

2009 High School Eastern Ultimate Championships



Lebanon, OH
May 9-10, 2009



EVENT GUIDE

\$1





men's jersey

\$22



women's jersey*

\$22



unisex shorts

\$18

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TABLE OF CONTENTS

Welcome Letter/Weekend Overview	2
Competition Rules/Site Rules	3
Friends and Family Information	4
Shooting Photos and Video	4
Spirit Awards and Spirit Ratings	5
Health and Safety	6 - 7
Girls Schedule	8
Open Schedule	9
Field Map	10
Directions.....	11
Girls Team Information/Rosters	11-16
Open Team Information/Rosters	18-25
UPA Spirit of Coaching/Coaching Certification	26
Ten Things You Should Know about Spirit of the Game.....	28

STAFF

TOURNAMENT STAFF will be wearing cherry red shirts with the event logo on them. If they can't answer your questions, they can point you to one of the following people to help you out.

Tournament Director - Peter Tran
Volunteer Coordinator - Christine Scheadler
Head Scorekeeper - Jonathan Cummings
Media Contact - Bob Scheadler
UPA Championships Director - Will Deaver
UPA Championships Series Manager - Byron Hicks
UPA Youth Development Director - Meredith Tosta
UPA Membership Director - Melanie Byrd

ULTIMATE PLAYERS ASSOCIATION
4730 TABLE MESA DR., STE I-200C, 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, 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 2009 UPA High School Eastern Ultimate Championships. We are very excited that the UPA is bringing back High School Easterns to the Lebanon 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 athletic facilities, performing arts centers, and cultural museums. There's a reason we're called Ohio's Largest Playground®, where everyone wins.

This year's tournament includes 16 Open HS Teams and 11 Girls HS Teams from the Eastern United States and Canada to showcase high school Ultimate at its best. Many of the teams are returning from last year including last year's Open champions, Columbia from Maplewood, NJ and Girls champions, Paideia from Atlanta GA. Also many new teams will be playing in their first National UPA event. Best of luck to all of the teams and thanks to all of the players and coaches who continue to grow and support high school Ultimate.

Events like the High School 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. We can't wait to make this tournament even better than the last time. Please acknowledge their hard work and dedication to supporting the sport of Ultimate.

Have an ULTIMATE weekend!

Peter Tran
CUPA president
Tournament Director

WEEKEND OVERVIEW

FRIDAY MAY 8TH AT HYATT PLACE CINCINNATI NORTHEAST

6:00pm-10:00pm Team Registration

SATURDAY MAY 9TH AT LEBANON SPORTS COMPLEX

8:00am Captain's Meeting
9:00am - 6:00pm Pool Play and (Open) Pre-Quarters
Social Event Dinner will be served at 5:00pm for participants, coach members and two chaperones per team.

SUNDAY MAY 10TH AT LEBANON SPORTS COMPLEX

8:30am-2:00pm (Girls) Pool Play, Elimination and Placement games (Girls, Open).
2:30pm Finals (Girls, Open)
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 Award individuals (one from each team).



COMPETITION RULES

- UPA Official Rules of Ultimate, 11th Edition 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. Game ends when first team reaches new game total, or when first team reaches 15 ahead by at least two points, whichever comes first.
- 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.



PHOTO BY: TOM COOK

SITE RULES

- No alcohol
- Dogs must be leashed
- Spectators and equipment must stay at least 3 yards away from sidelines! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- Trash and Recycling! Place recyclables in the recycling receptacles and place trash in the trash



WELCOME VISITORS AND SPECTATORS!

A tent for Friends and Family will be set up throughout the event. Stop by for general information, a spectator guide or to speak with a UPA representative. UPA Friends and Family members can participate in a social to include an opportunity to meet other Friends and Family members and a chance to speak with a UPA representative. Refreshments will be provided.

Stop by and check us out!

SCHEDULE FOR FRIENDS AND FAMILY TENT

SATURDAY

Staff available for assistance	8:15-10:30am 11:30-1:30pm 3:30-4:45pm
Friends and Family Social	5:45-6:30pm

SUNDAY

Staff available for assistance	8-10:30am 12-2:00pm
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When we are not at the tent we will be walking around greeting spectators and assisting where we can.

A FRIENDS AND FAMILY MEMBERSHIP

Would you like to know more about watching the game? Or maybe you used to play and are looking for alternative ways to get involved and support the sport...

FRIENDS AND FAMILY MEMBERSHIP - \$18

FRIENDS/FAMILY & COACH MEMBER - \$33

Join this weekend and receive a copy of the UPA magazine (USA Ultimate), an event guide, spectator guide and enjoy participation in our Friends and Family social event!

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. If you are taking photos at the event and would like submit them to the UPA for possible use in the Summer issue of the UPA magazine, USA Ultimate, please contact Media Coordinator Bob Scheadler at the event, or UPA Executive Director Sandie Hammerly, at sandie@hq.upa.org.

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

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!

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.

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 is 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, at least 3 yards from the sideline.
- 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.



PHOTO BY: RJ MANCUSO



2009 UPA High School Eastern Championships - Girls Division

Saturday, May 9, 2009

Pool A	Pool A	Pool B
A1 Games to 15	A1 Paideia (1)	B1 Amherst Varsity (2)
Cap at 17	A2 Andover (3)	B2 Yorktown/HB Woodlawn (4)
Pool B	A3 Columbia (6)	B3 Stuyvesant (5)
Games to 13	A4 Woodside (8)	B4 Amherst JV (7)
Cap at 15	A5 Hampton (9)	B5 LC Bird (10)
		B6 Oakland Catholic (11)



Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score
9:00 - 10:15	A4 v A5	3 -	A2 v A3	1 -	B1 v B4	6 -	B2 v B6	5 -	B3 v B5	4 -
10:45 - 12:00	A1 v A5	3 -	A3 v A4	1 -	B1 v B6	6 -	B2 v B3	5 -	B4 v B5	4 -
1:00 - 2:15	Bye	-	Bye	-	Bye	-	Bye	-	Bye	-
2:45 - 4:00	A1 v A4	3 -	A2 v A5	1 -	B1 v B3	6 -	B2 v B5	5 -	B4 v B6	4 -
4:45 - 6:00	A1 v A2	3 -	A3 v A5	1 -	B1 v B2	6 -	B5 v B6	5 -	B3 v B4	4 -
Sunday										
8:30 - 9:45	A1 v A3	7 -	A2 v A4	8 -	B1 v B5	6 -	B2 v B4	5 -	B3 v B6	4 -

Re-seed teams within each pool for bracket play



Consolation Bracket
Sunday, May 10, 2009

Loser A1vB4

12:30-2:00pm
Field #5

Loser A3vB2

5th Place (tie)

Loser A2vB3

12:30-2:00pm
Field #6

Loser A4vB1

5th Place (tie)

Round Robin for 9th-11th

Sunday	F#	Score
10:30am-12:00pm	B6 v A5	9 -
12:30-2:00pm	B5 v A5	9 -
2:30-4:00pm	B5 v B6	9 -



Consolation games to 15 cap 17

Championship Bracket
Sunday, May 10, 2009



A1

10:30am-12:00pm
Field #7

B4

A3

10:30am-12:00pm
Field #5

B2

A2

10:30am-12:00pm
Field #6

B3

A4

10:30am-12:00pm
Field #8

B1

Semifinal
12:30-2:00pm
Field #7

Semifinal
12:30-2:00pm
Field #8

Finals
2:30-4:00pm
Field #7


Championship games to 15 cap 17



2009 UPA High School Eastern Championships - Open Division


Saturday, May 9, 2009

All Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D					
	A1	Amherst (1)			B1	Pennsbury (2)			C1	Paideia (3)			D1	Columbia (4)				
	A2	Stuyvesant (8)			B2	Woodside (7)			C2	Watchung Hills (6)			D2	LC Bird (5)				
	A3	Red Bank (12)			B3	Holy Family Catholic (11)			C3	North Hills (10)			D3	Needham (9)				
	A4	Urbana (13)			B4	Ridgefield (14)			C4	Martinsville (15)			D4	Henry Clay (16)				
Saturday	F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		Bye		
9:00 - 10:15	C2 v C4	8 -		D2 v D4	7 -		B1 v B3	13 -		B2 v B4	12 -		C1 v C3	10 -		D1 v D3	11 -	Pool A
10:45 - 12:00	A1 v A3	8 -		A2 v A4	7 -		C2 v C3	13 -		D2 v D3	12 -		C1 v C4	10 -		D1 v D4	11 -	Pool B
1:00 - 2:15	A1 v A4	8 -		A2 v A3	7 -		B1 v B4	13 -		B2 v B3	12 -		D3 v D4	10 -		D1 v D2	11 -	Pool C
2:45 - 4:00	A1 v A2	8 -		A3 v A4	7 -		B1 v B2	13 -		B3 v B4	12 -		C1 v C2	10 -		C3 v C4	11 -	Pool D



