



# EVENT GUIDE



\$1



# MAKING ULTIMATE STRONGER

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## STAFF

**TOURNAMENT STAFF** will be wearing white 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 –  
Deirdre Abrahamsson

Volunteer Coordinator –  
Beth Burke

Head Scorekeeper – Dan Naylor

Social Events Coordinator –  
Chris Vanni

Marketing and Sponsorship

Coordinator, PADA Executive

Director – Marjorie McMahon  
Naylor

Field Coordinator, PADA Board

President – Katie Drake

Creature Comforts Coordinator –  
Kristen Frentzel

### USA Ultimate

Manager – Education & Youth Programs – Baker Pratt

Manager – Competition & Athlete Programs – Byron Hicks

Director – Education & Training – Meredith Tosta

Chief Executive Officer – Dr. Tom Crawford



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# WELCOME

Welcome to Philadelphia! On behalf of USA Ultimate, the Philadelphia Area Disc Alliance, Brandywine Polo Club, Chester County Convention and Visitors Bureau and our dedicated volunteers and supporters, I take great pleasure in welcoming you to the 2011 USA Ultimate High School Eastern Championships. We have been working hard behind the scenes to get everything ready, and now we are extremely excited to enjoy the competition!

Congratulations to the teams and coaches represented in this year's Eastern Championships. There are 16 Open and 15 Girls high school teams competing, representing 11 states east of the Mississippi. Many of these players are the future stars of College and Club Ultimate. The action on the field should be electrifying all weekend long as we crown new champions in both divisions.

Brandywine Polo Club is located west of Philadelphia in the historic Brandywine Valley. We hope that you get to see some of the area and make it back to visit again. Nearby you will find Brandywine Battlefield Park, the majestic Longwood Gardens, and several museums including Winterthur Museum and Country Estate and the Brandywine River Museum. In Philadelphia you will find lots more historic, cultural and exciting things to experience as well, like the Philadelphia Museum of Art with its staircase made famous by the Rocky movies, the World Series Champion Philadelphia Phillies, authentic cheesesteaks, the Liberty Bell; and of course Independence Hall, where in 1776 the Declaration of Independence was signed.

In addition, Philadelphia boasts a vibrant and active Ultimate community. The Philadelphia Area Disc Alliance has over 2,500 members and provides many

opportunities to play at all levels, including year-round league play. PADA hosts five tournaments, including an all night indoor tournament each January. There are many colleges in the area that have both Open and Women's teams, and many of these athletes stay in the area after graduation. If you want to play Ultimate and be part of a great community, the Philadelphia area is an excellent place to be!

The volunteers for the Eastern Championships come from the extended PADA community, and if you have any questions, please make sure to talk to one of our members wearing "Volunteer of Staff" shirts. These 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 and dedication. We could not do this without their tremendous hard work.

All the teams and players, coaches, volunteers, and staff here this weekend are bound together by their love of Ultimate and their regard for the Spirit of the Game. The camaraderie and respect between teammates and amongst teams both on and off the field is a hallmark of our sport. For all of us who have played other sports, we know how special and unique Spirit is to Ultimate, and it is encouraging to see each new generation of Ultimate players embrace and demonstrate these guiding principles by playing honorably and fairly. You have trained hard to get to this moment, and now let the tournament begin. We wish you all the best of luck!

Sincerely,  
*Deirdre Abrahamsson*  
Tournament Director

## WEEKEND OVERVIEW

### FRIDAY, MAY 20 AT HILTON GARDEN INN

7:00 – 10:00pm: Team registration

### SATURDAY, MAY 21 AT BRANDYWINE POLO CLUB

8:00am: Captains' meeting

9:00am – 6:00pm: Pool play and Pre-Quarters (Open division)

Social Event: Dinner will be served at 5:00 p.m. for participants and two chaperones per team

### SUNDAY, MAY 22 AT BRANDYWINE POLO CLUB

8:30am – 2:00pm: Pool play (Girls), elimination and placement games (Girls, Open)

2:30pm: Finals (Girls, Open)

Post Finals: Award Ceremony. Immediately following the finals, awards will be presented to first and second place teams in each division, and individual and team Spirit winners.

# COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point-cap at 15. (*Open Division C Pool will play games to 15, point-cap at 17*)
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g. In a game to 13 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap goes on at twenty minutes before the scheduled end of the round. 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 20 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

USA Ultimate appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of events hosted by USA Ultimate. Anyone wishing to record USA Ultimate events for commercial purposes (as defined in the agreement) is required to sign the USA Ultimate 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 USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate 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 USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Director of Marketing and Communications Andy Lee at [andy@hq.usultimate.org](mailto:andy@hq.usultimate.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 USA Ultimate 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.

## USA ULTIMATE 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.



# DIRECTIONS

## HILTON GARDEN INN TO BRANDYWINE POLO CLUB (232 POLO RD, TOUGHKENAMON, PA 19374)

- Head west on Baltimore Pike.
- Turn right onto Newark Rd.
- Turn left onto Polo Rd.

## BRANDYWINE POLO CLUB TO JENNERSVILLE REGIONAL HOSPITAL (1015 W BALTIMORE PIKE, WEST GROVE, PA 19390)

- Head east on Polo Rd toward Newark Rd.
- Turn left onto Newark Rd.
- Turn right to merge onto US-1 S/Kennett Oxford Bypass toward Oxford.
- Take the PA-796 exit toward Jennersville.
- Turn left onto PA-796 S/N Jennersville Rd.
- Take the 1st right onto Old Baltimore Pike.

# FIELD MAP



2011 USAU High School Eastern Championships - Girls

Saturday, May 21, 2011

Pool A,B,D Games to 13 Cap 15 Pool C Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D			
	A1	Amherst (1)			B1	YHB (2)			C1	Watchung Hills (3)			D1	Alderidge (4)		
	A2	Mt. Lebanon (8)			B2	Haverford (7)			C2	Radnor (6)			D2	Columbia (5)		
	A3	Stuyvesant (11)			B3	Andover (12)			C3	Holy Family Catholic (9)			D3	Lower Merion (10)		
	A4	Memorial (14)			B4	Nequa Valley (13)							D4	YHB JV (15)		
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score
9:00 - 10:15					B1 v B3	8	-	B2 v B4	9	-	C1 v C3	10	-	D1 v D3	11	-
10:45 - 12:00	A1 v A3	7	-	A2 v A4	8	-			C2 v C3	10	-			D1 v D4	11	-
1:00 - 2:15	A1 v A4	7	-	A2 v A3	11	-	B1 v B4	8	-	C1 v C2	10	-		D2 v D3	12	-
2:45 - 4:00	A1 v A2	7	-	A3 v A4	10	-	B1 v B2	8	-					D1 v D2	11	-
Re-seed teams 1-4 within each pool																
4:45 - 6:00	A1 v C1		-	B1 v D1		-	C2 v A3		-	D2 v B3		-	A2 v C3		-	B2 v D3

**DISCRAFT**

Placement Brackets  
Sunday, May 22, 2011

Championship Bracket  
Sunday, May 22, 2011

**DISCRAFT**

Loser A2vC3

Game (1)  
Sun 8:30-10:00am  
Field # 2

Loser D2vB3

Sun 10:30-12:00am  
Field # 2

9th Place

Loser C2vA3

Game (2)  
Sun 8:30-10:00am  
Field # 2

Loser B2vD3

Loser Game (1)

Sun 2:30 - 4:00pm  
Field # 5

11th Place

Loser Game (2)

Round Robin for 13th-15th

Sunday	F#	Score
8:30 - 10:00am	B4 v D4	1 -
10:30am - 12:00pm	A4 v D4	1 -
12:30 - 2:00pm	B4 v A4	1 -

Loser Game (3)

Sun 12:30 - 2:00pm  
Field # 2

9th Place (tie)

Loser Game (4)

Loser Game (5)

Sun 12:30 - 2:00pm  
Field # 4

5th Place (tie)

Loser Game (6)

Following Saturday, the top 8 teams are re-seeded in the following order for the Championship Bracket:

- 1) Winner of A1vC1
- 2) Winner of B1vD1
- 3) Loser of A1vC1
- 4) Loser of B1vD1
- 5) Winner of C2vA3 IF A1 won the A1vC1 game, otherwise winner of A2vC3
- 6) Winner of D2vB3 IF B1 won the B1vD1 game, otherwise winner of B2vD3
- 7) Winner of A2vC3 IF A1 won the A1vC1 game, otherwise winner of C2vA3.
- 8) Winner of B2vD3 IF B1 won the B1vD1 game, otherwise winner of D2vB3.

