

## EVENT GUIDE

\$1

if you can draw it... we can make it!

FULL BODY SUBLIMATION DESIGN

VC



VC

FULL BODY SUBLIMATION DESIGN  
endless possibilities

[sublimation@VCultimate.com](mailto:sublimation@VCultimate.com)



# TABLE OF CONTENTS

Welcome Letter/Weekend Overview .....	2
Competition Rules/Site Rules .....	3
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 .....	12-17
Open Team Information/Rosters .....	18-25
Ten Things You Need to Know about Spirit of the Game .....	26
UPA Spirit of Coaching/Coaching Certification .....	28

## STAFF

**TOURNAMENT STAFF** will be wearing 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 – Kevin Jacobs  
 Volunteer Coordinator – Kim Jacobs  
 Head Scorekeeper – TJ Burns and Sarah Burns  
 Media Contact – Jay Josker (Buffalo Niagara Convention & Visitors Bureau)  
 UPA Chief Executive Officer – Tom Crawford  
 UPA Managing Director, Competition and Athlete Programs – Will Deaver  
 UPA Championships Series Manager – Byron Hicks  
 UPA Youth Development Director – Meredith Tosta

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 Buffalo Ultimate League, Lake Effect – Buffalo's mixed club team – the Canisius (HS) Disciples, and the Buffalo Niagara Convention and Visitors Bureau, I take great pleasure in welcoming you to Hamburg, NY for the 2010 UPA High School Eastern Championships.

This tournament features the top 16 open and 11 girls high school teams residing east of the Mississippi River; many of whom are reigning state champions. The Eastern Championships are the pinnacle of the Ultimate season for these teams. Many of these players are the future stars of college and club Ultimate. A number of them will be representing their country as members of Team USA in this summer's World Junior Ultimate Championships in Heilbronn, Germany. The action on the field should be electrifying all weekend long as we crown new champions in both divisions.

Western New York provides visitors with a variety of attractions including: the world-renowned Albright-Knox Art Gallery; the fabulous architecture of downtown Buffalo (aka "The City of Good Neighbors"); the Anchor Bar (birthplace of Buffalo Wings); and of course Niagara Falls – one of the world's

natural wonders. For those who prefer staying close to the fields and hotels, the village of Hamburg is a wonderful place to walk and visit the numerous shops, cafes, and parks.

It takes a great deal of hard work, and a large number of volunteers to organize events like Easterns. Please show respect for our hosts – The Town of Hamburg Recreation Department, and their efforts toward making this championship a success. The Hamburg Soccer Club will be providing on-site food vending throughout the weekend; please patronize their fundraising efforts. Volunteers will be setting up fields and tents, keeping score, providing water and ice along with numerous other errands to make the tournament run smoothly. Please take time to thank them for their efforts.

All the teams and players here this weekend are bound together by their love of Ultimate and their embrace of *Spirit of the Game*. The young players here today are the future of our sport, and the fate of *Spirit of the Game* is in their hands. I hope that they will carry that spirit with them in all their endeavors for the rest of their lives.

Sincerely,

Kevin Jacobs, Tournament Director

## WEEKEND OVERVIEW

### FRIDAY MAY 14TH AT QUALITY INN, HAMBURG

6:00pm-10:00pm

Team Registration

### SATURDAY MAY 15TH AT LAKEVIEW ROAD RECREATION AREA

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 and two chaperones per team.

### SUNDAY MAY 16TH AT LAKEVIEW ROAD RECREATION AREA

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



# COMPETITION RULES

- UPA Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point-cap at 15 (Girls B pool will play games to 11, point cap at 13)
- 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.

## 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.





## 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 Jay Josker at the event, or UPA Director of Marketing and Communications Andy Lee at [andy@hq.upa.org](mailto:andy@hq.upa.org).



# SPIRIT AWARDS

*Ultimate has traditionally relied upon the spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules of the game, or the basic joy of play. — 11th Edition 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 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) through 1 (the lowest level of spirit):

- 5: Highest level of respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unfailingly 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 throughout 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, and 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 when body cooling by evaporation is limited. Sweating depletes the body's salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include a change in a 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, and oranges). Sodium is also important (good sources include: sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels crackers, 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, he or she should inform Event Staff and should refrain from playing until satisfied that safe conditions have been established.
- The UPA and Event Staff reserve the right to move or remove objects or spectators 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.



2010 UPA High School Eastern Championships - Girls Division

Saturday, May 15, 2010

Pool A Games to 13 Cap at 15 Pool B Games to 11 Cap at 13	Pool A				Pool B							
	A1	A2	A3	A4	A5	B1	B2	B3	B4	B5	B6	B7
	Amherst (1)	Columbia (3)	Andover (6)	Memorial (8)	LC Bird (9)	YHB (2)	Stuyvesant (4)	Watchung Hills (5)	Mt. Lebanon (7)	Nashville (10)	YHB JV (11)	
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score
9:00 - 10:15	A4 v A5	1 -	A2 v A3	2 -	B1 v B4	3 -	B2 v B6	4 -	B3 v B5	5 -		
10:45 - 12:00	A1 v A5	1 -	A3 v A4	2 -	B1 v B6	3 -	B2 v B3	4 -	B4 v B5	5 -		
1:00 - 2:15	Bye		Bye		Bye		Bye		Bye			
2:45 - 4:00	A1 v A4	1 -	A2 v A5	2 -	B1 v B3	3 -	B2 v B5	4 -	B4 v B6	5 -		
4:45 - 6:00	A1 v A2	1 -	A3 v A5	2 -	B1 v B2	3 -	B5 v B6	4 -	B3 v B4	5 -		
Sunday												
8:30 - 9:45	A1 v A3	7 -	A2 v A4	8 -	B1 v B5	9 -	B2 v B4	10 -	B3 v B6	11 -		

Re-seed teams within each pool for bracket play



Consolation Bracket  
Sunday, May 16, 2010



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



Consolation games to 13 cap 15

Championship Bracket  
Sunday, May 16, 2010



Championship games to 13 cap 15

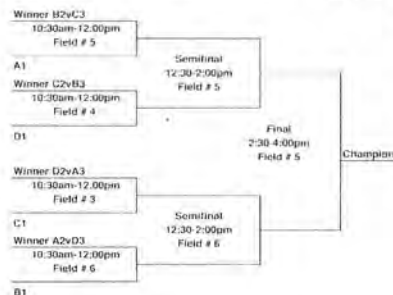
## 2010 UPA High School Eastern Championships - Open Division

Saturday, May 15, 2010

All Games to 13 Cap 15	Pool A				Pool B				Pool C				Pool D			
	A1	A2	A3	A4	B1	B2	B3	B4	C1	C2	C3	C4	D1	D2	D3	D4
	Amherst (1)	Haverford (8)	Nashville (12)	Stuyvesant (13)	Columbia (2)	Mt. Lebanon (7)	Middleton (11)	L.C. Bird (14)	YHB (3)	Needham (6)	West Windsor (10)	John Jay (15)	Holy Family (4)	Watchung Hills (5)	Memorial (9)	Lincoln-Sudbury (16)
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	Bye	
9:00 - 10:15	C2 v C4	5 -	D2 v D4	7 -	B1 v B3	8 -	B2 v B4	9 -	C1 v C3	10 -	D1 v D3	11 -	Pool A			
10:45 - 12:00	A1 v A3	5 -	A2 v A4	7 -	C2 v C3	8 -	D2 v D3	9 -	C1 v C4	10 -	D1 v D4	11 -	Pool B			
1:00 - 2:15	A1 v A4	6 -	A2 v A3	7 -	B1 v B4	8 -	B2 v B3	9 -	D3 v D4	10 -	D1 v D2	11 -	Pool C			
2:45 - 4:00	A1 v A2	6 -	A3 v A4	7 -	B1 v B2	8 -	B3 v B4	9 -	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	6 -	B2 v C3	8 -	C2 v B3	10 -	D2 v A3	7 -								

