



EVENT GUIDE\$2

MAKING ULTIMATE STRONGER

Our mission is to support ultimate, and good coaches are an integral part of the development of the sport.

So take a moment to appreciate the coaches. Heck, take a plenty of moments! We really can't thank them enough for the work they do.



Five Ultimate is proud to sponsor the 2013 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN.
FIVEULTIMATE

Team@FiveUltimate.com



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STAFF

Tournament Staff will be wearing volunteer 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.

EVENT STAFF

Tournament Director – Jonathan Levy
Volunteer Coordinator – Hyun Kim
Head Scorekeeper – Andrew McKinley
Head Statkeeper – Tracy Macneal
Assistant Scorekeeper – Geoff Doerre

USA ULTIMATE

Manager – Competition & Athlete Programs – Byron Hicks
Manager – Youth & Education Programs – Mike Lovinguth

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 Second 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 7 Northeastern States. You can expect lots of highly competitive and exciting ultimate.

The tournament takes place at Rogers Field in Devens, Mass., a former U.S. 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 ultimate organization, as well as hat leagues and regional Club events.

The Saturday social event will be held here at the fields and will feature food and a game between the USA Ultimate National Team and players from Ironside and Brute Squad.

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

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 and stats, 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
Boston Strong.

WEEKEND OVERVIEW

FRIDAY, MAY 10 – RADISSON HOTEL & SUITES CHELMSFORD

8:00pm-9:00pm: Team Registration

SATURDAY, MAY 11 – ROGERS FIELD AT FORT DEVENS

8:00am: Captains Meeting

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

Social Event: Dinner will be served for players, coaches and chaperones while the USA Ultimate National Team competes in an exhibition game against players from Ironside & Brute Squad

SUNDAY, MAY 12 – 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 1st and 2nd place teams in each division along with team spirit awards and individual spirit awards (one from each team).

COMPETITION RULES

- USAU 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 five 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 or 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.

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 Manager of Communications & Publications Stacey Waldrup at stacey@hq.usultimate.org.

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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 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.

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 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.
- Any blows to the head must be seen by a medical professional and evaluated for concussion symptoms before the athlete can return to play. 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 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 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).
 - 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

- 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.

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/Summer 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 Drive, 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

FIELD MAP



Saturday, May 11, 2013

**USA
ULTIMATE**

Championship games to 13 cap 15



2013 USA Ultimate High School Northeastern Championships - Open Division

Saturday, May 11, 2013

All Games to 13 Cap 15	Pool A				Pool B				Pool C				Pool D						
	A1	Amherst (1)			B1	Needham (2)			C1	Newton North (3)			D1	Columbia (4)					
	A2	Fox Chapel (8)			B2	Sharon (7)			C2	Hampton (6)			D2	Lexington (5)					
	A3	Xavier (12)			B3	Fieldston (11)			C3	West Windsor-PN (10)			D3	Pennsbury (9)					
	A4	Westfield (13)			B4	Watchung Hills (14)			C4	St. Johnsbury (15)			D4	Fryeburg (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	-							
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Consolation Bracket

Sunday, May 12, 2013



Loser A4vB2/C3
12:30-2:00pm
Field # 11
12th Place (tie)

Loser D4vC2/B3

Loser C4vD2/A3
12:30-2:00pm
Field # 12
13th Place (tie)

Loser B4vA2/D3

Consolation games to 13 cap 15



Championship Bracket

Sunday, May 12, 2013



Loser A1vB2/C3
12:30pm-2:00pm
Field # 3
5th Place (tie)

Loser D1vC2/B3

Loser C1vD2/A3
12:30pm-2:00pm
Field # 6
5th Place (tie)

Loser D1vA2/D3

Championship games to 13 cap 15



GIRLS TEAMS

BEACON BLUE DEMONS

THE BEACON SCHOOL
NEW YORK, NY

COACHES: DAVID REYNOLDS, EMMA GROETZ-INGER

The Beacon Girls' ultimate team has been in existence for about ten years as one of only a few girls' high school ultimate teams in New York State. We have never received any funding from our high school, so we contribute dues and sell baked goods to cover the cost of attending out-of-state tournaments. The Beacon team is very open, and we do not make any cuts at the beginning of the year; students join the team and see if it is a good fit for them. We have several afternoon and morning practices weekly, and we move inside during the cold months to condition in our school's gym and hallways. We love being a part of this great ultimate community!

ROSTER

05	Olivia Ostwald	Sr	5'5"
07	Anela Layugan	Sr	4'8.5"
08	Tiffani Teng	Sr	5'5"
09	Maya Howard-Watts	Jr	5'4"
11	Victoria Detres	Sr	5'2"
12	Audrey Bachman	So	5'1"
14	Nora Brown	So	5'2.5"
15	Sophia Siu	Jr	5'2"
16	Lydia Storey	Sr	5'8"
17	Emily Grimes	Jr	5'3"
18	Siena Cid-Velez	Sr	5'6"
24	Rosie Rudavsky	So	5'8"
25	Ariel Cohen	So	5'8"
26	Sonia Bloom	Jr	5'8"
28	Isabel Panepento	So	5'5"
62	Madeline Dulchin	So	5'6"
69	Paola Ayala	Sr	5'5"

GOLDEN GOPHERS

ANDOVER HIGH SCHOOL
ANDOVER, MA

COACHES: BRENDAN GIBSON, KEITH WESTGATE

The Golden Gophers Ultimate Program is kicking off its 14th year at Andover High School; the girls' team was started in 2001. The program is a popular spring sport. The first year the girls played, they placed seventh at Nationals, which were held in Amherst that year.

