



EVENT GUIDE

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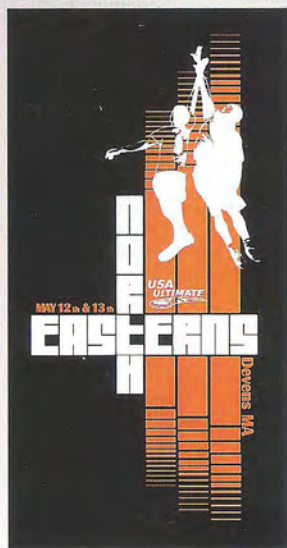


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► STAFF

Tournament Staff will be wearing blue 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 – Jonathan Levy

Volunteer Coordinator – Hyun Kim

Head Scorekeeper – Andrew McKinley

Head Stat-keeper – Tracy MacNeal

Assistant Score- & Stat-keepers –

Maria Fernando, Brendan McGowan, & Noah Newberger

Local Media Coordinator – Nick Kochelek

BUDA Liaison – Geoff Doerre

Special thanks to Julie Sussman

USA ULTIMATE STAFF

Manager – Competition & Athlete Programs – Byron Hicks

Manager – Youth & Education Programs – Mike Lovinguth

Manager – Events – David Raffo



USA Ultimate

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► WELCOME

On behalf of USA Ultimate, the Massachusetts High School Ultimate League, the Boston Ultimate Disc Alliance, and the Eastern Massachusetts Ultimate community, I welcome you to the First Annual USA Ultimate High School Northeastern Regional Championships.

This year we have a 16-team Open Division, and a Girls Division with 14 teams, representing seven Northeastern states. You may expect lots of highly-competitive and exciting Ultimate.

The tournament takes place at Rogers Field in Devens, Mass., a former Army post. Devens is a mixed use planned community, including residential, retail, recreational, community, and light industrial areas. Ultimate tournaments are hosted here every summer by BUDA, the local organization, for hat leagues and regional club events.

The Saturday social event will be held here at the fields and will feature food, a coaches game, and other possible excitements.

Boston is home to many local Major League sports teams including the Red Sox, the Celtics, the Bruins, and the New England Patriots.

For the ultimate shopper, Newbury Street in Boston or the outlet malls of Maine are short drives away.

Northeasterns only happens because lots of people volunteer their time. They will be keeping score, filling water jugs, and running many other errands around the fields. Be sure to acknowledge their hard work. Say "Thanks!" to a volunteer when you see one.

Have a great Tournament!

Jonathan Levy, Tournament Director

► WEEKEND OVERVIEW

FRIDAY MAY 11, RADISSON HOTEL & SUITES CHELMSFORD

7:00 – 9:00pm: Team Registration

SATURDAY MAY 12 AT ROGERS FIELD AT FORT DEVENS

8:00am: Captain's Meeting

9:00am – 6:00pm: Pool Play and Pre-Quarters

Social Event: Dinner will be served for players, coaches and chaperones.

SUNDAY MAY 13 AT ROGERS FIELD AT FORT DEVENS

8:30am – 2:00pm: Elimination and Placement games

2:30pm: Finals

Post-Finals: Award Ceremony

Immediately following the finals, awards will be presented to winners and second place teams in each division, Team Spirit Award winners and Individual Spirit winners.

► COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point-cap at 15. (Girls Division A & C Pools 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 will not be used.
- Hard time-cap goes on at end of round time on schedule. 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 OR TOBACCO:** Facility, event staff, and security will be checking to make sure people are not drinking or smoking. There will also be lots of moms, dads, and kids watching the action. Please abide by these rules. If you are caught with alcohol/tobacco at the field site you will risk disqualification for your team as well as potential ramifications outside of the event for breaking the field regulations. Thank you!
- **NO GLASS OR METAL BOTTLE CAPS**
- **NO DOGS**
- **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 RECYCLABLES:** Place recyclables in the recycling receptacles and place trash in the trash barrels...keep your sidelines clean.
- **LANGUAGE:** This is a Youth Tournament and overall a family environment. Please keep this in mind when doing team cheers etc.
- **GUESTS AND SPECTATORS:** You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.

► 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.

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 unflinchingly played fairly and with an excellent attitude.

4: Respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed above average knowledge of the rules and abided by them throughout the game. Any conflicts were resolved favorably and without incident. Opposing team's conduct did not detract from our enjoyment of the game. The opposing team played fairly and with a good attitude.

3: Generally exhibited respect towards opponents, officials, and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident.

Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.

2: Exhibited a lack of respect towards opponents, officials, and/or spectators. For the level of play, showed a lack of knowledge of, or disregard for the rules at points during the game. Any conflicts were resolved heatedly or led to contentious incidents. Opposing team's conduct detracted somewhat from our enjoyment of the game. The opposing team played unfairly and/ or with a poor attitude.

1: Exhibited a major lack of respect towards opponents, officials, and/or spectators. For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game. Conflicts were resolved acrimoniously or led directly to contentious incidents. Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly and their attitude was abysmal.

INDIVIDUAL AWARDS: Teams are asked to nominate a player from their own team who displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of respect, sportsmanship, leadership, perseverance, intensity, etc. Teams are asked to choose the player whose attitude should be emulated by teammates and admired by opponents. Individual spirit winners will receive a medal and prize disc (courtesy of DISCRAFT). Thanks to Discraft for their support of Ultimate and Spirit of the Game!

► HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies, and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape/bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff. If there is an injury on a field that needs medical attention, inform a field marshal and he/she will radio to the trainers. If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields by 7:30 a.m. each day. 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 athlete see a medical professional. Medical staff members are on hand at Tournament Central.
- and/or increase metabolism and heat production.
- Know your body – Be honest! Are you fit enough to perform under current conditions?
- 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 and gummy candies).

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 changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.
- Prevention and treatment of heat illness
- Avoid alcohol, caffeine, and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase risk for heat illness. Avoid them if possible.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body
- Don't drink too much: Overhydrating 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

- Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.
- If a player believes that an object

on the sideline is not safe, he or she should inform Event Staff and refrain from playing until he or she is satisfied that safe conditions have been established.

- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or Event Staff, unsafe for players, staff or spectators.

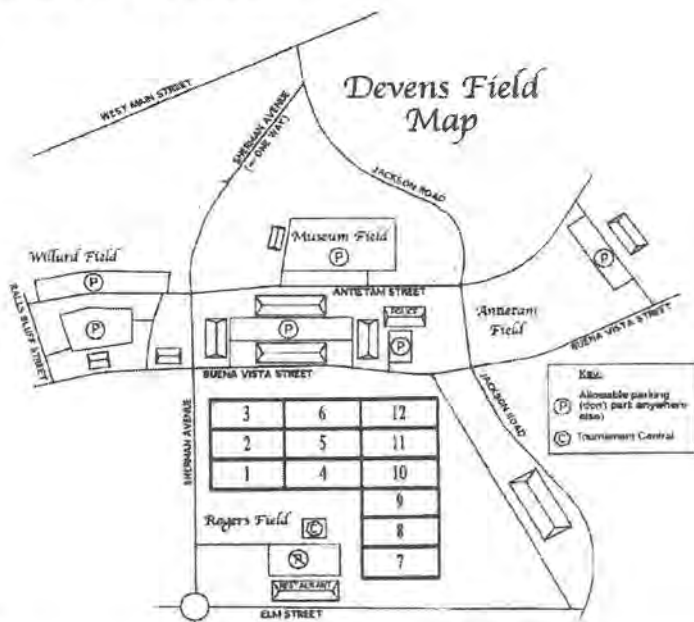
LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via PA system, and through field marshals equipped with radios, if there is a lightning danger. Play then 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 crouched 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.