Consolation Bracket  
Sunday, May 16, 2010

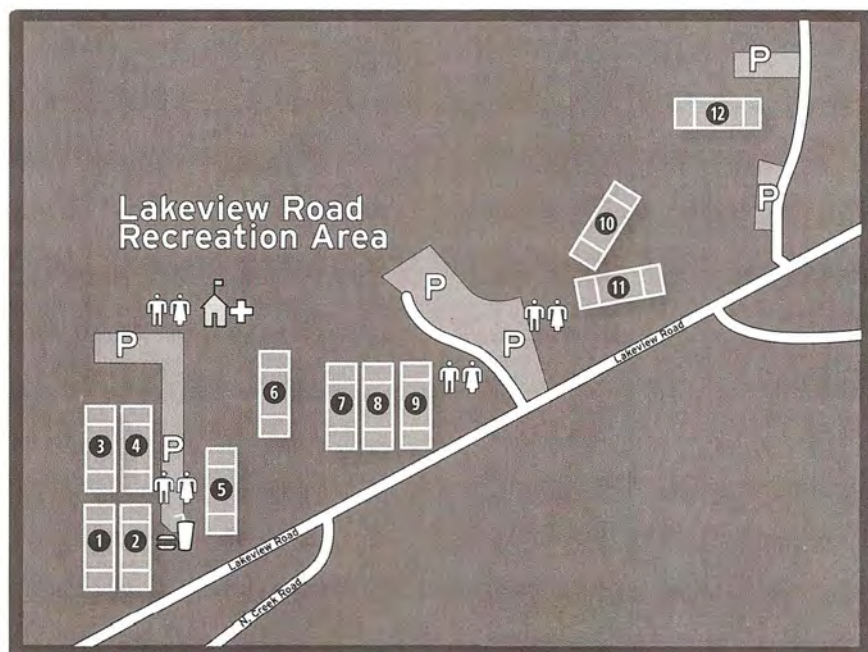
Consolation games to 13 cap 15

Championship Bracket  
Sunday, May 16, 2010

Championship games to 13 cap 15



# FIELD MAP



Key:

-  Tournament HQ
-  Medical
-  Restrooms
-  Parking
-  Concessions
-  Game Fields



# DIRECTIONS

## **BUFFALO NIAGRA INTL AIRPORT TO HOLIDAY INN EXPRESS**

3565 Commerce Pl., Hamburg, NY 14075,  
(716) 648-9200

- From the airport, head West on I-90
- Exit #57, Rte. 75 North
- Merge onto Camp Rd./NY 75 South
- Turn Right on Commerce Place

## **BUFFALO NIAGRA INTL AIRPORT TO HEADQUARTERS HOTEL QUALITY INN**

5440 Camp Road, Hamburg, NY, 14075,  
(716) 649-0500

- From the airport, head West on I-90
- Exit #57, Rte. 75 North
- Merge onto Camp Rd./NY 75 South

## **HEADQUARTERS HOTEL TO LAKEVIEW ROAD RECREATION AREA**

2980 Lakeview Dr, Hamburg, NY 14075

- Head South on Camp Rd./NY 75
  - Camp Rd. turns into Lake St./NY 75
  - Turn Right onto Pierce Ave./NY 62
  - Turn Right onto Evans St.
  - Evans St. Becomes Lakeview Rd.
- Follow Lakeview Rd. to Recreation Area

## **DIRECTIONS FROM LAKEVIEW ROAD RECREATION AREA TO BROOKS MEDICAL HOSPITAL**

4481 Lake Shore Rd, Hamburg, NY 14075  
(716) 627-2000

- Head Southwest on Lakeview Rd.
- Turn Right onto Heltz Rd.
- Turn Right onto Southwestern Blvd./  
US 20
- Turn Left on Rogers Rd.
- Turn Right at Lake Shore Rd.

## **DIRECTIONS FROM LAKEVIEW ROAD RECREATION AREA TO BUFFALO NIAGRA INTL AIRPORT**

- Head Northeast on Lakeview Rd.
- Continue onto Evans St.
- Take slight Left onto Pierce Ave.
- Take Left onto Lake St./NY 75 North
- Merge onto I-90 East
- Ext #51E



# GIRLS TEAMS

## Amherst Regional High School

**Team Name:** Amherst Regional High School Girls' Varsity  
**Coach:** Josh Nugent & Jamie Sweeney

The Amherst Girls' Ultimate team started in the late 1990's as one of the first high school girls' teams and soon rose to prominence as the team to beat on the east coast. Our season started after less than a week of practice at the Stonehill College tournament in late March, where we went 5-2, notching wins against Harvard and UMass, among others. We continued to scrimmage college teams and work on new skills and strategies in the ensuing weeks leading up to our premier tournaments, the Paideia Cup and the Amherst Invitational. We look forward to a strong performance at Easterns as the capstone of our season.

## ROSTER

1	Afra Danai	Sr	5'1"
3	Maya Norman	So	5'3"
7	Zoe Elkin	Sr	5'5"
8	Hannah Yee	Jr	5'4"
9	Katy Peake	Jr	5'7"
10	Joanna Tan	Sr	5'9"
11	Isabella Gutierrez	Sr	5'4"
12	Leah Berlin	So	5'3"
13	Katie St. John	Jr	5'1"
14	Kelsey McDonald	Jr	5'8"
16	Amelia Mead	So	5'3"
18	Molly Lawlor	So	5'7"
20	Jamie Sharken	Sr	5'4"
21	Molly Schulman	Jr	5'6"
24	Kathryn Hopkins McGill	Jr	5'6"

amherst massachusetts

## Andover High School

**Team Name:** Golden Gophers  
**Coach:** Naomi Shin

In 2001, the AHS women's team was founded thanks largely to the efforts of senior captains Katie McKain and Susie Araujo and AYS staff member/coach Suzie Clarke. In their first year, Andover placed 7th at Girls Nationals, held in Amherst, MA. The AHS Ultimate teams continued to grow. In 2002, at Amherst, both the Boys and Girls teams finished in 6th place, with the Boys going on to take 10th at the New England Regional tournament that June.