1

Game (3)  
Sun 10:30 - 12:00pm  
Field # 3

3

Game (4)  
Sun 10:30 - 12:00pm  
Field # 4

5

Game (4)  
Sun 10:30 - 12:00pm  
Field # 4

4

Semi #1  
Sun 12:30 - 2:00pm  
Field # 3

5

Final  
Sun 2:30 - 4:00pm  
Field # 4

Champion

3

Game (5)  
Sun 10:30 - 12:00pm  
Field # 5

6

Semi #2  
Sun 12:30 - 2:00pm  
Field # 5

7

Game (6)  
Sun 10:30 - 12:00pm  
Field # 6

2

**USA  
ULTIMATE**

**USA  
ULTIMATE**

All games to 15 cap 17

All games to 15 cap 17

## 2011 USAU High School Eastern Championships - Open Division

Saturday, May 21st, 2011

All Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D							
	A1	Amherst (1)			B1	Columbia (2)			C1	Needham (3)			D1	Holy Family Catholic (4)						
	A2	Radnor (8)			B2	Middletown (7)			C2	YHB (6)			D2	USN (5)						
	A3	Nequa Valley (12)			B3	Calvary Baptist (11)			C3	West Windsor (10)			D3	Haverford (9)						
	A4	Grady (13)			B4	LC Bird (14)			C4	Memorial (15)			D4	Stuyesant (16)						
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score	Bye				
9:00 - 10:15	C2 v C4	1	-	D2 v D4	2	-	B1 v B3	3	-	B2 v B4	4	-	C1 v C3	5	-	D1 v D3		6	-	Pool A
10:45 - 12:00	A1 v A3	1	-	A2 v A4	2	-	C2 v C3	3	-	D2 v D3	4	-	C1 v C4	5	-	D1 v D4		6	-	Pool B
1:00 - 2:15	A1 v A4	1	-	A2 v A3	2	-	B1 v B4	3	-	B2 v B3	4	-	D3 v D4	5	-	D1 v D2		6	-	Pool C
2:45 - 4:00	A1 v A2	1	-	A3 v A4	2	-	B1 v B2	3	-	B3 v B4	4	-	C1 v C2	5	-	C3 v C4		6	-	Pool D
Re-seed teams 1-4 within each pool																				
4:45 - 6:00	A2 v D3	1	-	B2 v C3	3	-	C2 v B3	5	-	D2 v A3	6	-								


**Consolation Bracket**  
 Sunday, May 22, 2011


Consolation games to 15 cap 17

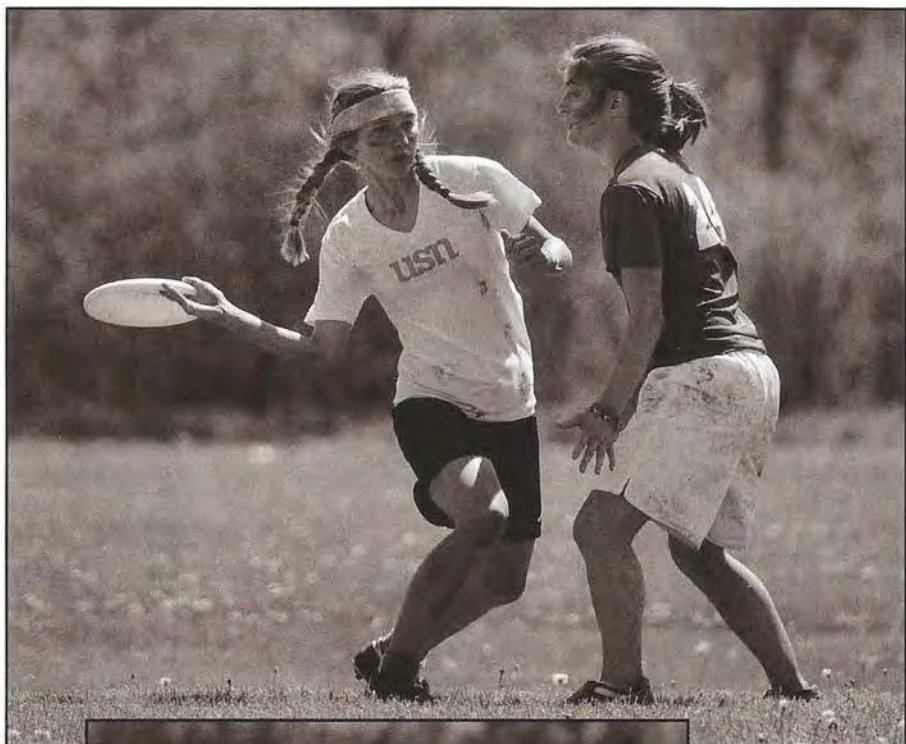

**Championship Bracket**  
 Sunday, May 22, 2011

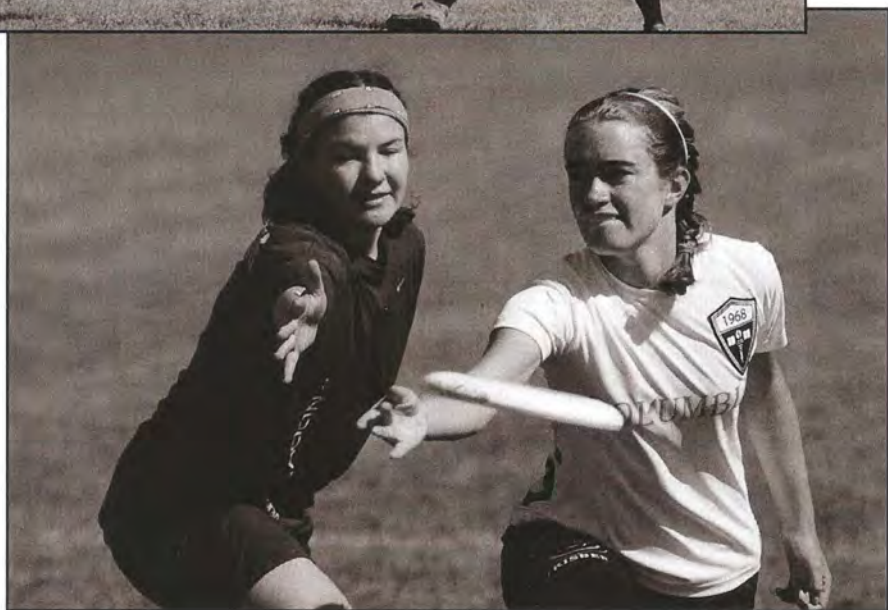

Championship games to 15 cap 17



## OPEN SCHEDULE









# GIRLS TEAMS

## ALLDERDICE HIGH SCHOOL

**Pittsburgh, Pa.**

**Team Name: Ninja Samurai**

**Coach: Molly Moore**

The Allderdice Ninja Samurai emerged out of the blackness of night two years ago, and nobody is entirely certain from where we came—not even us. Our team name is not a mascot. It is an attitude of discipline, ferocity, and elegance we strive to play by. With a seasoned team of warriors who have been working together since the team's birth, as well as a youthful collection of neophytes with prodigious skill, we have made a huge impact on PHUL, their home league. The Ninja Samurai are utterly thrilled to have made it to Easterns and we hope to live up to our name.