► FIELD MAP



► DIRECTIONS

LOGAN INTERNATIONAL AIRPORT TO RADISSON HOTEL & SUITES CHELMSFORD

(10 Independence Drive, Chelmsford, MA 01824, (978) 256-0800)

- Head southeast
- Slight right
- Keep right at the fork, follow signs for Massachusetts 1A S/I-93 N/Sumner Tunnel and merge onto Massachusetts 1A S
- Turn left onto State Hwy 1A S Toll road
- Take the exit toward I-93 N
- Keep left at the fork and merge onto I-93 N
- Take exit 44B to merge onto I-495 Stoward Lowell
- Take exit 34 to merge onto MA-110 W/Chelmsford St toward MA-4
- Turn right onto Independence Dr. Destination will be on the left
- 10 Independence Dr, Chelmsford, MA 01824

RADISSON HOTEL & SUITES CHELMSFORD TO ROGERS FIELD AT FORT DEVENS

(45 Buena Vista Street, Devens, MA, 01434)

- Head southeast on Independence Dr toward MA-110 W/Chelmsford St
- Turn left onto MA-110 E/Chelmsford St
- Turn left to merge onto I-495 S toward Marlboro
- Take exit 30 for Massachusetts 2A W/MA-110 W toward Littleton/Ayer
- Turn left onto MA-110 W/ Massachusetts 2A W/King St

- Continue to follow MA-110 W/ Massachusetts 2A W
- At the traffic circle, take the 3rd exit onto Barnum Rd heading to Mass Commonwealth Maintenance Depot
- Turn right onto Jackson Rd
- Take the 2nd left onto Elm Rd
- Take the 1st right toward Buena Vista St
- Take the 1st left onto Buena Vista St Destination will be on the right
- 45 Buena Vista Street, Devens, MA, 01434


DIRECTIONS FROM ROGERS FIELD AT FORT DEVENS TO NASHOBA VALLEY MEDICAL CENTER

(200 Groton Road Ayer, MA 01432-3205 (978) 784-9250)

- Head northwest on Buena Vista St toward Sherman Ave
- Turn right onto Balls Bluff St
- Continue onto Sallas Bluff St
- Turn right onto W Main St
- Turn left onto Washington St
- Continue onto Groton Rd Destination will be on the left
- 200 Groton Road Ayer, MA 01432-3205

► GIRLS SCHEDULE

2017 USA Ultimate High School Northeastern Championships - Girls Division

2012 USA Ultimate High School Northeastern Championships - Girls Division																	
Saturday, May 12, 2012																	
Pool A/C Games to 15 Cap 17 All other Games to 13 Cap 18	Pool A				Pool B				Pool C				Pool D				
	A1	A2	A3		B1	B2	B3		C1	C2	C3		D1	D2	D3		
	Anshen (8)	Rainier (8)	St. Johnsbury (11)		Watching Hills (2)	Lower Merion (7)	Andover (12)		Pioneer Valley (3)	Yankee (5)	Mt. Lebanon (6)		Alderside (4)	Amherst JV (5)	Columbia (10)		
					B4	Stuyvesant (13)							D4	Pennsbury (14)			
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score					
9:00 - 10:15	D2 v D4	3	-		B1 v B3	1	-	B2 v B4	2	-		D1 v D3				6	-
10:45 - 12:00	A2 v A3	4	-					D2 v D3	3	-		C2 v C3				5	-
1:00 - 2:15	A1 v A3	4	-		B1 v B4	1	-	B2 v B3	2	-		C1 v C3				5	-
2:45 - 5:00	A1 v A2	4	-	D3 v D4	3	-		B1 v B2	1	-	B3 v B4	2				-	C1 v C2
Re-scheduled teams 1-4 within each pool																	
4:45 - 6:00	A1 v C1	4	-	A2 v C3	3	-		B2 v D3	1	-	D2 v B3	2	-	C2 v A3	3	-	



Consolation Bracket

Sunday, May 13, 2012



Consolation games to 13 cap 15


Championship Bracket


Sunday, May 13, 2012



Championship games 10, 12 and 15

2012 USA Ultimate High School Northeastern Championships - Open Division

Saturday, May 12, 2012																					
All Games to 13 Cap 15	Pool A					Pool B					Pool C					Pool D					
	A1	Amherst (1)				B1	Mt. Lebanon (2)				C1	Needham (3)				D1	Columbia (4)				
	A2	Fieldston (8)				B2	Pennsbury (7)				C2	Hampton (6)				D2	Longmeadow (5)				
	A3	Watchung Hills (12)				B3	St. Johnsbury (11)				C3	West Windsor-PN (10)				D3	Sharon (9)				
	A4	Radnor (13)				B4	Xavier (14)				C4	John Jay (15)				D4	Falmouth (16)				
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	Bye						
9:00 - 10:15	C2 v C4	12 -	D2 v D4	11 -	B1 v B3	8 -	B2 v B4	7 -	C1 v C3	9 -	D1 v D3	10 -									Pool A
10:45 - 12:00	A1 v A3	11 -	A2 v A4	12 -	C2 v C3	8 -	D2 v D3	7 -	C1 v C4	9 -	D1 v D4	10 -									Pool B
1:00 - 2:15	A1 v A4	11 -	A2 v A3	12 -	B1 v B4	8 -	B2 v B3	7 -	D3 v D4	9 -	D1 v D2	10 -									Pool C
2:45 - 4:00	A1 v A2	11 -	A3 v A4	12 -	B1 v B2	8 -	B3 v B4	7 -	C1 v C2	9 -	C3 v C4	10 -									Pool D
Re-seed teams 1-4 within each pool																					
4:45 - 6:00	A2 v D3	11 -	B2 v C3	10 -	C2 v B3	9 -	D2 v A3	8 -													