The Gopher originated with the team's first coach who kind of looked like a gopher and did the gopher dance from the movie Caddyshack. The Golden came about because we are Andover Ultimate, AU, the chemical symbol for gold.

Andover's ultimate program has grown over the years, with many alumni going on to play in college and a number of them starting teams on their college campuses.

WEBSITE: <http://www.andoveryouthservices.com/ultimate/>



ROSTER

1	Cecelia Root	So	5'8"
11	Emily Lin	Jr	5'3"
25	Grace Ahn	So	5'2"
26	Theresa Yeo	Sr	5'3"
29	Athena Erickson	So	5'3"
31	Jackie Dean	So	5'5"
32	Eri Kobayashi	Sr	5'0"
37	Meghan Johnson	So	5'7"
38	Elizabeth Lownie	Sr	5'8"
	<i>Hobart and William Smith</i>		
41	Emma Sonberg	Sr	5'5"
42	Jessie Nason	So	5'4"
43	Christina Marino	Jr	5'4"
46	Dana Kirwin	Jr	5'7"
47	Xinni Chen	Sr	5'3"
	<i>Cornell</i>		
51	Kylie Moynihan	Sr	5'11"
	<i>Wesleyan</i>		
54	Rebecca Yeh	So	5'3"
56	Mahalia Banton	So	5'0"
57	Sylvia Leong	So	5'2"
59	Julia Perry	So	5'4"
62	Hannah Muhlfeder	Fr	5'6"
65	Alisha Li	Jr	5'2"
73	Olivia Szendey	Jr	5'6"
74	Amanda Holland	So	5'4"
78	Grace Ann Casto	Jr	5'4"

GIRLS TEAMS

HUDA

**HAVERFORD HIGH SCHOOL
HAVERTOWN, PA**

The HUDA Women's journey began when their first team was formed in 2008 and has since grown to include two teams. From this beginning, HUDA has traveled to regional tournaments and state championships. In 2012, HUDA was able to place third at the High School Northeastern Championships and the Pennsylvania State Championships. HUDA is looking forward to another fun tournament in Devens this year and wishes all teams that made the long journey here (even after prom!) good luck!

Starting off their season in 2013, HUDA women played at Radnor's Green Eggs and Spam. Enduring through the windy day, HUDA women were able to place fourth overall in the women's division. At Lower Merion's Hop on Pop, HUDA women placed second with a tough loss of 6-9 against the strong and beautiful Lower Merion team.



ROSTER

00	Rachel Alfano	Jr	5'5"
5	Natalie Bova	Jr	5'2"
6	Linda Morse	Sr	5'10"
	<i>University of Pittsburgh</i>		
7	Christine Chen	So	5'4"
9	Joanna Maier	Fr	5'0"
12	Cindy Hosan	Fr	5'4"
14	Meghan Heyduk	Jr	5'5"
15	Molly Milligan	Jr	5'6"
16	Cameryn Richards	Sr	5'5"
	<i>Drexel University</i>		
22	Helen Wedegaertner	Sr	5'3"
	<i>Cornell University</i>		
26	Courtney Dougherty	Jr	5'4"
27	Amanda Trajano	Jr	5'4"
29	Rachel Bova	Jr	5'2"
98	Nina Ngo	Sr	5'3"
	<i>Susquehanna University</i>		

HURRICANES - GIRLS VARSITY

**AMHERST REGIONAL HIGH SCHOOL
AMHERST, MA**

COACHES: JOSH 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 JVA and JVB team. Our early-season schedule consists almost entirely of college tournaments and youth Open tournaments, and we finish our season each year by vying for the most prestigious titles in girls' ultimate: the Amherst Invitational and Northeasterns.

We came in third out of ten college teams at the Yale Cup and fifth out of 24 college teams at Garden State III. Our mettle will be tested at the Andover Open Division II tournament and the Amherst Invitational, which we host the weekend before Northeasterns this year.



ROSTER

2	Gloria Miller	Jr	5'4"
5	Lucy Salwen	Sr	5'4"
7	Caroline Jones	Jr	5'6"
8	Angela Zhu	Sr	5'4"
	<i>Dartmouth</i>		
10	Erin O'Connor	Jr	5'2"
11	Mei Reffsin	Sr	5'4"
	<i>Connecticut College</i>		
13	Valerie Willocq	Jr	5'4"
14	Tulsa Douglas	Jr	5'8"
15	Julia Fay	Jr	5'10"
16	Rachel Musante	Jr	5'5"
19	Zoe Freedman Coleman	Sr	5'6"
21	Meaghan McCluskey	So	5'4"
23	Anna Seterdahl	Jr	5'8"
31	Jacqueline Mathers	So	5'5"

GIRLS TEAMS

HURRICANES JVA GIRLS

AMHERST REGIONAL HIGH SCHOOL
AMHERST, MA

COACH: JOHN BECHTOLD

The ARHS JVA girls are the oldest JV girls team in the country. Taking second place at the 2003 Junior Nationals tournament against our own varsity team, JVA has a storied history of competing with top varsity teams in the Northeast and beyond. Last year's JVA lost to Pioneer Valley Performing Arts' varsity squad in the state championship finals, earning a second-place finish. While we work to prepare players for Amherst Varsity and college play, we love the role of the underdog and live for Spirit of the Game!