### ROSTER

Abby Linn	Sr	5'5"
Abby Malthir	Fr	5'5"
Aileen Lerch	Sr	5'7"
Amella Fischer	So	5'2"
Ana Jaramaz	So	6'0"
Sarah "Aqua" Overby	So	5'4"
Becca Levine	Sr	5'6"
Eliza Pugh	Jr	5'9"
Emily Klein	Fr	5'5"
Emily Wolfson	Sr	5'6"
Eva Petzinger	Sr	5'10"
Gabrielle Rubinstein	Fr	5'2"
Hannah Famill	Fr	5'8"
Hannah Walter	Sr	5'8"
Heather Weisberg	Sr	5'5"
Isha	Fr	5'0"
Janny Petzinger	Fr	5'9"
Joanne Gilligan	Sr	5'5"
Jorlyn LeGarrec	So	5'8"
Kat	So	5'3"
Katherine	Fr	5'9"
Naomi Anderson	Jr	5'6"
Naomi Balaba	Jr	5'5"
Sonya	So	5'2"
Sydney Dietrick	Jr	5'6"
Vaughan Skinker	Jr	5'2"
Yuki Kawano	Jr	5'4"
Emily "Zappy" Zapinsky	Fr	5'3"
Zeva	Fr	5'5"

## AMHERST REGIONAL HIGH SCHOOL

**Amherst, Mass.**

**Team Name: Hurricanes**

**Coach: Joshua Nugent**

The Amherst Girls' Ultimate team started in the late 1990s as one of the first high school girls' teams and soon rose to prominence as the team to beat on the east coast. A decade later, our program's strength and depth had increased to include a JV team that competes in top-level tournaments alongside our varsity team. Along with playing as many college tournaments as possible, we continue to vie for the most prestigious titles in girls' Ultimate: The Paideia Cup, the Amherst Invitational, and, of course, The USA Ultimate High School Eastern Championships.



### ROSTER

1	Anna Kaplan	Fr	5'8"
3	Maya Norman	Jr	5'3"
4	Audrey Gould	Jr	5'5"
5	Lucy Salwen	So	5'4"
8	Hannah Yee	Sr	5'4"
9	Katy Peake	Sr	5'7"
10	Angela Zhu	So	5'4"
11	Mei Reffsin	So	5'4"
12	Leah Berlin	Jr	5'3"
13	Katie St. John	Sr	5'1"
14	Kelsey McDonald	Sr	5'8"
16	Amelia Mead	Jr	5'2"
18	Molly Lawlor	Jr	5'7"
19	Zoe Freedman Coleman	So	5'6"
24	Kathryn Hopkins-McGill	Sr	5'6"

# GIRLS TEAMS

## ANDOVER HIGH SCHOOL

### Andover, Mass.

**Team Name:** Gophers

**Coaches:** Jason Westgate, Rose Greeley

The Golden Gophers Ultimate Program is kicking off its 12th year at Andover High School. The program is a popular spring sport at AHS and attracts enough participants to support two girls teams (varsity and JV).

Although Ultimate is technically a spring sport, the program and the players are active throughout the year. During the school year, Sunday practices and clinics are hosted, starting in October and continuing until tryouts in March. The AHS Ultimate program works very closely with Andover Youth Services (AYS), providing funding as well as staffing (players) for their Summer Middle School Training Clinic and Spring Middle School Program. The participants in the summer clinic and middle school programs provide an excellent supply of experienced Ultimate players for the High School Team.



### ROSTER

2	Marianna Heckendorn	Jr	5'7"
3	Lisa Qin	Jr	5'2"
6	Sarita Ballakur	So	5'8"
7	Melanie Nesteruk	Jr	5'5"
13	Chrissy Sauerbrunn	Sr	5'5"
14	Caroline Szendey	Sr	5'6"
18	Hadley Green	Sr	5'7"
22	Hannah Krieger	Sr	5'5"
29	Brianne Conlon	Sr	5'7"
41	Emma Sonberg	So	5'5"
43	Dana Trismen	Sr	5'7"
47	Xinni Chen	So	5'3"
51	Kylie Moynihan	So	5'11"
	Aisuluu Abdymanov	Sr	5'4"
	Sophie Combs	Fr	5'9"
	Annie Dean-Ganek	Jr	5'7"
	Dana Kirwin	Fr	5'4"
	Betsy Lowrie	So	5'7"
	Chloe Man	So	5'3"
	Lucia Nuevo	Sr	5'6"
	Johanna Shaw	Fr	5'11"
	Mariela Siegel	Jr	5'5"
	Allyson Wheelwright	Sr	5'2"
	Theresa Yeo	So	5'4"

## COLUMBIA HIGH SCHOOL

### Maplewood, N.J.

**Team Name:** Sparkle Motion

Sparkle Motion began in 2005 in Maplewood/South Orange at Columbia High School. The founders were Maia Cincotta and Vanessa Low, seniors who were inspired by the dance team in the movie Donnie Darko. Since then, Sparkle Motion has more than lived up to its name – taking third place at Easterns its first year and last year – and successfully established itself as a force in girls' Ultimate.



### ROSTER

4	Hannah Hart	Jr	5'1"
5	Julia DeFrancó	So	5'11"
7	Maggie Woodruff	So	5'8"
9	Annabelle Weatherly	So	5'8"
10	Nicole Federico	Sr	5'6"
11	Sally Ike	So	5'9"
13	Grace Feinman-Riordan	Sr	5'7"
15	Niama Allen	Fr	5'9"
21	Kate Woodruff	Fr	5'3"
26	Keely Zhang	So	5'4"
30	Maddy Weltchek	Sr	5'2"
31	Kate Chappelaar	Sr	5'11"
38	Ellie Williams	So	5'5"
48	Maggie Hart	8th	4'8"
58	Gabriella Cincotta	Jr	5'1"
59	Alexa Jones	Fr	5'8"
68	Faith Leonard	So	5'5"
76	Samantha Fagundez	Fr	5'8"
78	Dory Sumner	So	5'1"
81	Aurora Rojer	So	5'3"
99	Kiyomi Taylor	So	5'8"

# GIRLS TEAMS

## HAVERFORD HIGH SCHOOL

### Havertown, Pa.

**Team Name:** Haverford Ultimate Disc Alliance (HUDA)

**Coaches:** Vicki Pollard, Tracey Berg

Haverford Ultimate Disc Alliance (HUDA) women's team was formed in the spring of 2008. Each year our team has expanded and improved earning a third place title at the 2010 State Championship in Pennsylvania. We started with one girl's team and now have three different women's teams. Our Ultimate program at Haverford looks to continue to grow and develop.



### ROSTER

00	Rachel Alfano	Fr	5'2"
2	Kim Carden	So	5'1"
5	Julien Denny	Sr	5'1"
6	Linda Morse	So	5'9"
7	Stephanie Hosan	Jr	5'4"
8	Kate Bruno	Sr	5'6"
10	Grace Clough	So	5'7"
11	Lizzie Emery	Sr	5'5"
12	Kimmy Hosan	Fr	5'5"
16	Cameryn Richards	So	5'6"
19	Maddy Maute	Sr	5'8"
20	Julia Mirra	Jr	5'5"
21	Alicia Hosan	Sr	5'1"
22	Helen Wedegaerter	So	5'3"
23	Sarah Katz	Sr	5'4"
25	Jamie Williams	Sr	5'2"
29	Maddie Howard	Sr	5'6"
38	Christina Ngo	So	5'2"
77	Kelly Milligan	Jr	5'5"

## HOLY FAMILY CATHOLIC HOME EDUCATORS

### Cincinnati, Ohio

**Team Name:** Omega

**Coach:** David Fry

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000, which has now grown to 20 teams. While Revolution plays as a mixed team in the local leagues, the girls of Revolution formed Omega for the 2010 Ohio State Championship. 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. A Revolution parent also founded a junior program in Cincinnati, where now more than 100 kids 8-13 years old learn the basic skills of Ultimate. Nearly all the current Omega team played junior Ultimate and many coach the young girls in the junior division.