Re-seed teams 1-4 within each pool

4:45 - 6:00	A2 v D3	8 -		B2 v C3	13 -		C2 v B3	12 -		D2 v A3	7 -								
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Consolation Bracket
 Sunday, May 10, 2009

Loser B2vC3 9:30-10:00am Field #12	10:30am-12:00pm Field #1	12:30-2:00pm Field #3	9th Place
A4			
Loser C2vB3 9:30-10:00am Field #11			
D4			
Loser D2vA3 9:30-10:00am Field #10	10:30am-12:00pm Field #3	13th Place (tie)	13th Place (tie)
C4			
Loser A2vD3 9:30-10:00am Field #13			
B4			

Loser A4vB2/C3 10:30am-12:00pm Field #2	13th Place (tie)
Loser D4vC2/B3	
Loser C4vD2/A3 10:30am-12:00pm Field #4	13th Place (tie)
Loser B4vA2/D3	

Consolation games to 15 cap 17


Championship Bracket
 Sunday, May 10, 2009




Winner B2vC3 10:30am-12:00pm Field #13	Semi/Final 12:30-2:00pm Field #13	Final 2:30-4:00pm Field #6	Champion
A1			
Winner C2vB3 10:30am-12:00pm Field #11			
D1			
Winner D2vA3 10:30am-12:00pm Field #10	Semi/Final 12:30-2:00pm Field #12	5th Place (tie)	5th Place (tie)
C1			
Winner A2vD3 10:30am-12:00pm Field #12			
B1			

Loser A1vB2/C3 12:30-2:00pm Field #11	5th Place (tie)
Loser D1vC2/B3	
Loser C1vD2/A3 12:30-2:00pm Field #10	5th Place (tie)
Loser B1vA2/D3	

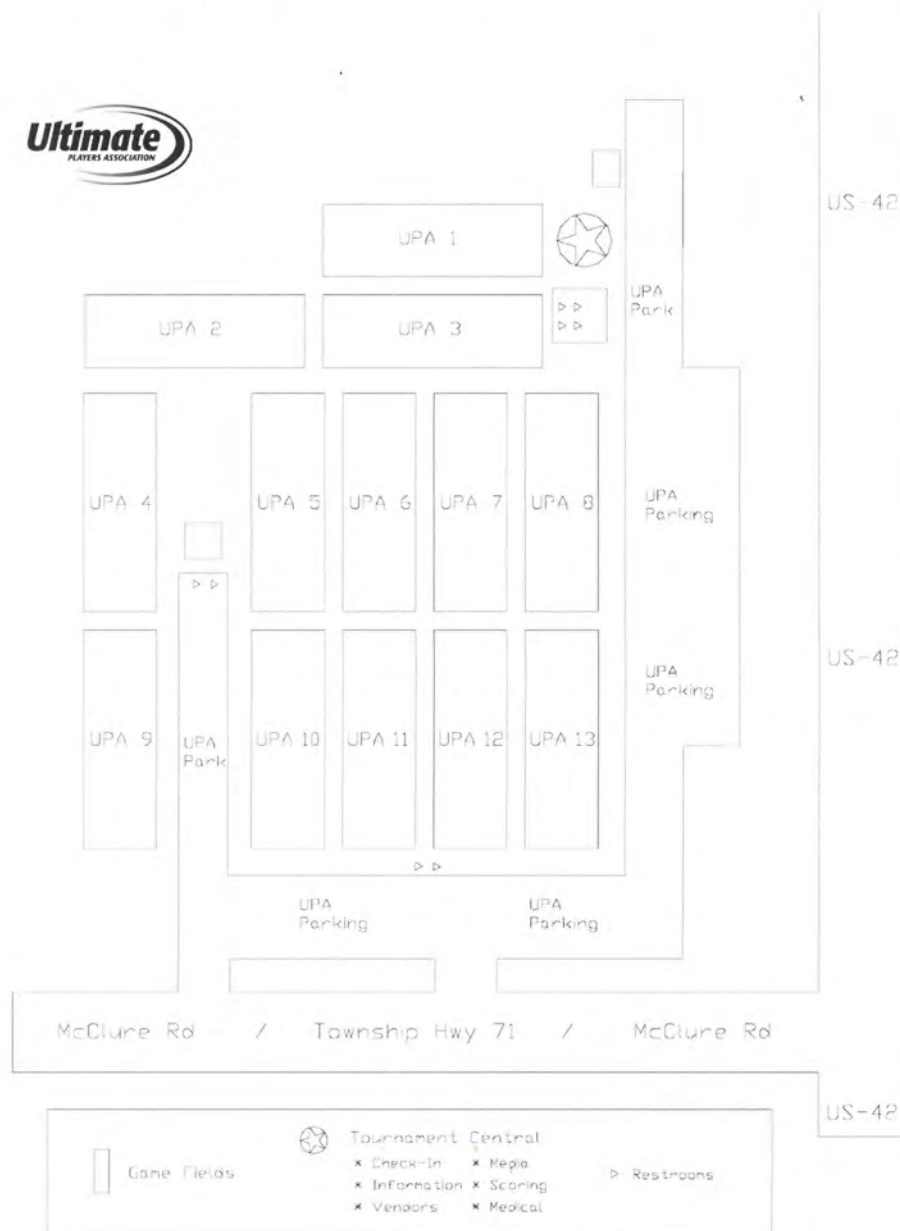
Championship games to 15 cap 17







FIELD MAP



DIRECTIONS

HEADQUARTERS HOTEL HYATT PLACE Cincinnati Northeast, 5070 Natorp Blvd, Mason, OH 45040 (513-754-0003) TO LEBANON SPORTS COMPLEX

1. Turn right onto Mason-Montgomery Rd. - 0.5 Miles
2. Turn left onto Fields Ertel Rd. - <0.1 Miles
3. Merge onto I-71 N via the ramp on the left toward Columbus. - 5.1 Miles
4. Take the Kings Mill Rd West / OH-741 N exit- Exit 25. - 0.2 Miles
5. Turn left onto OH-741. - 1.0 Miles
6. Turn right to stay on OH-741. - 1.1 Miles
7. Turn right onto US-42. - 4.5 Miles
8. Turn left onto McClure Rd / Township Hwy 71. - 0.1 Miles

DIRECTIONS FROM LEBANON SPORTS COMPLEX TO BETHESDA MEDICAL CENTER Arrow Springs, 100 Arrow Springs Blvd, Lebanon, OH 45036 (513-282-7000) Drive should take about 10 minutes.

1. Take left onto S US Route 42/US-42.
Continue to follow US-42.
2. Turn left onto S Broadway St/US-42.
3. Turn right onto E Main St/OH-123/OH-48.
4. Merge onto OH-48/OH-48 S.
5. Turn left onto Lebanon Rd/Township Rd 16.
6. Turn right onto Arrow Springs Blvd.
7. End at 100 Arrow springs Blvd.



PHOTO BY: JULIAN SUMMA

DIRECTIONS FROM LEBANON SPORTS COMPLEX TO CINCINNATI/NORTHERN KENTUCKY INTL AIRPORT

1. Head south on McClure Rd - 0.3 mi
2. Turn left to stay on McClure Rd - 0.5 mi
3. Turn right at US-42/S US Route 42 - 4.5 mi
4. Turn left at OH-741/S State Route 741 - 1.2 mi
5. Turn left at Kings Mills Rd/OH-741/State Route 741 - 0.8 mi
6. Turn right to merge onto I-71 S toward Cincinnati - Entering Kentucky - 31.7 mi
7. Take the exit onto I-275 W - 4.4 mi
8. Take exit 4B to merge onto KY-212 - 1.2 mi
9. Continue on Terminal Dr - 0.4 mi

DIRECTIONS FROM LEBANON SPORTS COMPLEX TO DAYTON INTL AIRPORT

1. Head north on McClure Rd toward Hamilton Rd - 0.7 mi
2. Turn left at W Main St/OH-63/W State Route 63 - Continue to follow OH-63/W State Route 63 - 4.8 mi
3. Turn right to merge onto I-75 N toward Dayton - 31.7 mi
4. Take the exit onto I-70 W toward Indianapolis - 2.3 mi
5. Take exit 32 for Airport Access Rd toward Vandalia - 0.5 mi
6. Continue straight - 1.8 mi
7. Continue straight onto Terminal Rd/ Terminal Dr - 1.2 mi
8. Sharp right at Cargo Rd - 0.1 mi



PHOTO BY: CANDACE WESTGATE



GIRLS TEAMS

Amherst Regional HS

Team Name: JVA Hurricānes (Junior Varsity)
Coach: John Bechtold

The Amherst JVA girls continue their streak as the dominant JV girls team in the country, competing regularly with varsity and college teams throughout their season with strong results. Comprised mostly of underclassman, the girls are the face of the future varsity Hurricanes while continuing to make strong showings at Easterns, States, and the Amherst Invitational each year.



