



2010 Minnesota High School
Ultimate Championships

June 5 - 6, 2010
Blaine, MN

Sponsored by the Minnesota High School Ultimate League
Sanctioned by USA Ultimate

To Hwy. 65

100th AVENUE NE



State Championships June 5-6, 2010 NATIONAL SPORTS CENTER BLAINE, MN



N



Game Fields



Tournament Central

- Check-In
- Information
- Vendors
- Media
- Scoring
- Medical



Water

100th AVENUE NE

RAMSEY ROAD

100th AVENUE NE

To Hwy. 35W

35W





Welcome to the 2010 Minnesota High School Ultimate Championships sponsored by the Minnesota High School Ultimate League and sanctioned by USA Ultimate.

It's been another great season and we expect to see an exciting tournament. This year in the Championship we have 12 Girls teams and 44 Open teams participating (up from 8 and 36 last year). The Open teams will be competing in 3 divisions. The usual powerhouse teams from both Girls and Open Divisions are here along with several new teams from High Schools participating for the first time. Geographically, our teams now stretch from Hastings to St Cloud and from Prior Lake to Mahtomedi with a few teams from farther away and even a team from Ames, Iowa that came just for this tournament.

The ongoing growth of the League has compelled us to move the State Championship from Maple Plain to the National Sports Center in Blaine. We are gratified to see that growth and anticipate even more future growth which we will be able to better support by having the State Championship in Blaine.

The USA Ultimate Youth Club Ultimate Championships (YCC) is scheduled for August 14th and 15th and the Minnesota High School Ultimate League will be selecting players from Summer League teams for YCC Open, Mixed and Girls teams.

Check out the USA Ultimate Youth Club Championship tryouts on June 12th. All participants must have played in either the 2009 or the 2010 Minnesota Summer Youth Ultimate League. Stop by the Headquarters Tent for more information about both YCC and the Minnesota Summer Youth Ultimate League.

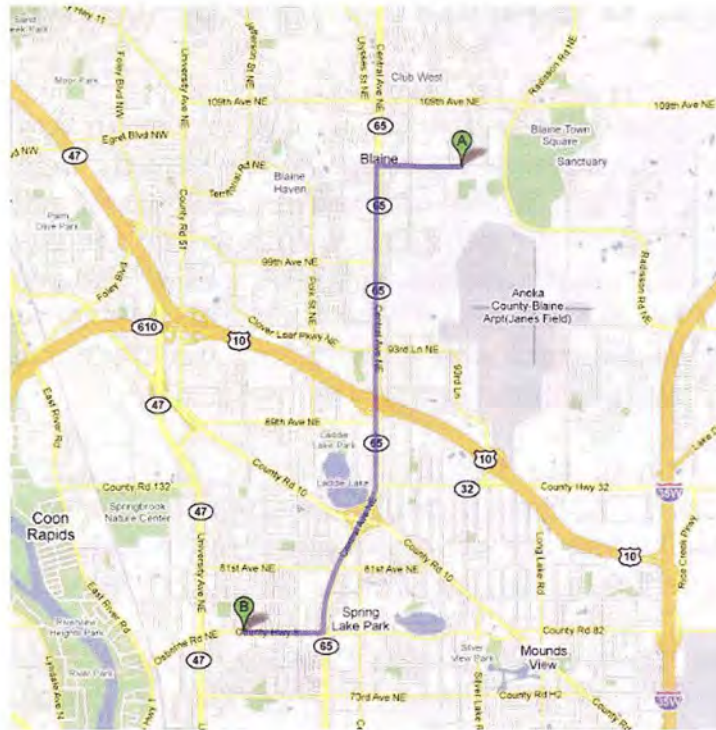
However your team does, have fun and be sure to learn more about Ultimate. And remember, this league "Embraces Spirit of the Game"; the most important thing we as coaches have to teach you.

Have a great tournament!