### ROSTER

13	Bella Dell'Aira	8th	5'8"
14	Michelle Ragusa	Jr	5'2"
17	Meg Kecskes	Sr	5'2"
23	Courtney Roth	Jr	5'4"
27	Gracie Francomb	Fr	5'4"
31	Colleen Morris	Jr	5'3"
42	Lucy Teller	8th	5'3"
49	Emily Dorsey	8th	5'5"
81	Holly Koch	Fr	5'8"
86	Clara Fishlock	8th	5'8"
87	Annie Folzenlogen	8th	5'4"
88	Kjersti Fry	Fr	5'3"
93	Kayla Fry	Jr	5'2"



# GIRLS TEAMS

## LOWER MERION HIGH SCHOOL

**Ardmore, Pa.**

**Team Name:** Lady Baba

**Coaches:** Christina Minecci, Katherine Rowe, Chris Vanni

Lady Baba is completing our fifth year as an Ultimate team.



### ROSTER

2	Chloe Bollentin	Sr	5'7"
3	Alanna Rebbeck	Fr	5'7"
4	Maddy MacFarland	Fr	5'6"
5	Shosh Gordon	Sr	5'5"
8	Jane Erheim	So	5'10"
9	Rachel Gordon	Sr	5'5"
10	Joanna Odorisio	Fr	5'8"
12	Moriah Kofsky	Fr	5'2"
13	Sarah Jacobson	So	5'8"
14	Allison Rothschild	So	5'2"
16	Jenna Perne Ellis	So	5'3"
19	Rebecca Hazany	Sr	5'7"
24	Maddi McKay	Fr	5'7"
26	Kelly Mazzanobile	So	5'3"
29	Lenna Blistein	Sr	5'6"
32	Lily Eisner	Fr	5'6"
34	Jess Shander	So	5'7"
36	Carolyn Normille	So	5'6"
38	Olivia Benditt	So	5'3"
44	Jamie Lam	Sr	5'7"

## MADISON MEMORIAL HIGH SCHOOL

**Madison, Wis.**

**Team Name:** Memorial Ultimate

**Coaches:** Jen Buchholz, Josh Newman

Memorial Ultimate has been the only established women's team in Wisconsin for several years. During the fall season, the women's team members attend co-ed practices. 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. We are looking forward to playing against other high school teams and women our age!



### ROSTER

1	Hadassah McCloskey	So	5'6"
2	Monica Trevino	Sr	5'6"
3	Tenzin Lendey	Sr	5'6"
6	Lindsay Quella	Sr	5'4"
10	Chloe Theissen	Sr	5'5"
12	Tina Beermann	Jr	5'5"
14	Jessica Chen	Sr	5'5"
15	Emily Laufenberg	So	5'4"
16	Shawn Tredinnick	So	5'5"
17	Jaquelyn Chagnon	Jr	5'11"
18	Alice Sullivan	So	5'3"
20	Aurora Eggers	Fr	5'7"
23	Eileen McMahon	Sr	5'8"
24	Gratia Maloney	Fr	5'5"
25	Katie Tredinnick	Jr	6'2"
26	Kira Tobin	So	5'6"
27	Elizabeth Milovets	Sr	5'10"
28	Alice Herman	So	5'3"
33	Dana Williams	Sr	5'6"
42	Nive Prabakaran	So	5'3"
44	McKenna Becker	So	5'5"
46	Sarah Godfrey	Jr	5'11"
55	Amelia Rossa	So	5'8"
64	Tia Das	Sr	5'6"
73	Madeline Vogel	So	5'6"
77	Claire Hornaceck	So	5'4"
81	Meg Hamele	So	5'2"
88	Kaelyn Kessel	Fr	5'8"
93	Malina Platt	Sr	5'8"

# GIRLS TEAMS

## MT. LEBANON HIGH SCHOOL

**Pittsburgh, Pa.**

**Team Name: Wildhogs**



### ROSTER

2	Jesse Cohen	So	5'4"
3	Jillian Virgi	Jr	5'6"
4	Chloe Duvall	Sr	5'6"
5	Sandra Radic	Jr	5'0"
6	Kallyn Moore	Sr	5'7"
7	Andrea Battaglia	Sr	5'5"
8	Danielle Burns	Sr	5'6"
9	Audrey Cillo	Sr	5'6"
12	Caroline Grattan	So	5'11"
13	Maria Vogel	Sr	5'4"
14	Rachel Welsh	So	5'3"
15	Hannah Muehl	Sr	5'4"
17	Olivia Rangel	So	5'4"
19	Claire Lingley	Sr	5'5"
20	Tori Rollin	So	5'5"
21	Katelyn Rendulic	Sr	5'5"
22	Zia Hellman	So	5'2"
23	Abby Trozenski	Sr	5'4"
24	Teresa Grinko	So	5'7"
25	Katie Martina	Sr	5'9"

## NEUQUA VALLEY HIGH SCHOOL

**Naperville, Ill.**

**Team Name: Neuqua Valley Girls**

**Coaches: Arnoush Javaherian, Pat Wood, Amy Gregory**

Neuqua Valley Girls is now in its second year as a team in our four-year-old program. We started off with only 48 players in the program, but have now grown to more than 130, consisting of six different teams. Last year, our first girls' team made huge strides by finishing second in the state of Illinois. This year, we have put together a young team that will hopefully contend nationally for some time to come.



### ROSTER

2	Dana Mullen	Fr	5'5"
4	Joline Chang	So	5'5"
6	Laura Holland	Fr	5'4"
9	Kelly Kubiak	Jr	5'6"
19	Sarah Colon	Jr	5'1"
23	Alexa Kaczor	Jr	5'7"
25	Karoline Karbarz	Fr	5'4"
32	Devyn Simonelli	Jr	5'4"
33	Cleo Bubulka	So	5'5"
34	Aisel Alcedo	So	5'0"
41	Gretchen Andsanger	Sr	5'8"
42	Kelley Cain	Sr	5'6"
77	Michaela McKibbin	Fr	5'6"
86	Minjoo Seo	So	5'8"
96	Kristina Cosmos	Fr	5'1"

# GIRLS TEAMS

## RADNOR HIGH SCHOOL

**Radnor, Pa.**

**Team Name: Raiders**

**Coach Michael Gentile**

Radnor Ultimate Frisbee (RUF) began in the spring of 2007. First known as the Gryphons and structured as a club activity populated by only a few very dedicated players, it has grown into a lettered sport, adopted the school name (Raiders) and fields three full teams, Girls, Open and JV, in both the fall and spring seasons. Radnor Girls Ultimate has made great progress in its short existence, a result of the players', coaches', and parents' dedication and hard work. Also, in no small part, the environment created and cultivated by PHUEL and the strong, spirited relationships with the local, 'rival' girls teams have contributed to Radnor Girls Ultimate's success.