Roster

3	Maya Norman	Fr 5'3"
4	Jessica Duda	So 5'3"
6	Shira Kaufman	So 5'5"
7	Kay Holland	So 5'8"
8	Martina Rotea	Sr 5'1"
10	Joanna Tan	Jr 5'10"
11	Theresa Piela	So 5'3"
13	Leah Berlin	So 5'3"
14	Chloe Zimmerman	Jr 5'2"
16	Amelia Mead	Fr 5'4"
17	Martie Stothoff	Fr 5'5"
18	Molly Lawlor	Fr 5'6"
19	Sally Marcus	Sr 5'7"
22	Yeye Tarren	Jr 5'3"
24	Jamie Sharken	Jr 5'4"
25	Sara Sremac	So 5'7"
54	Yanna Ok	So 5'6"
93	Katie St. John	So 5'4"

Amherst Regional HS

Team Name: Hurricanes Girls Varsity
Coach: Susan Morello, Jason Chow

This is the 13th year for our team. We are the Hurricanes... We make it Rain.

We were lucky this year and the snow had all melted by the start of our season. However, this is when mud season begins. Unfortunately, two tournaments were canceled due to field conditions but we did play in the Smith College Tournament and won that. At the time that this goes to press we still feel like we are at the beginning of our season.



Roster

1	Afra Danai	Jr 5'1"
2	Claudia Tajima	Sr 5'6"
	<i>Tufts</i>	
3	Rosie Rabinovitz	Sr 5'4"
	<i>Stanford</i>	
6	Arielle Andler	Sr 5'1"
	<i>Boston University</i>	
7	Zoe Elkin	Jr 5'6"
8	Hannah Yee	So 5'4"
9	Katy Peake	So 5'6"
10	Lauren Baecher	Sr 5'8"
	<i>Simmons</i>	
11	Isa Gutierrez	Jr 5'4"
12	Jenny Piela	Sr 5'3"
	<i>Carleton College</i>	
13	Nikki Kaufman	Sr 5'6"
	<i>Colorado College</i>	
14	Kelsey McDonald	So 5'8"
16	Keri Lambert	Sr 5'6"
	<i>Williams</i>	
20	Olivia Holcomb	So 5'9"
21	Molly Schulman	So 5'4"
24	Kathryn Hopkins McGill	So 5'6"
29	Molly Krifka	Sr 5'8"
39	Rose Boyko	Sr 5'11"
	<i>Roger Williams</i>	



GIRLS TEAMS

Andover HS

ANDOVER
MASSACHUSETTS



Team Name: Andover Golden Gophers

Coaches: Alison Shannon-Lier, Liz Muscolino

In 2001, the AHS Golden Gophers women's team was founded thanks largely to senior captains Katie McKain, Susie Araujo, assistant captain Alison Shannon, Director of BUDA Tommy Proulx and AYS staff member/coach Suzie Clarke. In their first year, Andover placed 7th at UPA. In 2003 they placed 5th. In 2007, the girl's team began their season with first place wins at Longmeadow and Northfield Mount Hermon tournaments. At Amherst Invite they won the Spirit Award and finished third. In 2007, their hard work paid off and they placed 2nd at the Eastern High School Championships. At the annual Andover Cup they beat Amherst High School after a close game. The 2008 the team placed 3rd at Easterns and won the Amherst Invite.

The team is ready for the 2009 season which has just begun and has, primarily to date, consisted of practice and classroom sessions in reviewing rules and plays. Our first tournament will be at Northfield Mount Hermon on April 18th where we will field a mixed Varsity and JV team. This year, having lost players to 2008 graduation, is a transitional building year for our team. Over the summer we helped out at a week long middle school clinic, participated in the Andover Summer League and now are looking forward to a great season this year!

Roster

2	Marianna Heckendorn	F	5'7"
3	Lisa Qin	F	5'2"
4	Caroline Lyle	Sr	5'3"
	<i>Boston College</i>		
5	Kayla Kantola	Jr	5'9"
7	Melanie Nesteruk	F	5'4"
9	Annie Ye	So	5'6"
13	Chrissy Sauerbrunn	So	5'4"
15	Lucy Silverman	Sr	5'7"
17	Kayla Walsh	Sr	5'7"
18	Hadley Green	So	5'7"
19	Rose Greeley	Jr	5'4"
21	Laura Perry	Sr	5'8"
	<i>Principia</i>		
23	Cecily Givens	Sr	5'6"
24	Leah Totten	So	5'3"
27	Mirela Maier	Jr	5'2"
43	Dana Trisman	So	5'7"
46	Ally Davis	So	5'2"
66	Emily Peterson	Sr	5'2"
	<i>Univ of Massachusetts at Amherst</i>		
84	Molly Rodin	Sr	5'
	<i>Univ of Chicago</i>		

Columbia HS

MAPLEWOOD
NEW JERSEY



Team Name: Sparkle Motion

Coaches: Josh Cincotta, Pat Morrissy

Since it's founding in 2005 by then-seniors, Vanessa Low and Maia Cincotta, Columbia Girls Ultimate has proven to be an up-and-coming program with a very bright future. Coming from the birthplace of Ultimate is a heavy load to carry but Sparkle Motion doesn't let the pressure get to them as they continue to work hard and strive for perfection. Like its namesake, the dance team featured in the movie Donnie Darko, Sparkle Motion exhibits style, spirit, and skills.

This year we are excited to have coaches for the first time and they have helped us to improve greatly. In the fall, we competed in Kit Kat and the Hat as well as the Rutger's Invite. This spring we attended the YHB Invite and finished with a 3-2 record, despite missing many key players. We were also excited to compete in Paid-eia Cup IV and Cardinal O'Hara invite and look forward to the St. Johnsbury Invite and defending our NJ State Championship this spring.

Roster

0	Kate Donatelli	Jr	4'11"
1	Eva Sachs	Jr	5'1"
4	Hannah Hart	Fr	5'2"
5	Ellen McGrath	Jr	5'4"
6	Leah Garber	Jr	5'3"
7	Emma O'Shea	Jr	5'6"
8	Abby Powell	Jr	5'4"
12	Claire Morrissy	Sr	5'7"
13	Grace Feinman-Riordan	So	5'6"
14	Alex Fagundez	Jr	5'6"
15	Claire Kearns-McCoy	Jr	5'7"
17	Karina Moy	Jr	5'1"
18	Sophie Jerchow	Sr	5'6"
21	Sophia Schneiderman	Jr	5'6"
22	Jenny Podel	Jr	5'7"
30	Maddy Weltchek	So	5'1"
31	Megan Kashtan	Jr	5'4"
58	Gabriella Cincotta	Fr	5'1"

GIRLS TEAMS

Hampton HS

Team Name: HUG
Coach: Christie Lawry

Hampton Ultimate Girls, HUG, was founded three years ago at a Hampton Ultimate end of the year picnic. Jess, Anna, and Sydney were approached by their current coach to create a girls team. They responded with an, "ok sure." They then did the most important thing any team should do, create a cool T-shirt and name. HUG's first season was short but successful with a trip to states and coming home with the spirit award. The following season was an even greater success by going to PHUL finals and breaking seed at Easterns as the youngest team present. Over the three years HUG has been growing in not only numbers but also strength and is looking forward to going far in their current season.

After coming so close to a win at finals last year, HUG is even more driven to take home the win in PHUL this season. Although the current season is just beginning, HUG is undefeated and hopes to remain so.

Roster

03	Mara Steinmetz	So	5'2"
06	Molly Diltz	So	5'5"
07	Nicole Elway	So	5'8"
08	Gretchen Daush	So	5'5"
09	Sarah Jordan	So	5'6"
11	Jess Krzewinski	Sr	5'7"
12	Sydney Huerbin	Sr	5'6"
	<i>Univ of Pittsburgh</i>		
18	Amy Zeis	Sr	5'6"
	<i>Syracuse Univ</i>		
24	Sarah Krzewinski	Jr	5'9"
25	Jennifer Kyle	So	5'5"
27	Laura Holesh	Fr	5'6"
77	Megan Roethlein	Fr	5'5"
87	Rachel Filiaggi	Sr	5'7"
	<i>Univ of Pittsburgh</i>		

HB Woodlawn/ Yorktown HS

Team Name: RiDISCulous
Coaches: Katie Klein, David Soles

Once upon a time, in a far away land, there was a group of girls who thought Frisbee was grand. Their cuts were hard, and throws went far. Their antics were crazy and a little bizarre. These goofy girls are a little ridiculous. But their Ultimate skills are quite meticulous. Hence the name that encompasses their team...RiDISCulous: extreme supreme!

The YHB women's team split from their guys program in 2004. Since then, the team has grown immensely. The YHB women's program now has over 30 girls, with a newbies and varsity team. RiDISCulous is proud to represent the Female Ultimate Players of Arlington.

