the game. The opposing team played fairly and with a good attitude.
- 3: Generally exhibited respect towards opponents, officials, and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.
- 2: Exhibited a lack of respect towards opponents, officials, and/or spectators. For the level of play, showed a lack of knowledge of or disregard for the rules at points during the game. Any conflicts were resolved heatedly or led to contentious incidents. Opposing team's conduct detracted somewhat from our enjoyment of the game. The opposing team played unfairly and/or with a poor attitude.
- 1: Exhibited a major lack of respect towards opponents, officials, and/or spectators. For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game. Conflicts were resolved acrimoniously or led directly to contentious incidents. Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly and their attitude was abysmal.

INDIVIDUAL AWARDS

Teams 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!



HEALTH AND SAFETY

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 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?
 - 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 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 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.

Athletic Training Supplies Furnished by Medco Sports Medicine

**<http://www.medco-athletics.com>
1-800-556-3326**



DIRECTIONS

PITTSBURGH INTERNATIONAL AIRPORT TO TOURNAMENT HOTEL

*Holiday Inn Monroeville, 2750 Mosside
Blvd, Monroeville, PA 15146, 412-372-1022*

1. Head east - 0.3 mi
2. Continue straight onto Hangar Rd - 0.2 mi
3. Slight right at Springer Dr - 0.3 mi
4. Slight right at Hangar Rd - 0.2 mi
5. Turn right at Airport Pkwy/PA-60-BR - 3.0 mi
6. Take the ramp onto PA-60 S - 2.5 mi
7. Continue on US-22 E/US-30 E - 9.8 mi
8. Take exit 6A to merge onto I-376 E/US-22 E toward Monroeville - 14.1 mi
9. Take exit 14A toward PA-48/ Monroeville - 0.2 mi
10. Merge onto Mosside Blvd/ Orange Belt - 0.3 mi

TOURNAMENT HOTEL TO FIELDS TURNER VALLEY FIELDS

*3700 Turner Valley Road, North
Huntingdon, PA 15642*

1. Head southeast on Mosside Blvd/Orange Belt/PA-48 toward Daugherty Dr. Continue to follow Orange Belt/PA-48 - 8.2 mi

2. Turn left at Lincoln Way - 1.5 mi
3. Turn right at Coulterville Rd - 0.9 mi
4. Continue on Turner Valley Rd - 0.7 mi

FIELDS TO HOSPITAL

*UPMC McKeesport Hospital, 1500 Fifth
Ave, McKeesport, PA 15132*

1. Go north (left out of the parking lot and up the big hill) on Turner Valley Rd toward Ridge Rd
2. Turner Valley Rd becomes Coulterville Rd.
3. Turn left onto Lincoln Way and travel approximately 3.4 miles
4. Turn left onto PA-148 / Yellow Belt / 5th Ave. Continue to follow 5th Ave.
5. The UPMC McKeesport Hospital will be on your left, approximately 0.2 mi

FIELD SITE TO PITTSBURGH INTERNATIONAL AIRPORT

1. Head north on Turner Valley Rd toward Coulterville Rd - 0.7 mi
2. Slight right at Coulterville Rd - 0.9 mi
3. Turn left at Lincoln Way - 1.5 mi
4. Turn right at Jacks Run Rd/Orange Belt/PA-48 - 2.8 mi
5. Turn left at Lincoln Hwy/US-30. Continue to follow US-30 - 6.9 mi
6. Merge onto I-376 W/US-22 W/US-30 W via the ramp to Pittsburgh. Continue to follow US-22 W/US-30 W - 18.2 mi
7. Continue on Orange Belt/PA-60 N - 2.0 mi
8. Take exit 3 to merge onto Airport Pkwy/Orange Belt/PA-60-BR toward Moon. Continue to follow Airport Pkwy/PA-60-BR - 3.5 mi
9. Turn left at Hangar Rd - 0.4 mi
10. Continue on Springer Dr - 0.1 mi
11. Turn left toward Hangar Rd - 151 ft
12. Slight right at Hangar Rd - 0.4 mi






2008 UPA High School Eastern Championships - Open Division

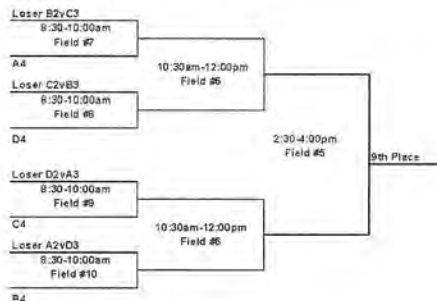
Saturday, May 10, 2008

All Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D						
	A1	North Hills (1)			B1	Columbia (2)			C1	Perinsbury (3)			D1	Amherst (4)					
	A2	Woodside (8)			B2	Memorial (7)			C2	Longmeadow (6)			D2	Paideia (5)					
	A3	Univ School of Nashville (12)			B3	Northfield Mt Hermon (11)			C3	Yorktown/HB Woodlawn (10)			D3	Beacon (9)					
	A4	Urbana (13)			B4	Holy Family Catholic (14)			C4	Ridgefield (15)			D4	Martinsville (16)					
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score	Bye			
9:00 - 10:15	C2 v C4	9	-	D2 v D4	10	-	B1 v B3	7	-	B2 v B4	8	-	C1 v C3	5	-	D1 v D3	6	-	Pool A
10:45 - 12:00	A1 v A3	9	-	A2 v A4	10	-	C2 v C3	7	-	D2 v D3	8	-	C1 v C4	5	-	D1 v D4	6	-	Pool B
1:00 - 2:15	A1 v A4	9	-	A2 v A3	10	-	B1 v B4	7	-	B2 v B3	8	-	D3 v D4	5	-	D1 v D2	6	-	Pool C
2:45 - 4:00	A1 v A2	9	-	A3 v A4	10	-	B1 v B2	7	-	B3 v B4	8	-	C1 v C2	5	-	C3 v C4	6	-	Pool D
Re-seed teams 1-4 within each pool																			
4:45 - 6:00	A2 v D3	9	-	B2 v C3	10	-	C2 v B3	7	-	D2 v A3	8	-							





Consolation Bracket Sunday, May 11, 2008



Consolation games to 15 cap 17



Championship Bracket Sunday, May 11, 2008



Championship games to 15 cap 17



OPEN SCHEDULE

2008 UPA High School Eastern Championships - Girls Division

Saturday, May 10, 2008

All Pool Games to 15 Cap at 17	Pool A						Pool B					
	A1	Padela (1)					B1	Amherst Varsity (2)				
	A2	Andover (3)					B2	Stuyvesant (4)				
	A3	Yorktown/HB Woodlawn (6)					B3	Univ School of Nashville (5)				
	A4	Amherst JV-A (7)					B4	Cardinal O'Hara (8)				
	A5	Hampton (10)					B5	Columbia (9)				
	A6	Memorial (12)					B6	LC Bird (11)				
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score
9:00 - 10:15	A1 v A4	2 -	A2 v A6	1 -	A3, A5	Bye -	B1 v B4	3 -	B2 v B5	4 -	B3, B6	Bye -
10:45 - 12:00	A1 v A2	2 -	A5 v A6	1 -	A2, A4	Bye -	B1 v B3	3 -	B5 v B6	4 -	B2, B4	Bye -
1:00 - 2:15	A3 v A4	2 -	A3 v A5	1 -	A1, A6	Bye -	B3 v B4	3 -	B2 v B5	4 -	B1, B6	Bye -
2:45 - 4:00	A1 v A5	2 -	A2 v A3	1 -	A4, A6	Bye -	B1 v B5	3 -	B2 v B3	4 -	B4, B6	Bye -
4:45 - 6:00	A1 v A2	2 -	A3 v A5	1 -	A4 v A6	6 -	B1 v B2	3 -	B3 v B5	4 -	B4 v B6	3 -
Sunday												
8:30-9:45	A4 v A5	2 -	A3 v A6	1 -	A1, A2	Bye -	B4 v B5	3 -	B3 v B6	4 -	B1, B2	Bye -
10:15-11:30	A1 v A6	2 -	A2 v A4	1 -	A3, A5	Bye -	B1 v B6	3 -	B2 v B4	4 -	B3, B5	Bye -