## ROSTER

2	Marianna Heckerdorn	So	5'8"
3	Liza Qin	So	5'2"
7	Melanie Nesteruk	So	5'5"
13	Chrissy Sauerbrunn	Jr	5'4"
18	Kayla Kantola	Sr	5'6"
19	Rose Greeley	Sr	5'3"
22	Hannah Krieger	Jr	5'3"
24	Hadley Green	Jr	5'6"
27	Mirela Maier	Sr	5'1"
36	Emma Sonberg	Fr	5'5"
38	Betsey Lownie	Fr	5'4"
44	Alison Davis	Jr	5'2"
51	Kylie Moynihan	Fr	5'4"

andover massachusetts



# GIRLS TEAMS

## Columbia High school

**Team Name:** Sparkle Motion  
**Coach:** Will Watts

This is the fifth anniversary of CHS Girls' Ultimate. The team was founded by Vanessa Lowe and Maia Cincotta, for the first Easterns, where they took third place.

This season, our team has added many promising new players and is the largest it has ever been. We had a very successful fall season, taking home several wins and are looking forward to bringing that success to the spring. We opened the season with a great performance at the YHB Invite. This spring we are also attending the Paideia Cup, O'Hara Invite, Amherst Invite, and the St. Johnsbury Invite.

## ROSTER

0	Kate Donatelli	Sr	4'11"
1	Eva Sachs	Sr	5'2"
	<i>Oberlin</i>		
3	Ellie Williams	Fr	5'5"
4	Hannah Hart	So	5'2"
5	Ellen McGrath	Sr	5'5"
6	Leah Garber	Sr	5'2"
	<i>Rutgers</i>		
7	Maggie Woodruff	Fr	5'8"
8	Abby Powell	Sr	5'4"
9	Annabelle Weatherly	Fr	5'7"
10	Nicole Federico	Jr	5'6"
11	Sara Ellis	Sr	5'1"
	<i>Mount Holyoke</i>		
13	Grace Feinman-Riordan	Jr	5'7"
14	Alex Fagundez	Sr	5'7"
15	Claire Kearns-McCoy	Sr	5'7"
	<i>MIT</i>		
17	Karina Moy	Sr	5'1"
	<i>Smith</i>		
19	Sittra Omer	Fr	5'3"
21	Jenny Podel	Sr	5'6"
	<i>Smith</i>		
26	Keely Zhang	Fr	5'4"
30	Maddy Weltchek	Jr	5'4"
33	Carley Messinger	Sr	5'6"
56	Julie Defranco	Fr	5'0"
58	Gabriella Cincotta	So	5'1"
66	Chloe Philips	Fr	5'1"
76	Sam Fagundez	8th	5'7"
81	Aurora Rojer	Fr	5'2"
99	Kiyomi Taylor	Fr	5'9"

## maplewood new jersey

## LC Bird High School

**Team Name:** G-Team  
**Coaches:** Brittany Schenk & Ray Heath

The G-Team has been in existence since 2007. The past 2 years we have placed 2nd in the state championship. For the past two years we have had the opportunity to participate in Easterns.

We traveled to Chattanooga, Tennessee in February to play in the Polar Bear Tournament. We played against all open teams and learned a lot. We traveled to YHB in March for their tournament. The first day we struggled but on the 2nd day we went undefeated in our pool.

## ROSTER

2	Rachel Basham	Jr	5'7"
3	Petra Fritschi	Jr	5'9"
5	Stephanie Furnish	So	5'5"
8	Kathleen Szafranski	Jr	5'5"
9	Beata Lisiewicz	Jr	5'8"
10	Laura Fitch	Sr	5'9"
	<i>Virginia Tech</i>		
18	Sara Adkins	Jr	5'5"
19	Stephanie Boychuch	Jr	5'3"
20	Lisa Schulz	Jr	5'8"
24	Amber Dabney	Jr	5'5"
27	Lindsey Brookmire	Jr	5'5"
89	Anja Skubsi	Jr	5'6"
99	Gladys Balcarcel	Jr	5'6"

## chesterfield virginia

# GIRLS TEAMS

## Madison Memorial High School

**Team Name:** Memorial Ultimat

**Coaches:** Jen Buchholz, Hilary Spear, Rex Beaber and Dave Moskoff

Memorial Ultimate has been the only established women's team in Wisconsin for several years. During the fall season the women's team members play on co-ed intramural squads. During the spring season the team travels all around the Midwest to play in tournaments and has played closer to home in the Madison Spring League, gaining lots of experience playing against our adult competitors.

This year Memorial Ultimate traveled to the Chicago Invite with a dedicated group of players who played in snow, rain and freezing temperatures. In the near future, we will begin spring league games against adult teams from around Madison and hope to also do well at the Madison Mudbath. A few of our returning players competed last summer at YCC and we are definitely excited to be competing in Easterns this year.

## ROSTER

2	Lauren Hagen <i>St. Olaf</i>	Sr	5'2"
4	Elizabeth Paker	Sr	5'4"
7	Tessa Dorresteyn	Sr	5'10"
11	Heather Ahnen <i>University of WI- Steven's Point</i>	Sr	5'5"
14	Jessica Chen	Jr	5'4"
16	Shawn Tredinnick	Fr	5'5"
17	Kaity Taylor <i>University of WI- Madison</i>	Sr	5'2"
19	Raina Wan Duym	Jr	5'11"
23	Eileen McMahon	Jr	5'9"
33	Dana Williams	Jr	5'6"
63	Alessandra Gaglio	Fr	5'6"
77	Katie Hollman	Sr	5'6"
81	Meg Hamele	Fr	5'3"
99	Atzie Sobotik	Fr	5'4"

madison wisconsin

## Mt. Lebanon High School

**Team Name:** Wildhogs

The Mt. Lebanon Girls Ultimate team began in 2007. In the season of 2008, we officially became the "Wildhogs" stemming from a team-wide joke that just happened to stick. That year we prided ourselves on placing 3rd in the Nation for awhile, and then ended our season with 3rd place at States. We got 3rd at States again the following year, and have been making a strong name for the Wildhogs over the past three years.

## ROSTER

2	Ellie Shaul	Sr	5'3"
3	Jillian Virgi	So	5'5"
7	Kira Good	So	5'6"
8	Danielle Burns Jr		5'6"
11	Olivia Garbett <i>Penn State</i>	Sr	5'6"
12	Nina Wroniak <i>George Washington</i>	Sr	5'1"
13	Alex Taylor <i>UNC Asheville</i>	Sr	5'9"
14	Annicka Zwirn <i>Pitt State</i>	Sr	5'4"
15	Hannah Muehl	Jr	5'4"
17	Liz Moore <i>Ohio State</i>	Sr	5'8"
20	Margaret Simmons	So	5'5"
21	Callie Carver	So	5'4"
22	Alison Decker <i>Northwestern</i>	Sr	5'2"
23	Jojo Buss <i>Yale</i>	Sr	5'5"
24	Teresa Grinko	Fr	5'6"
25	Sandra Racic	So	5'2"

pittsburgh pennsylvania

# open TEAMS

## Stuyvesant High School

**Team Name:** Sticky Fingers

**Coach:** Andy Lykens

Sticky Fingers has been in existence for almost twenty years. In Spring 2006, we only had a roster of ten players and no coach. However, in 2007, we were able to recruit many girls who became enthusiastic about the sport and even two experienced coaches. Although we only have one coach now, the team is still growing. Another influence that has caused the increasing enthusiasm for the sport in the school is our large network of alumni. We often have pickup games with the Sticky Fingers alumni and they even encourage and invite our players to play with club teams in the summer.