Starting off our fall season we attended sectionals in our area. We faced some tough competition. We ran close against some college teams and got schooled by some club teams (including our coach's club team). The highlight of the tournament was a win against John's Hopkins. We went on to play at the Tidewater Tune-up in Williamsburg, VA and left undefeated. We went to Woodside's annual tournament and again went undefeated. Then in March we held our annual YHB Invite here in Arlington, VA with an eight team lineup and went undefeated there too. Also, throughout the season we have contacted some college women's team to scrimmage including American University, Georgetown University, and the University of Maryland-College Park B Team.

Roster

1	Hannah Boone	Sr	5'10"
	<i>Cornell Univ</i>		
3	Tina Kargo	Sr	5'5"
	<i>George Mason Univ</i>		
4	Liza Rozen	Sr	5'1"
	<i>Bucknell Univ</i>		
5	Veronica Elkinton	Sr	5'11"
	<i>Univ of Vermont</i>		
7	Susan Yousuf	Sr	5'5"
	<i>Univ of Virginia</i>		
8	Amy Hazzard	Sr	5'7"
	<i>College of William and Mary</i>		
9	Phoebe Rosen	Sr	5'4"
	<i>Univ of Pittsburgh</i>		
13	Alika Johnston	So	5'3"
18	Clara Nice	So	5'4"
19	Kelly Duncan	Sr	5'6"
21	Claudia Dimick	So	5'6"
22	Laura Burt	Sr	5'2"
	<i>Guilford College</i>		
24	Kelsey Momoi	So	5'3"
25	Emie George	Sr	5'5"
	<i>Occidental College</i>		
36	Sandy Thong	Fr	5'0"
43	Christine Kline	Sr	5'7"
	<i>College of William and Mary</i>		
44	Sam Taggart	Jr	5'5"
46	Mary Dodson	Sr	5'2"
	<i>James Madison Univ</i>		
53	Willard Emily	Jr	5'3"
55	Rachel Hortman	Sr	4'8"
	<i>Virginia Commonwealth Univ</i>		
57	Rachel Lupberger	Sr	5'7"
	<i>Lewis and Clark College</i>		
62	Meghan Hauptman	Jr	5'3"
63	Annie Mellan	Sr	5'7"
	<i>Tulane Univ</i>		
71	Lillian Goldstein	So	5'10"
94	Hannah Fish	Sr	5'6"
	<i>SUNY-ESF</i>		

GIRLS TEAMS

LC Bird HS

Team Name: G-Team

Coaches: Brittany Schenk, Ray Heath

Our team started as one girl on the boy's A-team three years ago and branched from there. Every year we struggle for players, recruit from every sports team, classroom, and group we can think of. Only three players on our team have been playing Ultimate for more than a year but we always pull through and give people something to talk about. Our name came around because the first girl to play was called the OG-Original Girl-and because our boy's teams are known as the A-team and B-team, we called ourselves the G-team.

Our first tournament was Sectionals; we came as a mixed team with our boys A-team, stayed with the college and club teams, and even beat Virginia Tech. At Tidewater Tune-up we beat both Woodside teams. In December we hosted the Sue Inge Tournament (in honor of a past player's mother who died of cancer) where we beat the YHB girl's team for the first time in our history. We drove nine hours in February for the Deep Freeze tournament, lost every game, but shocked the teams that thought they could run all over us. At the YHB Invite, we struggled again for players and thought we would have to mix with Woodside, but decided to play the entire tournament with only eight players and came in second place.

Roster

2	Rachel Basham	So	5'6"
3	Kelsey Hales	Sr	5'10"
	<i>Virginia Tech</i>		
5	Martha Jones	Sr	5'6"
	<i>James Madison</i>		
7	Gena Kohler	Sr	5'8"
	<i>Univ of Virginia</i>		
8	Kathleen Szafranski	So	5'4"
10	Laura Fitch	Jr	5'9"
	<i>Virginia Tech</i>		
14	Rachel Bradley	Sr	5'8"
	<i>Longwood</i>		
17	Logan Wettle	Jr	5'8"
55	Lauren Schoemmell	Sr	5'7"
	<i>John Tyler</i>		
99	Gladys Balcarcel	So	5'5"

Oakland Catholic HS

Team Name: Oakland Catholic Eagles

Coach: Jeff Patrizio

The Oakland Catholic Ultimate team started with three girls in 2006 and has since grown to have twenty-three. The team lost in the Pittsburgh league's semi-finals on universe point in 2008. This year the team is back with a balance of new and old players in what looks to be a good season. Our team name is the Eagles because that's the school's mascot and we're boring.

So far in the 2009 season, Oakland Catholic has only played in two games in the Pittsburgh High School Ultimate League, winning both easily. The team hopes to continue working hard to make it far into the playoffs with hopes of winning the city's league.

Roster

1	Gina Barber	Sr	5'2"
	<i>Virginia</i>		
3	Maria Bajzek	Sr	5'2"
	<i>Carnegie Mellon</i>		
5	Catherine Pietrusinski	Jr	5'5"
6	Brenda Tedrick	Jr	5'8"
8	Margaret Stephenson	Fr	5'7"
9	Jackie Bissonette	Sr	5'5"
13	Daniela Policicchio	Jr	5'5"
14	Alex Klos	Jr	5'6"
22	Haleigh Cooper	Jr	5'4"
23	Emily Smith	Fr	5'8"
25	Molly Nace	Fr	5'5"
27	Tina Burrows	Jr	5'5.5"
42	Brittany Regrut	Fr	5'3"
55	Maura Wehner	Jr	5'4"
56	Katie Poremba	Fr	5'2"



GIRLS TEAMS

Paideia School

ATLANTA
GEORGIA

Team Name: Groove

Coaches: Kyle Weisbrod, Julia Echterhoff

You know when you put on a record and it sounds good? The needle hits the groove and the beats bump. Without even thinking about it your foot starts to tap. Your shoulders shimmy. You begin to whistle. You close your eyes and before you know it you are standing up and your hips are dipping and shaking to the sounds coming from the speakers. Groove is like that but on an Ultimate field. You don't listen to records? Oh. Well that's too bad.

Groove finished 6th at College Southern with wins over Brown, Virginia, Davidson, Wesleyan, and Northwestern. Groove finished 4th at Club Terminus with two wins over Atlanta Club team, Alloy. We all like our uniforms.

Roster

1	Sydney Dobkin	Sr	5'6"
	<i>Univ of Wisconsin</i>		
2	Hailey Alm	Sr	5'9"
	<i>Tufts</i>		
3	Tian Buzbee	Sr	5'6"
	<i>Amherst</i>		
4	Ana Leon	Fr	5'6"
7	Nikki Softness	Jr	5'5"
8	Corinne Crofford	Sr	5'8"
	<i>Univ of Georgia</i>		
9	Rachel Kessler	Sr	5'6"
10	Sophie Darch	Jr	5'6"
11	Julia Fuster	Sr	5'8"
	<i>Univ of Georgia</i>		
12	Lane Seidor	Jr	5'9"
13	Kenia Kagel	Sr	5'2"
14	India Stubbs	So	5'9"
15	Kalli Perano	Jr	5'2"
17	Camila Arevalo	So	5'6"
19	Mallory West	Sr	5'3"
21	Emmy Yang	Fr	5'4"
23	Katie Pulliam	So	5'10"
25	Anna Currey	Fr	5'6"
37	Charlotte Ball	Sr	5'7"
38	Joanna Caldwell	Fr	5'6"

Stuyvesant HS

NEW YORK
NEW YORK

Team Name: Sticky Fingers

Coach: Andy Lykens

The Sticky Fingers has been existence for almost twenty years. Our team has been steadily improving over the last couple of years. In spring of 2006, we had only ten players and no coach. However, in 2007, we were able to recruit many new girls who became enthusiastic about the sport. We also were able to receive help from two experienced coaches. This year, although we only have one coach, we are able to spread enthusiasm about Ultimate to both the team and the school.

This fall season we played at Sectionals, beating Synergy, a club team, and Beacon High School, to make it to Regionals. This spring season, we played at Spring Phling on March 21st-22nd. We won 9-5 against Edinboro, lost 12-7 to UPenn, won 10-8 against Millersville, and won 9-7 against Boston College. We also lost to Penn State 13-4.