Bruce L. Mebust
Tournament Director, 2010 Minnesota High School Ultimate Championships

In case of an emergency, call **911**

Nearest Emergency Room: Unity Hospital
550 Osborne Road NE, Fridley, MN 55432
(763) 236-7144



Directions to Unity Hospital Emergency Room:

1. Drive South on MN-65 (Central Ave NE).
Continue to follow MN-65 South for 3.7 miles.
2. Turn right at Osborne Rd NE.
Destination will be .6 miles, on the left.

Be sure to call Bruce Mebust, Tournament Director at 612-747-7111.

Tournament Rules and Information

- Trash and recycling cans have been provided. Please clean up after yourself and your team.
- Ultimate is a self-officiated sport. In order to ensure that this system works as fairly as possible, it is essential that all non-players (fans, coaches, parents, and even players standing on the sidelines) refrain from commenting about calls in any way during a game. There will be close calls. Let the players on the field work it out. Trust their maturity and don't get involved.
- All teams will be expected to cheer for every team they play.
- You are welcome to refill your water bottles at water jugs near the fields.
- Lunch Vendor will be available from 10:30 until 2:30.
- Schedules and scores will be posted at the Headquarters tent north of Lot D.
- Tournament results will be posted on the league web site.
- A lost and found area will be located at Headquarters.
- Finals are at 2:00 p.m. on Sunday on Field H4 for Open, and J2 for Girls Divisions. An Awards Ceremony will immediately follow.
- We ask that each team report their GAME and SPIRIT scores to HQ after every game.
- Dogs must remain on leash.
- No Glass Allowed. Plastic and cans are okay.
- Please Pick up Your Trash: If you have one accurate throw all weekend, please make it the one that sends your trash into a garbage bag. Please leave it cleaner than when you arrived.

On Sale at the Headquarters Tent:

Official Tournament Discs \$10

Official Tournament T-Shirts \$5

PLEASE CLEAN UP AFTER YOURSELF AND YOUR TEAM.

ULTIMATE IN 10 SIMPLE RULES

1. The Field -- A rectangular shape with endzones at each end. A regulation field is 70 yards by 40 yards, with endzones 25 yards deep.



2. Initiate Play -- Each point begins with both teams lining up on the front of their respective endzone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
3. Scoring -- Each time the offense completes a pass in the defense's endzone, the offense scores a point. Play is initiated after each score.
4. Movement of the Disc -- The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
5. Change of possession -- When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
6. Substitutions -- Players not in the game may replace players in the game after a score and during an injury timeout.
7. Non-contact -- No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
8. Fouls -- When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
9. Self-Refereeing -- Players are responsible for their own foul and line calls. Players resolve their own disputes.
10. Spirit of the Game -- Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

Source: <http://www.ultimatehandbook.com>

Ten Things You Should Know About Spirit of the Game

- 1. The golden rule: treat others as you would want to be treated.** Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."
- 2. Control: SOTG takes real effort.** SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.
- 3. Heckling and taunting are different.** Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.
- 4. SOTG is compatible with championship play.** It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.
- 5. Don't "give as you got."** There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat 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 his honesty in calling himself 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 USA Ultimate Executive Committee, March 29, 2005.

Spirit of the Game

"Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player himself. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play. Protection of these vital elements serves to eliminate adverse conduct from the Ultimate field. Such actions as taunting of opposing players, dangerous aggression, intentional fouling, or other 'win at all costs' behavior are contrary to the spirit of the game and must be avoided by all players."

The Spirit Award

Because Spirit is so vital to the success of this league, we are presenting an award to the team exemplifying the greatest commitment to Spirit of the Game. After each game, teams will rank their opponent. Teams will also be expected to perform a cheer for their opponents. An award will be presented for the most spirited Open and Girls teams at the Awards Ceremony.



Spirit Rating = 5

- I enjoyed playing against all of the players on the other team.
- The other team exhibited great sportsmanship throughout the game and cheered us at the end.
- The other team was knowledgeable about the rules.

Spirit Rating = 4

- I enjoyed playing against almost all of the players on the other team.
- The other exhibited good sportsmanship throughout the game.
- The other team was pretty knowledgeable about the rules.

Spirit Rating = 3

- I enjoyed playing against most of the players on the other team.
- The other team generally exhibited good sportsmanship.
- The other team was reasonably knowledgeable about the rules.