ROSTER

00	Jane Holcomb	Jr	5'5"
2	Molly Morgan	Sr	5'9"
3	Emma Gonzalez	So	5'6"
4	Kethrellan Peterson	Jr	5'7"
5	Julie Cinner	So	5'4"
6	Lindy Crowley	So	5'3"
9	Nina Wolff-Landau	So	5'5"
12	Grace Berman	Jr	5'6"
14	Georgia Nichols	Jr	5'3"
17	Anna Sciaruto	Jr	5'4"
18	Isabelle Jackson	Jr	5'3"
21	Kate Schreiber	Jr	5'8"
33	Lily Gould	So	5'6"

LONGMEADOW

ROSTER

1	Patty Camerota	Sr
2	Manon Blackman	Jr
3	Kelsey Regan	Sr
4	Laura Manzi	Sr
5	Hannah Gilman	Sr
6	Jerrica Li	Fr
7	Rose Kelly	Sr
9	Amanda Rabideau	So
10	Kelsey Burke	Sr
12	Julia Spelman	Sr
13	Jenn Friedberg	Sr
14	Jackie Filomeno	Sr
15	Molly McKeown	Jr
17	Sydney Requardt	So
19	Molly April	Sr
21	Olivia Aseltine	Sr
22	Mikayla Wysocki	Sr
24	Elise Lombard	Sr



GIRLS TEAMS

MEGO

MAINE COMBO TEAM MAINE

COACHES: MOE STURTEVANT AND ROB ROWSE

From the long tradition of Portland Ultimate, grew Maine Ultimate, and now sprouts MEGO. The girls of Maine Ultimate grew tired of always playing with the boys and were thirsting for more ultimate. MEGO stands for Maine Girls Only, and that's what we are!

Our team comes from rival schools to make the first Maine Girls Only team, and this will be our first tournament. We're heading to St. Johnsbury for our second tournament. We are untested, feisty and ready to roll!



ROSTER

Emily Rioux	So
Abbey Mitchell	Jr
Sarah Sparks	Sr
Sarah Novick	Fr
Danae Dostie	Jr
Anh Duong	So
Maggie Lento	So
Katrina Meserve	Jr
Marisa Risbara	Jr
Megan Tammaro	So
Dana Bloch	Sr
Kirsten Mazur	Jr
Sierra Bates	So
Molly Bennett	Fr
Isabel Clarke	So
Emma Landes	So
Marijke Rowse	Fr
Sophie Hulbert	Sr

NINJA SAMURAI

ALLDERDICE HIGH SCHOOL PITTSBURGH, PA

COACHES: SHELLEY OSTROWSKI AND SUSAN THOMAS

The Allderdice Ninja Samurai emerged out of the blackness of night a few years ago, and nobody is entirely certain where we came from—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 we hope to live up to our name.



ROSTER

4	Abby Mathier	Jr	5'6"
7	Jorlyn Le Garrec	Sr	5'9"
	MIT		
9	Peyton Skinner	Fr	5'3"
10	Anna Telmer	Fr	5'3"
11	Ana Jaramaz	Sr	6'0"
	UCLA		
13	Hannah Famili	Jr	5'6"
16	Cyd Johnson	Jr	5'6"
18	Jenna Buchwach	Jr	5'4"
21	Carlisle Turner	Fr	5'6"
23	Sarah Schlossberg	Fr	5'4"
27	Jane Kraus	Jr	5'5"
30	Jaden Hummel	Sr	5'6"
	University of Vermont		

GIRLS TEAMS

PVPA GIRLS

**PIONEER VALLEY PERFORMING ARTS
CHARTER PUBLIC SCHOOL
SOUTH HADLEY, MA**

COACH: BRIAN COOK

The PVPA Girls' team was started in 2009 with four returners and twelve brand-new players who had never touched a disc before. Since then, the program has grown significantly, with enough interest to field both a varsity and junior varsity team. Last year, PVPA Girls took third at the St. Johnsbury Invitational and claimed the Massachusetts state title.

WEBSITE: <http://pvpultimate.com>

ROSTER

3	Lydia Pepi	Sr	5'10"
6	Corinne Chase	Sr	5'10"
7	Tess Mathewson	Fr	5'6"
8	Rachel Huggett	Fr	5'2"
9	Aimee Paradis	So	5'5"
10	Renata Pepi	Fr	5'4"
11	Maeve O'Sullivan	Sr	5'5"
12	Maddie Silverman	So	5'4"
13	Izzy Oram-Brown	8th	5'3"
14	Makeda Diggs	Sr	5'8"
16	Alana Young	Jr	5'4"
20	Laura Sutfenfield	Jr	5'8"
29	Olivia Lederman	So	5'8"
33	Sophie Thorup	Sr	5'7"
37	Frani Hamkins-Indik	Sr	5'7"
42	Lark Wicinas	Jr	5'11"
44	Maggie Barron	Fr	5'10"
52	Sophie Lewis-Nash	So	5'2"
57	Sadie Levy	Jr	5'2"
87	Carly Florence	Sr	5'9"
88	Michelle Wellman	So	5'4"

RADNOR RAIDERS

**RADNOR HIGH SCHOOL
RADNOR, PA**

COACHES: MICHAEL GENTILE,
ANNA SPIRIDIGLIOZZI

Radnor Ultimate Frisbee (RUF) began in the spring of 2007. The team was first known as the Gryphons and structured as a club activity, populated by only a few, very dedicated players. It has since 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 dedication and hard work from the players, coaches and parents. 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.