Roster

5	Maneesha Bhugwansing	Jr	5'6"
6	Julia Jin	Sr	5'4"
	<i>Binghamton Univ</i>		
8	Della Chen	Sr	5'8"
	<i>Northeastern Univ</i>		
9	Grace Lin	Sr	5'4"
11	Angel Li	Sr	5'7"
	<i>Northwestern Univ</i>		
12	Krystal Lau	Sr	5'4"
14	Jenny Qiu	So	5'2"
16	Nicole Lau	Sr	5'2"
	<i>Johnson & Wales Univ</i>		
18	Amy Lin	Jr	5'6"
19	Michelle Ma	Sr	5'3"
	<i>Boston Univ</i>		
20	Ruthia Chen	Jr	5'8"
21	Jin Hyae Chun	Sr	5'5"
22	Connie Li	Jr	5'6"
23	Raisa Shnyder	Jr	5'2"
26	Jenny Li	So	5'4"
27	Emily Park	Jr	5'1"
28	Laura Chen	Sr	5'5"
	<i>Barnard Univ</i>		
33	Annamarie Lam	Jr	5'3"
43	Diana Lee	Jr	5'2"
69	Tetyana Dolotova	Sr	5'6"



GIRLS TEAMS

Woodside HS

NEWPORT NEWS
VIRGINIA

Team Name: WUF (Woodside Ultimate Females)
Coach: Barbara Frey

Woodside High School started one Ultimate Frisbee team a little over four years ago. It started out rough, like most new teams do. But over time it progressively got better. There were both boys and girls coming out for the team, and the ratio of boys was far greater than that of girls. But the number of girls gradually increased to the point where the girls had to branch off into one separate team. The Woodside Ultimate Females (WUF) team has been around for less than two years. Like the original team we started out rough, but recently we have greatly improved. Our team name is like an introduction, it makes people aware of where we all come from and the school we are representing.

In past seasons, we never really posed much of a threat or as much competition. So far this season has been quite successful for WUF. In our first tournament of the spring season we placed fourth out of eight teams. This is a great achievement for the team, because it shows our progression as a team. Since last year our playing skills have improved immensely. We are proving ourselves as a team and people are recognizing us as a successful team. We plan on improving so much more than we have already.



Roster

1	Christina Reynolds	Jr	5'4"
2	Kayla Baker	So	5'7"
3	Erin Tucker	So	5'2"
4	Alexus Quatro	Jr	5'10"
5	Christine Bosch	So	5'4"
6	Michelle Barbosa	So	5'10"
8	Swetlana Frank	So	5'9"
9	Heather Holston	Sr	5'5"
10	Jackie Rodrigues	Fr	4'11"
11	Christine Tommasino	Fr	5'6"
12	Karely Voss	Sr	5'2"
14	Alex Weikel	Jr	5'4"
17	Brittany Clark	Fr	5'9"
18	Lexi France	Sr	5'10"
22	Rosaria Bui	Fr	5'2"
23	Brooke Beasley	Jr	5'3"
27	Jessica Laws	So	5'4"
28	Katherin Diaz	Jr	5'10"
34	Marey-page Tucker	Jr	5'3"
38	Sammie Jo Smith	Jr	5'6"
42	Michelle Williams	Jr	5'2"
49	Catie Ramsey	So	5'7"
83	Leonymae Aumentadu	So	5'2"
84	Rainey Delisle	Fr	5'5"
88	Nadhira Hill	Fr	5'6"

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OPEN TEAMS

Amherst Regional HS

AMHERST
MASSACHUSETTS



Team Name: Amherst Hurricanes
Coach: Tiina Booth

We are the Hurricanes, which is the team name of all the varsity sports at Amherst Regional High School.

At this point in the season, we are 15-1 against colleges. We made the finals of both college tournaments we attended, losing in the first one and winning the second.

Roster

2	Spencer Diamond	Jr	5'10"
3	Eric Biggs	So	5'3"
5	Charles Kannel	Jr	5'10"
6	Alex McGeoch	So	6'1"
7	Patrick Lawlor	So	5'11"
8	Nick Adolph	Sr	6'0"
	<i>Tufts</i>		
9	Misha Herscu	Sr	6'0"
	<i>Harvard</i>		
10	Matthew Jerry	Sr	6'1"
	<i>Delaware</i>		
11	Surya Murty	Jr	6'0"
12	Jonah Herscu	Jr	6'1"
14	Julian Summa	Sr	6'1"
	<i>UVM</i>		
15	Alex Light	So	5'10"
16	Nino Figliola	Sr	5'10"
	<i>Tufts</i>		
17	Kevin Norton	Sr	6'4"
	<i>Pittsburgh</i>		
18	Michael Lawlor	Sr	5'11"
19	Rafer Dannenhauer	Sr	6'2"
	<i>Harvey Mudd</i>		
20	Eugene Buonaccorsi	Sr	5'9"
	<i>Tufts</i>		
21	Samuel Hart	Sr	6'4"
22	Noah Eckart	Sr	6'1"
23	Carson Mailer	Sr	6'3"
27	Amos Adams	So	6'5"

Columbia HS

MAPLEWOOD
NEW JERSEY

Team Name: CHS Ultimate

Roster

3	Jordan Taylor	Sr	5'10"
	<i>Stanford</i>		
4	Tony Zhang	So	5'7"
5	Michael Sender	Sr	5'8"
	<i>Rutgers Univ</i>		
6	Michael Brenner	Sr	6'
	<i>Univ of Pittsburgh</i>		
8	Josh Sender	Sr	5'8"
	<i>The College of New Jersey</i>		
9	Brendan Vogt	So	5'6"
12	Theo Mayer	Sr	5'8"
	<i>Boston College</i>		
14	Loren Whitaker	Sr	5'11"
15	Jeremy Golden	Sr	5'7"
	<i>SUNY Geneseo</i>		
16	August Kaplan	So	5'6"
17	Eli Graves	Jr	5'7"
18	Conor Albino	So	5'7"
22	Jesse Daugherty	So	5'6"
27	Sebastian Kaiser	So	5'9"
28	Ben Richardson	Sr	6'2"
	<i>Washington Univ in St. Louis</i>		
29	Evan Walter	So	5'10"
33	Eric Nelson	Jr	6'2"
36	Brian Phillips	So	6'1"
37	Matt Wright	So	5'9"
38	Caleb Williams	So	5'9"
55	Chuck Kaslow	Sr	6'1"
	<i>Virginia Commonwealth Univ</i>		
66	Matt Nelson	Jr	5'6"

OPEN TEAMS

Henry Clay HS

LEXINGTON
KENTUCKY

Team Name: The Grape Compromisers

Our name can be traced back to 2006, when a group of scholarly yet athletic youths combined their love of classic literature with their passion for Ultimate and formed the Grapes of Wrath. But when the founding members moved on to college, the fresh crop of Grapes decided that a change of name was in order. The boys looked to their school's namesake for inspiration. Known alternatively as "Our Boy," the Great Compromiser, and by his true name, Henry Clay, it was toward this historic hero that the boys turned, rechristening their team "The Grape Compromisers" - homage to both their school and their roots.

In our first tournament of the year, Sunny Side Up, we finished first out of all high school teams. Our most memorable victory was the defeat of rival Lexington Catholic. After months of practice, and a few scrimmages with Lexington Catholic, we headed to Louisville for the Kentucky State High School tournament. There, we finished pool play 3-0. After a quick semi-final, our vine of Grapes faced Lexington Catholic once again, defeating them in an epic battle to claim the state championship. On Martin Luther King Day, we came out of hibernation to play in a frigid, snow-covered tournament. We received 2nd place, losing only to the Ohio State champions, Revolution, in a close and heated final.



Roster

1	Matthew Beegle	Jr. 5'6"
3	Trey Owens	Sr. 6'0"
4	Clay Caylor	Jr. 6'5"
6	Cal Staben	Jr. 6'1"
	<i>Northwestern</i>	
7	Ben Luckey	Sr. 6'3"
	<i>Louisville</i>	
8	Sam Spiegel	Sr. 5'9"
	<i>Kentucky</i>	
9	Preston Goullson	Sr. 6'
	<i>Illinois</i>	
13	Jared Gibson	Sr. 5'10"
	<i>Denison</i>	
14	Patrick Jeter	Sr. 5'9"
	<i>Kentucky</i>	
15	Andy Jacobs	Jr. 5'10"
27	John Kuper	Sr. 5'6"
	<i>Kentucky</i>	
37	Tyler Spear	Sr. 5'6"
	<i>Clemson</i>	
42	Matt Bojanowski	Sr. 6'3"
	<i>Vanderbilt</i>	
87	Hongliu Liu	Sr. 5'1"
	<i>Tulane</i>	

Holy Family Catholic Home Educators

CINCINNATI
OHIO

Team Name: Revolution

Coaches: Steve Conrad (head coach); Phil Hale, Paul Ratajczak, Dave Fry, Justin Conrad

Revolution Ultimate has been part of Youth Ultimate Cincinnati (YUC) since helping to start the league in 2000. Comprised of players who are home schooled, Revolution has won the YUC league championship every year since 2003. In 2005 the team won the first Ohio State Championship, and repeated in 2006, 2007 and 2008. More than half the players on most of the teams that Cincinnati has sent to national tournaments, including two semi-finals finishes by girls' teams in 2002 & 03, and the second place finish by the mixed team at YCC in 2006, were Revolution players. Revolution players have done demonstrations at local schools to help start teams, held clinics for scouting groups and elementary schools and coached in a league for about 60 children ages 8-13. This is the second appearance at a national tournament for Revolution.