Spirit Rating = 2**

- I enjoyed playing against only a few of the players on the other team.
- The other team often exhibited poor sportsmanship.
- The other team was generally not knowledgeable about the rules.

Spirit Rating = 1**

- I did not enjoy playing against the other team.
- The other team generally exhibited poor sportsmanship throughout the game.
- The other team was not knowledgeable about the rules.

**** TEAMS REPORTING A SPIRIT SCORE OF 1 OR 2 ARE REQUIRED TO PROVIDE A COMMENT EXPLAINING THE ASSIGNED SCORE.**

PLEASE REPORT YOUR GAME AND SPIRIT SCORES TO HQ AFTER EVERY GAME.

GIRLS' DIVISION PLAY UNDER USA ULTIMATE 11TH EDITION RULES. ALL GAMES ARE TO 13/15. SOFT-CAP HORN TIME IS 70 MINUTES AFTER ROUND START TIME. HARD-CAP HORN TIME (DOES NOT APPLY IN BRACKET PLAY) IS 90 MINUTES AFTER ROUND START TIME. EACH TEAM GETS 1 2-MINUTE TIME OUT PER HALF. MIRROR AFTER FIVE-MINUTE HALF-TIME. PLEASE REPORT GAME AND SPIRIT SCORES AFTER EVERY GAME.

Pool A										Pool B									
(0-0) A1 <u>Hopkins</u>										(0-0) B1 <u>Cathedral</u>									
(0-0) A2 <u>Cretin Derham Hall</u>										(0-0) B2 <u>Southwest: Girls</u>									
(0-0) A3 <u>St Paul Charter</u>										(0-0) B3 <u>Armstrong</u>									
(0-0) A4 <u>South HS</u>										(0-0) B4 <u>Eden Prairie Women</u>									
(0-0) A5 <u>Henry Sibley: Girls</u>										(0-0) B5 <u>Cretin-Derham Hall-B</u>									
(0-0) A6 <u>Cathedral Women B</u>										(0-0) B6 <u>St Paul Central</u>									
Sat	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score	Sat	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score
9:00	J2	A1A3	-	J1	A2A5	-	J3	A4A6	-	9:00	J4	B1B3	-	L2	B2B5	-	L1	B4B6	-
10:40	J2	A1A6	-	J1	A2A3	-	J3	A4A5	-	12:20	J4	B1B6	-	L2	B2B3	-	L1	B4B5	-
2:00	J2	A1A4	-	J1	A2A6	-	J3	A3A5	-	2:00	J4	B1B4	-	L2	B2B6	-	L1	B3B5	-
3:40	J2	A1A2	-	J1	A3A4	-	J3	A5A6	-	3:40	J4	B1B2	-	L2	B3B4	-	L1	B5B6	-
Sun	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score	Sun	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score
9:00	J2	A1A6	-	J1	A2A4	-	J3	A3A6	-	9:00	J4	B1B5	-	L2	B2B4	-	L1	B3B6	-

Championship Bracket	3rd Place Game	5th Place Bracket	7th Place Game	9th Place Bracket	11th Place Game
Sun 10:40 <div> <div>a</div> <div>1A</div> <div>2B</div> </div> <div>J2</div> <div> <div>b</div> <div>1B</div> <div>2A</div> </div> <div>J1</div> <div> <div>c</div> <div>Sun 2:00</div> <div>J2</div> </div>	Sun 12:20 <div> <div>d</div> <div>La</div> <div>Lb</div> </div> <div>J1</div>	Sun 10:40 <div> <div>e</div> <div>3B</div> <div>4A</div> </div> <div>L1</div> <div> <div>f</div> <div>3A</div> <div>4B</div> </div> <div>L2</div> <div> <div>g</div> <div>Sun 12:20</div> <div>L1</div> </div>	Sun 12:20 <div> <div>h</div> <div>Le</div> <div>Lf</div> </div> <div>L2</div>	Sun 10:40 <div> <div>i</div> <div>5A</div> <div>6B</div> </div> <div>J4</div> <div> <div>j</div> <div>5B</div> <div>6A</div> </div> <div>J3</div> <div> <div>k</div> <div>Sun 12:20</div> <div>J4</div> </div>	Sun 12:20 <div> <div>l</div> <div>Li</div> <div>Lj</div> </div> <div>J3</div>