Consolation Bracket

Sunday, May 13, 2012

Loser B2vC3
8:30am-10:00am
Field # 11

A4

Loser C2vB3
8:30am-10:00am
Field # 9

D4

Loser D2vA3
8:30am-10:00am
Field # 10

C4

Loser A2vD3
8:30am-10:00am
Field # 12


B4

10:30am-12:00pm
Field # 11

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

2:30-4:00pm
Field # 9

9th Place



Championship Bracket

Sunday, May 13, 2012

Winner B2vC3
10:30-12:00pm
Field # 1

A1

Winner C2vB3
10:30-12:00pm
Field # 3

D1

Winner D2vA3
10:30-12:00pm
Field # 6

C1

Winner A2vD3
10:30-12:00pm
Field # 2


B1

Semifinal 1
12:30-2:00pm
Field # 1

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

Finals
Sunday 2:30-4:00pm
Field # 1

Champion



Loser A4vD2/C3
12:30-2:00pm
Field # 11

Loser D4vC2/B3

Loser C4vD2/A3
12:30-2:00pm
Field # 12


Loser B4vA2/D3

13th Place (tie)

13th Place (tie)

13th Place (tie)

Consolation games to 13 cap 15



Loser A1vB2/C3
12:30pm-2:00pm
Field # 3

Loser D1vC2/B3

Loser C1vD2/A3
12:30pm-2:00pm
Field # 6

Loser D1vA2/D3

5th Place (tie)

5th Place (tie)

5th Place (tie)

Championship games to 13 cap 15

► GIRLS TEAMS

ROSTER

ALLDERDICE HIGH SCHOOL

Ninja Samurai

Pittsburgh, Pa.

Coaches: Kelsey Lenard, Molly Moore

The Allderdice Ninja Samurai emerged out of the blackness of night three 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, our home league. The Ninja Samurai are utterly thrilled to have made it to Northeasterns and hope to live up to their name.



dice girls ultimate.

Eliza Pugh	Sr	5'9"
Naomi Anderson	Sr	5'5"
Vaughan Skinner	Sr	5'1"
Jorlyn LeGarrec	Jr	5'9"
Hannah Famili	So	5'6"
Jane Kraus	So	5'3"
Abby Mathier	So	5'5"
Katherine Smith	So	5'5"
Ayelet Bahary	So	5'6"
Janny Petzinger	So	5'8"
Ana Jaramaz	Jr	6'0"
Liron Blumenthal	Fr	5'3"
Gali Blumenthal	Sr	5'5"
Naomi Balaba	Sr	5'4"
Jaden Hummel	Jr	5'7"
Emily Klein	So	5'5"
Marissa Rainey		5'6"
Cyd Johnson	So	5'5"
Goda Tarcijonas	Jr	5'7"
Devin Yapsuga		5'6"

ROSTER

AMHERST REGIONAL HIGH SCHOOL VARSITY

Hurricanes

Amherst, Mass.

Coaches: Josh Nugent, John Bechtold, Miira Wirth

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 A and JV B team. Our early-season schedule consists almost entirely of college tournaments, and we finish our season each year by vying for the most prestigious titles in girls' Ultimate: The Amherst Invitational and the USA Ultimate High School Northeastern Championships.

1	Anna Kaplan	So	5' 8"
3	Maya Norman	Sr	5' 3"
4	Audrey Gould	Sr	5' 5"
5	Lucy Salwen	Jr	5' 4"
7	Caroline Jones	So	5' 6"
8	Angela Zhu	Jr	5' 4"
9	Dalila Bennett	Jr	5' 6"
11	Mei Reffsin	Jr	5' 4"
12	Leah Berlin	Sr	5' 3"
14	Tulsa Douglas	So	5' 8"
16	Amelia Mead	Sr	5' 2"
18	Molly Lawlor	Sr	5' 7"
19	Zoe Freedman Coleman	Jr	5' 6"
21	Rosa Melchiorre	Jr	5' 10"
23	Anna Seterdahl	So	5' 8"



GIRLS TEAMS ◀

ROSTER

0	Jane Holcomb	So	5'5"
2	Gloria Miller	So	5'5"
3	Emma Gonzalez	Fr	5'7"
4	Kethrellan Peterson	So	5'7"
5	Rachel Musante	So	5'5"
8	Erin O'Connor	So	5'6"
10	Espy Thomson	Fr	5'3"
11	Isa Braun	Sr	5'8"
12	Grace Berman	So	5'6"
13	Valerie Willocq	So	5'5"
14	Georgia Nichols	So	5'4"
15	Isabelle Coppinger	Jr	5'8"
17	Anna Sciaruto	So	5'4"
18	Isabelle Jackson	So	5'3"
21	Kate Schreiber	So	5'7"
21	Jackie Mathers	Fr	5'5"
33	Lily Gould	Fr	5'5"

AMHERST REGIONAL HIGH SCHOOL JUNIOR VARSITY

JVA

Amherst, Mass.

Coach: John Bechtold

Going on 14 years, the ARHS JVA Girls is the oldest JV girls ultimate team in the country. As the feeder team for the perennially-formidable ARHS Varsity Girls, we take pride in our underdog status by staying competitive with girls A teams around the region. After finishing second in the Massachusetts State Championships last year, we are looking forward to meeting and competing with so many fine teams from across the Northeast!



ROSTER

1	Cece Root	Fr	5'8"
2	Marianna Heckendorn	Sr	5'7"
3	Lisa Qin	Sr	5'2"
7	Melanie Nesteruk	Sr	5'5"
9	Emma Sonberg	Jr	5'7"
17	Johanna Shaw	So	5'6"
26	Theresa Yeo	Jr	5'1"
31	Jackie Dean	Fr	5'3"
38	Betsy Lownie	Jr	5'8"
46	Dana Kirwin	So	5'7"
47	Xinni Chen	Jr	5'2"
51	Kylie Moynihan	Jr	5'11"
60	Sophie Combs	So	5'10"
75	Grace Anne Casto	So	5'5"

ANDOVER HIGH SCHOOL

Golden Gophers

Andover, Mass.

Coaches: Rose Greeley, Keith Westgate

The Girls Ultimate program at Andover High School started in 2001 with the help of Andover Youth Services.



► GIRLS TEAMS

ROSTER

COLUMBIA HIGH SCHOOL

Maplewood, N.J.

Coach: Patrick Morris

Sparkle Motion was started in 2005 by Maia Cincotta and Vanessa Low (seniors from Columbia). They had been playing on the boys' team for several years but knew that eventually girls wouldn't be so accepted as the team became more competitive. They started the girls team just in time for Easterns that year and ended up taking third place. From there, the team continued to grow in size and experience, winning first place at several of the State Championships and placing highly in most of their tournaments. The team name comes from the special dance team in the movie "Donnie Darko".



1	Alexa Jones	So	5'9"
4	Hannah Hart	Sr	5'2"
5	Julia DeFranco	Jr	5'2"
6	Sarah Davidson	So	5'3"
7	Maggie Woodruff	Jr	5'8"
9	Annabelle Weatherly	Jr	5'7"
10	Sadie Jezierski	So	5'4"
11	Sally Ike	Jr	5'9"
13	Rosie Yates	Jr	5'7"
14	Sam Fagundez	So	5'6"
15	Maggie Hart	Fr	4'8"
16	Katie Hilton	Fr	5'8"
17	Dory Sumner	Jr	5'1"
21	Kate Woodruff	So	5'2"
23	Niama Allen	Fr	5'9"
25	Margaret Yates	Sr	5'9"
26	Keely Zhang	Jr	5'4"
58	Gabriella Cincotta	Sr	5'1"
68	Faith Leonard	Jr	5'6"
81	Aurora Rojer	Jr	5'2"
97	Elizabeth Hilton	Fr	5'8"
99	Kiyomi Taylor	Jr	5'8"

ROSTER

HAVERFORD HIGH SCHOOL

HUDA Women

Havertown, Pa.