Revolution started its season last fall with a first place finish at Huckoween in Cincinnati, defeating teams from Kentucky, Indiana and Ohio. In January Revolution traveled to the Knight's Classic in Lexington, Kentucky where we finished first defeating the host team, Lexington Catholic H.S., and the Kentucky state champions, Henry Clay H.S. Our YUC season got off to a great start and so far we have gone undefeated (8-0) through the first four weeks. Revolution also played well at Arctic Vogue and the Miami Boogie Nights Tourney.



Roster

2	Joe Findley	Jr 6'0"
4	Will Teller	Sr 6'0"
	<i>Belmont Abbey</i>	
9	Luke Findley	Fr 6'0"
12	Gus Misleh	Sr 6'2"
	<i>Univ of Cincinnati</i>	
14	Michelle Ragusa	Fr 5'1"
15	Alexandra Sheaf	Sr 5'6"
	<i>Franciscan Univ</i>	
17	Nico Misleh	Sr 5'10"
	<i>Univ of Cincinnati</i>	
18	Michelle Morris	Jr 5'6"
19	John Dwyer	So 5'9"
21	Daniel Schuster	Fr 5'9"
23	Courtney Roth	Fr 5'3"
26	Jacob Smith	Jr 5'11"
27	Jeremy Stubbs	Jr 5'11"
28	Gabe Dell'Aira	Fr 6'1"
29	Patricia Babcock	Sr 5'8"
	<i>Franciscan Univ</i>	
31	Colleen Morris	Fr 5'3"
32	Colin Johns	So 5'9"
33	Frank Strasser	So 5'10"
37	Sam Dobrozsi	Fr 5'9"
77	Tommy Koch	So 6'0"
85	Tony Bort	So 5'7"
93	Kayla Fry	Fr 5'2"
95	Michael Bissonnette	Jr 6'1"
96	Michael Stubbs	So 5'0"
99	Scott Bissonnette	So 6'0"

OPEN TEAMS

L.C. Bird HS

CHESTERFIELD
VIRGINIA

Team Name: Skyhawk Ultimate Club
Coaches: Nick Ligatti (head coach), Paverick Nicolas (asst coach)

The team started in 2001 and has been playing since. They have grown to become very competitive, making it to the finals of each state tournament since 2003 and to Easterns 3 times.

Our season started with a young and inexperienced team, returning five players from last year, and has matured as a team. We started the school year playing at Mixed sectionals where we beat VA Tech. We followed that up by finishing 4th at Tidewater Tune-up and finished tied for 1st at Sue Inge. Since January we have won Deep Freeze and came in second at YHB Invite.



Roster

3	Shaun Geary	Jr 5'9"
4	Riley Wilson	Sr 6'4"
7	Josh Young	Jr 5'10"
9	Matt Harris	Sr 6'1"
10	Xavier Tyler	Sr 6'3"
11	Ben Houchins	So 5'7"
14	Hunter Taylor	Jr 5'11"
15	Josh Smith	Sr 6'0"
17	Jared Rhodes	Sr 6'0"
19	Sam Houchins	Sr 5'11"
23	Ryan Reynolds	Jr 6'0"
24	Billy Spiller	Sr 5'8"
25	Doug Self	Jr 5'11"
27	Brian Kappus	Sr 6'4"
32	Dominique Gibson	So 5'8"
77	Chris Reynolds	Jr 5'9"
88	Chris Finklea	So 6'2"
	Brad Smart	So 5'8"
	Connor Brockett	So 5'7"
	Will Hayes	So 5'9"

Martinsville HS

MARTINSVILLE
INDIANA

Team Name: Artesian Ultimate Players Association

Artesian Ultimate was formed in the summer of 2007 by captain Evan Shanahan. They have been together since then, only graduating two players from last year's squad. This team, senior heavy, is making their second straight Easterns appearance. To this date, Artesian Ultimate is the only team to ever represent Indiana at Easterns.

The Artesian Ultimate squad has had success in the last season. AU won the Indiana State Championship in early summer, and then captured the Indiana Ultimate Association (IUA) Youth Championship. The last big tournament of the year was Huckoween in Cincinnati, where AU finished second, being defeated in the finals by Home School Revolution. Over the winter months, Artesian Ultimate competed in a High School Indoor league and finished third in an Open Indoor tournament, defeating college and open level teams.

AU

Roster

0	Kyle Hicks	Jr 5'8"
1	Garrett Kinton	So 5'10"
4	Dakota Smith	Jr 5'7"
6	Kyle Wagoner	Sr 5'8"
	<i>Purdue</i>	
7	Sam Chandler	So 5'7"
8	Robbie Craven	Jr 5'11"
9	J.C. Swartling	So 5'9"
10	Ryan Dunn	Sr 5'10"
13	Evan Shanahan	Sr 5'11"
	<i>Ball State</i>	
14	Donald Fields	Sr 5'10"
15	Rafael Chaparro	Sr 5'10"
	<i>Indiana Univ</i>	
17	Luke Broderick	Sr 6'1"
	<i>Ball State</i>	



OPEN TEAMS

Needham HS

NEEDHAM
MASSACHUSETTS

Team Name: Needham High School A
Coach: Dan Hourigan

Needham Ultimate began in 2001 as a group of friends who knew nothing about Ultimate but were athletic and enjoyed tossing a disc around. These friends had no formal coaching, but encouraged others to join the team. In 2006 one of those kids, Dan Hourigan, came back to the team and offered to coach. Under his supervision Needham Ultimate has flourished from a small group of bored friends to a large group of serious and fun people. Needham Ultimate has steadily gained more recognition, most notably after coming in 3rd at Easterns in 2007, and is now competing at a higher level than ever before. The team name, Needham Ultimate, is straightforward: we're from Needham, and we love ultimate.

During the fall season we participated in division two club sectionals and came in sixth allowing us to advance to club regionals as the only high school team there. We began our spring season by attending Holly Burns Huckfest, a tournament hosted by Bryant College, again as the only high school team. Although seeded tenth, we came in 3rd. Our first regular season game was a 15-4 win over Milton Academy and we continued a strong showing by placing second at Lemony Spring. Later this season we will be attending the Amherst Invitational in the A pool as well as Pennsbury's Born to Dive.



Roster

2	Matt Bandes	Jr	5'9"
3	Theo Thompson	Jr	5'11"
4	Ben Krupp	So	5'10"
5	Matt Barnes	Sr	5'8"
6	David Lunetta	Jr	5'10"
9	Brian Baker	So	5'8"
10	Tyler Chan	So	5'10"
11	Kevin Hebard	Jr	5'8"
17	Zac Coddington	Jr	6'0"
28	Jordan Kaufman	Fr	5'7"
35	Andrew Goldstein	So	5'7"
36	Ian Girelli	Sr	5'7"
	<i>Elon Univ</i>		
46	Philip McGuire	Sr	5'10"
	<i>Chapman Univ</i>		
76	Mike Quinlan	Sr	6'3"
82	Aaron Krupp	Sr	5'8"
	Sam Dushay	Jr	6'0"
	Mike Escalante	Jr	6'1"
	Manit Munshi	Jr	5'9"

North Hills HS

PITTSBURGH
PENNSYLVANIA

Team Name: North Hills High School
Coach: Ben Banyas

North Hills was founded by Alex Thorne in 2005. The team was mainly a group of Alex's friends who started playing with Alex in the West View Gym in 3rd grade. That core group graduated in 2008 and the team has two returning seniors and a group of sophomores lead by Alex's younger brother Max.

Other than the many leagues in the Pittsburgh wonderland of Ultimate, the team has only had one sojourn out into the world as of April 15th and that was Tide Water Tune Up which unfortunately was marred by a brutal play in which a, now former, player Paulson Domasky had his femur broken after making a catch from a standstill. Within Pittsburgh, the North Hills team has remained unbeaten amongst the High Schools.



Roster

3	Pat Earles	So	6'
4	Derek Haig	Sr	6'
	<i>California Univ</i>		
8	Collin Hite	Sr	5'11"
	<i>Slippery Rock</i>		
9	Jack Ross	Sr	6'1"
	<i>Penn State Univ</i>		
11	Joe Kush	So	5'11"
13	Kirk Gazdik	Jr	5'9"
14	Peter Edwards	Sr	6'1"
	<i>Embry-Riddle Aeronautical Univ</i>		
16	Nick Muiers	Sr	5'10"
21	Ben Dumas	So	5'5"
23	Max Thorne	So	5'6"
24	Aaron Vulpert	Sr	5'11"
	<i>Slippery Rock</i>		
25	Matt Ondek	Sr	6'2"
	<i>Virginia Tech</i>		
29	Jackson Getting	Sr	6'5"
	<i>Rochester Institute of Technology</i>		
35	Ryan Grindle	Sr	6'59"
59	Aaron Watson	Jr	6'



OPEN TEAMS

Paideia School

ATLANTA
GEORGIA

Team Name: Gruel

Coaches: Michael Baccarini, Jason Simpson

Paideia "Gruel", formed in 1992, originally was a co-ed crowd that competed in club and college tournaments around the south. Then, in 1996, junior Moses Rifkin's relentless pestering led to us taking a trip to the Amherst Invitational. This provided our first experience of peer competition. We (8 boys and 4 girls) finished 3rd and that trip proved to be the turning point in Paideia's program.