WEBSITE: <http://radnoruf.com>



ROSTER

2	Jamie Cleveland	So	5'2"
3	Katharine Gilbert	So	5'3"
4	Maureen McDermott	Jr	5'5"
6	Lucy Johnston	So	5'7"
8	Leah Coppage-Gross	Sr	5'7"
	<i>Delaware</i>		
10	Kyra Chandler	Fr	5'1"
11	Preeya D'Mello	Sr	5'1"
	<i>George Washington</i>		
13	Julia Kang	So	5'2"
14	Emma Nicosia	Sr	5'3"
	<i>Carleton College</i>		
16	Sofia Giangrasso	Fr	5'1"
21	Nissa Chaudhri	Fr	5'7"
22	Olivia Bradberry	Jr	5'5"
23	Katelynn Cleveland	Sr	5'2"
	<i>Pittsburgh</i>		
24	Ingrid Stahl	Fr	5'4"
27	Wallis Grant	Jr	5'5"
29	Christina Superdock	So	5'5"
30	Katie Doherty	Jr	5'6"
32	Alison Elliott	Sr	5'6"
	<i>Pennsylvania</i>		
33	Norah Xiong	Fr	5'5"
51	Elisa Wang	So	5'2"
52	Cecilie MacPherson	So	5'5"
61	Madison August	Jr	5'5"
68	Angela Chang	Sr	5'2"
	<i>California</i>		
82	Zoe Bermudez	Jr	5'5"
83	Emily Camacho	Jr	5'4"
91	Lauren Sitlinger	Jr	5'4"

GIRLS TEAMS

SPARKLE MOTION

**COLUMBIA HIGH SCHOOL
MAPLEWOOD, NJ**

COACH: PATRICK MORRISSY

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 name "Sparkle Motion" is an allusion to the dance team in the movie Donnie Darko.

This season, Sparkle Motion won the YULA Invite and got third place at the Radnor Invite as well as the Paideia Cup. They also attended the Amherst Invitational and will be attending St. Johnsbury Invitational and their State Championships in New Jersey later this year.



ROSTER

1	Alexa Jones	Jr	5'9"
5	Julia DeFranco	Sr	5'2"
	<i>Lafayette College</i>		
6	Sarah Davidson	Jr	5'1"
7	Maggie Woodruff	Sr	5'8"
8	Gabrielle Howell	Fr	5'6"
9	Annabelle Weatherly	Sr	5'7"
10	Sadie Jezerski	Jr	5'4"
11	Sally Ike	Sr	5'8"
	<i>University of Hawaii</i>		
14	Sam Fagundez	Jr	5'6"
15	Maggie Hart	So	4'8"
16	Elizabeth Hilton	So	5'8"
17	Helen Selecki	Jr	5'8"
18	Charlotte Surface	So	6'
19	Anna Willmann	So	5'3"
20	Anna Winters	Fr	4'8"
21	Kate Woodruff	Jr	5'2"
23	Sophie Kushen	Fr	5'11"
26	Keely Zhang	Sr	5'4"
	<i>University of Illinois</i>		
38	Ellie Williams	Sr	5'6"
	<i>Northeastern University</i>		
44	Julia Engel	Sr	5'2"
	<i>Tulane University</i>		
66	Dory Summer	Sr	5'1"
	<i>University of Vermont</i>		
68	Faith Leonard	Sr	5'6"
	<i>Tulane University</i>		
81	Aurora Rojer	Sr	5'2"
	<i>Cornell University</i>		
96	Caroline Passalacqua	So	5'4"
99	Kiyomi Taylor	Sr	5'8"
	<i>New York University</i>		

STICKY FINGERS

**STUYVESANT HIGH SCHOOL
NEW YORK, NY**

COACH: KEVIN TERRY

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.

We started off this season with a fourth-place finish at sectionals. Since then, we've worked hard to earn a second place spot at YULA, ultimately losing to CHS Sparkle Motion in an exciting back and forth game. We haven't lost steam and continued to do well at Radnor and made the trip to the Pittsburgh High School Ultimate League Invitational and came in second. We hope to do just as well, or better, at the Northeastern Championships.



ROSTER

10	Jenny Wong	Sr	5'2"
11	Jamie Hong	So	5'3"
12	Victoria Yuan	Sr	5'1"
20	Sharon Chiu	Sr	5'4"
21	Whitney Choo	Sr	5'4"
23	Jeany Zhao	Sr	5'3"
28	Victoria Chen	Sr	5'4"
29	Sarina Lee	Sr	5'1"
32	Megan Wilson	Jr	5'8"
37	Allison Geismar	Sr	5'4"
40	Windy Feng	Sr	5'5"
44	Cassandra Silano	Jr	5'7"
45	Bernice Yu	Jr	5'6"
53	Tracy Chou	Jr	5'1"
64	Tracey Lum	Sr	5'2"
77	Tiffany Huang	Sr	5'5"
99	Zuzanna Rybicka	Sr	5'8"

GIRLS TEAMS

WATCHUNG HILLS LADY WARRIORS

**WATCHUNG HILLS REGIONAL
HIGH SCHOOL
WARREN, NJ**

COACH: TERENCE CHEN

The Lady Warriors began six years ago. The program started off as a mixed team, but as the sport gained more recognition, we were able to form a varsity girls' team. Today, we have about 20 girls in the program and hope to have more players in the future.

This season, we participated in the Garden State Open where we gained valuable experience playing college teams. We also participated in the Radnor Invite where we went undefeated.