Coach: Tracy Berg

Currently in their fifth year of existence, the HUDA varsity women's team is ecstatic about competing in this year's Northeasterns tournament. In the past, the varsity team has played in Pennsylvania's State Championships, placing third last year, and in Easterns, placing seventh overall. Just beginning in 2008, the Haverford High School's women's ultimate team now has two teams, a varsity and a junior varsity.



00	Rachel Alfano	So	5'3"
1	Courtney Dougherty	So	5'4"
2	Kim Carden	Jr	5'1"
5	Natalie Bova	So	5'1"
6	Linda Morse	Jr	5'10"
7	Steph Hosan	Sr	5'4"
12	Kimmy Hosan	So	5'4"
15	Molly Milligan	So	5'7"
16	Cameryn Richards	Jr	5'5"
22	Helen Wedegaertner	Jr	5'3"
29	Rachel Bova	So	5'1"
38	Christina Ngo	Jr	5'3"
77	Kelly Milligan	Sr	5'5"

GIRLS TEAMS ◀

ROSTER

4	Maddy Macfarland	So	5'5"
8	Jane Urheim	Jr	6'
13	Sarah (Beah) Jacobson	Jr	5'9"
14	Allison (Sally) Rothschild	Jr	5'3"
16	Jenna Perna-Elias	Jr	5'5"
26	Kelly Mazzanobile	Jr	5'3"
32	Lily Eisner	So	5'7"
34	Jessica Shander	Jr	5'8"
36	Carolyn Normile	Jr	5'7"
38	Olivia Benditt	Jr	5'5"
43	Joanna Odorisio	So	5'9"
46	Hannah Nibauer	Jr	5'3"
53	Eleanor Abbott	So	5'7"
83	Jeni Bennett	So	5'7"
99	Marissa Shander	Fr	5'8"

LOWER MERION HIGH SCHOOL

Lady Baba

Ardmore, Pa.

Coaches: Kathy Rowe, Chris Vanni

Lower Merion High School has been in the business of growing youth Ultimate since '05. We started a girls team in '07 and we have alumni playing at the elite college level all over the country. Lady Baba (no relation to Gaga) have two Pennsylvania State Championships under our belts.



ROSTER

1	Zia Hellman	Jr	5'3"
3	Jillian Virgi	Sr	5'5"
6	Mary McCloskey	Jr	5'7"
7	Tori Rollin	Jr	5'5"
8	Clare Martin	Sr	5'2"
11	Rachel Greenwald	So	5'5"
12	Caroline Gratten	Jr	6'
14	Rachael Welsh	Jr	5'3"
15	Ashley Singler	Jr	5'4"
18	Kaylee Van Deusen	Jr	5'5"
23	Kristin Linkowski	Sr	5'7"
24	Teresa Grinko	Sr	5'7"
25	Kate Touscanv	Sr	5'6"

MT. LEBANON HIGH SCHOOL

Wildhogs

Pittsburgh, Pa.

Coach: Ellie Shaul

We are an outer city team from the public school Mt. Lebanon high school. Splitting from the boys team in 2005 we were able to finally join the girls division. Over the years we have been able to get better, allowing us to compete at a higher level.



► GIRLS TEAMS

PENNSBURY HIGH SCHOOL

Pennsbury Ultimate Female Frisbee (PUFF)

Fairless Hills, Pa.

Our team came from whatever girls wanted to show up to practice. The girls ultimate team at Pennsbury has always been a true effort but sometimes came up short. We have a lot of heart and we truly want to be a great team!



ROSTER

1	Ana Cooper-Hackman	5'1"
3	Sara Vrancik	5'5"
4	Hannah Natale	5'5"
5	Nimisha Ruparelia	5'3"
7	Meera Ruparelia	5'6"
11	Carly Swope	5'6"
12	Amanda Albert	5'1"
13	Kathleen Raftery	5'4"
17	Falynn Bumm	5'4"
18	Kelsey Marr	5'6"
23	Erin Robinson	4'9"
24	Ashlyn Stevens	5'6"
25	Christina Dobre	5'7"
26	Bethany Tesarck	5'5"
27	Kassidy Groves	5'5"
28	Joyce Pour-Azar	5'4"
81	Hailey Ingraham	5'4"

PIONEER VALLEY PERFORMING ARTS CHARTER PUBLIC SCHOOL

PVPA Girls Varsity

South Hadley, Mass.

Coach: Brian Cook

The PVPA Girls' team was started in 2009 with a team of four returners and twelve brand-new players. Since then the program has grown significantly. This year for the first time we have had enough interest to field both a girls varsity and girls junior varsity team. PVPA girls took first at the St. Johnsbury tournament and second at the Massachusetts State Championships in 2010, and came in third at States last season.

ROSTER

2	Sydney Rackenberg-Loisel	Sr	5' 4"
3	Lydia Pepi	Jr	5' 7"
4	Gabi Magnani	Jr	5' 4"
7	Olivia Naegele	Sr	5' 2"
8	Rachel Huggett	8th	5' 3"
9	Bayla Catlin	8th	5' 4"
10	Renata Pepi	8th	5' 5"
11	Maeve O'Sullivan	Jr	5' 5"
12	Maddie Silverman	Fr	5' 4"
13	Izzy Oram-Brown	7th	5' 3"
14	Makeda Diggs	Jr	5' 9"
18	Lisa Kowalski	Sr	5' 6"
24	Maddie Couture	So	5' 3"
26	Molly Finch	7th	5' 2"
29	Olivia Lederman	Fr	5' 8"
33	Sophie Thorup	Jr	5' 7"
37	Frani Hamkins-Indik	Jr	5' 6"
42	Lark Wicinas	So	6' 1"
44	Maggie Barron	8th	5' 8"
52	Sophie Lewis-Nash	Fr	5' 5"
57	Sadie Levy	So	5' 3"
87	Carly Florence	Jr	5' 8"
88	Michelle Wellman	Fr	5' 3"
99	Sydney Levin-Epstein Jr		4' 10"

GIRLS TEAMS ◀

ROSTER

2	Jamie Cleveland	Fr	5'2"
3	Katharine Gilbert	Fr	5'4"
4	Maureen McDermott	So	5'5"
8	Leah Coppage-Gross	Jr	5'7"
11	Preeya D' Mello	Jr	5'1"
14	Emma Nicosia	Jr	5'3"
15	Sam Kupersmith	Sr	5'7"
20	Amy Moore	Sr	5'4"
23	Katelyn Cleveland	Jr	5'1"
30	Katie Doherty	So	5'5"
32	Alison Elliott	Jr	5'6"
39	Sonya Kripke	Sr	5'3"
40	Taylor Twadelle	Sr	5'2"
51	Elisa Wang	Fr	5'1"
52	Cecelie MacPherson	Fr	5'5"
55	Megan Doherty	Sr	5'5"
61	Madsion August	So	5'5"
64	Hannah Henkin	Sr	5'2"
75	Jessi Mason	So	5'2"
77	Erin Hadden	Sr	5'3"
83	Emily Camacho	So	5'3"
91	Lauren Stiltneer	So	5'4"

RADNOR HIGH SCHOOL

Raiders

Radnor, Pa.