### ROSTER

8	Leah Coppage-Gross	So	5'7"
11	Preeya D'Mello	So	5'1"
14	Emma Nicosia	So	5'3"
15	Sam Kupersmith	Jr	5'7"
20	Amy Moore	Jr	5'4"
23	Katie Cleveland	So	5'1"
32	Allison Elliot	So	5'6"
33	Vivian Chan	Sr	5'1"
40	Taylor Twadelle	Jr	5'2"
53	Margie Guy	Sr	5'4"
55	Megan Doherty	Jr	5'5"
64	Hannah Henkin	Jr	5'2"
68	Angela Chang	So	5'2"
77	Erin Hadden	Jr	5'3"
80	June Barayos	Fr	5'2"
82	Zoe Bermudez	Fr	5'4"
83	Emily Camacho	Fr	5'3"
84	Julianne Horgan	Fr	5'4"
85	Emily Lu	So	5'2"
87	Minka Kim	So	5'3"
91	Lauren Sittlinger	Fr	5'4"

## STUYVESANT HIGH SCHOOL

**New York, N.Y.**

**Team Name: Sticky Fingers**

**Coaches: June Bae, Andy Lykens**

The Sticky Fingers has been in existence for almost twenty 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 passionate about the sport, and also received help from two experienced coaches. This year, we were able to recruit 25 new players, so we are still trying to spread enthusiasm about Ultimate to both the team and the school.



### ROSTER

2	Shannon Cornellus	Sr	5'6"
3	Anna Mal	Sr	5'3"
4	Tammy Wong	Sr	5'3"
7	Denise Park *	Sr	5'4"
8	Jeanney Liu	So	5'3"
12	Jessica Huang	Sr	5'3"
13	Tiffany Ma	Sr	5'4"
14	Jenny Qiu *	Sr	5'2"
17	Patricia Nguyen	So	5'3"
19	Nancy Ko	Sr	5'4"
21	Whitney Choo	So	5'3"
24	Vivian Zhang	Sr	5'4"
26	Jenny Li *	Sr	5'4"
39	Tracy Huang	So	5'5"
40	Windy Feng	So	5'6"
42	Carolyn Yao	So	5'1"
53	Tracy Chou	Fr	5'1"
55	Beatrice Huang	Jr	5'1"
64	Tracey Lum	So	5'2"
77	Tiffany Huang	So	5'5"
99	Zuzanna Rybicka	So	5'6"



# GIRLS TEAMS

## WATCHUNG HILLS REGIONAL HIGH SCHOOL

### Warren, N.J.

**Team Name:** Lady Warriors

**Coaches:** Terrence Chen, Michael Porter, Kenneth Karnas

Lady Warriors Ultimate was founded with a team of 10 girls in the fall of 2007. Since then, the team has grown to its current size of approximately 30 girls, requiring the formation of both a varsity and JV team. Though we have always been ranked second in the state of New Jersey, we look forward to hopefully making history and bringing home a state championship at the end of this season. This is the second time the team is attending Easterns.



### ROSTER

5	Milonee Mehta	So	5'1"
6	Rebecca Chang	Sr	5'6"
7	Annika Chan	Fr	5'7"
8	Jasmin Lo	Jr	5'2"
11	Sheree Liu	So	5'3"
12	Annie Yang	Sr	5'3"
14	Evey Le	Fr	5'0"
15	Audrey Luo	So	5'6"
16	Julle Park	Jr	5'4"
17	Lauren Sinski	So	5'2"
19	Olivia Hampton	So	5'4"
22	Laura Park	Sr	5'4"
23	Alice Yeh	Sr	5'5"
24	Jessica Hoffman	So	5'6"
31	Kathleen Lo	So	5'2"
33	Tammy Shen	Fr	5'2"
34	Marissa Schwartz	So	5'7"
48	Lindsay Levin	So	5'3"
67	Jacquelyn Salustro	So	5'7"
77	Ami Shah	Jr	5'5"

## YORKTOWN/HB WOODLAWN (JV)

### Arlington, Va.

**Team Name:** YHB JV

**Coach:** Dave Soles



### ROSTER

# GIRLS TEAMS

## YORKTOWN/HB WOODLAWN (VARSITY)

### Arlington, Va.

**Team Name:** Honey Badgers

**Coaches:** Christy Johnson

What started years ago as a tiny girls program with 20 enrolled players has evolved into a strong program with more than 50 players. In the past years, the YHB Varsity Girls have experimented with several team names ranging from the Kilojoules in 2008, to RiDISCulous in 2009, to last year's Titans. The YHB Varsity Girls will introduce themselves this year as the Honey Badgers, arguably the most fearless and quickest species in the wild.



### ROSTER

1	Jessica Valarezo	Jr	5'3"
4	Grace Denney	So	5'5"
7	Izzy Siemon-Carome	Sr	5'6"
9	Liv Kirk	Sr	5'5"
10	Jojo Emerson	Jr	5'6"
13	Alika Johnston	Sr	5'3"
15	Baker Sarah	So	5'5"
16	Hannah Littmann	Jr	5'7"
17	Haley Oleynik	Sr	5'7"
18	Molly Norrbom	Sr	5'0"
20	Nicole Broder	Sr	5'8"
21	Claudia Dimick	Sr	5'6"
22	Makshya Tolbert	Sr	5'6"
23	Michele Derleux	Sr	5'7"
29	Haley Sanner	Sr	5'10"
34	Clara Nice	Sr	5'5"
36	Sandy Thong	Sr	5'1"
71	Lillian Goldstein	Sr	6'0"
76	Kelly Willner	Jr	5'6"
77	Liza Gibbs	Jr	5'6"
89	Katie Brennan	Sr	5'2"

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# OPEN TEAMS

## AMHERST REGIONAL HIGH SCHOOL

### Amherst, Mass.

**Team Name:** Hurricanes

**Coach:** Tiina Booth

The Hurricanes have been around since 1990, when Tiina Booth started teaching at Amherst Regional High School. They weren't called the Hurricanes until 1998, when the school finally granted them varsity status. Although Booth retired from teaching this year, she will still coach the 'Canes for awhile, until she can find someone who will take over the reins. The Amherst Hurricanes are thrilled to be part of the last USA Ultimate High School Eastern Championships and wishes everyone the best of luck!



### ROSTER

1	Micah Botkin-Levy	Sr	5'7"
2	Johann Becker	So	6'
3	Eric Biggs	Sr	5'9"
7	Benno Orlinsky	Sr	5'9"
9	Jesse Harris	Sr	5'10"
10	Jordy Diamond	Jr	5'10"
12	Tim Brobowski	So	6'
13	Danny On	Jr	5'6"
14	Ian Davies	Sr	5'8"
15	Alex Light	Sr	5'10"
16	Wes Chow	Jr	5'9"
17	Dylan Wight	Jr	6'1"
18	Asa Julien	Sr	5'11"
19	Ethan Kannel	Jr	6'1"
21	Aaron Hurlburt	Jr	5'6"
23	James Bright-Dumm	Sr	6'1"
24	Patrick Lawlor	Sr	6'
27	Amos Adams	Sr	6'5"
33	Charlie Relf	Sr	6'1"
34	Nick Benfey	Sr	5'9"

## CALVARY BAPTIST DAY SCHOOL

### Winston-Salem, N.C.

**Team Name:** Crazy Boiz (Doin' Stuff)

**Coach:** Stuart Hipp

We started the program four years ago and were nameless (and mostly winless) for the first year. Year two, we realized one starting point for a name would be an acronym using our school's initials: "C.B.D.S.". That year we started to taste success, posting a winning record and placing fourth in the state. After several tries at names, we finally captured our essence at the beginning of last year with the moniker Crazy Boiz: Doin' Stuff. The "stuff" included finding our team's heartbeat and spirit, a few great comeback wins, and capping off the year with a state championship.