ROSTER

2	Jessie Sun	Fr	5'5"
3	Rachel Tigol	Fr	5'3"
5	Milonee Mehta	Sr	5'1"
7	Joy Rizzoli	Fr	5'5"
9	Amy Hu	So	5'2"
10	Annika Chan	Jr	5'7"
11	Sheree Liu	Sr	5'4"
	<i>Wellesley College</i>		
14	Evey Le Jr		5'0"
15	Audrey Luo	Sr	5'6"
	<i>Yale</i>		
17	Lauren Sinski	Sr	5'1"
	<i>RPI</i>		
19	Olivia Hampton	Sr	5'4"
	<i>Boston College</i>		
24	Jessica Hoffman	Sr	5'6"
	<i>Northwestern</i>		
31	Kathleen Lo	Sr	5'2"
	<i>UCLA</i>		
33	Tammy Shen	Jr	5'2"
34	Marissa Schwartz	Sr	5'7"
	<i>Carnegie-Mellon</i>		
42	Kate Stoll	Fr	5'5"
48	Lindsay Levin	Sr	5'4"
	<i>Lehigh</i>		
52	Kim Chao	So	5'2"
67	Jacki Salustro	Sr	5'7"
	<i>Boston University</i>		
88	Lucy Liu	So	5'5"

WILD HOGS

**MT. LEBANON HIGH SCHOOL
PITTSBURGH, PA**

COACH: SCOTT OLINGER

The Mt. Lebanon Wild Hogs came to be from the work of students and is still run by the students. Since it is a student-run sport, the girls who first created the team decided to name us the Wild Hogs, something totally different than the usual Mt. Lebanon Blue Devils. This is our fourth time at Northeasterns, and we are super excited to have come this far!

So far this season, we have won three games, with our closest winning game being 15-4. We have lost to one team (15-4), but this is due to many of our girls being on a trip in Puerto Rico. We have four excellent handlers which provides us a plethora of options on the field. This year, we plan to go to three tournaments, the PHUL Tournament, Northeasterns and the Pennsylvania State Championships.

ROSTER

1	Zia Hellman	Sr	5'2"
	<i>University of Pittsburgh</i>		
6	Mary McCloskey	Sr	5'7"
	<i>Duquesne University</i>		
7	Victoria Rollin	Sr	5'6"
	<i>Allegheny College</i>		
10	Taylor Dumaine	So	5'8"
11	Rachel Greenwald	Jr	5'5"
12	Caroline Grattan	Sr	5'11"
	<i>Temple University</i>		
14	Rachael Welsh	Sr	5'3"
	<i>Virginia Tech</i>		
15	Ashley Singler	Sr	5'4"
	<i>Marine Corps</i>		
17	Katie Brash	Sr	5'4"
	<i>Bloomsburg University</i>		
18	Kaylee Van Deusen	Sr	5'5"
	<i>University of Miami</i>		
24	Teresa Grinko	Sr	5'7"
	<i>University of Dayton</i>		
33	Allie Henninger	Sr	5'5"
	<i>Villanova</i>		
44	Kate Karlovich	Sr	5'5"

FIVEULTIMATE

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ULTIMATE PLAYERS, FOR ULTIMATE
PLAYERS
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BLOCK
- 100% COMMITMENT TO ULTIMATE



OPEN TEAMS

BAD CLAMS

**SHARON HIGH SCHOOL
SHARON, MA**

COACHES: DAVID CHRISTIANSEN, MICHAEL
DUSSAULT

The Sharon High Bad Clams Ultimate Team was formed in the spring of 2009 when a group of seniors decided to take their scrimmages to the next level. The name "Bad Clams" was decided through a voting process. "Clam" was the name of the zone defense we commonly used throughout our scrimmages. To poke fun at ourselves while maintaining a unique team name, the Clams quickly evolved to the Bad Clams, and the first season began. Since then, our main motto, FST, was implemented, which represents Focus, Speed and Teamwork. In 2009, our A-Team won best spirit award in Open 2 at the Massachusetts State Championships, as well as winning the Massachusetts Open 2 Championship in 2010. Our team has grown to a respectable D-I team, and we have placed well in tournaments over the past two years. This year, the Sharon Ultimate program includes 68 players on three teams that are all practicing, playing and spreading ultimate throughout the community and to upcoming generations.

Website: http://hs.sharon.k12.ma.us/pages/Sharon_High_School/IMPORTANT_LINKS/Ultime_Sports



ROSTER

00	Kris Blau	So	5'9"
5	Ezra Brodsky	Jr	5'8"
7	Max Resnick	Jr	5'7"
10	Matt Kravitsky	Jr	5'8"
11	Alec Shostek	Jr	5'5"
12	Adam Meserve	Jr	5'11"
14	Matt Meserve	So	5'10"
15	Josh Kaplan	Jr	5'4"
16	Noah Kurland	Fr	5'4"
18	Uri Starr	Jr	5'8"
19	Alex Gekow	Jr	5'8"
20	Eric Vlach	Sr	5'8"
22	Dylan Best	Sr	5'11"
24	Noah Landy	Sr	5'7"
	<i>Connecticut College</i>		
26	Mitchell Salvatore	Jr	6'0"
29	Sam Hanlon	Sr	5'9"
	<i>University of Vermont</i>		
32	Matt Piazza	Jr	5'10"
69	Dan Lee	Jr	5'11"

COLUMBIA VARSITY

**COLUMBIA HIGH SCHOOL
MAPLEWOOD, NJ**

COACH: BEN HAIM

Columbia High School Varsity Frisbee 2013 celebrates its 45th anniversary. The longest-running team in the history of our sport. When first created, Columbia students played ultimate in the student parking lot, but the sport has come a long way since then, and the current team is proud to be a part of Columbia Ultimate history.