Re-seed teams 1-6 within each pool

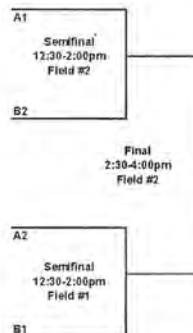
DISCRAFT

Consolation Bracket
Sunday, May 11, 2008Ultimate
PLAYERS ASSOCIATION

Consolation games to 15 cap 17

Championship Bracket
Sunday, May 11, 2008

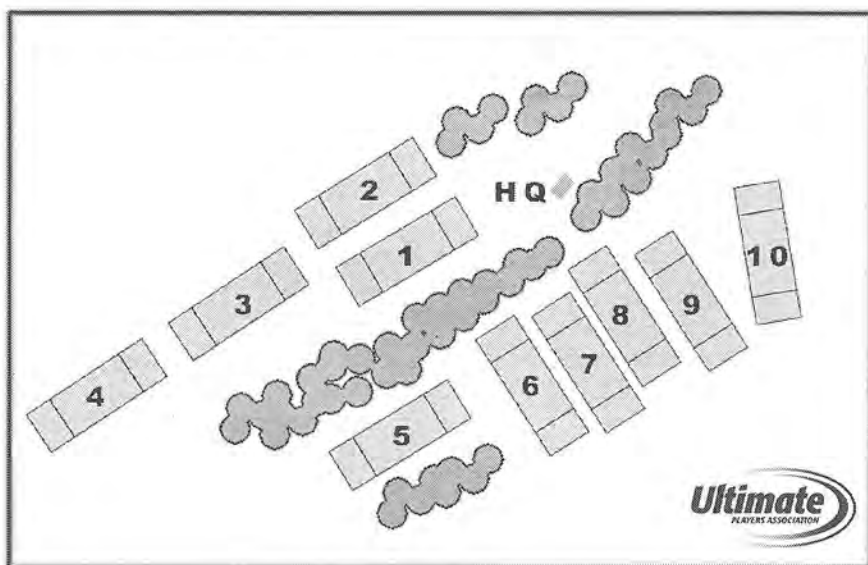
DISCRAFT

Ultimate
PLAYERS ASSOCIATION

Championship games to 15 cap 17



FIELD MAP



NATIONAL ULTIMATE TRAINING CAMP SUMMER 08



**SESSION A: JULY 12-17
SESSION B: JULY 19-24
SESSION C: JULY 26-31**

REGISTRATION IS NOW OPEN!

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10

2008 USA HIGH SCHOOL EASTERN CHAMPIONSHIPS

OPEN TEAMS

Amherst Regional HS

Team Name: Hurricanes

Coaches: Tiina Booth, Brent Anderson

We are a varsity sport at a public high school. We did not take the team name or school colors until they made us a varsity sport about 10 years ago. We have all the benefits that a varsity sport has at our school, and we also have many of the same restrictions, which include not being able to start tryouts until the third week in March. We have six teams at the school: Varsity, JV-A, and JV-B for both boys and girls. Our middle school has a mixed intramural program of 70+ players and a travel team of about 16.

We started off the season by winning a college tournament at the University of Rhode Island, beating UConn in the finals 15-3. We finished third at the Paideia Cup, defeating CHS in the consolation game 12-9, after being down 7-3. Our record at this point in the season is 7-2 versus colleges and 3-2 versus high schools.



Roster

2	Spencer Diamond	So	5'8"
3	Finn Olcott	Sr	6'
	Earlham		
4	Evan Bobrowski	Sr	6'
5	David Park	Sr	5'10"
6	Zach Phillis	Sr	6'
7	Jake Stocker	Sr	5'9"
8	Andrew Kiefer	Sr	5'10"
9	Misha Herscu	Jr	5'11"
10	Adam Salwen	Sr	5'10"
11	Matt Jerry	Jr	6'2"
12	Jonah Herscu	So	5'11"
14	Julian Summa	Jr	6'1"
15	Patrick Sephton	Sr	6'1"
16	Nino Figliola	Jr	5'9"
17	Kevin Norton	Jr	6'3"
18	Michael Lawlor	Jr	6'
19	Ray Dannebauer	Jr	6'2"
21	Sam Hart	Jr	6'3"
23	Alan Stebbins	Sr	6'2"
27	Amos Adams	Fr	6'5"

The Beacon School

Team Name: Blue Demons

Coaches: Matt Shapiro, Krishna Rao, David McDougal

The Beacon Blue Demons were born out of the rough and tumble streets of NYC's Hell's Kitchen in the fall of 1996. In the early years, Beacon benefited from the wisdom of longtime coach, Chris Lehman, becoming one of the first High School teams to obtain Varsity status. Tournament highlights include appearances at the High School National tournament in 1999, 2000, and a quarterfinals finish in 2004. Beacon has also had great success at the NY State Championships, winning in 2004 and 2007. These successes are a result of a blue collared mentality, instilled through 6:30am practices at a dirt baseball field, the "Sandlot". With a new group of players and an overhaul in coaching staff, Beacon returns to the big stage with hunger and confidence.

Returning most of the team that won a NY State Championships in 2007, Beacon posted an impressive fall season, including notable wins over Yorktown and Lower Merion, and a 2nd place finish at the Kit Kat in the Hat tournament. Early in the spring season, the Blue Demons were 4-0 in the NYC Ultimate League and lost in the finals of Hop on Pop.



Roster

0	Scott Kapelman	Jr	5'5"
1	Sam Turner	Fr	5'7"
2	Carlos Acosta	Sr	5'6"
4	Daniel Adams	Jr	5'8"
5	Patrick Moulton	Sr	6'6"
6	Dylan Horowitz	So	5'9"
7	Brandon Beeler	Sr	5'4"
8	Lorenzo Bueno	Jr	5'11"
9	Alex Stokes	Jr	5'11"
13	Rayn Riel	So	5'9"
15	Robert Fox	So	5'5"
16	Giacco Corsiglia	Fr	5'3"
19	Jonathon Moe	Fr	5'9"
20	Jake Dann-Sory	So	5'4"
22	Jesse Leibowitz	Fr	5'5"
23	Alexei Lunn	Sr	5'11"
24	Izzy Klein	Jr	5'6"
25	Mumin Eltayeb	Fr	5'6"
32	Yoni Saltzman	So	5'9"
42	Julian Melendez	Sr	5'7"
44	Matt Aaronson	Fr	5'5"
48	Kyle Giller	Jr	5'5"
69	Daniel Ringle	Fr	5'5"
72	Damiyr Davis	Fr	5'11"
90	Jack Steele	So	5'4"
98	Anjinson Marin	Fr	5'4"
99	Brandon Xuereb	Sr	5'6"



OPEN TEAMS

Columbia HS

Team Name: CHS Ultimate

Started in 1968 in the student parking lot at Columbia High School, this team is celebrating its 40th anniversary. The current members of the team, as far as seniors and juniors, have been playing together for three years. Columbia will continue to play this sport that it undoubtedly helped create.