### ROSTER

0	Tyler Rose	So	6'4"
3	Tyler Sparks	Sr	5'10"
10	Gordon Cobb	Sr	5'10"
11	Michael Bleyer	So	5'10"
12	Tony Bleyer	Sr	5'7"
14	Charlie Snyder	Sr	6'1"
20	Brian Boone	Sr	5'10"
21	Jared Haferman	Sr	5'11"
22	Ben Wells	Sr	5'10"
23	Brandon Roy	Sr	5'8"
24	Alex Bell	Sr	5'11"
27	Nelson Reed	Jr	
33	Daniel Tate	Sr	6'0"
52	Blake Schindler	Sr	5'11"
66	Everett Davis	So	5'8"
80	Lucas Coelho	So	5'8"
95	Nate Shoemith	Jr	6'3"
99	Jeremy Dilley	Sr	5'10"



# OPEN TEAMS

## COLUMBIA HIGH SCHOOL

### Maplewood, N.J.

**Team Name:** CHS Ultimate

**Coaches:** Anthony Nunez, Benjamin Haim, James Forbes

Invented here in 1968 in our very own parking lot, CHS has kept its sacred tradition alive. We have the longest running game in the world, the Thanksgiving Alumni game which is still held at the parking lot today. We love Ultimate and we spread our love by helping spread Ultimate to all youth players.



### ROSTER

4	Jonathan Strahs	So	5'6"
5	Saul Graves	So	5'9"
6	Marquez Brownlee	Sr	6'2"
8	Jonathan Fearon	So	5'10"
9	Brendan Vogt	Sr	5'5"
10	Christopher Agüero	Sr	6'3"
12	Connor Thompson	Sr	5'9"
14	Jacob McNamara	So	5'10"
16	August Kaplan	Sr	5'9"
17	James Brier	So	5'7"
18	Conor Albino	Sr	5'10"
20	Brian Phillips	Sr	6'4"
22	Jesse Daugherty	Sr	5'10"
23	Alexander Mark	Jr	5'6"
27	Sebastian Kaiser	Sr	5'10"
28	Alexander Kaiser	Jr	5'9"
29	Evan Walter	Sr	6'0"
33	Lucas Snarski	Sr	6'4"
37	Matt Wright	Sr	5'10"
38	Caleb Williams	Sr	6'0"
66	David Nelson	Jr	5'7"
80	Dorian Capps	Jr	6'3"

## GRADY HIGH SCHOOL

### Atlanta, Ga.

**Team Name:** Gauntlet

**Coaches:** Susie Mercer, Dylan Tunnell

We are Grady Gauntlet. This is our fifth year as a team and our first year at Easterns. We practice under the Atlanta skyline. We are small but we are scrappy.

### ROSTER

2	Michael Dillard	Fr	5'7"
3	Aaron Cooper	Jr	6'2"
6	Riley Erickson	Fr	5'7"
7	JD Capelouto	Fr	5'7"
8	Recharl Byrd	Sr	5'10"
9	Chris Carson	So	5'10"
10	Will Staples	So	5'9"
11	Jared McCannon	So	6'5"
12	Patrick Wise	So	5'9"
14	Caleb Shorthouse	Jr	5'9"
16	Alex Glick	Jr	5'10"
17	Felix Jaffin	Jr	5'10"
18	Sebastian Di Francesco	Fr	5'7"
21	Ollie Aberle-Grasse	Jr	5'9"
22	Josh Weinstock	Fr	5'7"
23	Jack Douglas	Jr	6'2"
34	Traver Batson	Jr	5'9"
45	Ruben Velez	So	5'11"
54	Doran Draluck	Fr	5'5"
62	Larson Collier	Jr	5'11"

# OPEN TEAMS

## HAVERFORD HIGH SCHOOL

### Haverford, Pa.

**Team Name:** HUDA

**Coaches:** Ben Ditzler

The Haverford Ultimate Disc Alliance, known as HUDA, was established in 2006. After finishing its inaugural year by winning Division II Cities, HUDA steadily improved by finishing 6th, 3rd, and 2nd at Pennsylvania States each successive year. In 2010, HUDA capped five years of growth and improvement by finishing 3rd at Easterns, winning States, and winning the States spirit trophy. Thanks to school and parent support, the one HUDA open division team in 2006 has also spawned two women's teams and two JV teams making Haverford one of the largest programs in the country and on par with many of the traditional powers.



### ROSTER

3	Adam Callaghan	Jr	5'6"
4	Casey Michaelis	Jr	6'1"
8	Kyle Hartley	Fr	6'1"
15	Connor Lynch	Sr	6'1"
16	Samson Hennessy-Straus	Jr	5'8"
17	Aaron Besser	Jr	5'8"
20	Nathan Jack	Sr	5'8"
21	Alex Oraschewsky	Jr	5'9"
28	Ian Robinson	Sr	5'8"
30	Dylan Mark	Sr	6'0"
35	Kelth Van Keuren	Jr	5'9"
36	Ian Clough	Jr	6'5"
40	Nate Gosweller	Jr	5'11"
42	Tom Maio	Sr	5'7"
45	Bobby Kane	So	5'9"
57	John Bistline	Jr	6'0"
88	Armen Berberian	Jr	6'0"
98	Jeff Mogavero	Jr	5'10"

## HOLY FAMILY CATHOLIC HOME EDUCATORS

### Cincinnati, Ohio

**Team Name:** Revolution

**Coaches:** Steve Conrad, Phil Hale

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000, which has now grown to 18 teams. Being comprised of players who are home schooled and drawing from a group of only 120 eligible students, Revolution has won the YUC league championship since 2003. In 2005 the team won the first Ohio State Championship and repeated every year since. Revolution is well represented on the YCC teams that Cincinnati sends. This is the fourth appearance at H.S. Easterns for Revolution, finishing third last year. The name Revolution came to us our second year as we realized how 'revolutionary' we were to be homeschooled students, starting a new league, and in an avant-garde sport with a 'revolving' disc.



### ROSTER

3	Jack Teller	So	5'10"
11	James Morris	Fr	5'8"
21	Daniel Schuster	Jr	6'
22	Dominic Schuster	Fr	5'6"
24	JP Bort	So	5'10"
25	Braden Dorsey	So	5'9"
28	Gabe DellAlra	Jr	6'1"
32	Colin Johns	Sr	5'8"
34	Jay Ratajczak	So	6'1"
39	Nicholas Blissonnette	Fr	6'1"
43	Stephen Kenny	Fr	5'8"
54	Matt Sheltick	Fr	5'8"
55	Joseph Beatrice	Jr	5'11"
64	Ben Ragusa	Jr	5'5"
73	John Santucci	So	5'9.5"
77	Tommy Koch	Sr	6'1"
85	Tony Bort	Sr	5'8"
99	Scott Bissonnette	Sr	6'1"

# OPEN TEAMS

## JAMES MADISON MEMORIAL HIGH SCHOOL

### Madison, Wis.

**Team Name:** Memorial Ultimate

**Coaches:** Dan Raabe, Rex Beaber

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 wherever we can find it. We have enjoyed much success on the field, having won the Wisconsin State championship five out of the six years it has been held.



### ROSTER

1	Stephen Becker	Sr	6'3"
2	Logan Pruess	Sr	5'10"
3	Josh Horman	Sr.	6'0"
4	Brody Brunner	So	5'9"
9	Greg Maddox	Jr.	5'9"
11	Colin Caneff	Sr	5'10"
12	Michael Burke	Sr	5'9"
13	Craig Cox	Sr	6'6"
17	Joe Rowley	Sr	6'0"
18	Kevin Grasmick	Sr	5'10"
20	Rory Mitchell	Sr	6'
24	Sam Shovers	Fr	5'7"
27	John Stec	Sr	5'10"
31	Collin Hulick	Sr	6'0"
34	David Paul	Sr	6'4"
36	Kenji Kunugi	Sr	6'0"
41	Collin Surde	Sr	6'0"
45	Colt Barone	Jr.	5'10"
51	Matt De Waard	Sr	5'10"
80	Nate Van Den Langenberg	Sr	5'8"
87	Cole Jordan	Sr	5'11"
88	Eredio Hyseni	Sr.	6'2"
93	Felix Braun	Sr.	6'3"

## LC BIRD HIGH SCHOOL

### Chesterfield, Va.

**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 eight state championships winning three (most recently in 2009) and never finishing worse than second.