We attended Amherst twelve consecutive years, but recognized the need for more high school tournaments. The Paideia Cup was our response (2006) also attempting to promote the sport in Atlanta, where Ultimate development was sorely lacking.

Many Paideians have competed on US national teams, started and led college squads, played for various elite club teams, coached HS's and counseled at NUTC, JEM and Paideia Ultimate camps, even played active roles for the UPA. Proud to claim Paideia's involvement in the growth and development of this wonderful sport!

We are excited about this spring and have been working hard to maximize our potential with organized, purposeful practices. We are motivated and eager to see just how high our level of play can reach.

Season highlights:

2/7-8 Deep Freeze (Chattanooga)
2/21-22 Battle in the 'Boro (Statesboro)
3/21-22 College Southern (Statesboro)
4/18-19 Paideia Cup
4/25-26 Georgia State Tournament
5/9-10 UPA High School Easterns



Roster

0	Jericho Barbour	So	5'9"
3	Chris Kocher	Jr	5'10"
4	Davis Whitehead	Sr	6'1"
5	Noah Harrison	Fr	5'5"
7	Peter Cornick	Sr	6'1"
8	Tyler Haskell	Jr	6'1"
11	Mark St. Louis	So	5'10"
21	Daniel Geller	Sr	5'8"
22	Joe Riedel	Sr	6'0"
23	Mark Vandenberg	Fr	5'8"
25	Ben Waldon	Sr	6'0"
28	Derek Cooper	So	5'9"
29	August Bair	Fr	5'9"
31	Graham Bogan	Sr	5'8"
32	Thomas Abbot	Sr	6'0"
35	Nils Clauson	Fr	5'8"
37	Devin Cox	Sr	6'4"
51	Oliver Roberts	Fr	6'1"
81	Jack Barrow	Sr	6'0"
85	Tom Barrow	So	5'8"

Pennsbury HS

FAIRLESS HILLS
PENNSYLVANIA

Team Name: Falcons

Coach: Bailey Saul

Pennsbury Falcons Ultimate has had a long road to this years Eastern's championship. Coming off of Pennsbury's lone 2007 Eastern's Championship, the team looked to have a rebuilding year. With a graduating class of 15, most people counted the Falcons out. However, they turned some heads making a huge run to the Semi Finals of Easterns last year, and losing on universe point to the eventual Champions and arch rivals Columbia High School. Last year's team lost one starter, and 4 seniors. With the core of the team in tact, Pennsbury had a very successful fall and early spring campaign, winning all but one game (which was a loss to Pittsburgh University's A team). They also won the Spirit Award at their own tournament, and just missed the Spirit award at Tidewater Tune-up. In the high school scene, the team won only high school tournament they went to in early spring, the YHB invite. They've been successful against college and high school, and look to bring that confidence back to Lebanon to earn another Easterns trophy in Ohio this year.



Roster

2	Zach Kauffman	Sr	5'11"
	Univ of Pittsburgh		
5	Jack Lusk	Sr	6'0"
6	Blake Hammer	Sr	5'9"
	Univ of Pittsburgh		
7	Matt Bode	Sr	5'10"
	BCCC		
9	Keith Traffican	Sr	5'11"
	Univ of Pittsburgh		
13	Jake Antoniello	Sr	5'10"
	Illinois		
15	Dennison Bechis	Sr	5'10"
19	Isaac Saul	Sr	5'11"
	Univ of Pittsburgh		
22	Casey Startzell	Jr	5'9"
25	Evan Sacks	Sr	5'7"
	Univ of Virginia		
26	Dylan Kreiger	Sr	5'9"
	Temple		
27	Elijah Karoly	Sr	6'2"
	BCCC		
28	Nate Pinsky	Sr	6'1"
	Claremont-Harvey Mudd		
31	Paul Klimkowski	SO	5'8"
34	Matt Wilson	Sr	5'11"
	BCCC		
43	Clay Leach	Sr	5'10"
	NYU		
44	John Burger	Sr	5'11"
	Univ of Pittsburgh		
69	Mike Auld	Sr	6'1"
	Tallahassee Community College		
84	Justin Baughn	Sr	5'9"
	Univ of Colorado		
88	Hunter Lapiska	Sr	5'10"
	West Virginia		

OPEN TEAMS

Red Bank HS

RED BANK
TENNESSEE

Team Name: RBU

Coach: Rusty Sewell

A long time ago some men were born. They were destined to create the greatest Ultimate team ever established at Red Bank High School. It was with this knowledge of their future that they came together and did just what the prophecy foretold. The group of boys would move upwards throughout the years of the great "Awesome Ultimate Sauce" rankings and become amazing. Four years ago this group became freshmen at Red Bank. They soon began congregating at a landfill that had been covered up with a park. It was here that the prophecy was completed, and the team was born. After many losses and few triumphs, the team has done what they have always dreamed: Receive an invitation to the Easterns Championship.

Despite disappointing results at a December tournament in Knoxville, the spirit of Red Bank was renewed. In our hometown tournament Deep Freeze, Red Bank surprisingly went 3-0 in pool play, but then lost in the crossover to Paideia. The next day Red Bank beat LFO, advancing to the semi-finals where they beat McCallie on universe point, 8-7. In the finals against LC Bird, Red Bank was down 2-6. With the energy of the crowd supporting them, Red Bank was came back to tie at 7-7 with an eventual loss on universe point.



Roster

1	Dillon Brown	Sr 6' 0"
	<i>Walter State</i>	
2	Drake Torran	Jr 5' 9"
3	Josh Cisco	Fr 5' 8"
7	Trent Kontovich	Sr 6' 1"
	<i>Univ of South Carolina</i>	
8	Jody Lewis	Sr 5' 11"
	<i>Univ of Tennessee - Knoxville</i>	
13	Robby Ryder	Sr 5' 9"
	<i>Univ of Tennessee - Knoxville</i>	
14	Jon Williams	Sr 5' 9"
	<i>Univ of Tennessee - Chattanooga</i>	
18	Grant Sims	Sr 5' 9"
	<i>Middle Tennessee State Univ</i>	
21	Matt Pirkle	Sr 5' 10"
	<i>Univ of Tennessee - Knoxville</i>	
22	Player Pierce	Sr 6' 3"
	<i>Walter State</i>	
23	Charley Coffey	Jr 6' 1"
24	Carlton Smith	Sr 5' 11"
	<i>Chattanooga State</i>	
69	PJ Hon	Sr 6' 0"
	<i>Univ of Tennessee - Knoxville</i>	

Ridgefield HS

RIDGEFIELD
CONNECTICUT

Team Name: Banana Assault

RHS Ultimate was founded 5 years ago as a club at Ridgefield High School in Connecticut. The year after its creation the club found a name for itself, Banana Assault, but the next year the name was retired and a new name Hammer Time was used for the next two years. But now we have brought Banana Assault out of retirement permanently. Since creation RHS Ultimate has established itself as one of the top programs in the Connecticut and southern New York area, winning our first state title in 2007, a 2nd place finish in New England's in 2007 and our first Eastern's appearance in 2008.

As of this time we have only played one game against the Brunswick School which is also located in Connecticut. We ended up losing this game 12-7 but this was still a good game for us. Missing 3 starters let us know who can play in a more competitive game of Ultimate on our team.



Roster

1	Kevin Sparacino	Sr 5'6"
	<i>Bentley Univ</i>	
2	Mike Rossetter	Sr 5'10"
	<i>Bentley Univ</i>	
3	Walker Mackenzie	Sr 6'1"
	<i>Wake Forest Univ</i>	
4	Peter Wollny	Sr 6'3"
	<i>Merrimack College</i>	
7	Julian Shafer	Sr 5'11"
	<i>Univ of Connecticut</i>	
12	Ryan Rossetter	Jr 5'7"
16	Christopher Bello	Sr 5'9"
	<i>Bryant Univ</i>	
20	James Zap	Sr 5'9"
	<i>Univ of New Haven</i>	
22	Connor O'Brian	Sr 5'11"
	<i>Castleton State Univ</i>	
25	George Cooper	Sr 6'4"
45	Robert Fritsche	Jr 5'10"
69	Max Johnson	Sr 6'2"
	<i>Merrimack College</i>	

OPEN TEAMS

Stuyvesant HS

NEW YORK
NEW YORK

Team Name: Sticky Fingers
Coaches: Devon Huang, Malcolm Baker

The team was founded in the late 1970's and was part of the NYC Ultimate Trifecta that included Bronx Science and Brooklyn Tech. Practices were held at Flushing Meadow Corona Park, site of the 1964 World's Fair. There is a gap in the history of the Sticky Fingers, from the 80's to early 90's, along with the reason behind our name, Sticky Fingers - it only gives us headaches for jersey and disc designs. In 1992 Stuyvesant moved to a building on the Hudson in the financial district of Manhattan, overlooking the Statue of Liberty. Stuyvesant was on the national scene in the late 90's before the division of Junior Championships into Easterns and Westerns.