## ROSTER

3	Anna Mai	Jr	5'4"
4	Tammy Wong	Jr	5'4"
5	Maneesha Bhugwansing	Sr	5'7"
	<i>Macaulay Honors CUNY Baruch</i>		
7	Denise Park	Jr	5'5"
14	Jenny Qui	Jr	5'5"
17	Sally Cheang	Sr	5'10"
18	Amy Lin	Sr	5'6"
	<i>Vanderbilt University</i>		
22	Conni Li	Sr	5'7"
	<i>Binghamton University</i>		
23	Raisa Shnayder	Sr	5'3"
	<i>Macaulay Honors CUNY Baruch</i>		
24	Vivian Zhang	Jr	5'5"
25	Sarah Zhao	Sr	5'5"
	<i>Cornell University</i>		
26	Jenny Li	Jr	5'5"
27	Emily Park	Sr	5'3"
	<i>CUNY John Jay</i>		
36	Janet Tang	Sr	5'1"
	<i>New York University (Steinhardt)</i>		
42	Shannon Cornelius Jr		5'6"
43	Diana Lee	Sr	5'4"
77	Lisa Lam	Sr	5'8"
	<i>Harvey Mudd University</i>		
81	Belinda Cheng	Sr	5'4"
	<i>Boston University</i>		
88	Anna Mai	Sr	5'4"
	<i>Columbia University</i>		

new york new york

## University School of Nashville

**Team Name:** Brutal Grassburn

**Coach:** Mike Lutz

Season Recap: We practice and play with our boys' team. Easterns is the second time we have played as a team, since there are no local girls' teams in our area. We will participate in the Tennessee State Tournament but have had no other opportunities to play at tournaments. Many of us also play with a local women's club team.

## ROSTER

2	Abigail Fuller	So	5'4"
3	Sarah Alberts	Fr	5'3"
4	Sophia Jelsma	Fr	5'3"
6	Ricci May	Sr	5'9"
10	Julianne Hyer	Sr	5'2"
11	Nora May	Sr	5'4"
12	Courtney Coyle	Fr	5'0"
13	Allyson Lutz	Sr	5'8"
14	Rachel Vann	So	5'2"
15	Jesse Shofner	Jr	5'0"
17	Hannah Heitz	Fr	5'6"
28	Miriam Miller	Jr	5'1"

nashville tennessee



# GIRLS TEAMS

## Watchung Hills Regional High School

**Team Name:** Lady Warriors

Our team first formed with 10 girls in the fall of 2007. From there we grew in number season by season as more girls joined the team. Currently, we have compiled a team of 31 girls. This is the first year we have had enough players with distinguished levels of talent to split into a Varsity and JV team.

So far this season we've attended one major tournament and participated in one scrimmage against The College of New Jersey. At our first tournament, the Radnor Invitational, we placed 2nd overall. During pool play we beat Radnor 8-6 and Haverford 12-3. In semi-finals we beat O'Hara 13-5. Our upcoming tournaments before Easterns include the Cardinal O'Hara Invitational on April 24-25 and the Amherst Invitational on May 1-2.

## ROSTER

1	Jessica Ahn	Fr	5'4"
3	Helen Kim	Jr	5'3"
4	Emily Pak <i>Pratt Institute</i>	Sr	5'4"
6	Rebecca Chang	Jr	5'5"
8	Jasmine Lo	So	5'1"
10	Francesca Battalia Sr <i>Brook University</i>	5'2"	Stony
12	Annie Yang	Jr	5'2"
16	Julie Park	So	5'4"
18	Erica Yang <i>Rutgers University</i>	Sr	5'5"
19	Olivia Hampton	Fr	5'4"
21	Kim Tsai	Jr	5'0"
22	Laura Park	Jr	5'4"
23	Alice Yeh	Jr	5'6"
29	Amanda Liebau Sr	5'2"	
31	Kathleen Lo	Fr	5'1"
77	Ami Shah	So	5'4"

warren new jersey

## Yorktown/HB Woodlawn High School (JV)

**Team Name:** YHB Olymians

**Coaches:** Dave Soles & Tony Duff

**Season Recap:** We practice and play with our boys' team. Easterns is the second time we have played as a team, since there are no local girls' teams in our area. We will participate in the Tennessee State Tournament but have had no other opportunities to play at tournaments. Many of us also play with a local women's club team.

We have played 4 games so far this year as a separate B team. We lost to LC Bird, beat Columbia B and lost on universe point to Woodside and Paint Branch. We feel good about our undefeated record when it comes to other girls B teams. We have an 8th grader on our team. Watch out Southern 2014.

## ROSTER

5	Anna Toth	Fr	5'9"
6	Andrea Green	Fr	5'3"
7	Caroline Petro	Fr	5'8"
8	Annie Budway	So	5'3"
9	Margret Atkinson	8th	5'5"
10	Hannah Littmann	So	5'7"
12	EB Davis	So	5'8"
13	Catie Mitchell	Fr	5'6"
14	Jessica Valarezo	So	5'2"
15	Sophia Dimick	Fr	5'3"
16	Mari Watada	Fr	5'3"
17	Melissa Vasquez	So	5'4"
18	Haley Oleynik	Jr	5'7"
21	Sarah Baker	Fr	5'4"
33	Amanda Pressman	Fr	4'11"
34	Liza Gibbs	So	5'7"
36	Kelly Wilner	So	5'6"
53	Kelsey Moffit	So	5'7"

arlington virginia

# GIRLS TEAMS

## Yorktown/HB Woodlawn High School (V)

**Team Name:** YHB Titans

**Coaches:** Katie Klein & Jenny Fey

In 1999 the sky opened up and with a mighty bolt of lightning the Frisbee gods created YHB Ultimate. But the earth was not yet satisfied, the people begged for more. So in 2005 perfection took human form when the YHB girls were created. Followers have created followers who have grown into players and now a legion of over 50 girls stands at the ready to continue the bold tradition that is YHB.

## ROSTER

4	Grace Denney	Fr	5'5"
9	Liv Kirk	Jr	5'5"
10	JoJo Emerson	So	5'6"
11	Maddie Greenfield	Sr	5'1"
	<i>U. of Virginia</i>		
12	Caitlin Levine	Sr	5'3"
	<i>U. of Virginia</i>		
13	Alika Johnson	Jr	5'3"
14	Alyse Alicandro	Sr	5'7"
	<i>Virginia Tech</i>		
18	Molly Norrborn	Jr	5'0"
20	Nicole Broder	Jr	5'8"
21	Claudia Dimick Jr		5'7"
22	Makshya Tolbert Jr		5'7"
23	Michelle Derieux Jr		5'7"
29	Haley Sanner	Jr	5'10"
34	Clara Nice	Jr	5'4"
36	Sandy Thong	Jr	5'0"
44	Samantha Taggart	Sr	5'6"
	<i>U. of Virginia</i>		
53	Emily Willard	Sr	5'4"
	<i>William and Mary</i>		
71	Lillian Goldstein	Jr	6'0"
73	Julia Petro	Sr	5'10"
	<i>James Madison</i>		

arlington virginia

# OPEN TEAMS

## Amherst Regional High School (V)

**Team Name:** Amherst Hurricanes

**Coaches:** Tina Booth & Brent Anderson

The Amherst Hurricanes have been around for almost 20 years now. They received varsity status in the late 90's, which enabled the program to grow and thrive in many ways. Paid coaches, transportation and fields are just some of the benefits of being part of Amherst Regional's varsity program. They are also lucky to enjoy the widespread support of the Amherst ultimate community, including parents, alums, parents of alums, and other fans of the team. For those of you who have never attended the Amherst Invitational, the oldest high school tournament in the country, we invite you to apply in 2011. We love to have new teams join us for a well-organized, fun and competitive weekend of ultimate!