Led by senior tri-captains Saul Graves (5), Jon Fearon (13) and James Brier (17), CHS proudly represents their rich alumni legacy with competitive and spirited play. Spring 2013 destinations have included the Radnor Invitational (suburban Philadelphia, PA), the Paideia Cup (Atlanta, GA), Amherst Invitational (MA) and HS Northeasterns (MA).



ROSTER

3	Alex Bruning	Sr	5'10"
	<i>SCAD</i>		
5	Saul Graves	Sr	6'0"
	<i>University of Pittsburgh</i>		
7	Asher Levine	Sr	5'9"
9	Tim McPhillips	Jr	5'11"
12	Zeke Sandor	Sr	5'9"
13	Jonathan Fearon	Sr	6'0"
	<i>University of Cincinnati</i>		
14	Jake McNamara	Sr	6'0"
16	Marc Lataillade	Sr	6'4"
17	James Brier	Sr	6'1"
18	Jesse Nelson	So	5'7"
21	Gabe Fearon	Fr	5'10"
22	Conor Love	Jr	5'10"
23	Russell Moy	Fr	5'7"
35	Alex Raffin	Fr	5'8"
58	Zach Cincotta	So	5'8"
64	Lukas Wunderlich	Jr	6'1"
66	Jon Strahs	Sr	5'9"
99	Antonio Vayas	Sr	5'10"
	<i>NYU</i>		

OPEN TEAMS

EAGLES

FIELDSTON UPPER SCHOOL BRONX, NY

Fieldston Ultimate can trace its origins to a club team that formed in the late 90s. The program gained varsity status in 1999. Soon thereafter, Fieldston became a founding member of the DiscNY High School League and is one of the top teams in the A Division. Fieldston has participated in the UPA/USA Ultimate State High School Ultimate Championships since 2005, placing second in 2010, 2011 and 2012. Fieldston also participated in the 2007 UPA High School Eastern Championships and the 2012 USA Ultimate High School Northeastern Regional Championships, finishing in ninth place after winning the consolation bracket. Fieldston 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 our dedicated coaches, supportive parents and the competitive strength of DiscNY.



ROSTER

1	Zaj Vidal-Burgie	Fr	5'7"
4	Romy Christmas	Fr	5'11"
5	Jacob Cader	So	5'10"
8	Malik Thompson	Jr	5'10"
12	Harry Koepfel	Sr	5'10"
	Boston College		
14	Aidan Penn	Sr	6'0"
17	Alexi Kershaw	Jr	5'10"
18	Peter Sarnoff	Sr	5'11"
	Georgetown University		
23	Eric Hochberger	Fr	5'7"
36	Miko Zeldes-Roth	Sr	5'10"
	Carleton College		
38	Isaac Tamulonis-Grant	Sr	5'11"
41	Andres Marton	Jr	5'10"
42	Henry Richey	Sr	5'10"
	Northwestern University		
49	Lloyd Jones	Sr	6'0"
51	Malcom Fox	Sr	5'9"
	Carleton College		
60	Randy Peralta	Sr	5'6"
	Bates College		
81	Colin Knudsen	Jr	6'1"

FATAL

FRYEBURG ACADEMY FRYEBURG, ME

COACHES: CHRIS STRAHLER, EMILY STRAHLER,
DAN GIBSON, MAX DYER

FAtal was created five years ago with fourteen willing students by Chris and Emily Strahler. Every year, the program has grown and the team has performed better. Two years ago, FAtal was the state runner-up, and last season we were the state champions. We will soon be the first varsity program in the state of Maine.

The team name includes the letters "FA" for Fryeburg Academy. One of the team captains in its first year wanted to name the team in a similar fashion to MagnUM, the University of Michigan Open team. He and the coaches brainstormed a list of words that included FA and settled on FAtal, hoping it would prompt us to live up to the name and become "dangerous" opponents. Windham and was not as exciting, but our newer players got more playing time. We won the game 13-0.



ROSTER

3	Ian Shea	Sr	6'1"
	University of Maine		
5	Thinh Huynh	Jr	5'10"
6	Dat Vu	So	5'10"
9	Ben Davis	Jr	5'11"
10	Stanford White	Jr	5'10"
11	Dmitriy Chekaykin	Jr	6'0"
13	Eli Titcomb	Jr	5'11"
16	Ben Bailey	Sr	6'3"
	Central Maine Community College		
22	Ben Darling	Fr	5'9"
23	Brian Zuniga	Fr	5'9"
26	Patrick Moody	Sr	6'1"
	Maine Maritime Academy		
27	Austin Gerchman	Jr	5'10"
30	Wayne Smith	Jr	6'0"
33	Liuke Yang	So	6'0"
66	Yuta Doine	Fr	5'6"
88	Donavon Brown	Jr	5'11"
96	Rodrigo Araujo	So	5'6"

OPEN TEAMS

FOX CHAPEL

**FOX CHAPEL HIGH SCHOOL
PITTSBURGH, PA**

COACH: JESSE SIDHU

Fox Chapel Ultimate, creatively named by students of Fox Chapel High School, has been an ultra-competitive team since the early 2000s. Team achievements include earning consecutive second and first places in the Pittsburgh High School Championship and winning first place at the Pennsylvania State High School Championship. The team plays aggressively and is known for some of its heavy-hitters, such as nationally recognized team members Max Sheppard and Jimmy Towle, as well as its extraordinary team spirit!