We attended three tournaments in the fall season and one during the spring. In Fall Brawl, we won against the Amherst Invitational Open B champions Needham at university point and 2008 New York State Champions John Jay, 12-7. At Kit Kat in Hat we managed to go 2-1 with a squad consisting of mostly rookies and only a few of our core players. We did not do as well on paper during Rutgers Juniors Invite as a number of our core players were missing due to college applications and SATs. At Radnor Invitational's, we finished 5th after a first game loss at universe against tournament finalist Haverford.



Roster

1	Jackson Sheng	So	5' 7"
2	Allen He	Sr	5' 7"
	<i>Harvard</i>		
3	Tom Lin	So	5' 8"
4	Nelson Ng	Jr	5' 5"
5	Kevin Liang	Jr	5' 5"
9	Alex Liu	Sr	5' 8"
	<i>Boston Univ</i>		
17	Jack Li	Jr	5' 10"
19	Timmy Tong	Sr	5' 4"
	<i>Cornell</i>		
21	Kenneth Ho	Sr	5' 6"
	<i>Columbia</i>		
22	Albert Lee	Sr	5' 7"
23	Sam Liang	Jr	5' 9"
24	Thomas Chu	Jr	5' 7"
25	William Wong	Jr	5' 9"
26	Andrew Lo	Sr	5' 5"
	<i>Rice</i>		
33	Kevin Chen	Sr	5' 5"
	<i>Northeastern</i>		
46	Ruozhou Ye	Jr	5' 11"
53	Jason Guan	Sr	5' 11"
74	Andrey Tydnyuk	Sr	6' 3"
	<i>CMU</i>		

Urbana HS

LA MARYSVILLE
MARYSVILLE

Team Name: Hodad Priests
Coach: John Carroll, Lewis Bugler, asst coach: Ricky Eastlake, Charlie Hoppes

The Urbana Ultimate team, started in 2007 with 11 players, was created by Tommy Carroll, who learned about Ultimate through college friends. After joining the local Ultimate organization WAFC, they went on to play in the Maryland States. They won States their first year of Ultimate Frisbee. The next year with new recruits and the loss of six seniors, Urbana strived to win states again. Practice was held everyday for two hours. The Hodad's were able to pull off a victory against Magruder for the state championship and were invited to the Eastern Championships, traveling to Pittsburg where they saw some of the best teams along the east coast. They are happy to be accepted back into Easterns for the 2009 championship.

The Hodad Priests are a part of the Washington Area Frisbee Club or WAFC Jr. So far this season we are undefeated in the league and have beaten teams including Blaire, Magruder, and Roosevelt. The Hodads were invited to and played in the YHB Invitational in late March. Though only finishing with two wins, we competed with and came within a few points of beating YBH, LC Bird, and Columbia. We plan to continue to play in our league for the rest of the season and are anxiously awaiting the Maryland State Championships with the hope of claiming our third straight title.



Roster

2	Daniel Henry	Jr	5' 9"
4	Carter Martinson	So	5' 6"
8	Jesse Rathod	So	5' 8"
9	Sasha Bugler	Sr	5' 6"
	<i>Maryland</i>		
11	Travis Lowery	Jr	5' 6"
13	Evan Bromfield	Jr	6' 0"
14	Joe Powell	Sr	5' 10"
16	Galen Hench	Sr	5' 11"
17	Stephen Carroll	Jr	5' 11"
18	Sean Hunt	Sr	5' 6"
	<i>Penn State</i>		
21	Ryan Fagan	Sr	6' 0"
24	Christine Blice	Jr	5' 6"
26	Sean Fitzpatrick	Sr	6' 2"
	<i>Waynesburg</i>		
29	Damian Malagari	Jr	5' 10"
32	Kevin Smith	So	5' 9"
33	Kevin Loescher	Sr	6' 1"
	<i>George Mason</i>		
38	Joey Rodgers	Jr	5' 11"
40	Dan Grabowski	So	5' 7"
45	Mike Kozar	Jr	5' 6"
80	Paul Grabowski	Sr	6' 0"
	<i>Catholic Univ</i>		
89	Zach Coco	Sr	5' 10"
	<i>Catholic Univ</i>		

OPEN TEAMS

Watchung HS

WARREN
NEW JERSEY

Team Name: Warriors

Taking after its school mascot, Warrior Ultimate has been a program that has been steadily increasing over the years. In 2003, before Easterns and Westerns, Warrior Ultimate made a presence at the high school Nationals. Since then, the Warriors have been steadily getting better and this year we have made it into YouthUltimate.com's top ten.

In the Fall, we only had three losses, one was an 8-9 loss to Columbia High School, and another to Pennsbury. We took 1st place at the Kit Kat in the Hat tournament in Philadelphia, and were Semi-finalists at the Rutgers Grease Truck Classic. This spring season, we came out swinging and took first place at the Radnor Invitational with a 13-7 win over Haverford.



Roster

3	Nikhil Sharma	Jr 5'8"
11	Stephen Silva	Jr 5'9"
13	Jay Nadkarni	Jr 5'8"
17	Brian Li	Sr 5'10"
	<i>Rutgers Univ</i>	
19	Scott Hampton	Jr 5'9"
21	Is Ulaj	So 5'11"
23	Jayson Lian	Jr 5'11"
24	Jacob Price	Sr 5'8"
	<i>Brown Univ</i>	
25	Charlie Lian	So 5'11"
35	Wes Pak	Sr 5'7"
	<i>Boston Univ</i>	
37	John Barnum	Jr 5'11"

Woodside HS

NEWPORT NEWS
VIRGINIA

Team Name: Wolverines
Coach: Christian Lesnett

The Woodside Wolverines are in their fifth year of existence. They started with about 15 members and have grown to over 100. 5% of the school's student body plays for one of their 5 teams.

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 the 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. They also started the annual Tide-water Tune-up youth tournament that has proven to be one of the best youth tournaments of the fall. High School Ultimate is growing in Southeastern Virginia because of the Woodside Wolverines.

Last spring, the Wolverines were the Virginia State Champions and made it to the quarterfinals of UPA HS Easterns losing to the eventual champions, Columbia. Having only graduated five players from last season, the Wolverines started the fall season by adding some promising new talent. They have been working on their skills throughout the winter in the Williamsburg winter league.



Roster

2	John Kennedy	So 6'2"
3	CJ Howell	So 5'10"
5	Remington Roth	Jr 5'11"
7	Casey Norville	Sr 6'5"
	<i>WVU</i>	
8	Tyler Jenkins	Sr 6'1"
	<i>Marines</i>	
9	Evghenii Storoja	Sr 6'2"
	<i>UVA</i>	
10	Will Ward	Fr 5'10"
13	John Renefrew	Jr 5'9"
19	Kirkie Hampton	Jr 6'0"
21	Brian Dituris	Jr 6'0"
22	Aaron Maggard	Jr 5'10"
25	Joe Hoffman	Jr 5'9"
28	Chris Adams	Jr 6'0"
29	Spencer Bashford	So 5'8"
30	Ryan Ayres	Fr 5'10"
31	Michael Bobbio	Sr 6'1"
	<i>Air Force Academy</i>	
36	Christophe Snead	Jr 5'8"
75	Dustin McClain	Sr 6'2"
	<i>Air Force Academy</i>	
77	Abel Burlingham	Jr 6'1"
95	Jacob Friedmann	Sr 5'9"
	<i>VA Tech</i>	

UPA 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.

2009 UPA COACHING CERTIFICATION INFORMATION

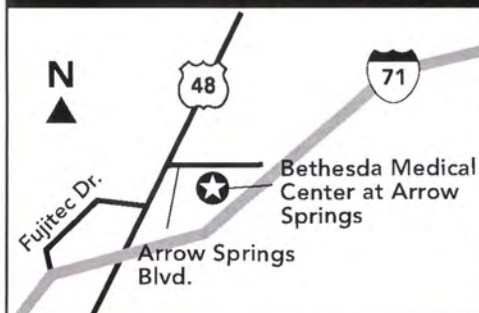
During games at UPA Championship events where field access is restricted, teams with coaching staff are required to have at least one Level I Certified coach or a coach who has attended the UPA Coaching Ethics Workshop in order for coaching staff to have player-level field access. All other non-player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

For more information on the UPA's Spirit of Coaching or Coaching Certification Requirements, please contact UPA Director of Youth Development Meredith Tosta at this event, via email at Meredith@hq.upa.org or visit the UPA web site at: www.upa.org/coaches/coaching.

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TEN THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

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

There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat oth-

ers as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. BREATHE.

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

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

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

8. BE GENEROUS WITH PRAISE.

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

9. IMPRESSIONS LINGER.

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

10. HAVE FUN.

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

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