Coming off of a strong fall season this spring we have attended the Roll Call college tournament in Maryland, Paideia Cup III in Georgia, Born to Dive in Pennsylvania and the Amherst Invite in Massachusetts. States will be held in mid-June.



Roster

1	Declan O'Connell	Sr	5' 9"
3	Jordan Taylor	Jr	5' 10"
5	Michael Sender	Jr	5' 7"
6	Michael Brenner	Jr	5' 11"
8	Josh Sender	Jr	5' 7"
9	Jonah Galeota-Sprung	Sr	5' 8"
10	Christopher Agüero	Fr	6' 0"
12	Theo Mayer	Jr	5' 8"
13	Josh Cincotta	Sr	5' 9"
14	Loren Whitaker	Jr	5' 10"
15	Jeremy Golden	Jr	5' 7"
21	Zander Padget	Sr	6' 0"
28	Ben Richardson	Jr	6' 1"
29	Evan Walter	Fr	5' 9"
32	Brian Walter	Sr	6' 2"
33	Eric Nelson	So	6' 2"
38	Sam Cohen-Wade	Sr	5' 11"
42	Alex Holtz	Sr	6' 1"
50	Ben Swerdlow	Sr	5' 8"
60	Tim Morrissey	Jr	5' 9"
68	Julian DeVonish	Sr	6' 1"
84	Sammy Roche	Jr	5' 10"

Holy Family Catholic Home Educators

Team Name: Revolution

Coaches: Steve Conrad, Phil Hale, Paul Ratajczak, Justin Conrad

Revolution Ultimate has been part of Youth Ultimate Cincinnati (YUC) since helping to start the league in 2000. Being comprised of players who are home schooled, Revolution has won the YUC league championship every year since 2003 and the Ohio State Championship every year since 2005. More than half the players on most of the teams that Cincinnati has sent to national tournaments were Revolution players. Revolution players have done demonstrations at local schools to help start teams, held clinics for scouting groups and elementary schools and mentored younger league players. This is the first appearance at a national tournament for Revolution and we are looking forward to playing at this level.

Revolution started its season last fall with a tie for first place with Lexington Catholic at Huckoween in Cincinnati. In January, we finished second to the host team at the Knight's Classic in Lexington, defeating local rival Sycamore HS and Brutal Grassburn in the process. Our YUC season got off to a late start but we have gone undefeated (8-0) through the first four weeks. We will finish the season with the YUC tournament, HS Easterns, and the Ohio State tournament in May.



Roster

2	Joe Findley	So	6' 0"
4	Will Teller	Jr	6' 0"
6	Kevin Bishop	Sr	5' 11"
	<i>Hillsdale College</i>		
9	Ben Findley	Sr	5' 10"
	<i>Univ of Cincinnati</i>		
11	Ambrose Dobrozsi	Jr	5' 11"
12	Christopher Misleh	Jr	6' 2"
13	Kyle Ratajczak	Sr	6' 3"
	<i>Univ of Cincinnati</i>		
15	Alexandra Sheaf	Jr	5' 5"
16	Julia Dell'Aira	Sr	5' 10"
	<i>Hillsdale College</i>		
17	Nicholas Misleh	Jr	5' 11"
26	Jacob Smith	So	5' 10"
28	Gabe Dell'Aira	Fr	6' 0"
32	Colin Johns	Fr	5' 8"
33	Frank Strasser	Fr	5' 9"
37	Samuel Dobrozsi	Fr	5' 7"
61	Evan Conrad	Sr	6' 2"
	<i>Univ of Cincinnati</i>		
77	Tommy Koch	Fr	5' 10"
85	Tony Bort	Fr	5' 5"
93	Kayla Fry	Fr	5' 0"
95	Michael Bissonnette	So	6' 0"



OPEN TEAMS

Memorial HS

Team Name: Midwest Express

Coaches: Dan Raabe, Jen Buchholz, Tyler Conn, Rex Beaber

Midwest Express has been in existence since 2000. We began as a club team between 3 schools in the Madison, WI area. We have gone to Easterns every year since 2000. We have also hosted one of the largest tournaments (Madison Mudbath) in the Midwest during the spring season.

As of April, we have had one outside practice and 2 games due to the lovely Wisconsin weather. We are excited to be participating in 2 leagues and attending 4 tournaments this spring. With a team made up almost entirely of seniors we are hoping to have a highly successful season.

Roster

3	Joe Jung	Sr	6'0"
	<i>Univ of Wisconsin-Milwaukee</i>		
6	Ray Kluender	Sr	6'3"
	<i>Univ of Wisconsin-Madison</i>		
7	Nick Allen	So	5'9"
8	Dan Park	Sr	5'10"
	<i>Univ of Wisconsin-Madison</i>		
9	Himanshu Sharma	Sr	5'10"
	<i>Univ of Wisconsin-Whitewater</i>		
10	Collin Burke	Sr	6'1"
11	Chris Pearce	Sr	5'10"
	<i>Univ of Wisconsin-Madison</i>		
12	Kyle Nowak	Sr	6'1"
	<i>MATC</i>		
15	Reese Mowbray	Sr	6'5"
17	Spencer Bible	Sr	5'11"
	<i>CSF</i>		
21	Ilya Karasin	Sr	6'0"
	<i>Univ of Wisconsin-Milwaukee</i>		
22	Brian Ji	Sr	6'1"
23	Dayu Liu	Sr	6'0"
	<i>Univ of Wisconsin-Madison</i>		
32	Jack Ansheles	Sr	6'0"
42	Craig Price	Sr	6'2"
	<i>Univ of Wisconsin-Madison</i>		

Longmeadow HS

Team Name: Lancers

Coaches: Ryan Rzepka, A.J Hutchins, Daniel Shemesh

This is the 5th year that Longmeadow High School has had an Ultimate team. For a very small town we seem to produce a lot of talent and teams can expect to see that on the field.

Since our school is in the Northeast, our season doesn't really begin until late April. We have only played in one college tournament so far this year going 5-1 and we have yet to compete in a high school tournament.



Roster

00	Mike Greenberg	Jr	5'10"
1	Jeff Kelly	Sr	5'10"
	<i>Univ of Massachusetts - Amherst</i>		
2	Sean Kenney	Sr	6'1"
	<i>Stonehill</i>		
3	Ryan Rzepka	Sr	5'6"
	<i>Univ of Vermont</i>		
4	Andrew McCormack	Sr	5'10"
5	Peter Login	Sr	5'7"
7	Daniel Shemesh	Sr	5'7"
	<i>Franklin & Marshall</i>		
8	Jake Gofman	Sr	6'1"
15	Matt Hadley	Fr	5'9"
16	A.J Hutchins	Sr	5'11"
	<i>Nichols</i>		
17	Tommy Li	Sr	5'10"
18	Alec O'Keefe	So	6'1"
19	Mike Morehardt	Jr	5'10"
22	Alex Schmitt	Fr	6'10"
25	David Engell	So	5'8"
26	Nick Batista	Jr	6'2"
27	Rico Gauthier	Sr	5'11"
29	John Narmontas	Fr	5'9"
31	Pat Williams	Sr	5'10"
	<i>Univ of Hawaii - Manoa</i>		
32	Zack Nuzzo	Sr	5'9"

OPEN TEAMS

Martinsville HS

Team Name: Artesian Ultimate

Our team name just kind of came to us one day and we all went with it. We are all friends from school who played Ultimate, joined some tournaments and continued from there.