ROSTER

1	Max Sheppard	Sr	5'9"
	<i>Edinboro University</i>		
2	Richard Szabo	Jr	6'0"
3	John Lai	Sr	5'11"
	<i>University of Pittsburgh</i>		
6	Ty Englert	So	5'11"
12	David Danko	Sr	5'10"
	<i>Lehigh University</i>		
17	Dan Block	Sr	5'9"
	<i>Robert Morris University</i>		
22	Jonathan Stebbins	Jr	6'0"
23	Greg Good	Sr	6'0"
	<i>Baldwin Wallace University</i>		
44	Adam Gianamore	Sr	5'11"
	<i>University of Pittsburgh</i>		
48	James Towle	Sr	5'8"
	<i>University of Pittsburgh</i>		
55	Colson Bentz	So	6'1"
97	Eli Ziff	So	5'11"

HAMPTON ULTIMATE CLUB

**HAMPTON HIGH SCHOOL
ALLISON PARK, PA**

COACH: CHRISTIE LAWRY

Founded in 2002, the Hampton High School Boys Ultimate Team has been active in the Pittsburgh High School Ultimate League (PHUL) for over 10 years. Since 2005, the team has finished in the top four in PHUL and has attended the Pennsylvania State High School Championships every year. The success of the team is largely contributed to gaining club status with the school in 2005, acquiring a parent booster club in 2006 and having dedicated coaches since 2005. The team has practiced and played year-round and competed in every PHUL tournament and seasonal league that has been available each year.

WEBSITE: <https://sites.google.com/site/hamptonultimateclub/>



ROSTER

2	Jake Kraus	Jr	6'1"
3	Charlie West	So	5'7"
5	Mark Schwoegl	Sr	5'9"
	<i>Penn State</i>		
7	David Antol	Jr	5'9"
17	Matt Hanna	Jr	6'0"
19	Scott Trimble	Sr	6'2"
21	Derek Sanchioli	So	6'1"
22	Kevin Trimble	So	6'0"
24	Taylor Seibert	Fr	5'6"
27	Ethan Steinmetz	Jr	5'6"
29	Jake Davis	Jr	5'11"
42	Patrick Backeris	Jr	6'1"
57	Doug Eckhardt	So	5'11"
85	Mike Larkin	Jr	5'10"
92	Wally Gaida	Jr	6'0"

OPEN TEAMS

THE HILLTOPPERS

ST. JOHNSBURY ACADEMY
ST. JOHNSBURY, VT

COACHES: JOSH SEAMON, JOEL HELLER

The St. Johnsbury Ultimate program was founded in the fall of 2003 as an informal club. Since then, the program has grown into a varsity-level sport comprised of three teams. The team won the 2012 Vermont State Championships and each year hosts the St. Johnsbury Invite, the largest high school ultimate tournament on the east coast.

So far, the team has played close games against challenging competition across New England. We are looking forward to a seven-tournament season, a highlight being Northeasterns.



ROSTER

1	Mustapha Kay	Jr	5'10"
2	Yoruba Briggs-Guzman	Jr	5'11"
3	Valeriy Kim	So	5'10"
7	Chris Baesemann	So	5'9"
12	Joshua Pollner	Jr	5'10"
13	William Morse	Sr	6'1"
14	Barron Devoe	Jr	5'11"
15	Gabe Taney	So	5'9"
18	Noah Abramson	Sr	5'9"
23	Brendan Burke	Sr	5'10"
24	Eamon Roosa	Jr	5'10"
28	Aren Tulp	So	5'10"
36	Luke Jackmauh	Jr	6'1"
80	Aren Kellogg	Sr	6'1"
91	Max Buckminster	Sr	6'4"
97	Johnathan Cochran	Fr	6'0"

HURRICANES

AMHERST REGIONAL HIGH SCHOOL
AMHERST, MA

COACHES: TIINA BOOTH & BRENT ANDERSON

The Hurricanes is our school team name. We adopted it in 1998 when we were given varsity status by the school.

The highlight of our season so far was our trip to the Paideia Cup. We finished 5-0, with our toughest game against De Smet from St. Louis, Mo., in the semis. The hospitality of our Atlanta friends was much appreciated, and the depth of competition was impressive. Watch out for new hotbeds of ultimate to develop in the next few years!



ROSTER

2	Johann Becker	Sr	6'1"
3	Isaac Weitzman	Sr	5'10"
4	David Julien	Sr	6'1"
5	Jacob Light	Sr	5'11"
6	An Chu	Sr	5'4"
7	Gabe Kaufman	Sr	5'8"
9	Jonathan Park	Sr	5'9"
10	Charlie Davies	Sr	5'11"
11	Lucas Denit	Sr	6'1"
12	Aidan Bohan	Sr	6'3"
13	Jordan Van Emmerik	So	6'0"
15	Tim Bobrowski	Sr	6'0"
18	Ilan Berkman	So	5'11"
20	Leland Rege-Colt	Jr	5'10"
21	Eric Chen	Jr	6'0"
25	Solomon McMahan	Jr	6'1"
27	Lucas Verrastro	Sr	6'1"
33	Elliot Jerry	Sr	6'0"
35	Reuben Hagen	So	6'2"
40	Peter Chen	Sr	6'0"
75	Ezra Orlinsky	Sr	5'9"

OPEN TEAMS

KNIGHTS

WEST WINDSOR-PLAINSBORO HIGH SCHOOL NORTH PLAINSBORO, NJ

COACH: GREGORY STOLOWSKI

North Ultimate existed even before the school was built in 2001. Previously, there was a combo team rooted in our cross-town school, West Windsor-Plainsboro High School South. After North was built, the team split to their respective schools. Fast forward a few years, and the student-run club has created a legacy for itself within the New Jersey ultimate scene with its second-ever coach, Gregory Stolowski. Built solely on independent perseverance, the Northern Knights cheer with courage and pride. Through the spring season, they have been fighting in each point and at each tournament to win a steady second place in most major tri-state area tournaments. With second place finishes at the New Jersey State Championships in 2008 and 2012, a fifth place finish at 2010 High School Easterns, and appearances at 2011 High School Easterns and 2012 High School Northeasterns, WWP North is pumped to make history at this year's regional championship.