## ROSTER

2	Spencer Diamond Sr	5'9"
	<i>Dartmouth</i>	
3	Eric Biggs	Jr 5'7"
4	Isaac Lavine	Sr 5'8"
5	Charlie Kannel	Sr 5'11"
6	Alex McGeoch	Jr 6'1"
7	Benhamin Orlisky	Jr 5'8"
8	Jeremy Salwen	Sr 5'10"
	<i>Columbia</i>	
9	Jesse Harris	Jr 5'8"
10	Jordy Diamond	So 5'9"
11	Surya Murty	Sr 6'0"
	<i>UPenn</i>	
12	Jonah Herscu	Sr 6'1"
	<i>Carleton</i>	
13	Danny On	So 5'6"
15	Alex Light	Jr 5'10"
16	Wes Chow	So 5'7"
17	Dylan Wight	So 6'0"
19	Ethan Kannel	So 6'0"
21	Patrick Milne	Sr 6'0"
	<i>UMass</i>	
23	Jimmy Bright-Dumm Jr	6'0"
24	Patrick Lawlor	Jr 5'11"
27	Amos Adams	Jr 6'5"

amherst massachusetts

## Columbia High School

**Team Name:** Columbia High School

**Coaches:** Anthony Nunez & Ben Haim

CHS Ultimate team has been around since 1968 and was the first ever juniors team. We have been competing at the Easterns Championships since 2005 and have been to the finals twice (winning it in 2008). In the fall we won the Fall Brawl tournament in PA and took third at the Rutgers Tournament in NJ. This spring we are competing in the P-Cup in Atlanta, the Amherst invitational, and the Easterns Championships. We also are playing against several local college teams as well as some local high school teams.

## ROSTER

1	Ben Reason	Fr 5'11"
4	Tony Zhang	Sr 5'7"
5	Jake McNamera	Fr 5'10"
6	Marques Brownlee	Jr 5'11"
8	John Fearon	Fr 5'9"
9	Brendan Vogt	Jr 5'8"
10	Chris Agüero	Jr 6'0"
12	Chris Mark	Sr 5'8"
14	Saul Graves	Fr 5'8"
16	August Kaplan	Jr 5'7"
17	Eli Graves	Sr 5'8"
	<i>U. of Michigan</i>	
18	Connor Albino	Jr 5'9"
20	Brian Phillips	Jr 6'2"
22	Jesse Daugherty	Jr 5'10"
23	Alex Mark	So 5'4"
27	Sebby Kiser	Jr 5'9"
29	Evan Walter	Jr 5'10"
33	Eric Nelson	Jr 6'2"
37	Matt Wright	Jr 5'9"
38	Caleb Williams	Jr 5'9"
80	Dorian Capps	So 6'0"
88	Lucas Snarski	Jr 6'3"

maplewood/south orange new jersey



# OPEN TEAMS

## Haverford High School

Team Name: HUDA

### ROSTER

2	Eddie Mulhern	Sr	5'7"
	<i>University of Maryland</i>		
3	Adam Callaghan	So	5'6"
4	Casey Michaelis	So	6'0"
6	Sam Peezick	Sr	6'1"
	<i>Fordham University</i>		
8	Tyler Kunsu	Sr	5'11"
	<i>University of Pittsburgh</i>		
9	Eric Shaw	Sr	6'1"
	<i>Tufts University</i>		
15	Connor Lynch	Jr	6'1"
16	Samson Hennessy-Straus	So	5'7"
20	Nathan Jack	Jr	5'7"
23	Simon Feeman	Sr	5'9"
	<i>Boston University</i>		
27	Jack Hoeksma	Sr	6'5"
	<i>University of Colorado at Boulder</i>		
28	Ian Robinson	Jr	5'7"
40	Nate Gosweilder	So	5'10"
42	Tom Maio	Jr	5'6"
51	Kevin Cook	Sr	6'3"
	<i>Shippensburg University</i>		
57	Johnny Bistline	So	6'0"
88	Armen Berberian	So	5'11"
98	Jeff Mogavero	So	5'9"

havertown pennsylvania

## Holy Family Catholic Home Educators

Team Name: Revolution

Coaches: Steve Conrad, Phil Hale, Dave Fry and Paul Ratajczak

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000 which has now grown to 18 teams. This is the third appearance at H.S. Easterns for Revolution. The name Revolution came to us our second year as we realized how 'revolutionary' we were to be homeschooled students, starting a new league, in an avant-garde sport with a 'revolving' disc.

After graduation of a number of seniors last year, Revolution expected a strong but rebuilding year.

### ROSTER

2	Joe Findley	Sr	6'1"
9	Luke Findley	So	6'0"
14	Michelle Ragusa	So	5'2"
21	Daniel Schuster	So	5'11"
23	Courtney Roth	So	5'2"
24	JP Bort	Fr	5'10"
28	Gabe DellAira	So	6'1"
31	Colleen Morris	So	5'3"
32	Colin Johns	Jr	5'8"
33	Frank Strasser	Jr	5'10"
34	Jay Ratajczak	Fr	5'11"
55	Joe Beatrice	So	5'10"
77	Tommy Koch	Jr	5'11"
93	Kayla Fry	So	5'2"
95	Michael Bissonnette	Sr	6'1"
	<i>Franciscan University of Steubenville</i>		
99	Scott Bissonnette	Jr	6'0"

cincinnati ohio



# OPEN TEAMS

## John Jay High School

**Team Name:** Air Raid

**Coach:** Sean Lang

Starting around four years ago, a group of seniors and juniors started the club. After a low-key beginning, they formed a small team and played against local schools and in various tournaments. Since then, the team has grown and expanded; currently the team has 25 full time players and even more in the fall. The fall season has an A team (Air Raid) and the B team (Skullhuckers). The team name was based off a play created by the original players on Air Raid. It is a deep play in which the thrower yells, "Air Raid!!!!!" then all but one cutter fall to the ground in a huddled ball, the player who is still standing, pre-decided, continues to go deep and hopefullly scores.

The fall season was very successful; Air Raid went 12-0 in games and tournament games combined. Air Raid hosted its own tournament Columbus Day weekend and was 5-0 in the tournament. In the championship game, Air Raid vs. Scarsdale's Hellfish, the game was close but Air Raid won the match by one, the highlight game of the season. Overall the team was very successful and the season brought new players to the team, helping to retain its size in the spring.