Two months together and we were beating teams that have been playing for 2 or 3 years. We played in an indoor league in the winter and scrimmaged Indiana University for practice. We play during school in halls, classrooms, any chance we get we throw.

MARTINSVILLE
INDIANA

Roster

0	Kyle Hicks	So 5'8"
1	Hunter Clephane	So 5'6"
4	Dakota Smith	So 5'7"
5	Garrett Kinton	Fr 5'10"
6	Kyle Wagoner	Jr 5'8"
7	Sam Chandler	Fr 5'7"
8	Michael Mason	Sr 6'1"
9	J.C. Swartling	Fr 5'9"
10	David Mason	Sr 6'1"
13	Evan Shanahan	Jr 5'11"
14	Donald Fields	Jr 5'10"
15	Robbie Craven	So 5'11"
17	Luke Brodrick	Jr 6'1"

North Hills HS

Team Name: Blaze

Coach: Nick Kaczmarek

We started out playing together in elementary school in our gym. We were just messing around until about 8th grade when we got more serious. Now the team is an awesome group of friends that loves every minute together, and we are looking to compete on the national level.

North Hills 15 – Nashville 3
North Hills 15 – Seattle Academy 9
North Hills 17 – Paideia 15
North Hills 15 – Amherst 10
Seattle Academy 15 – North Hills 11

PITTSBURGH
PENNSYLVANIA

Roster

1	Alex Martinez	Sr 6'1"
2	Alex Thorne	Sr 5'7"
	<i>Univ of Pittsburgh</i>	
5	Colin Conner	Sr 5'10"
8	Collin Hite	Jr 5'11"
9	Chris Lippert	Sr 6'2"
	<i>Univ of Pittsburgh</i>	
11	Jack Gazdik	Sr 5'10"
	<i>Kent State</i>	
12	Ryan Earles	Sr 6'1"
19	Ben Funk	Sr 5'11"
22	Max Thorne	Fr 5'5"
24	Jack Ross	Jr 6'0"
27	Dan Robertson	Sr 5'11"
	<i>Penn State</i>	
28	Zack Cervone	Sr 5'7"
29	Dennis Damico	Sr 5'9"
30	Greg Sencak	Sr 6'1"
31	Justin Lubbert	Sr 6'2"
32	Ed Reith	Sr 5'9"
33	Evan Kurpiewski	Sr 5'10"



OPEN TEAMS

Northfield Mount Hermon

Team Name: Hoggers

Coaches: Mark Yates, Clayton Cardin

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-organized, free-flowing game we know and love would not exist as it does today.

NMH has been a varsity program for many years and ran an annual tournament for the past ten years with great success. We rely heavily on a cadre of dedicated few who help teach the new players, which usually comprise half of the team. Head Coach Mark Yates provides for all the logistics, sideline cheering and advice while Assistant Coach Clayton Cardin provides the strategies, real time game analysis and adjustments.



Roster

1	Jeremiah Lowe	Fr	5'6"
2	Chris Ibbao	Fr	5'3"
3	Weston Halkyard	Sr	6'2"
	<i>Univ of Colorado-Boulder</i>		
4	Tanner Halkyard	Sr	6'2"
	<i>Univ of Colorado-Boulder</i>		
5	George Posner	Sr	6'0"
	<i>Claremont McKenna</i>		
6	Colin Clark	Fr	5'7"
7	Ben Hefner	Sr	6'0"
9	Tom Fagan	Sr	5'10"
	<i>Georgetown</i>		
11	Cade Halkyard	Fr	5'9"
15	Jordan Brown	So	5'10"
17	Shota Hachisako	So	5'9"
18	Joe Charpentier	Sr	5'10"
	<i>Univ of Maine</i>		
23	Gabe Gallagher	Sr	5'10"
25	Kellen Mobilia	Sr	6'3"
	<i>Northwestern</i>		
28	Ben Weyers	Sr	6'5"
29	Andrew Van Nest	Sr	6'11"
	<i>Harvard</i>		

The Paideia School

Team Name: Gruel

Coaches: Michael Baccarini, Britt Dunn, Jason Simpson

Paideia Ultimate began in the 1992-93 school year. Middle elementary teacher, Jamie Epstein, formerly from Atlanta's Ozone, decided to start a club at the school. She roped in a handful of kids, including now outstanding Ultimate player/contributors Britt Dunn, Martin Aguilera, Moses Rifkin and Kyle Weistbrod. These kids and their teammates helped lay the foundation for what is now the Paideia program.

Michael Baccarini was hired at the school and took over coaching duties in 1994 and the program has been growing steadily since. Winning high school nationals in 2001 and 2002, and finishing as runner-up in 2003, Gruel has produced competitive teams year after year.

Current players, John and Michael Terry masterminded an effort two years ago to set a world record for continuous Ultimate play for players 16 and under, which was tremendously successful doubling as a fundraiser for the school's financial aid efforts. Then these senior twins again broke their world record and prior fundraising efforts. We are so very proud of what the Paideia Ultimate program has accomplished to date and hope to continue to develop and nurture the sport locally, regionally and nationally for years to come.



Roster

0	Will Kimmell	Sr	5'5"
	<i>Wofford</i>		
2	Michael Terry	Sr	6'3"
	<i>Univ of Georgia</i>		
3	Chris Kocher	So	5'8"
4	Peter Sisk	Sr	6'1"
	<i>Univ of Georgia</i>		
7	Peter Cornick	So	6'0"
10	William Hughes	Sr	6'2"
11	John Terry	Sr	6'2"
	<i>West Virginia</i>		
12	John Henry Hinkel	Sr	6'2"
	<i>Wesleyan</i>		
16	Ethan Pakchar	Sr	5'11"
	<i>New York Univ</i>		
17	Mark St. Louis	Fr	5'10"
21	Daniel Geller	Jr	5'6"
22	Joe Reidel	Jr	5'11"
25	Ryan Kaszynski	Sr	5'10"
	<i>Louis & Clark</i>		
26	Kale Clauson	Sr	6'1"
	<i>Northwestern</i>		
29	Ryan Brummer	Sr	6'2"
	<i>Georgia Tech</i>		
31	Graham Bogan	Jr	5'7"
32	Jericho Barbour	Fr	5'8"
81	Jack Barrow	Jr	5'11"
84	Tom Barrow	Fr	5'7"
99	Will Hiltman	Sr	6'2"
	<i>New York Univ</i>		



OPEN TEAMS

Pennsbury HS

Team Name: Falcons

Coaches: Will Heyman, Bailey Saul

The team was born in 1997. In those days they were known as Pennsbury Scum, a metaphor for how they felt the school treated them. 11 years later, the program has club status at its high school, is nationally recognized as the Pennsbury Falcons, and is back to defend its 2007 Easterns championship title. Pennsbury has also won three of the four last Pennsylvania State championships and are looking to earn their third straight this spring.

With a graduating class of 12 seniors last year, and only 2 returning starters, many people were questioning the strength of this year's squad. However, with a Junior heavy roster, the team has already shown growth and maturity in the fall season that has given the program and the community surrounding it high hopes at the Easterns championships this season.