Coaches: Michael Gentile, Anna Spridigliozi

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 now fields four full teams, Girls, Girls JV, Open and Open JV. 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

0	Chandra Lamp	Sr	5'9"
3	Brenda Hoang	So	5'6"
5	Eunice Won	So	5'6"
7	Morgan Macie	Sr	5'7"
10	Maya Whitney	Fr	5'8"
12	Kara Goolman	Sr	5'7"
16	Victoria Lopez	So	5'7"
17	Sarah Miller	Sr	5'9"
18	Charlotte Morse	Jr	5'9"
22	Ava Schein	Sr	5'8"
27	Sarah Lynch	Jr	5'10"
32	Yasmin Bozeman	Fr	5'9"
44	Zelda Dively	Fr	5'10"
77	Shelby Kantor	Fr	5'7"

ST. JOHNSBURY ACADEMY

Hilltoppers

St. Johnsbury, Vt.

Coach: Josh Seamon

The Hilltopper Ultimate program was founded in 2003. Up in the northern reaches of Vermont, Ultimate has thrived. The Hilltoppers lead the charge, pushing growth to more than 20 teams this year in Vermont, and a total of 56 attending the St. Johnsbury Invitational. There are now five girls teams in Vermont, up from one just two years ago! Like any true Ultimate team we thrive in all weather conditions and live for the competitive Spirit of the Game. Ebo Lay Lay! Meta Lay! Bone Swa! Za!



► GIRLS TEAMS

ROSTER

STUYVESANT HIGH SCHOOL

Sticky Fingers

New York, N.Y.

We are a team from New York City, where the Stuyvesant High School ultimate community has existed for almost three decades. We're not clear at what point in those 30 years the term "Sticky Fingers" came about, but it is alliterated with Stuyvesant and is certainly relevant to ultimate and a witty name to live up to.



8	Jeanney Liu	Jr	5'4"
10	Jenny Wong	Jr	5'2"
11	Jamie Hong	Fr	5'3"
17	Patricia Nguyen	Jr	5'3"
19	Nancy Ko	Jr	5'4"
20	Sharon Chiu	Jr	5'4"
21	Whitney Choo	Jr	5'4"
25	Marta Bakula	Jr	5'7"
28	Victoria Chen	Jr	5'4"
29	Sarina Lee	Jr	5'2"
39	Tracy Huang	Jr	5'5"
40	Windy Feng	Jr	5'7"
42	Carolyn Yao	Jr	5'1"
44	Cassandra Silano	So	5'7"
45	Bernice Yu	So	5'4"
53	Tracy Chou	So	5'1"
55	Beatrice Huang	Sr	5'1"
64	Tracey Lum	Jr	5'2"
77	Tiffany Huang	Jr	5'5"
99	Zuzanna Rybicka	Jr	5'7"

ROSTER

WACHTUNG HILLS REGIONAL HIGH SCHOOL

Lady Warriors

Warren, N.J.

Coaches: Kenneth Karnas, Michael Porter, Terence Chen

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 25 girls. Though we have always been ranked second in the state of New Jersey, we were able to bring home the championship trophy for the very first time in 2011. We attended Easterns twice and hope to make our mark in history at the first Northeastern Championships.



6	Kristy Huang	So	5' 3"
7	Milonee Mehta	Jr	5' 1"
11	Sheree Liu	Jr	5' 3"
14	Evey Le	So	5' 1"
15	Audrey Luo	Jr	5' 6"
16	Julie Park	Sr	5' 4"
17	Lauren Sinski	Jr	5' 2"
19	Olivia Hampton	Jr	5' 4"
23	Annika Chan	So	5' 6"
24	Jessica Hoffman	Jr	5' 6"
31	Kathleen Lo	Jr	5' 2"
33	Tammy Shen	So	5' 2"
34	Marissa Schwartz	Jr	5' 7"
48	Lindsay Levin	Jr	5' 4"

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Five Ultimate is proud to sponsor the 2012 USA Ultimate Coaching Development Program. We are honored to support those individuals who work hard every day to make ultimate stronger.



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► OPEN TEAMS

AMHERST REGIONAL HIGH SCHOOL

Hurricanes

Amherst, Mass.

Coach: Tiina Booth

The Amherst Hurricanes have been around for 21+ years; and received varsity status in the late 90's. 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, alumni, parents of alumni and other fans of the team.



ROSTER

2	Johann Becker	Jr	6' 2"
3	Isaac Weitzman	Jr	5' 10"
4	David Julien	Jr	6' 0"
5	Jake Light	Jr	5' 11"
7	Gabe Kaufman	Jr	5' 7"
8	Nate Kane	Sr	5' 10"
9	Jonathan Park	Jr	5' 9"
10	Jordan Diamond	Sr	5' 10"
11	Lucas Denit	Jr	6' 1"
12	Aidan Bohan	Jr	6' 2"
13	Danny On	Sr	5' 6"
15	Tim Bobrowski	Jr	6' 0"
16	August Miller	Sr	5' 10"
17	Dylan Wight	Sr	6' 2"
18	Eli Sandler	Sr	6' 1"
19	Ethan Kannel	Sr	6' 1"
20	Leland Rege-Colt	So	5' 8"
21	Aaron Hurlburt	Sr	5' 6"
33	Elliot Jerry	Jr	6' 0"
50	Wesley Chow	Sr	5' 11"

COLUMBIA HIGH SCHOOL

Boys Varsity

Maplewood, N.J.

Coach: Benny Haim

Columbia High School was where the sport of Ultimate was invented. The team has been playing ever since. We've won the New Jersey state championship 11 years in a row so far.