## ROSTER

0	Anton Boutkov	So	5'10"
1	Justin Andrews	So	5'8"
2	Brandon Meyers-Orr	Sr	5'7"
3	Florian Perret	Jr	5'10"
5	Jake Stelman	Sr	5'9"
	<i>Cornell</i>		
7	Chris Neral	Sr	5'11"
9	Adam November	Jr	6'1"
11	Erik Perry	Jr	5'10"
12	John Mason	So	5'7"
14	Dylan Leitner	Jr	5'6"
17	Ronny Mraz	So	5'10"
18	Zachary Pozniak	Jr	5'11"
21	Richard Lipari	Jr	6'0"
22	Jake Goldstein	Jr	5'10"
23	Danny Katz	Jr	5'6"
27	Jonathan Marton-Rollings	Fr	5'10"
29	Charles Tetelman	So	5'7"
35	Ryan Fischer	Jr	5'10"
37	Tim Konetchy	So	5'10"
41	Travis Winter	Jr	5'8"
44	Mike Weiss	Jr	5'10"
49	Kyle Pascullo	So	5'6"
69	Jared Robinson	So	6'4"
71	Emma Pickett	Jr	5'10"
87	Dan Wekstein	Jr	6'1"

## cross river new jersey

## LC Bird High School

**Team Name:** Skyhawk Ultimate Club

**Coaches:** Nick Ligatti & Paverick Nicolas

The Skyhawk Ultimate Club has been in existence since 2002. Over the years the team has competed in 7 state championships winning three (most recently in 2009) and never finishing worst than second. Although we graduated five players from last year's team, we returned five starters.

The first tournament that we attended in the fall was the Tidewater Tune-Up held in Williamsburg. This tournament is usually well attended for a fall tournament, with teams from all over the east coast. We finished 4-2 and took home 4th place. In December we hosted the Sue Inge Memorial tournament in honor of a former player's mother who died of cancer. We raised \$1000 for cancer research. Our only loss was to a club team from Newport News, VA. The team went to Chattanooga, Tennessee to compete at Polar Bear 2010. We went 6-1, losing in the championship game to USN. Finally, we went to the YHB Invite and took home 3rd place.

## ROSTER

7	Josh Young	Sr	5'10"
	<i>UVC</i>		
11	Ben Houchins	Jr	5'10"
13	Andrew Kennedy	Sr	5'5"
	<i>Virginia Tech</i>		
14	Hunter Taylor	Sr	5'11"
	<i>Colorado School of Mines</i>		
19	Jacob Barnes	Sr	6'2"
	<i>UVA</i>		
23	Ryan Reynolds	Sr	6'0"
	<i>Virginia Tech</i>		
24	Connor Brockett Jr		5'8"
25	Douglas Self	Sr	5'11"
	<i>VCU</i>		
27	Alan Morse-Koechlein	So	5'9"
28	William Hayes	Jr	5'10"
32	Dominique Gibson	Jr	5'9"
41	Brad Smart	Jr	5'7"
42	Brendan Coles	Sr	6'3"
	<i>Longwood</i>		
44	Morgan David	Jr	6'0"
74	Andy Putnam	Sr	5'5"
	<i>Eckerd</i>		
77	Chris Reynolds	Sr	5'10"
	<i>Virginia Tech</i>		
88	Chris Finklea	Jr	6'2"

## chesterfield virginia



# OPEN TEAMS

## Lincoln-Sudbury RHS

**Team Name:** Taco Wagon

**Coach:** Gary Bernard

Lincoln-Sudbury Taco Wagon started playing pick-up games at lunch in 1999 and became an official 'team' in 2000. During the fall of 2000 the team added a coach and became much more serious and competitive. The team has grown in popularity and success every year since then, but remains student organized in large part. The team plays as many competitive games and tournaments as possible in the Massachusetts league and beyond. The name 'Taco Wagon' came from the team's first reasonably successful run in the State tourney a few years back when it was powered by fuel supplied by a refreshment truck named "The Taco Wagon". Recently, the team has been even more successful, taking 2nd at Mass. States in 2005 and 2006 and 3rd in 2009. The team also competed at Easterns in 2006, placing five spots above their seed.

## ROSTER

0	Nick Ballini	So	5'9"
2	Maura McGrath	Sr	5'6"
	<i>Wesleyan</i>		
4	Nick Strahan	So	5'8"
6	Ian Marshall	Fr	6'0"
7	Emily Wilkinson	So	5'3"
8	Sam McGuire	Fr	6'1"
9	Molly Roach	Jr	5'2"
10	Taylor Witkin	Sr	5'9"
	<i>Colby College</i>		
11	Gavin Gerger	Jr	5'10"
12	Zoe Borden	Jr	5'7"
13	Colby Reed	Jr	5'5"
14	Danny Barker	Jr	6'1"
16	Henry Frost	Jr	6'1"
17	Neil Wei	Fr	5'8"
18	Drew Zieff	Sr	5'8"
	<i>Ithica</i>		
19	Karissa Tabtieng	So	4'8"
26	Fernando Sousa	Fr	5'11"
27	Matt Rogers	Jr	5'10"
29	Tate Tabtieng	Sr	5'9"
	<i>U. Penn.</i>		
30	Sarah Thompson	Fr	5'2"
33	Stephanos Calligas	Sr	5'8"
37	Raya Foldi	Fr	5'3"
45	Manu Moritz	Sr	5'10"
	<i>Macalester</i>		
47	Justin Chi	So	5'4"
49	Dylan Thompson	Jr	5'10"
50	James Jhun	So	6'1"
51	Martin Quinn	Jr	5'7"
99	Steve Bellini	So	5'9"

## sudbury massachusetts

## James Madison Memorial High School

**Team Name:** Memorial Ultimate

**Coaches:** Dan Raabe, Rex Beaber, Josh Davidson and Ari Davidson

Previously known as Midwest Express, Memorial Ultimate began in 1997. In the past we have traveled to tournaments all over the United States enjoying competition where ever we can find it. We have enjoyed much success on the field, having won the Wisconsin State championship four out of the five years it has been held. We also have a long tradition of developing ultimate players who are leaders; all three of our assistant coaches are alumni and out of all the college national champions crowned since 2003, four of those teams were captained by a MWE alumni (watch out for Minnesota!).

## ROSTER

2	Logan Pruess	Jr	5'10"
5	Andrew Stang	Sr	5'8"
7	Nick Allen	Sr	5'10"
	<i>Lawrence</i>		
9	Greg Maddox	So	5'9"
10	Gregg Johnson	Jr	6'1"
13	Craig Cos	Jr	6'5"
16	Walter Cai	Sr	6'1"
17	Dan Ma	Sr	5'10"
	<i>UW-Madison</i>		
18	Kevin Grasmick	Jr	
21	Joseph Quintana Sr		5'11"
27	John Stec	Jr	5'10"
39	Rein Boyd	Sr	6'1"
41	Colin Sunde	Jr	6'0"
66	Joe Meland	Jr	5'5"
69	Zach Kamps	Sr	5'10"
70	Tony Yudice	Sr	5'11"
80	Nate VanDenLangenberg	Jr	5'8"
93	Felix Bruan	Jr	6'3"

## madison wisconsin



# OPEN TEAMS

## Middletown High School

**Team Name:** Firestarters

**Coaches:** Trevor Charles, Bryan Hand and Todd Hettrich

Middletown is in its 6th year of existence, founded by three students, Todd Hettrich, Austin Raymond, and Bobby Meskill. Initially unrecognized, and therefore not allowed to use the school mascot, the Blue Dragons, the team chose play off the dragon variation and go with the Firestarters because they started something new in Middletown. The team is now a fully recognized varsity sport in our district. Quickly rising among the ranks in New England, Middletown is two time defending champions at the New England tournament. The team has hosted its 5th Middletown Invitational attracting teams from all over the tri-state area, and has helped form the Connecticut Ultimate League open to all high schools in CT in an effort to expand the sport.