Roster

00	Matt Bode	Jr	5'9"
2	Zack Kauffman	Jr	5'11"
4	Ryan McGill	Sr	5'11"
	<i>Wesley College</i>		
5	Jack Lusk	Jr	6'1"
6	Blake Hammer	Jr	5'8"
15	Dennison Bechis	Jr	5'10"
19	Isaac Saul	Jr	5'10"
23	Pat Champey	Sr	5'11"
	<i>Florida Inst of Technology</i>		
25	Evan Sacks	Jr	5'6"
26	Dylan Krieger	Jr	5'7"
27	Elijah Karoly	Jr	6'2"
28	Nate Pinsky	Jr	6'2"
34	Matt Wilson	Jr	5'11"
42	Steve Axberg	Sr	6'2"
	<i>Univ of Pittsburgh</i>		
43	Clay Leach	Jr	5'11"
44	John Burger	Jr	6'
69	Michael Auld	Jr	6'2"
72	Justin Principi	Sr	5'8"
84	Justin Baughn	Jr	5'9"

Ridgefield HS

Team Name: Hammer Time

Ridgefield High School's "Hammer Time" started out several years ago as a completely student run club, and that is the way it still exists today. Since its creation, the club has become increasingly more competitive each year with other nearby high schools' ultimate clubs, and each year the club grows in number of members. The name, "Hammer Time", is a play on words from MC Hammer's hit "U Can't Touch This" and the type of throw, the hammer.

We really haven't had enough games scheduled to describe big wins or losses yet this season. In the upcoming weeks, we are looking forward to playing perennial rivals John Jay in New York and hopefully some of our CT rivals as well before we head off to Easterns.

Roster

1	Zach Marcus	Sr	6'10"
	<i>Indiana Univ</i>		
2	Lorenzo Katin-Grazzini	Sr	6'1"
	<i>Washington Univ-St. Louis</i>		
5	Alex Lipstein	Sr	6'1"
6	George Cooper	Jr	6'4"
7	Pete Wollny	Jr	6'3"
9	Nick Maiorano	Sr	5'10"
	<i>Elon Univ</i>		
10	Joe Merola	Sr	5'8"
	<i>Penn State</i>		
89	Walker Mackenzie	Jr	5'9"
90	Chris Bello	Jr	5'8"
91	Matthew Morris	Jr	5'8"
92	Corey Lewin	Sr	5'7"
	<i>New York Univ</i>		
93	Matt Fallon	Sr	5'9"



OPEN TEAMS

University School of Nashville

Team Name: Brutal Grassburn

Coaches: Michael Lutz, Mary Prasit

USN has a strong tradition of Ultimate at both the local and the national level. Since 1995, Brutal Grassburn has developed teams that have qualified for national championships every year. Among all USN graduates, they boast one youth national championship title, five national championship youth runners-up titles, 7 team USA members at the Junior World championships, 5 world champions, 2 college national champions, 2-time runner up Callahan Award nominations, and 1 Club Champion.

As this year has gone by, our team has grown stronger after every tournament we've gone to. In the fall BG went to both the UPA Club Series and Shawn Adams tournaments. At Winterfest and Deep-Freeze we built momentum, using these tournaments as teaching tools for our new players. In the spring at Mudbowl, we lost by 2 to St. Louis and UT-B and defeated Washington University's Ultimate team. At Terminus we went 5-1 defeating Andover, Madison West, School of the Arts, St. Pius, and McCallie, no team scoring more than 8 points. Our only loss was to Jordan High-School where the game was hard-capped at 7-9.

Roster

1	Gray Dowsley	Sr	5'8"
3	Mikey Badr	Sr	5'6"
	<i>Reed</i>		
4	Avi May	Sr	5'9"
	<i>Washington Univ</i>		
6	Sam Warlick	Sr	6'3"
	<i>Kenyon</i>		
10	Joseph Prasit	Sr	5'11"
11	Peter Wittig	So	6'0"
14	Josh Vann	So	5'7"
15	Sam Linton	Sr	6'2"
16	Will Knowles	Fr	6'1"
17	George Meyer	Fr	5'11"
20	Powell Regen	Jr	5'9"
23	Austin Criner	Jr	6'1"
27	Ryan DelCasino	Fr	5'9"
30	Alex Huffstutter	Sr	5'11"
33	Eliot Linton	Fr	5'9"
36	Chris McHugh	Jr	6'0"
39	Mikeie Reiland	Fr	5'5"
42	Tyler Stein	Sr	6'2"
	<i>Vanderbilt</i>		
47	Will Spiva	Sr	6'0"
	<i>American</i>		
48	Nick Zeppos	Sr	6'1"

Urbana HS

Team Name: Hodad Priest

This is Urbana Ultimate's second year as a team, so we are still trying to get the school interested in the sport. Our team name came about when two players were looking in the dictionary for ridiculous words and found "Hodad," a want-to-be/poser surfer.

Last year our team won all of our games except one which we lost to YHB 6-13. We went on to win the Maryland State tournament. This year we have won two of our games and lost 2. We won against W.T. Woodson 15-8 and Magruder 15-12. We lost to the YHB 13-14 and to LC Bird 7-13.

Roster

4	Greg LeFever	Sr	5'11"
5	Sasha Bugler	Jr	5'5"
6	Stephen Carroll	So	5'10"
21	Ryan Fagan	Jr	5'11"
24	Christine Blice	So	5'5"
29	Damian Malagari	So	5'11"
38	Daniel Hoppes	Sr	6'40"
	<i>Daniel Grabowski</i>	Fr	5'6"
42	Sofie Cordani	So	5'2"
80	Paul Grabowski	Jr	5'10"

OPEN TEAMS

Woodside HS

Team Name: Wolverines

Coaches: Christian Lesnett and Greg Chappell

The Woodside Wolverines are in their fourth year of existence and have achieved a great deal of success in a short time with over 100 members and started the annual Tidewater Tune-up youth tournament. Woodside is a large urban school in an "atypical to Ultimate" community. Representing a diverse background, they are a hard working group of players dedicated to living out Spirit of the Game.™ In an urban environment where perceived toughness is everything, the Wolverines rise above and live out a love for their teammates and this game.

This past fall season the boys varsity team operated as two separate and equal squads so as to focus on improvement. At Tidewater Tuneup, the Woodside X finished 4th and the Woodside Y finished 7th. At the Sue Inge Memorial tournament, Woodside X defeated LC Bird (13-6) in the semifinals and HB Woodlawn (13-7) in the finals to win the tournament with only half of their Varsity team. Woodside Y finished 4th. The Wolverines combined their split squads in the spring and traveled to VMI in March to compete against college teams winning their second tournament in a row.



Roster

1	Justin Bosch	Sr 5'3"
	<i>Army</i>	
2	Antonio Edwards	Sr 6'1"
	<i>New York Univ</i>	
5	Remington Roth	So 5'10"
6	Aaron Richards	Sr 5'9"
	<i>William and Mary</i>	
8	Tyler Jenkins	Jr 5'11"
15	Eric Craighead	So 6'0"
22	Aaron Maggard	So 5'8"
23	Eric Soto	Jr 5'7"
25	Joe Hoffman	So 5'6"
29	Jonathan Plisco	Sr 5'11"
	<i>Old Dominion</i>	
31	Mike Bobbio	Jr 5'11"
36	Christopher Snead	So 5'7"
42	Jacob Friedmann	Jr 5'7"
54	Zack Lones	Fr 5'9"
75	Dustin McClain	Jr 6'0"
77	Abel Burlingham	So 5'10"
99	Hector Toro	So 5'5"

Yorktown/HB Woodlawn

Team Name: YHB

Coaches: William E. Smolinski

In 1999, students from Yorktown High School started throwing a disc around and playing some stackless, forceless, shoeless Ultimate. Since then the team has been mostly made up of students from the HB-Woodlawn program.