ROSTER

3	Alex Bruning	Jr	5' 10"
4	Jon Strahs	Jr	5' 9"
5	Saul Graves	Jr	6' 1"
7	Asher Levine	Jr	5' 8"
8	William McCauley	Sr	5' 11"
13	Jon Fearon	Jr	6' 0"
14	Jake Macnamara	Jr	5' 11"
15	Mike Gover	Jr	5' 6"
17	James Brier	Jr	6' 3"
18	David Nelson	Sr	5' 9"
22	Ravi Shah	Sr	5' 10"
23	Alexander Mark	Sr	5' 8"
27	Ben Sender	So	5' 9"
28	Sacha Kaiser	Sr	5' 11"
33	David Hopmann	Jr	6' 4"
36	Jesse Nelson	Fr	5' 4"
58	Zachary Cincotta	Fr	5' 5"
88	Dorian Capps	Sr	6' 5"

OPEN TEAMS ◀

ROSTER

00	Hudson Carr	Sr
1	Sage Tanner	So
5	Matt Morvant	Jr
6	Chloe Rowse	Sr
7	Sarah Hemphill	Sr
8	Thomas Edmonds	Sr
9	Tommy Webel	Sr
11	Jamie McCatherin	Sr
12	Andre Clement	So
14	Mckenzie Myers	Sr
16	Byron Watson	Sr
17	Sarah Sparks	Jr
18	Will Robinson	Sr
19	Ian Tait	Jr
24	Charlie Hepburn	Fr
26	Sierra Baker	Sr
30	Nate Watson	So
31	Matt Edmonds	Fr
32	Jared DeWolfe	Fr
64	Brian Taylor	So
77	Nick Tenney	So
84	Jay Lesser	Jr
85	Will Smithwick	Sr

FALMOUTH HIGH SCHOOL

Yachtsmen

Falmouth, Maine

Coaches: Rob Rowse, Alex Pozzy, Tom Tanner, Jason Quint, Brandon Morrill, Will Wegener

We are a small coastal Maine town of 10,000. Our high school Ultimate team started in 2009 (we lost every game that year). State Champions in 2010 and 2011. We participate in a 21-school high school league in southern Maine.



ROSTER

2	Jake Kelly	Jr	5'10"
6	Tianfang "Alan" He	Sr	5'7"
9	Torin Collier-Mark	Sr	6'2"
10	Eli Rosenthal	Sr	5'8"
11	Max Cohen	Sr	5'10"
14	Aidan Penn	Jr	6'0"
21	Aidan Ravitch	Jr	5'8"
23	Joel Castillo	Sr	5'6"
25	Pablo Tamarin	So	5'9"
26	Evan Lowy	Sr	6'1"
32	Mark Lipnickey	Sr	5'10"
36	Miko Zeldes-Roth	Jr	5'9"
41	Andres Marton	So	5'6"
42	Henry Richey	Jr	5'8"
43	Jonah Cader	Sr	5'8"
49	Lloyd Jones	Jr	5'11"
51	Malcom Fox	Jr	5'8"
52	Peter Sohmer	Sr	5'8"
77	Jeremy Staub	Jr	6'0"
99	Danny Siegel	Sr	5'11"

FIELDSTON UPPER SCHOOL

Eagles

Bronx, N.Y.

Coaches: Darren Meyers, Vinni Drybala, Ben Wearn

Fieldston Ultimate can trace its origins to a club team that formed in the late Nineties. The program gained varsity status in 1999. Soon thereafter, Fieldston became a founding member of the New York City Ultimate League (NYCUL) and remains one of the top teams in the league, and has participated in the USA Ultimate State High School Ultimate Championships since 2005, placing second in 2010 and 2011. Fieldston has also participated in the 2007 USA Ultimate High School Eastern Championships and the 16th Annual Amherst Invitational in 2008. Fieldston Ultimate owes its team name, "Eagles" to the founder of the Ethical Culture Fieldston School, Felix Adler, as "Adler" is German for "eagle." The program, which also includes the Fieldston B(eagles), would not be where it is today without a long history of dedicated coaches, supportive parents and the competitive strength of NYCUL.



► OPEN TEAMS

ROSTER

HAMPTON HIGH SCHOOL

Talbots

Allison Park, Pa.

Coaches: Christie Lawry, Terence Chen

Hampton Ultimate was founded in 2002 and has gained support and popularity in each subsequent year. In 2005, it gained club sport status and adopted the school's unique logo and mascot, the Talbot. Hampton is the only school in the nation to use the extinct dog as a mascot. Through the hard work and dedication of the players and coaches, the team has consistently been one of the top three teams in Pittsburgh. As more players joined, the club split into Varsity, Junior Varsity, and Girls teams. Hampton's last appearance on the national stage was in 2006, when the team placed 11th at Easterns. The team looks forward to competing in Northeasterns and wishes the other teams the best of luck.



00	Trevor Kyle	Sr	6' 2"
4	Steve Cizek	Sr	5' 8"
5	Mark Schwoegl	Jr	5' 8"
8	Max Rosenfeld	Sr	5' 9"
10	Graeme Kernick	Sr	6' 0"
13	Nick Karis	Jr	6' 1"
14	Brad Romantic	Sr	6' 0"
15	Cory Mahony	Sr	5' 5"
17	Matt Hanna	So	6' 0"
19	Scott Trimble	Jr	6' 1"
21	Richie Giza	Sr	5' 10"
22	Kevin Trimble	Fr	5' 11"
23	Jake Davis	So	5' 11"
27	Ethan Steinmetz	So	5' 6"
43	Justin Wharrey	Sr	6' 1"
85	Mike Larkin	So	5' 10"
87	Ben Kraus	Sr	6' 1"
92	Wally Gaida	So	5' 11"

ROSTER

JOHN JAY HIGH SCHOOL

Air Raid

Cross River, N.Y.

Since 2007, John Jay Air Raid has been an integral part of the John Jay High School community. We have always been one of the most successful sports teams in the school, yet we faced serious opposition and oppression for several years before being recognized as a sport. Many of our alumni are members of the YCC BUDA team and several other top notch teams. Our first years we have encountered great success, with two state championships earned in five years and several other tournament victories under our belts.



0	Tim Konetchy	Sr	6' 0"
1	Justin Andrews	Sr	6' 2"
2	Theo Chryssos	So	5' 9"
3	Isaac Silver-Frankel	So	5' 7"
4	Sam Wolfson	So	5' 7"
5	Sam Fischer	So	5' 8"
7	Jeremey Fischer	So	5' 10"
9	Tim Song	So	5' 10"
11	Michael Pardo	Sr	6' 1"
15	Russel Ohnemus	So	6' 2"
16	John Mason	Sr	4' 11"
17	Ronald Mraz	Sr	6' 2"
19	Kyle Abrams	So	5' 10"
24	Peter Simonides	Sr	6' 0"
25	Emmett Blau	Jr	5' 10"
29	Charles Tetelman	Sr	5' 4"
32	Aiden Cadely	So	5' 9"
42	Anton Boutkov	Sr	5' 10"
57	Laurent Rossignol	So	6' 0"
64	Robert Blake	Sr	5' 10"
69	Jared Robinson	Sr	5' 9"

OPEN TEAMS ◀

ROSTER

00	Alex Greenberg	Sr	5'9
1	Mike Peet	Sr	5'11
2	Javier Posnar	Fr	5'7
3	Kevin Rzepka	Sr	5'11
4	Mike Chen	Fr	5'9
5	Alex Novak	Sr	5'10
6	Vivek Palreddy	Jr	5'9
8	Mike Woods	Jr	6'2
9	Patrick Brooks	Fr	5'10
10	Ben Gagne-Maynard	Sr	5'10
11	Alex Shapiro	Jr	5'10
12	Mikey Carando	Sr	6'1
19	Austin Amato	Jr	5'10
22	Alex Schmitt	Sr	6
23	Ryan Moriarty	Sr	6
25	Joey Lee	Jr	5'9
26	Griffin Crafts	Jr	5'10
32	Alec Draymore	Sr	6
34	Raheel Farooqui	Sr	5'11
35	Garv Shea	Sr	5'10

LONGMEADOW HIGH SCHOOL

Longmeadow Varsity
Longmeadow, Mass.