OPEN DIVISION (Pools A – D) Play under USA Ultimate 11th Edition Rules. All games are to 13/15. Soft-cap horn time is 70 minutes after round start time. Hard-cap horn time (does not apply in bracket play) is 90 minutes after round start time. Each team gets 1 2-minute time out per half. Mirror after five-minute half-time. Please report game and spirit scores after every game.

Pool A

- (0-0) A1 Cathedral H. S.
 (0-0) A2 Minneapolis South HS
 (0-0) A3 Mounds View
 (0-0) A4 Robbinsdale-Cooper

Sat	Fld	Game	Score	Fld	Game	Score
9:00	H4	A1A3	-	H3	A2A4	-
10:40	H4	A1A4	-	H3	A2A3	-
2:00	H4	A1A2	-	H3	A3A4	-

Pool B

- (0-0) B1 Hopkins
 (0-0) B2 Southwest: Open
 (0-0) B3 Mahtomedi
 (0-0) B4 Edina

Sat	Fld	Game	Score	Fld	Game	Score
9:00	I3	B1B3	-	I4	B2B4	-
12:20	I3	B1B4	-	I4	B2B3	-
2:00	I3	B1B2	-	I4	B3B4	-

Pool C

- (0-0) C1 Cretin-Derham Hall
 (0-0) C2 Como Park
 (0-0) C3 Eastview High School
 (0-0) C4 St Paul Charter

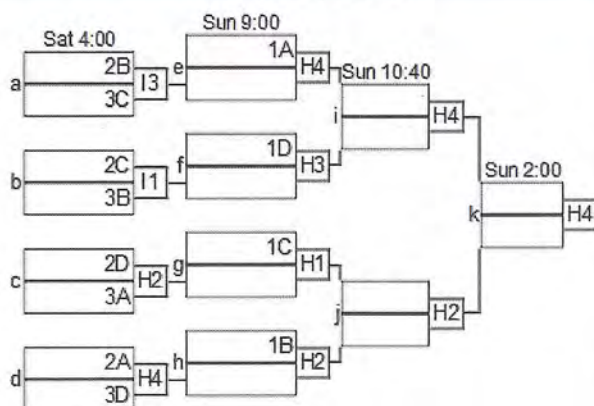
Sat	Fld	Game	Score	Fld	Game	Score
9:00	I1	C1C3	-	I2	C2C4	-
12:20	I1	C1C4	-	I2	C2C3	-
2:00	I1	C1C2	-	I2	C3C4	-

Pool D

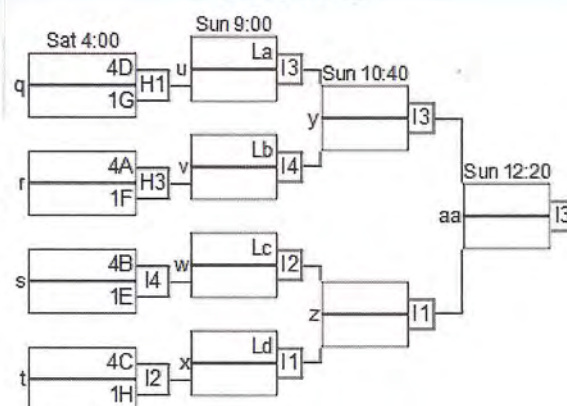
- (0-0) D1 Armstrong HS
 (0-0) D2 Eden Prairie
 (0-0) D3 Orono
 (0-0) D4 Prior Lake

Sat	Fld	Game	Score	Fld	Game	Score
9:00	H2	D1D3	-	H1	D2D4	-
10:40	H2	D1D4	-	H1	D2D3	-
2:00	H2	D1D2	-	H1	D3D4	-