Last year's graduating class left 14 open Varsity spots on our team. With only 4 returning Varsity players, YHB has had it's ups and downs this year. We look forward to placing well at Easterns and attempting to win our second consecutive State Championship.



Roster

1	Max Bolte	Sr 5'7"
	<i>Culinary Institute</i>	
2	Jake Ward	Jr 5'10"
3	Danny Shapiro	Sr 5'7"
7	Brian Counce	Jr 5'10"
16	Burke Nash	So 5'10"
24	Matt Debutts	So 5'11"
29	Sam Jackson	So 5'7"
33	Strand Sylvester	Jr 6'3"
35	Jacob Sarraco	Sr 5'9"
39	Michael VanNess	Jr 6'2"
40	Dipshaun Gurung	Jr 6'3"
43	Michael Gibbs	Sr 6'1"
	<i>Princeton</i>	
44	Colin Smith	So 6'
45	Jonathan Sarver	Sr 6'1"
50	Jordan Albro	Sr 6'1"
	<i>James Madison</i>	
66	Sam Erler	So 6'1"
73	Jesse Grabman	So 5'11"
78	Joe Anderson	Sr 6'
	<i>Virginia Tech</i>	
87	Truman Nottingham	Jr 5'11"
99	Sam Nottingham	So 5'11"



GIRLS TEAMS

Amherst Regional HS

Team Name: Hurricanes Girls Junior Varsity

Coach: John Bechtold

The JVA Girls have hit 11 years old this year, making us, to our knowledge, the oldest JV Girls high school team in the country. As we still have few JV peers, we have gotten used to competing with both college and high school varsity teams. Not merely holding our own, the team has a storied history, beating local colleges, winning several New England tournaments in recent years and placing well in the Amherst Invitational and Easterns. Perhaps our greatest claim to fame was meeting our own Varsity team in the finals of the 2003 National Junior Championships, a goal we'd love to meet again in the years to come!

Our season is just beginning! Stay tuned!



AMHERST
MASSACHUSETTS

Roster

1	Arielle Andler	Jr 5'1"
2	Rachel Herter	Sr 5'5"
3	Molly Schulman	Fr 5'3"
5	Camille Owens	Jr 5'6"
6	Emily Norman	So 5'3"
7	Keelin Berman	So 5'9"
8	Hannah Yee	Fr 5'4"
9	Katy Peake	Fr 5'7"
10	Joanna Tan	So 5'10"
11	Archie Varnathevian	Sr 5'4"
14	Kelsey McDonald	Fr 5'7"
16	Sally Marcus	Jr 5'3"
21	Liz Rodgers	Sr 5'5"
22	Yeye Tarren	Fr 5'1"
25	Nicole DeMarchena	Fr 5'10"
39	Rose Boyko	Jr 5'11"

Amherst Regional HS

Team Name: Hurricanes Girls Varsity

Coach: Susan Morrello

The Amherst girls Ultimate program is in its 12th year. It has grown to now include Varsity, JVA and JVB, totaling 58 players. This year we look forward to Easterns with tough competition, playing against friends old and new. We plan to bring everything to Pittsburgh in order to hold onto our Championship title.

We just returned from an amazing weekend of great Ultimate at Paideia Cup where we placed 2nd. We were the winners at the Smith College tournament in early April. Limited results are available since the Northeast's weather inhibits an early start to the season.



AMHERST
MASSACHUSETTS

Roster

1	Afra Danaï	So 5'0"
2	Claudia Tajima	Jr 5'7"
3	Juliana Morgan-Trostle	Sr 5'5"
	<i>Haverford</i>	
4	Silin Garfield	Sr 5'0"
	<i>Univ of Tasmania</i>	
5	Rosie Rabinovitz	Jr 5'4"
7	Zoe Elkin	So 5'4"
9	Sarah Berlin	Sr 5'2"
	<i>Carleton</i>	
10	Lauren Baecher	Jr 5'8"
11	Isa Gutierrez	So 5'0"
12	Jenny Piela	Jr 5'3"
13	Nikki Kaufman	Jr 5'6"
14	Jackie Slocombe	Sr 5'5"
16	Keri Lambert	Jr 5'5"
17	Liz Duda	Sr 5'1"
22	Sam Roach	Sr 5'2"
	<i>Northeastern</i>	
23	Anna Levine	Sr 5'5"
	<i>Swarthmore</i>	
29	Molly Krifka	Jr 5'7"
89	Annie Fisher	Sr 5'7"
	<i>Univ of Michigan</i>	



GIRLS TEAMS

Andover HS

Team Name: Golden Warriors Girls Varsity
Coaches: Jackie Bourgeois, Liz Muscolino,
 Keith A. Westgate

In 1999, Andover Ultimate was born, under the leadership of Tommy Proulx. The Girls' team has competed in 6 UPA HS Championship events since their inception in 2001. In their first year, Andover placed 7th at the UPA HS Championships. In 2003 & 2004, Andover joined with the Hotchkiss School to compete in the UPA HS Championships and placed 5th both years. In 2005, Andover flew solo again, competing at the HS Eastern Championships and placing 9th. Regaining their strength in 2006, the team placed 3rd at the UPA HS Eastern Championships and 2nd at the MA HS State Championships. At the 2007 Eastern High School Championships, Andover placed 2nd behind Amherst. At the 3rd annual Andover Cup, they beat Amherst High School after a very close game.

This season, coming off a signature New England winter and spring, the Gophers have been eager to get on the field and into competition. In spite of inclement weather, they have practiced for months, took a few players to the Paldeia Cup for early season experience, and are now boasting a roster with many experienced and spirited individuals who improve their skills with every game.



Roster

2	Abby Zuckerman	Sr	5' 4"
4	Caroline Lyle	Jr	5' 3"
7	Aline Dargie	Sr	5' 8"
	<i>San Francisco Art Institute</i>		
8	Avery MacKenzie	Sr	5' 5"
14	Clara Chekanov	Sr	5' 1"
	<i>Univ of Massachusetts - Amherst</i>		
15	Lucy Silverman	Jr	5' 7"
17	Kayla Walsh	Jr	5' 7"
23	Cecily Givens	Jr	5' 6"
26	Rachael Westgate	Sr	5' 5"
	<i>Univ of Wisconsin</i>		
28	Vicki Chang	Sr	5' 4"
	<i>Univ of Michigan</i>		
37	Eadaoin Harney	Sr	5' 3"
	<i>Vassar College</i>		
38	Sarah Brown	Sr	5' 1"
	<i>Univ of Vermont</i>		
65	Hannah Hastings	Sr	4' 11"
	<i>Smith College</i>		
66	Emily Peterson	Jr	5' 2"
78	Charlotte Purcell	Sr	5' 2"
	<i>George Washington Univ</i>		
83	Annie Brown	Sr	5' 1"
	<i>Art Institute of Boston</i>		
84	Molly Rodin	Jr	5'
98	Rebecca Ginsburg	Sr	5' 2"
	<i>Northeastern Univ</i>		

Cardinal O'Hara HS

Team Name: O'Hara Ultimate
Coach: Tom Cook

O'Hara Ultimate has been playing for 4 years. Our high school team is one of the few teams to play every game mixed in our league. Our Girls team success comes directly out of the chemistry of our team as a whole. O'Hara Ultimate prides itself on playing according to Spirit of the Game and keeping everyone on the field competitive and loving the game.