We started eight years ago, formed by a group of friends who wanted to compete against the larger teams and make a name for themselves. The program has continued to grow in strength, but we still operate as a club rather than a school sport for bureaucratic reasons. We did, however, take our school name as our team name.

ROSTER

0	Ryan Hagenbrock	Sr	6'11"
1	Torben Breitkopf	Fr	6'1"
4	Jake Young	Jr	5'11"
5	Michael Ricci	Jr	5'9"
8	Jeremy Rosinger	Jr	5'9"
9	Sam Nepo	Fr	5'8"
10	Justin Abel	Jr	6'0"
11	Charlie Bernstein	Fr	5'11"
13	Connor Russel	Jr	5'9"
14	Zachary Brody	Jr	5'6"
15	Sami Abu-Obaid	Jr	6'1"
16	Michael Coutinho	Jr	5'10"
17	Ian LoVerde	Jr	6'1"
18	Brian Feldman	Jr	6'0"
20	Michael Schmulevich	So	5'11"
21	Brian Morgenlander	Sr	6'0"
23	Dan Patrick	Sr	6'0"
24	Reese Eckenrode	Sr	5'7"
25	Jake Innerst	Jr	6'2"
35	Grant Eckenrode	So	5'9"
38	Nick Stoevoer	So	6'0"
39	Ezra Nepo	Jr	5'10"
42	Blake Nourie	Jr	6'0"
45	Eddie Rogan	Jr	6'1"
66	Chen Su	Sr	5'11"
73	Sam Blehar	So	5'10"

MOUNT LEBANON HIGH SCHOOL

Mount Lebanon
Pittsburgh, Pa.
Coach: Chen Su

Founded in 2001, Mt. Lebanon has been a dominant powerhouse team in the Pittsburgh High School Ultimate League. Having multiple appearances at Easterns in 2006 and 2010, Mt. Lebanon is prepared for some high level competition at Northeasterns in 2012.



► OPEN TEAMS

NEEDHAM HIGH SCHOOL

Needham Ultimate

Needham, Mass.

Coaches: Dan Hourigan, Brian Clarkson,
Jimmy Foster

ROSTER

2	Ben Tseytlin	Sr	6'1"
3	Ben Sadok*	Jr	5'4"
4	Jacob Nikolajczyk	So	5'10"
5	Ryan Sickles	Jr	5'8"
6	Yeehin Li	Jr	5'5"
10	Jim Heger	Jr	5'7"
13	Daniel Moder	So	6'1"
14	Eric Silverman	So	5'8"
17	Alex Caulfield	So	5'9"
18	Scott Groux	Jr	6'2"
19	Ryan Colarusso	Jr	5'6"
22	Stephen Keeler	Sr	6'0"
26	Jackson Gillenwaters	Sr	5'10"
28	Jordan Kaufman	Sr	5'10"
35	Daniel Goldstein	Fr	5'4"
36	Jeremy Katz	So	5'8"
41	Ben Kaufman	Jr	6'3"
54	Jason Freedman	Sr	5'7"
64	Walker Mayerchak	Sr	6'0"



PENNSBURY HIGH SCHOOL

Falcons

Fairless Hills, Pa.

Coach: Cindy Pfender

The Pennsbury Falcon Ultimate team is a student-run program supported by a player parent group along with mentoring and practice support from alumni players. The team is a member of the Philadelphia High School Ultimate Education League (PHUEL) and gained notoriety by winning four USA Ultimate state championships. The team played in their first Eastern High School Championships in 2006 with a tie for third place. The team went on to play in the next three championship tournaments, placing first in 2007 and 2009. The program has a long history of building strong teams with players graduating and taking their skills to colleges and universities with high-level Ultimate programs. The team hosts two tournaments each year, Fall Brawl and Born to Dive, attracting top teams from the east coast. The team name aligns with our High School sports program and we are proud to be Falcons!



ROSTER

0	Kris Miller	Sr	6'
1	Jeff Coley	Sr	6'
2	Christian Duess	Fr	6'1"
4	Shane Pfender	Sr	5'6"
5	Patrick Ward	Fr	5'7"
7	James Valiquette	Sr	5'11"
9	Cole Drummond	Fr	5'5"
10	Tyler Steely	Sr	5'9"
11	Tom Roper	Sr	5'8"
15	Nolan Ford	Sr	6'
17	Nick Amirante	Sr	5'9"
18	Jake Doyle	So	6'2"
20	Ben Kriss	Jr	6'
23	Alec Hunziker	Fr	5'9"
24	Max Rooney	So	6'
25	Shawn Dacey	Sr	6'1"
26	Tyler Gerner	Jr	5'11"
27	Jared Radziwon	Sr	6'1"
33	Mitch Messick	Jr	5'11"
36	Matt Maine	Sr	5'9"
40	James Biesiada	Sr	5'8"
42	Will Hoehne	Sr	6'3"
50	Shane Lewis	Sr	5'11"
69	Christian Ems	Sr	6'1"
81	Sean Mott	Sr	5'8"

OPEN TEAMS ◀

ROSTER

0	Peter Jacome	Str
5	Addison Hanson	So
13	Enzo Hain	So
19	Jordan Angst	So
22	Chaudhri Usman	So
24	Dan Robinson	So
25	Jon Keammerer	So
27	Harry Scheuerle	So
35	Kevin Tang	So
45	Joe Connolly	So
47	Greg Mohler	Jr
53	Declan Wilson	So
56	Connor Ellis	So
59	Joshua Strayer	Jr
64	Robby Warner	So
66	Anthony Camacho	So
69	Charlie Harper	So
74	Jacob Newton-Tanzer	Jr

RADNOR HIGH SCHOOL

Raiders

Radnor, Pa.

Since our inception in the fall of 2006, the team has made rapid progress within our community and our school. In the spring of 2009, we achieved varsity letter status within our school.

This growth is the result of hard work from both our organizers and our players. Over the last four summers, 15 of our players have attended the National Ultimate Training Camp in Amherst, Mass. Our players have also participated in the Youth Club Championships. 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. The Boys Varsity finished second in Pennsylvania States 2010 and then followed up the next season as 2011 State Champions. Captains Trent Dillon and Adam Shrager have graduated. Both play Ultimate in College. Trent is at the University of Pittsburgh while Adam is attending Penn State.