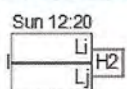
Championship Bracket



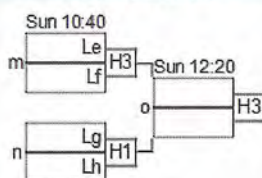
9th Place Bracket



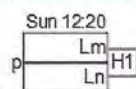
3rd Place Game



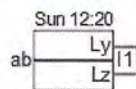
5th Place Bracket



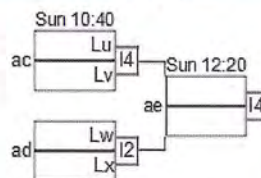
7th Place Game



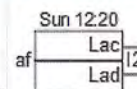
11th Place Game



13th Place Bracket



15th Place Game



OPEN DIVISION (Pools E – H) Play under USA Ultimate 11th Edition Rules. All games are to 13/15. Soft-cap horn time is 70 minutes after round start time. Hard-cap horn time (does not apply in bracket play) is 90 minutes after round start time. Each team gets 1 2-minute time out per half. Mirror after five-minute half-time. Please report game and spirit scores after every game.

Pool E

(0-0) E1 Saint Paul Central H.S.

(0-0) E2 Henry Sibley

(0-0) E3 Spring Lake Park

(0-0) E4 Hopkins-B

Sat	Fld	Game	Score	Fld	Game	Score
9:00	U3	E1E3	-	C1	E2E4	-
12:20	U3	E1E4	-	C1	E2E3	-
2:00	U3	E1E2	-	C1	E3E4	-

Pool F

(0-0) F1 Roseville

(0-0) F2 Minneapolis South HS - B

(0-0) F3 Eden Prairie-B

(0-0) F4 Ames High School

Sat	Fld	Game	Score	Fld	Game	Score
9:00	C2	F1F3	-	C3	F2F4	-
10:40	C2	F1F4	-	C3	F2F3	-
2:00	C2	F1F2	-	C3	F3F4	-

Pool G

(0-0) G1 Apple Valley High School

(0-0) G2 Irondale B

(0-0) G3 Woodbury

(0-0) G4 White Bear Lake B

Sat	Fld	Game	Score	Fld	Game	Score
9:00	E1	G1G3	-	E2	G2G4	-
10:40	E1	G1G4	-	E2	G2G3	-
2:00	E1	G1G2	-	E2	G3G4	-

Pool H

(0-0) H1 White Bear Lake A

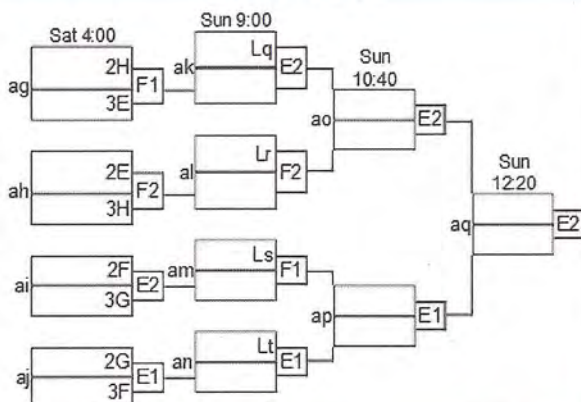
(0-0) H2 Wayzata

(0-0) H3 Minnetonka Black

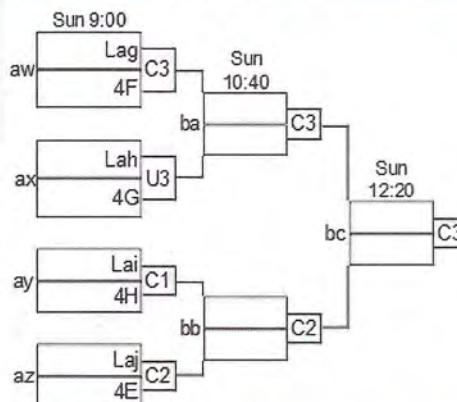
(0-0) H4 Lakeville North

Sat	Fld	Game	Score	Fld	Game	Score
9:00	F1	H1H3	-	F2	H2H4	-
12:20	F1	H1H4	-	F2	H2H3	-
2:00	F1	H1H2	-	F2	H3H4	-