O'Hara Ultimate has played several games and has proven to be a forceful team. Under the leadership of Katie Erikson, the team has cruised to some very large victories. We have not played too many games at the time of this writing, but are planning on hosting a tournament at the end of April. Our most recent accomplishment has been winning the HipHopPop Girls' Division in mid-April.



Roster

6	Katie Erikson	Sr	5' 7"
	<i>Penn State</i>		
7	Angela Petrone	Fr	5' 2"
13	Becky Dooling	Fr	5' 6"
15	Caroline Cox	So	5' 2"
20	Katie Boylan	Sr	5' 6"
21	Regina Wilkinson	Fr	5' 5"
24	Monica Brady	Sr	5' 3"
52	Colleen O'Connor	So	5' 3"
57	Kaitlyn Carrigan	So	5' 3"
92	Katie Pickard	So	5' 2"
97	Jackie Loro	Jr	5' 3"



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GIRLS TEAMS

Columbia HS

Team Name: Sparkle Motion

In 2005, Vanessa Low and Maia Cincotta created Sparkle Motion CHS Girls' Ultimate, whose name comes from the movie Donnie Darko. Although a new team, CHS took 3rd that year at the UPA High School Eastern Championship. Ever since then, CHS has grown as a team, both in playing ability and size. Last year, the team went through a growing period, adding 11 freshmen to its roster, and their lineup has become even larger this season. Coach-less and self-taught, they excel at playing a hard game of Ultimate and display respect through the Spirit of the Game.

Sparkle Motion began the season playing in a round robin with Stuyvesant and Beacon in Queens, NY. CHS also played an incredible game against Watchung, and teammates reflect back on it in times of turmoil. For some, it was their first time seeing a game of Ultimate, and for others, it was a chance to sparkle and eventually win their first scrimmage of the season. The game was a phenomenal learning experience and great morale booster, and the girls look forward to competing at the 2008 Easterns and their next tournament at St. Johnsbury Academy, in Vermont.

MAPLEWOOD
NEW JERSEY



Roster

0	Kate Donatelli	So	4' 11"
2	Marlena Skrobe	Sr	5' 4"
	<i>Univ of Miami</i>		
4	Mary Jameson	Sr	5' 6"
	<i>Hobart and William Smith College</i>		
5	Ellen McGrath	So	5' 4"
6	Alexandra Fagundes	So	5' 5"
8	Abby Powell	So	5' 5"
12	Eva Sachs	So	5' 0"
15	Claire Kearns-McCoy	So	5' 5"
17	Karina Moy	So	5' 0"
18	Jenny Podel	So	5' 5"
22	Sohie Jerchowier	Jr	5' 5"
25	Hayley Rutledge	Jr	5' 5"
30	Claire Morrissey	Jr	5' 6"
40	Maddy Weltchek	Fr	5' 2"
50	Carly Messinger	So	5' 4"
84	Megan Kashtan	So	5' 4"
96	Grace Feinman-Riordan	Fr	5' 4"

Hampton HS

Team Name: HUG

Coaches: Christie Lawry and Molly Moore

HUG, the Hampton Ultimate Girls team, was formed in 2006 by captains Jess Krzewinski and Sydney Huerbin. The 2007 spring season was the first for HUG, with the season and roster relatively short. Placing sixth at the PA State Championships, HUG won the spirit award. Now in our second year, HUG has two college student coaches, more practice times and games, and larger roster.

We are currently in the middle of our spring season, with three wins won by at least a thirteen point lead, and two unfortunate losses due to a small roster. We are attending a PHUL Girls' Tournament and look forward to qualifying for the 2008 PA State Championships.

ELIZON PARK
PENNSYLVANIA

Roster

03	Mara Steinmetz	Fr	5'12"
04	Anna Rakers	Jr	5'3"
07	Nicole Elway	Fr	5'6"
11	Jess Krzewinski	Jr	5'7"
12	Sydney Huerbin	Jr	5'6"
18	Hilary Tobin	Sr	5'5"
21	Rachel Federonko	Sr	5'3"
	<i>Univ of Pittsburgh</i>		
37	Mary Spencer	Fr	5'5"
77	Sarah Krzewinski	So	5'10"

GIRLS TEAMS

Memorial HS

Team Name: Mahadivas

Coaches: Katie Dosch, John Boutelle

Mahadiva is a Hindi goddess commonly seen wearing a necklace of human skulls, wielding a sword in one hand and the decapitated head of a giant demon dripping blood in the other.

After our snowiest winter on record, we are happy to be practicing outside in above freezing temperatures. This spring we will be playing in the Madison Ultimate Frisbee Association Spring League as well as at tournaments in Wisconsin and Minnesota.

MADISON
WISCONSIN

Roster

0	Meredith Mount	Jr	5'5"
4	Laura Rodgers	Sr	5'5"
	<i>Swarthmore</i>		
5	Liz Novoa	Sr	5'4"
	<i>Art Institute of Chicago</i>		
6	Hassen Raksha	Jr	5'8"
7	Ting Ting Chen	Sr	5'4"
	<i>Savannah College of Art and Design</i>		
9	Chelsea Fine	Jr	5'3"
11	Margaret Debrauski	Sr	5'5"
	<i>Univ of Wisconsin-Madison</i>		
12	Laura Van Leuven	Sr	5'9"
	<i>St. Olaf</i>		
18	Becky Rosefelt	Sr	5'10"
	<i>Univ of Cincinnati</i>		
19	Lauren Alderman	Sr	5'5"
	<i>Univ of Wisconsin-Madison</i>		
21	Jessica Liu	Jr	5'9"
22	Colleen Cotter	So	5'2"
23	Kate Gurke	Sr	5'8"
	<i>Lawrence Univ</i>		
28	Kelsey Johnson	Sr	5'6"
	<i>Univ of Chicago</i>		
32	Meredith Bray	Jr	5'5"
89	Jillian Brown	Sr	5'6"
	<i>Univ of Wisconsin-Madison</i>		

LC Bird HS

Team Name: G-Team

Coaches: Ray Heath, Brittany Schenk

While the Skyhawk Ultimate Club has been affiliated with L.C. Bird High School for 7 years, the Girl's team has been in existence for less than 10 months. Affectionately calling themselves the G-TEAM they have made a pretty good name for themselves in the short time they have been around.

We have had wins, and we have had losses, but in every tournament we have competed we have surpassed our seating. Of the 4 tournaments we have have competed, we have won the Spirit award 2 times, and treasure those 2 rewards more than any win or loss.

CHARLOTTESVILLE
VIRGINIA

Roster

1	Kim Overby	So	5'3"
2	Rachel Mustian	Sr	5'6"
	<i>James Madison Univ</i>		
3	Mary-Francis Howsmon	Sr	5'4"
	<i>Virginia Tech</i>		
4	Sydnee Hammond	Sr	5'6"
5	Martha Jones	Jr	5'6"
6	Crystal O'Bryan	Sr	5'6"
	<i>Virginia Commonwealth Univ</i>		
7	Gena Kohler	Jr	5'7"
8	Michelle Fellicetti	Sr	5'7"
	<i>Virginia Tech</i>		
9	Jordan Hales	Sr	5'8"
	<i>Clemson</i>		
10	Kelsey Hales	Jr	5'10"
13	Shannon Cullen	Sr	5'6"
	<i>Virginia Tech</i>		
16	Tshcuna Gibson	Sr	5'6"



GIRLS TEAMS

Stuyvesant HS

Team Name: Sticky Fingers

Coaches: Andy Lykens, Amy Chou

The Stuyvesant Sticky Fingers have been in existence for about nineteen years, so we have no idea where our name originally came from. This year we have a solid group of returning players and plenty of fresh faces. Our team has been steadily improving over the last few years. In spring of 2006, we had ten players and no coach. In fall of 2007, we recruited many new players and got two coaches who were able to help us turn the team around. We have been training hard all year through rain, snow, mud, and wind, and we expect this year's team to be the strongest it's ever been.