## ROSTER

1	Trevor Perry	Sr	5'11"
2	Jeff Baran	Sr	5'11"
5	Emily Drewniany	Jr	5'6"
6	Johathan Aldieri	Sr	5'7"
7	Alex Wetherell	Sr	5'8"
10	Andy Correa	Jr	5'6"
11	Tim Meskill	Sr	5'10"
12	Sal Marino	Sr	5'11"
16	Justin Linares	Sr	6'1"
17	Crystal Glemser-Jones	Jr	5'6"
20	Clayton Curran	Jr	6'2"
23	Palmer Whitehead	So	5'9"
34	Jacek Trelski	Jr	6'4"
55	Mark Admiak	Sr	6'1"
66	Garrett Santi	Sr	5'9"

## middletown connecticut

## Mt. Lebanon High School

**Team Name:** Lebo

**Coach:** Joe Bender

Formed in 2001, Mt. Lebanon has been a major contender in the Pittsburgh High School Ultimate League ever since. We are excited to be back at Easterns having made an appearance in 2006, and are prepared to play some intense ultimate with a solid group of friends and teammates.

Mt. Lebanon has shown this year that they plan to continue the legacy left to them by seniors who took the team to PHUL Finals last year. This fall at the Skylander college tournament in Erie, Pa, Lebo took out some difficult, experienced, older teams such as Dayton, Colgate, Buffalo. Coming off a successful winter league, Mt. Lebanon is pumped for Spring Ultimate and the Easterns Championships.

## ROSTER

00	Zack Yourd	Jr	5'9"
5	Chris Dellana	Sr	6'0"
10	Kevin Scheiferstein	Sr	6'0"
	<i>Syracuse</i>		
12	Colin Abel	Jr	6'1"
15	Dylan Saulsbery	Sr	6'1"
	<i>Penn State</i>		
16	Reese Eckernrode	So	5'0"
17	Andrew Barchowsky	Sr	6'3"
18	Ethan Yourd	Sr	5'11"
	<i>John Carroll</i>		
19	Dan Patrick	So	5'10"
20	Eli Stoeve	Sr	6'4"
21	Brian Morgenlander	So	6'0"
23	Alex Mitterader	Jr	5'11"
28	Joe Bender	Jr	5'10"
58	Chen Su	So	5'10"
61	Doug Patrick	Sr	5'10"
	<i>Lehigh</i>		
88	Sam Zytka	Sr	6'1"
	<i>Clemson</i>		
90	Jake Innerst	Fr	5'10"

## pittsburgh pennsylvania

# open teams

## Needham High School

**Team Name:** Needham Ultimate  
**Coaches:** Dan Hourigan & Jim Foster

Lincoln-Sudbury Taco Wagon started playing pick-up games at lunch in 1999 and became an official 'team' in 2000. During the fall of 2000 the team added a coach and became much more serious and competitive. The team has grown in popularity and success every year since then, but remains student organized in large part. The team plays as many competitive games and tournaments as possible in the Massachusetts league and beyond. The name 'Taco Wagon' came from the team's first reasonably successful run in the State tourney a few years back when it was powered by fuel supplied by a refreshment truck named "The Taco Wagon". Recently, the team has been even more successful, taking 2nd at Mass. States in 2005 and 2006 and 3rd in 2009. The team also competed at Easterns in 2006, placing five spots above their seed.

## ROSTER

2	Matt Bandes	Sr	5'10"
	<i>University of Rochester</i>		
3	Theo Thompson	Sr	6'2"
4	Ben Krupp	Jr	5'10"
6	David Lunetta	Sr	5'10"
	<i>University of Massachusetts</i>		
8	Sam Dushay	Sr	5'11"
9	Brian Baker	Jr	5'10"
10	Tyler Chan	Jr	5'10"
11	Kevin Hebard	Sr	5'7"
16	Ankit Sood	Jr	6'0"
17	Jak Codington	Sr	6'0"
	<i>University of Vermont</i>		
18	Scott Groux	Fr	6'3"
24	Manit Munshi	Jr	6'0"
25	Mike Escalante	Sr	6'1"
28	Jordan Kaufman	So	5'10"
35	Andrw Goldstein	Jr	5'11"
43	Josh Balk	Sr	5'10"
	<i>Colby</i>		
83	John Csaplár	Jr	5'11"

## needham massachusetts

## Stuyvesant High School

**Team Name:** Sticky Fingers  
**Coaches:** Devon Huang & Malcolm Baker

Stuyvesant Sticky Fingers is one of the oldest high school Ultimate teams in the nation with a history that extends back over 30 years (which is why we do not know where our team name came from). Past Sticky Fingers alumni have reached the sports pinnacle having won multiple nationals and world titles. (We believe the original token Asian handler came from Stuyvesant). As far back as the glory days of New York New York in the 80's, Stuyvesant players have been an integral part in the history of the sport itself.

## ROSTER

1	Jackson Sheng	Jr	5'7"
4	Nelson Ng	Sr	5'5"
5	Kevin Liang	Sr	5'4"
	<i>Boston University</i>		
6	Sam Szufita	Jr	5'7"
7	Sean Chee	Fr	5'4"
8	Daniel Zloof	Sr	5'7"
10	Patrick Moy	Jr	5'6"
13	Alireza Mirafzal	Sr	5'10"
14	Fulton Hou	Jr	5'7"
15	Nick Fung	Fr	5'9"
17	Jack Li	Sr	5'10"
18	Jason Huang	Jr	5'8"
23	Sam Liang	Sr	5'10"
24	Thomas Chu	Sr	5'10"
	<i>Carnegie Mellon University</i>		
25	William Wong	Sr	5'10"
27	Jason Pang	Jr	5'10"
46	Ruozhou Ye	Sr	6'0"
55	Raymond Chu	Jr	5'7"

## new york new york



# OPEN TEAMS

## University School of Nashville

**Team Name:** Brutal Grassburn  
**Coach:** Mike Lutz

Previously know as Midwest Express, Memorial Ultimate began in 1997. In the past we have traveled to tournaments all over the United States enjoying competition where ever we can find it. We have enjoyed much success on the field, having won the Wisconsin State championship four out of the five years it has been held. We also have a long tradition of developing ultimate players who are leaders; all three of our assistant coaches are alumni and out of all the college national champions crowned since 2003, four of those teams were captained by a MWE alumni (watch out for Minnesota!).