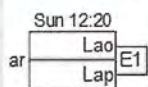
17th Place Bracket



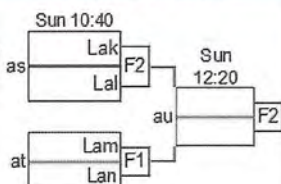
25th Place Bracket



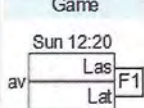
19th Place Game



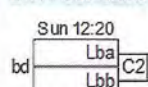
21st Place Bracket



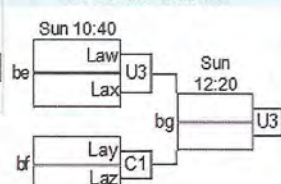
23rd Place Game



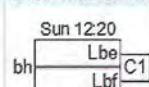
27th Place Game



29th Place Bracket



31st Place Game



OPEN DIVISION (Pools I – J)

Play under USA Ultimate 11th Edition Rules. All games are to 13/15. Soft-cap horn time is 70 minutes after round start time. Hard-cap horn time (does not apply in bracket play) is 90 minutes after round start time. Each team gets 1 2-minute time out per half. Mirror after five-minute half-time. Please report game and spirit scores after every game.

Pool I

- (0-0) I1 Cretin-Derham Hall-B
- (0-0) I2 Blake- Raging
- (0-0) I3 White Bear Lake Orange
- (0-0) I4 Cathedral-B
- (0-0) I5 Henry Sibley B
- (0-0) I6 Mounds View-B

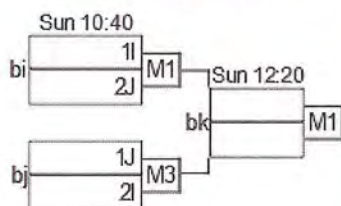
Sat	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score
9:00	M1	I1I5	-	M2	I2I3	-	M4	I4I6	-
10:40	M1	I1I3	-	M2	I2I4	-	M4	I5I6	-
2:00	M1	I1I4	-	M2	I2I6	-	M4	I3I5	-
3:40	M1	I1I6	-	M2	I2I5	-	M4	I3I4	-
Sun	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score
9:00	M1	I1I2	-	M2	I4I5	-	M4	I3I6	-

Pool J

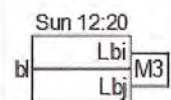
- (0-0) J1 White Bear Lake Black
- (0-0) J2 Mounds View-C
- (0-0) J3 Eagan
- (0-0) J4 Mahtomedi B
- (0-0) J5 Hastings
- (0-0) J6 Roseville B

Sat	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score
9:00	M3	J1J5	-	L4	J2J3	-	L3	J4J6	-
12:20	M3	J1J3	-	L4	J2J4	-	L3	J5J6	-
2:00	M3	J1J4	-	L4	J2J6	-	L3	J3J5	-
3:40	M3	J1J6	-	L4	J2J5	-	L3	J3J4	-
Sun	Fld	Game	Score	Fld	Game	Score	Fld	Game	Score
9:00	M3	J1J2	-	L4	J4J5	-	L3	J3J6	-

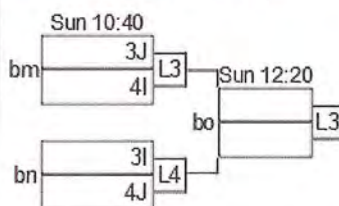
33rd Place Bracket



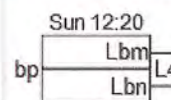
35th Place Game



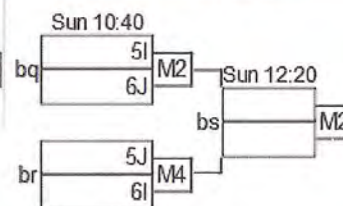
37th Place Bracket



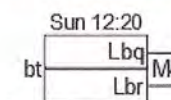
39th Place Game



41st Place Bracket



43rd Place Game



TEAMS PARTICIPATING

GIRLS DIVISION

Cretin-Derham Hall-A
Cretin-Derham Hall-B
Eden Prairie
Henry Sibley
Hopkins
Minneapolis South
Minneapolis Southwest
Robbinsdale Armstrong
St Cloud Cathedral-A
St Cloud Cathedral-B
St Paul Central
St Paul Charter