### ROSTER

00	Alan Morse-Koechlein	Jr	5'9"
1	Vernon Vaughan	Sr	6'2"
2	Brad Smart	Sr	5'7"
5	Connor Brockett	Sr	5'8"
7	James-Anthony Brown	Sr	5'10"
8	Benny Jackson	Jr	6'3"
9	Logan Arrington	Jr	5'9"
11	Ben Houchins	Sr	5'11"
12	Marcus Thompson	Jr	5'8"
15	Jeremy Jones	Sr	5'10"
18	Morgan Davis	Sr	5'11"
21	Chris Silverio	Sr	5'8"
27	Jericho Payne	Jr	5'8"
28	Will Hayes, Jr	Sr	5'11"
32	Dominique Gibson	Sr	5'10"
69	Carlton Hassell	Jr	5'9"
88	Chris Finklea	Sr	6'3"
90	Tariq Alkebu-Lan	Sr	5'11"



# OPEN TEAMS

## MIDDLETOWN HIGH SCHOOL

### Middletown, Conn.

**Team Name:** Firestarters

**Coaches:** Trevor Charles, Bryan Hand

Middletown is in its 7th 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 the two-time defending champions at the New England tournament. The team has hosted its 6th Middletown Invitational attracting teams from all over the Tri-State area, and has helped form the Connecticut Ultimate League (CTUL) open to all high schools in Connecticut in an effort to expand the sport.



### ROSTER

1	Quinton Crump	Jr	5'10"
3	Jordan Green	Jr	5'7"
4	Luke Scottton	Sr	6'0"
5	Emily Dreniany	Sr	5'6"
7	Tom McAlear	So	6'1"
10	Andy Correa	Sr	5'6"
12	Chris Polson	So	5'7"
17	Crystal Glemser-Jones	Sr	5'6"
18	Alex Kennedy	Jr	5'9"
19	Michael Cho	Jr	6'1"
20	Llyod Duggan	So	5'5"
21	Jacek Treiski	Sr	6'4"
23	Palmer Whitehead	Jr	5'9"
25	Dylan LaVoie	Jr	5'8"
29	Greg Gaylord	So	5'10"
31	Kolby Sprague	So	5'10"
44	Alejandro Colon	So	5'9"
47	Jerrod Zimmer	So	5'10"
49	Clayton Curran	Sr	6'2"
51	Johnny Carrero	Jr	5'5"

## NEEDHAM HIGH SCHOOL

### Needham, Mass.

**Team Name:** Needham Ultimate

**Coaches:** Dan Hourigan, Jim Foster, Brian Clarkson

Needham Ultimate was established in 2001 by a group of friends at the high school and has been consistently growing since then. In the past four years, Needham Ultimate has gone to Easterns three times and has made it to semifinals twice. Last year was the team's most successful in its history, with a second-place finish at Easterns.



### ROSTER

3	Ben Sadok	So	5'4"
4	Ben Krupp*	Sr	5'11"
5	Ryan Sickles	So	5'8"
9	Brian Baker*	Sr	5'9"
10	Tyler Chan*	Sr	5'9"
12	James Yi	So	5'6"
13	Charles Yi	Sr	5'6"
16	Ankit Sood	Sr	5'9"
18	Scott Groux	So	6'2"
19	Ryan Colarusso	So	5'5"
28	Jordan Kaufman	Jr	5'9"
29	Jim Heger	So	5'7"
34	Ben Anderson-Nelson	Sr	6'2"
35	Andrew Goldstein	Sr	5'9"
36	Jeremy Katz	Fr	5'5"
41	Ben Kaufman	So	5'11"
54	Jason Freedman	Jr	5'8"
88	Taylor Bowers	So	5'7"
89	Steven Meng	Sr	5'5"

# OPEN TEAMS

## NEUQUA VALLEY HIGH SCHOOL

### Naperville, Ill.

**Team Name:** Neuqua Valley A

**Coaches:** Amoush Javaherian

Neuqua Valley A is now in its fourth year as a program. We started off with only 48 players in the program, but have now grown to more than 130, consisting of six different teams (including our first girls team. Last year we made huge strides by finishing 2nd in the state of Illinois. This year, we had more than half of our 'A' team return and are posed to make a run at the national level.



### ROSTER

1	Jack Hanson	Jr	5'6"
2	Jack Norgard	Sr	6'3"
3	Joel Biere	Jr	5'10"
5	Evan Swiatek	Sr	5'10"
6	Keith Dehnell	So	5'10"
7	Connor Power	So	6'2"
9	Nick Prozorovsky	Jr	5'11"
11	Joey Kaufman	Sr	5'10"
13	Andrew Lin	So	6'6"
18	Ben McCammon	Sr	6'1"
19	Andrew Petrucci	Jr	5'10"
20	Jordan Dong	Jr	5'7"
23	Brad Herzog	Jr	6'0"
33	Evan Power	Sr	6'3"
42	Brian Holland	Sr	5'10"
44	Michael Cosmos	Jr	5'9"
65	Blaine Harvey	Jr	5'8"
68	Eric Churilla	Sr	6'0"
88	Johnny Sanlat	Jr	5'7"
90	Casey Hounsell	Sr	6'4"
99	Ben Carver	Jr	6'2"

## RADNOR HIGH SCHOOL

### Radnor, Pa.

**Team Name:** Raiders

**Coaches:** Mark Comacchio

Since our inception in the Fall of 2006, the team has made rapid progress within our community and our school. In the fall of 2006, the club was a group of approximately 10 students that met briefly after school. In the spring of 2009, we achieved varsity letter status within our school. We currently maintain a roster of approximately 60 players in total and consist of a girls team, a junior varsity team and a varsity team. Our growth is the result of hard work from both our organizers and our players. Over the last three summers, nine of our players have attended the National Ultimate Training Camp in Amherst, Mass. Our players have also participated in the Youth Club Championship. Our team founder and first captain, Brett Schlesinger, organized a township youth Ultimate camp in the summer of 2009 to help promote the sport within Radnor Township.



### ROSTER

00	Peter Jacome	Jr	5'7"
7	Riggs Mohler	Sr	6'2"
6	Erik Hotalling	Jr	5'9"
13	Enzo Hain	Jr	5'7"
16	Trent Dillon	Sr	5'11"
19	Jordan Angst	Jr	5'6"
21	Charlie Harper	Jr	6'2"
24	Dan Robinson	Jr	6'0"
28	Usman Chaudhri	So	5'9"
35	Tang Kevin	Jr	5'8"
36	Jordan August	Sr	6'1"
41	Nick Shuda	Jr	5'9"
44	Adam Shrager	Sr	5'8"
47	Greg Mohler	So	5'11"
54	Cory Luker	Sr	6'1"
59	Josh Strayer	So	5'7"
62	Suhaas Reddy	So	5'11"
72	Anthony Camacho	Jr	5'7"
74	Jacob Newton-Tanzer	So	5'8"

# OPEN TEAMS

## STUYVESANT HIGH SCHOOL

### New York, N.Y.

**Team Name:** Sticky Fingers

**Coaches:** Devon Huang, Malcom Baker

The team was founded in the late 1970s 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 80s to early 90s, along with the reason behind our name – it only gives us headaches for jersey and disc designs. In 1992, Stuyvesant moved to a building on the Hudson River in the financial district of Manhattan, overlooking the Statue of Liberty. Stuyvesant was on the national scene in the late 90s before the division of Junior Championships into Easterns and Westerns. In the last couple of years, Sticky Fingers have won five NYC Championships, two consecutive NY State Championships and attended Easterns the last two years.