## ROSTER

2	Jack Spiva	Fr	5'7"
3	Will Knowles	Jr	6'1"
5	Ryan Decasino	Jr	5'9"
7	Eli Motycka	Fr	5'7"
8	Will Shaw	Jr	5'10"
9	Eliot Linton	Jr	6'0"
11	Peter Wittig	Sr	6'2"
	<i>Santa Clara</i>		
13	David Kuhn	Jr	5'7"
17	George Meyer	Jr	6'1"
23	Mikeie Reiland	Jr	5'9"
24	Alex Russell	Fr	5'8"
33	Andrew Bridgers	Fr	5'10"
34	Mitchell Lutz	Fr	5'8"
42	Gray Yarborough Jr		5'9"
44	Josh Vann	Sr	5'11"
55	Matt Hoffman	Fr	5'8"
70	Miro Hurdle	Fr	5'8"

nashville tennessee

## Watchung Hills Regional High School

**Team Name:** Warriors  
**Coaches:** Michael Porter & Ken Karnas

The Watchung Hills Ultimate Frisbee team was founded in 2000 and quickly became one of the most notable teams in New Jersey, and the country, attending Nationals in 2002 and 2003. The program received Varsity status from the school in 2003, and remains the only NJ team with full Varsity recognition.

After placing 5th at the 2009 UPA High School Easterns and 2nd at the NJ state championships, the Watchung Hills Warriors were eager to continue their success into the next year. Graduating only three seniors, a new core group of rising seniors has focused the team on one objective- performing better than the year before. The fall season saw second place finishes at Fall Brawl and the Rutgers Grease Trucks Classic. Our 10-3 record includes the team's first victory over Columbia HS in 6 years, a well-executed victory over Haverford, and two solid wins over Pennsbury.

## ROSTER

2	Alan Kwok	Sr	5'5"
	<i>Rutgers</i>		
3	Nikhil Sharma	Sr	5'10"
	<i>NYU</i>		
5	Michael Wu	Jr	5'11"
7	Gopal Desai	Jr	5'6"
9	Richard Greltski	Sr	5'10"
	<i>Fordham</i>		
11	Stephen Silva	Sr	5'9"
	<i>Drew</i>		
13	Jay Nadkarni	Sr	5'9"
	<i>Rutgers</i>		
14	Ryan Basak	Sr	5'7"
	<i>NJIT</i>		
19	Scott Hampton	Sr	5'9"
	<i>Georgetown</i>		
21	Is Ulaj	Jr	6'1"
22	Kevin Wu	Jr	5'7"
23	Jayson Lian	Sr	5'11"
	<i>NYU</i>		
25	Charlie Lian	Jr	5'11"
27	Sean Wang	Sr	5'9"
	<i>Rutgers</i>		
37	John Barnum	Sr	5'11"
	<i>Northeastern</i>		
41	Srinjoy Sil	Sr	5'8"
	<i>Columbia</i>		

warren new jersey



# open teams

## Yorktown/HB Woodlawn High School

**Team Name:** Dragon Slayers

**Coaches:** Will Smolinski & Frankie Hazer

YHB Ultimate started in 1999 when a former William and Mary Player Dave Soles started playing pick up with some boys from Yorktown High School. YHB has won 3 boys and 3 girls State Championships and have both finished as high as 3rd place at Easterns.

**Season Recap:** Up until the time of this writing, YHB has only lost two games this entire school year, both to Woodside High School in the fall. They are Hip Hop, Tidewater Tune Up, and YHB Invite Champions. They were also runner up at the Sue Inge Memorial Tournament. They plan to finish well at the Born 2 Dive Tournament.

## ROSTER

2	Andy Baker	Jr	6'0"
3	Sam Fensermacher	So	5'6"
8	Matthew Cheng	Jr	6'0"
10	Lucas Fenstermacher	Jr	5'10"
11	Max Denney	Jr	5'6"
13	Ethan Wham	Sr	5'5"
	<i>Drew University</i>		
20	Xavier Maxstadt	Jr	6'2"
21	Issac McDonald	Jr	6'0"
24	Matthew Debutts	Sr	6'1"
27	Cody Johnston	Sr	6'0"
	<i>William &amp; Mary</i>		
28	Ross Sylvestri	Jr	5'8"
33	Jacob Lunn	So	5'9"
42	Patrick Denney	Jr	6'0"
43	Emmerson Sieverts	Jr	5'9"
47	Jay Boyle	So	5'9"
66	Sam Erler	Sr	6'2"
	<i>Charleston College</i>		
69	Jack Crawford-Brown	Jr	5'10"
72	Ned Sieverts	Fr	5'10"
80	Antoine David	Jr	6'1"
99	Sam Nottingham	Sr	6'0"

arlington virginia

## West Windsor-Plainsboro High School North

**Team Name:** Knights

WWP has two high schools, North and South. They originally existed as a combo team and went on to win the first ever NJ States and in the following year, split into separate teams as the roster grew. From there on, North has grown and expanded successfully, moving on to take 2nd place at NJ states. The Knights emblem as well as the royal blue color are trademarks of our high school.

The beginning of the season was marked by some significant victories. WWP North was able to compete at a college level and take down some teams like TCNJ. Later, the team defeated former Eastern Champs Pennsbury as well as Watchung Hills to win its first trophy. In the Spring, North took 2nd at the Radnor invite and then defeated Pennsbury once more to take 1st at Bring the Huckus.

## ROSTER

3	Christ Jin	Sr	5'8"
	<i>Bentley</i>		
4	Dharun Ravi	Sr	5'9"
	<i>Rutgers</i>		
5	Jason Chin	Sr	5'8"
	<i>Columbia</i>		
7	Chris Tian	Sr	6'0"
	<i>MCCC</i>		
8	Austin Chung	Sr	5'9"
	<i>Stevens</i>		
10	Eric Moy	Sr	5'5"
	<i>Rutgers</i>		
11	Scott Xu	Sr	5'8"
	<i>Rutgers</i>		
12	Derek Yan	So	5'6"
17	Ranajoy Bose	Sr	5'11"
	<i>Georgetown</i>		
19	Garret Yung	Sr	5'10"
	<i>U. of Maryland</i>		
22	Jason Tam	Sr	5'8"
	<i>Cooper Union</i>		
23	John Nabial	Sr	6'1"
	<i>Drexel</i>		
27	Sean Yan	Sr	5'10"
	<i>Rutgers</i>		
32	Benmeet Mahal	Sr	6'0"
	<i>Rutgers</i>		
33	Mark Lin	Jr	5'10"
68	Victor Wu	So	5'6"

plainsboro new jersey

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

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

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

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

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

## **3. HECKLING AND TAUNTING ARE DIFFERENT.**

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

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

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

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

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

## **6. BREATHE.**

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc;





did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

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

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

#### **8. BE GENEROUS WITH PRAISE.**

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

#### **9. IMPRESSIONS LINGER.**

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

#### **10. HAVE FUN.**

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

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





# 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 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.

## **2010 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 1 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](mailto:Meredith@hq.upa.org) or visit the UPA web site at: [www.upa.org/coaches/coaching](http://www.upa.org/coaches/coaching).

# **UPA - Five Ultimate Coaching Certification Program**

U.P.A. COACHING CORPS  
ULTIMATE PLAYERS ASSOCIATION



The Ultimate Players Association offers a valuable resource for coaches across the nation. *The UPA Coaching Certification Program presented by Five Ultimate provides coaches with the tools to make Ultimate better for us all. Five Ultimate is proud to be a part of this program and, in our way, support the coaches who give so much to the sport. Over the past three years we have helped more than 1,000 coaches teach over 20,000 players. What's more, we offer team gear discounts to coaches who participate in clinics. Keep it up, coaches!*

**FiveUltimate**

Get Airborne. Play Ultimate.



**DISCRAFT**  
**175**  
**ULTRA-STAR**