OPEN DIVISION

Ames Iowa
Apple Valley
Blake
Cretin-Derham Hall-A
Cretin-Derham Hall-B
Eagan
Eastview
Eden Prairie-A
Eden Prairie-B
Edina
Hastings
Henry Sibley-A
Henry Sibley-B
Hopkins-A
Hopkins-B

Irondale
Lakeville North
Mahtomedi-A
Mahtomedi-B
Minneapolis South-A
Minneapolis South-B
Minneapolis Southwest
Minnetonka
Mounds View-A
Mounds View-B
Mounds View-C
Orono
Prior Lake
Robbinsdale Armstrong
Robbinsdale Cooper
Roseville-A
Roseville-B
Spring Lake Park
St Cloud Cathedral-A
St Cloud Cathedral-B
St Paul Central
St Paul Charter
St Paul Como Park
Wayzata
White Bear Lake-A
White Bear Lake-B
White Bear Lake-Black
White Bear Lake-Orange
Woodbury

“The mission of the Minnesota High School Ultimate League is to provide high quality opportunities for Minnesota high school students to learn and to play the sport of Ultimate Frisbee. We believe in the code of the Spirit of the Game and seek to promote spirit among all our participants. “

In Memory of Sean Michael Elder (1992-2010)

Sean Elder was a beloved member of Minnetonka's Walrus Ultimate team. He was a phenomenal Ultimate player, teammate, and friend to all. He and his neon yellow cleats somehow always managed to be exactly where they were needed on and off the field. He will be dearly missed and even more dearly loved by all of his family, friends, and fellow Walruses. Walrus ho.



Sean (on the right) with Minnetonka Walrus teammates.

Youth Club Championship (YCC) Tryouts
Saturday, June 12, 2010
9:00 a.m.
Edward C. Solomon Park
1301 East 58th Street
Minneapolis, MN 55417
<http://www.mnhsultimate.org/ycc.aspx>

Ultimate Peace

Promoting Peace through
Spirit of the Game



Our Mission: To build bridges of friendship, understanding and fun for youth from different social and cultural backgrounds around the world.

Our Tool: The unique sport of Ultimate Frisbee – a fast paced, physically exhilarating team sport that distinguishes itself from other sports in revolutionary ways: personal responsibility, mutual respect between opponents, and fair play are prioritized over winning.

Our Belief: The way we play and the way we live are deeply intertwined.

Our Dream: To see the youth touched by Ultimate Peace bring more harmony to a divided world.

Our Core Principles: Ultimate Peace projects will practice, model and convey our five core principles: mutual respect, friendship, non-violence, integrity, and fun.

To learn more about how you can help with this fantastic program, go to <http://www.ultimatepeace.org>



Special thanks to:

Each one of our wonderful volunteers!

Bruce Mebust, Tournament Director & MNHSUL Web Master
Jeff Hagen, MNHSUL Board Chair & Programs
Mike Berseth, USA Ultimate State Youth Coordinator
David Raflo, MNHSUL Competition Director
Lauren Gloede, Volunteer Coordinator
Seth Grossinger, Head Scorekeeper
Kelly Bretz, MNHSUL Treasurer
John Sandahl, MNHSUL Coaching Coordinator
Meredith Tosta, USA Ultimate Director of Youth Development
Inside Out Ultimate, T-shirts
Bjorn Hagstrom, Logo Design

Thank you to all the Parents, Coaches and Players, whose positive support and volunteer effort help to make this all possible.

USA ULTIMATE www.usultimate.org

MINNESOTA HIGH SCHOOL ULTIMATE LEAGUE www.mnhsultimate.org

TWIN CITIES ULTIMATE LEAGUE www.mnultimate.org