1.	Jackson Sheng	Sr	5'9"
5	Daniel Teehan	So	5'11"
6	Sam Szuffita	Sr	5'7"
11	Remy Carr	So	5'11"
14	Fulton Hou	Sr	5'7"
15	Nicholas Fung	So	5'9"
16	Patrick So	So	5'10"
17	Sean Chee	So	5'4"
18	Ethan Schwab	So	5'3"
20	Spencer Dong	Sr	5'10"
23	Timmy Levin	So	5'10"
26	Alex Chao	Jr	5'6"
27	Jason Pang	Sr	5'11"
29	Davy Huang	Sr	5'7"
42	Kyle Lam	So	5'6"
44	Mohammed Rahman	Sr	5'8"
55	Raymond Chu	Sr	5'7"
65	Ethan Liu	Sr	5'8"

## UNIVERSITY SCHOOL OF NASHVILLE

### Nashville, Tenn.

**Team Name:** Brutal Grassburn

**Coach:** Mike Lutz

Brutal Grassburn was born in 1995 and christened with a name the invoked the fearless, determined nature of the team, then and now. Philadelphia is the site of our one national title in 1999, and since then many incarnations of Brutal Grassburn have made the trip to Easterns. Top to bottom, this may very well be the best BG ever. Rising from the ashes of a 2009 team that did not compete in Easterns, this team has prepared for 2011 with two years of hard work, dedication, and enthusiasm. Brutal Grassburn has always brought a wide open style, a great spirit and hard core attitude. Not to mention Goo Goos!



### ROSTER

1	Rosario Falzone	Fr	5'3"
2	Jack Spiva	So	5'9"
3	Will Knowles	Sr	6'1"
5	Hayden Roche	So	5'9"
7	Eli Motycka	So	5'9"
8	Andrew Bridgers	So	5'10"
9	Elliot Linton	Sr	6'0"
10	Mikele Reiland	Sr	5'9"
13	Miro Hurdle	So	5'11"
20	Will Shaw	Sr	5'10"
34	Mitchell Lutz	So	5'10"
37	Grant Given	Fr	5'8"
42	Gray Yarbrough	Sr	6'0"
46	Alex Russell	So	5'10"
50	Matt Hoffman	So	5'9"
52	Zach Stern	Fr	5'5"
64	Isaac Gabella	Fr	5'11"
66	David Kuhn	Sr	5'6"
84	Grant Eidam	Fr	5'4"
88	Ryan Del Casino	Sr	5'9"



# OPEN TEAMS

## WEST WINDSOR/ PLAINSBORO HIGH SCHOOL

### Plainsboro, N.J.

**Team Name: Knights**

Although not officially affiliated with the school, the origin of our team has been closely related to the school. When the original West Windsor – Plainsboro High School split into North and South, so did the Ultimate team, each taking their respective mascots – the Northern Knights. In the past, the West Windsor combo team took NJ States in the 90s over Columbia High School. More recently, North has finished third at states for the past couple of years as well as second in 2008. Last year, North was invited to Easterns and took fifth place.



### ROSTER

2	Kevin Lin	Fr	5'11"
3	Victor Wu	Jr	5'7"
4	Peter Chen	Sr	5'8"
5	Zilin Zhou	Sr	5'6"
6	Matt Rossano	Sr	5'9"
7	Will Whipple	Sr	6'2"
8	Prashanth Sankaran	Sr	6'1"
9	Michael Zhuang	Sr	5'10"
12	Derek Yan	Jr	5'8"
14	Rithwik Vidati	Sr	5'9"
17	Richard Wong	Sr	5'11"
18	Minu Kim	So	5'8"
19	Miguel Manickaraj	So	5'6"
20	Kevin She	Sr	5'7"
21	Jeffrey Melzer	Sr	5'10"
22	Rohan Varty	Sr	5'10"
25	Jason Marcus	Sr	5'11"
27	Abhishek Thatigutla	Jr	6'3"
31	Richard Devasagayaram	So	5'5"
33	Mark Lin	Sr	5'11"
44	Ryan Gianettino	Jr	5'8"
55	Jason Pan	Jr	6'0"
97	Wesley Chen	So	5'8"

## YORKTOWN/HB WOODLAWN

### Arlington, Va.

**Team Name: YHB Varsity**

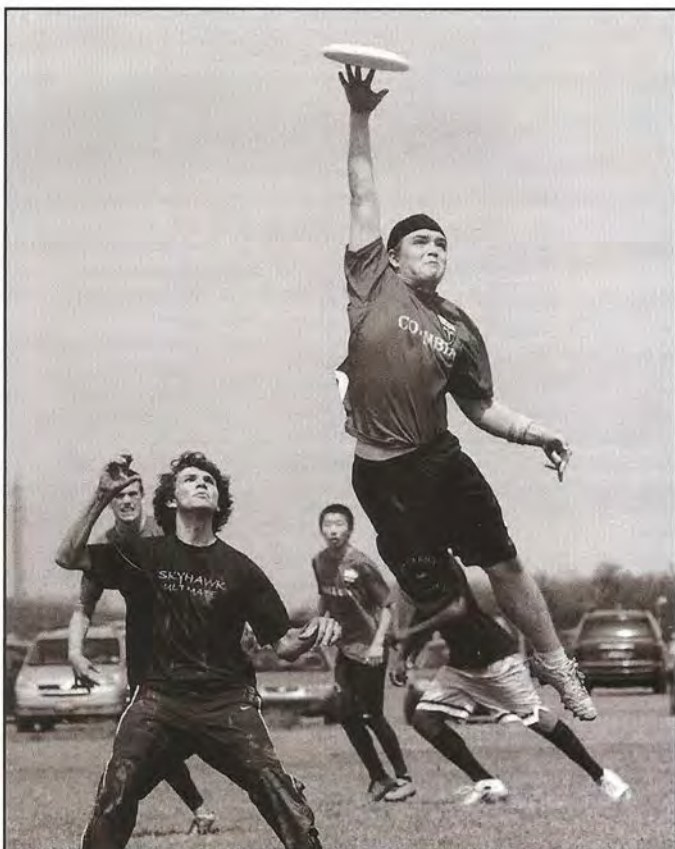
**Coach: Will Smolinski**

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. Currently there are more than 100 players on the YHB team. We have won three Open State Championships and have made it to the Semis once at Easterns. When in doubt, just add 'Heizer'.



### ROSTER

2	Andy Baker	Sr	6'
3	Sam Fenstermacher	Jr	5'10"
8	Matt Cheng	Sr	6'1"
10	Lucas Fenstermacher	Sr	5'10"
11	Max Denney	Sr	5'10"
13	Ned Sieverts	So	5'11"
20	Xavier Maxstadt	Sr	6'1"
21	Isaac MacDonald	Sr	6'
28	Ross Sylvestri	Sr	5'7"
30	Sean Fredricks	Jr	5'8"
33	Jacob Lunn	Jr	5'10"
34	Baylor Nelson	Sr	6'1"
42	Patrick Denney	Sr	6'1"
43	Emmerson Sieverts	Sr	5'9"
45	Calvin McPhail-Snyder	Sr	5'10"
47	Jay Boyle	Jr	5'9"
69	Jack Crawford-Brown	Sr	5'10"
80	Antoine Davis	Sr	6'2"
82	Micheal Sarracco	Jr	5'6"
99	Quinn Romanek	Jr	6'1"



# 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.*



# USA ULTIMATE 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 – has 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 acceptable 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, other coaches and 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.

# 2011 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate 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 USA Ultimate 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 USA Ultimate 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 USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Director of Coach & Youth Development Meredith Tosta at [meredith@hq.usultimate.org](mailto:meredith@hq.usultimate.org), or visit the USA Ultimate website at [usultimate.org](http://usultimate.org).





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