This fall season we competed at Metro NY Club Sectionals with only twelve girls, and we placed fourth and almost qualified for Club Regionals (but could not go due to a point differential). This spring we competed at Spring Phling, Penn State's spring college tournament, and placed third out of ten teams. We also played at the Paideia Cup, and we plan to go to the Amherst Invitational and St. Johnsburys Invite as well.



Roster

1	Joanna Szczepkowska	Sr	5'4"
	<i>Evergreen State College</i>		
4	Anna Slavina	Sr	5'7"
	<i>CUNY - Hunter Honors</i>		
6	Julia Jin	Jr	5'4"
8	Della Chen	Jr	5'8"
9	Grace Lin	Jr	5'5"
10	Natasha Mishchenko	Sr	5'8"
11	Angel Li	Jr	5'7"
12	Krystal Lau	Jr	5'4"
16	Nicole Lau	Jr	5'2"
18	Amy Lin	So	5'6"
19	Michelle Ma	Jr	5'3"
20	Ruthia Chen	So	5'8"
21	Jin Hyae Chun	Jr	5'5"
22	Connie Li	So	5'6"
23	Raisa Shnyder	So	5'2"
27	Emily Park	So	5'1"
28	Laura Chen	Jr	5'5"
33	Annemarie Lam	So	5'3"
69	Tetyana Dolotova	Jr	5'6"

The Paideia School

Team Name: Pythons

Coaches: Kyle Weisbrod, Julia Echterhoff, Sara Gravelin

After several years of girls playing with the Paideia boys team, Gruel, the Paideia Girl's team, Groove, started in the spring of 2002. Now known as the Pythons at the School's request, the girls' team is still spreading the most important things that they love about Ultimate to the masses while giving up some other parts that will help make the sport more palatable to the mainstream, like their original name.

The Pythons started off the season with a winless tournament against HS boys teams at Deep Freeze. February and March brought mixed results in the club women's division of Mudbowl and Terminus where Groove beat a handful of college teams and lost handily to top club teams. In Mid-March the team was complete as the basketball players finally came to practice after a successful run to the finals of the State Championship. In our only HS tournament, Paideia Cup, Groove defended the cup with wins against top Easterns teams to become back-to-back Paideia Cup Champions. Practices have been intense and focused as the team has spent many hours learning how to pwn, roof, and bookend.



Roster

00	Paula Seville	Sr	5'9"
	<i>Michigan</i>		
1	Sydney Dobkin	Jr	5'6"
2	Hailey Alm	Jr	5'9"
3	Mariel Franklin	Sr	5'5"
	<i>Tufts</i>		
4	Nikki Sotness	So	5'6"
5	Calah Singleton	Sr	5'4"
7	Erin Zwier	Sr	5'11"
8	Corinne Crofford	Jr	5'8"
9	Rachel Kessler	Jr	5'5"
10	Sohie Darch	So	5'6"
11	Julia Fuster	Jr	5'7"
12	Lane Seidor	So	5'9"
13	Kenia Kagel	Jr	5'2"
15	Kalli Perano	So	5'2"
19	Mallory West	Jr	5'5"
20	India Stubbs	Fr	5'7"
22	Jenny Brickman	Sr	5'3"
23	Toria Justicz	So	5'2"
24	Alisha Kramer	Sr	5'4"
	<i>Georgetown</i>		
33	Tian Buzbee	Jr	5'6"



GIRLS TEAMS

University School of Nashville

Team Name: Too Brutal

Coaches: Amy Dortch, Tobey Beaver

Brutal Grassburn has been in existence since 1995, as the first high school team in Tennessee. We have organized Tennessee state tournaments, hosted a River Campus Classic almost since the inception of the team and created a youth league. Brutal Grassburn has a legacy at University School and is a tight-knit alumni community with dedicated coaches. We even have an alumni scrimmage every year the Saturday after Thanksgiving. Brutal Grassburn began as a mixed team and still practices this way, though when there is an opportunity, our women prefer to split off and play strictly as the girls' team.

Too Brutal lost only one player to graduation last year and had quite a few promising freshmen join the team since September. Our ladies have played several tournaments since winter break, which has really helped to hone our game. All together, the girls are showing incredible improvement in handling and in their zone offense while their defense remains as strong as last year. This team can be a strong contender in this year's Easterns Championship, where we hope to again prove ourselves as a formidable force.

Roster

1	Margie Quinn	Jr	5'9"
3	Taylor Hannasch	Jr	5'6"
4	Nora Hoover	Sr	5'8"
	<i>Wesleyan</i>		
5	Lindsey Eskind	Jr	5'6"
6	Allyson Lutz	So	5'9"
8	Ricci May	So	5'9"
10	Julianne Hyer	So	5'5"
16	Katherine Dennis	Jr	5'7"
17	Alex Eaton	Jr	5'10"
20	Anna Kirchner	Fr	5'5"
27	Mary Kincaid	So	5'5"
28	Miriam Miller	Fr	4'11"

Yorktown/HB Woodlawn

Team Name: Kilojoules

Coaches: Katie Klein, Dave Soles

The YHB Kilojoules are a unit of energy out of Yorktown/H-B Woodlawn in Arlington, Virginia. A fledgling women's ultimate program for many years, the YHB Kilojoules donned the name during the 2007 season, and it brought even greater strength to the program. Besides Ultimate, the team enjoys chemistry and human pyramids.

The YHB Women's team enjoyed a third place victory at Easterns last spring, as well as victories in the women's division of both the Tidewater Tuneup and Kit Kat tournaments this past fall.

Roster

1	Mary MacLaughlin	Jr	5' 9
4	Susan Yousuf	Jr	5' 5
5	Veronica Elkinton	Jr	5' 11
9	Phoebe Rosen	Jr	5' 4
10	Tori Stempniewicz	Sr	5' 6
	<i>James Madison Univ</i>		
15	RachelHortman	Jr	4' 9
19	Kelly Duncan	Jr	5' 7
20	Rachel Lupberger	Jr	5' 7
22	Laura Burt	Jr	5' 2
35	Ernie George	Jr	5' 5
43	Christine Kline	Jr	5' 7
43	Leslie Keller	Sr	5' 6
	<i>James Madison Univ</i>		
46	Mary Dodson	Jr	5' 2
48	Emily Schwartz	Sr	5' 4
	<i>Univ of Virginia</i>		
50	Hannah Boone	Jr	5' 9
51	Jamie Barr	Sr	5' 7
	<i>William and Mary</i>		
54	Samantha Taggart	So	5' 5
68	Liza Rozen	Jr	5' 2
94	Hannah Fish	Jr	5' 6
97	Claudia Dimick	Fr	5' 6



SPIRIT OF COACHING

Background: The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As a non-player, the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision making process, even in the most egregious violations, will indicate to players that the coach and not the players 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 observers
- Coaches will model Spirit of the Game at all times

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



Directions - 5 minutes from fields

Left out of the field complex.

Left onto Lincoln Way.

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