ROSTER

4	Ben Callaway	Sr	5'9"
6	Michael Schanz	Sr	5'7"
7	Matt Klayman	Sr	5'7"
9	Andy Hu	Sr	6'1"
11	Tim Arrott	Sr	5'9"
16	Dewey Yoo	Sr	5'8"
18	Uri Starr	So	5'8"
19	Aaron Langley	Sr	6'0"
20	David Goldstein	Sr	6'1"
21	Nikita Zoubine	Sr	5'11"
22	Dylan Best	Jr	5'11"
24	Noah Landy	Jr	5'6"
25	Jonah Kurman-Faber	Sr	5'11"
26	Paul Southard	Sr	6'2"
32	Matt Piazza	So	5'10"
36	Sam Kutana	Sr	6'3"
37	Sam D'Arcy	Sr	6'3"
42	Nick Vitulli	Sr	5'9"

SHARON HIGH SCHOOL

Bad Clams

Sharon, Pa.

Coaches: David Christiansen, Michael Dussault

In the spring of 2009, the Sharon High School Ultimate Disc club decided to form a team. In true democratic fashion, the club members decided to put the team name to a vote. The word "clam" was used by the graduating class of 2009 as a slang term for cool, therefore Bad Clam would mean extra cool. The Bad Clam name has stuck with the team ever since and has evolved to a new meaning of FST (focus, speed and teamwork). Our A-team has won the best spirit award in Open 2 at the 2009 Mass. State tournament and then the Open 2 Mass. State championship in 2010 defeating Newton South in the finals. We currently have 68 players on three teams in our program and our goal is to keep expanding our presence in the community and teaching this incredible sport to the next generation of Sharon Ultimate players!



► OPEN TEAMS

ST. JOHNSBURY ACADEMY

Hilltoppers

St. Johnsbury, Vt.

Coach: Josh Seamon

The Hilltopper Ultimate program was founded in 2003. Up in the northern reaches of Vermont, Ultimate has thrived. The Hilltoppers lead the charge, pushing growth to more than 20 teams this year in Vermont, and a total of 56 attending the St. Johnsbury Invitational. Like any true Ultimate team we thrive in all weather conditions and live for the competitive spirit of the game. Ebo Lay Lay! Meta Lay! Bone Swa! Za!



ROSTER

0	Jefferson Gately	Sr	5'10"
1	Bill Kerin	Sr	5'9"
4	Julian Grant	Sr	5'10"
10	Aren Tulp	Fr	5'8"
15	Gabe Taney	Fr	5'6"
16	Luke Jackmauh	So	6'0"
17	Colin Jacobs	Jr	5'11"
18	Noah Abramson	Jr	5'7"
21	Eric Rauert	Sr	5'8"
23	Connor Dannis	Sr	6'0"
24	Eamon Roosa	So	5'10"
25	William Morse	Jr	6'0"
33	Brendan Burke	Jr	5'9"
42	Will Kyle	So	6'0"
46	Cyrus Ready-Campbell	Sr	6'0"
80	Aren Kellogg	Jr	5'11"
91	Max Buckminster	Jr	6'4"
99	Raymond Couture	Sr	5'11"

WATCHUNG HILLS REGIONAL HIGH SCHOOL

Warriors

Warren, N.J.

Coaches: Ken Karnas, Michael Porter

The Watchung Hills Warriors Ultimate team has been around and competing in New Jersey for about 10 years. We work hard to develop younger players, and our goal every season is to contend for a state championship.



ROSTER

2	Chris Nguyen	Sr	5' 7"
3	Kevin Glorius-Patrick	Jr	5' 10"
5	David Voychuck	Fr	5' 7"
6	Dylan Ma	Jr	5' 8"
7	Kyle Isler	So	5' 4"
8	Nim Sten-Gilady	Jr	5' 10"
9	Gerald Tigol	Sr	5' 10"
10	Anderson Chan	Jr	5' 6"
14	Zack Chan	So	5' 10"
15	Brandon Leong	So	5' 9"
16	Gabe Price	Jr	6' 1"
17	Leon Cheung	So	5' 8"
19	Jesse Lu	So	5' 10"
22	Matt Deitz	So	5' 6"
25	Alex Yu	So	5' 4"
32	Alex Lee	Sr	5' 7"
71	Dan Lee	Sr	5' 4"

OPEN TEAMS ◀

ROSTER

0	Richard Devasagayaraj	Jr	5'6"
2	Wesley Chen	Jr	5'9"
3	Victor Wu	Sr	5'7"
4	David Burke	Sr	5'10"
7	Kevin Lin	So	5'10"
9	Akshat Rajan	Sr	5'6"
12	Derek Yan	Sr	5'7"
13	Abishek Thatigutla	Sr	6'0"
14	Giri Sharma	Sr	5'9"
16	Alex Liu	Jr	5'6"
17	Ajit Unnam	Sr	5'10"
19	Migal Manickaraj	Jr	5'6"
23	Harsh Randhawa	Sr	5'9"
44	Ryan Gianettino	Sr	5'8"
49	Andrew Lee	Sr	5'7"
55	Jason Pan	Sr	5'10"
80	Zahid Syed	Sr	5'11"

WEST WINDSOR – PLAINSBORO HIGH SCHOOL

Knights

Plainsboro, N.J.

Coach: Dan Naylor

Recognized as an official club by 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 N.J. States in the 90's over Columbia High School. More recently, North has finished fifth at states and have also been contenders in the past couple of years. Last two years, North was invited to Easterns and took 5th and 13th place, respectively.



ROSTER

5	Cole Allen	So	5' 10"
6	Corey Danko	Jr	5' 8"
9	Matthew Walsh	Sr	6' 1"
14	Matthew Moore	Jr	5' 7"
15	Kevin Lewis	Fr	5' 8"
16	Angus Lamont	So	5' 11"
17	Sam Oeschger	Jr	5' 9"
19	Mason Passavant	Sr	6' 1"
23	Zac Camner	Jr	6' 0"
25	Colin McLaughlin	So	5' 11"
27	Max Staab	So	5' 9"
28	Joe Braun	So	5' 8"
38	Giovanni Sabato	Sr	5' 10"
43	Andrew Moeller	Sr	6' 0"
86	Joel Williams	Sr	5' 10"
99	Mike Biehinatti	Sr	5' 8"

XAVIER HIGH SCHOOL

Xavier Ultimate

Middletown, Ct.

Coach: David Applegate

Xavier Ultimate started as an intramural group eight years ago and became a Varsity program six years ago. Over the past 6 years the program has steadily improved and is excited about the opportunity to participate in the inaugural Northeastern tournament.





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► 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 his/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 USA Ultimate 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 foot-blocking).
- 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.

► 2012 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate Championship events where field access is restricted teams with coaching staffs 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 coaches must pass an NCSI background check, be current coach-level members of USA Ultimate and must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. All other non-player support staff, with player-level or limited field access, 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 Manager of Youth & Education Programs Mike Lovinguth at mike@hq.usultimate.org, or visit the USA Ultimate website at usultimate.org.

► SHOOTING PHOTOS/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 to 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.

► NOTES

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