ROSTER

0	Richard Devasagayaram	Sr	5'7"
	<i>Penn State</i>		
2	Wesley Chen	Sr	5'10"
	<i>University of Michigan</i>		
3	Frank Long	Sr	5'6"
	<i>University of Illinois</i>		
4	Mihir Punji	So	5'2"
7	Kevin Lin	Jr	6'0"
8	Varun Rajesh	Jr	5'10"
14	Brendon Pierce	Jr	5'10"
16	Alex Liu	Sr	5'7"
	<i>Penn State</i>		
17	Francis Santoso	Fr	5'10"
18	Alexander Huang	So	5'7"
19	Migal Manickaraj	Sr	5'6"
	<i>UC San Diego</i>		
21	George Zhou	Sr	5'11"
	<i>Rutgers University</i>		
24	Nehar Damle	Jr	5'7"
25	Nick Ding	Fr	5'11"
27	Gary Li	Sr	5'11"
	<i>NYU</i>		
37	Steven Chien	Fr	5'7"
38	Prashant Baliga	Fr	5'10"
39	Mathew Zhang	Sr	5'7"
	<i>Drexel</i>		
80	Marshall Evans	Sr	5'9"
	<i>NYU</i>		
99	Shashank Alladi	Sr	5'8"
	<i>Rutgers University</i>		

LEXINGTON HIGH SCHOOL FOOLIGANS

LEXINGTON HIGH SCHOOL LEXINGTON, MA

COACH: LARRY DAVID / ASST. COACHES: LIZZY RAMRATH, JOSH OLIVIERA-MASON

The team started back in 1999-2000 with a few interested juniors and a batch of hungry freshmen who were termed "a bunch of fooligans" by a classmate, which spurred the name. The team has almost always been competitive, highlights being a trip to Easterns back in 2005, and finishing second in the Massachusetts States tournament last year. Oh, and SPUMONI!

This year: A deep and hungry team with a nice balance of experienced seniors and strong underclassmen has amassed a strong record with a second-place finish at our home tournament. By Northeasterns, the team hopefully will have done well at the Amherst Invitational as well and earned a likely top-three finish at the Andover Invite.

WEBSITE: <http://www.andoveryouthservices.com/ultimate/>



ROSTER

0	Carlo Cincotta	Sr	5'8"
	<i>UMass</i>		
1	Thomas Marge	Jr	6'0"
3	Tamar Austin	Sr	5'5"
	<i>RPI</i>		
9	David McDevitt	Sr	6'0"
	<i>Northeastern</i>		
10	Brian Chirn	Jr	5'7"
11	Charlie Coburn	So	6'0"
12	Tim Schoch	So	6'1"
17	Prashanth Veeragandham	Sr	5'7"
	<i>Purdue</i>		
18	Gabe Halperin-Goldstein	Sr	5'9"
19	Ian Davis	Jr	5'9"
21	Tanner Johnson	So	6'3"
26	Matti Schreibman	Sr	6'1"
	<i>UMass</i>		
27	Mark Rosenberg	So	5'7"
37	Jack Deschler	So	6'0"
40	Will Marshall	Fr	6'0"
41	Jesse Mahler	Sr	5'11"
	<i>Tufts</i>		
47	Skylar Levey	So	6'0"
55	Zac Gunther	Sr	5'10"
61	Caitlin Go	Sr	5'3"
	<i>Stanford</i>		
63	Gregory Smail	Sr	6'0"
	<i>Wisconsin</i>		
83	Eli West	Jr	6'2"
88	Dan Bernstein	Sr	5'9"
	<i>George Washington</i>		

OPEN TEAMS

NEEDHAM ULTIMATE

**NEEDHAM HIGH SCHOOL
NEEDHAM, MA**

COACHES: DAN HOURIGAN, JIMMY FOSTER

Debate. Founded 2001.



ROSTER

3	Ben Sadok	Sr	5'5"
	<i>UMass Amherst</i>		
4	Jacob Nikolajczyk	Jr	5'11"
5	Ryan Sickles	Sr	5'11"
	<i>Carnegie-Mellon</i>		
6	Yeehin Li	Sr	5'5"
	<i>Northeastern</i>		
10	Jim Heger	Sr	5'11"
	<i>Providence</i>		
12	Matt Caswell	So	6'0"
13	Dan Moder	Jr	6'1"
14	Eric Silverman	Jr	5'11"
16	Jeff Schindler	Jr	5'9"
18	Scott Groux	Sr	6'2"
	<i>Wisconsin</i>		
19	Ryan Colarusso	Sr	5'7"
	<i>UVM</i>		
20	Sam Moller	Sr	5'8"
	<i>Dickinson</i>		
22	Kenny Gjerstad	Sr	5'11"
	<i>Bridgewater</i>		
24	Brendan Chambers	So	6'4"
25	Noam Kahn	Jr	5'11"
28	Alex Caulfield	Jr	5'10"
35	Dan Goldstein	So	5'6"
41	Ben Kaufman	Sr	6'2"
	<i>Lafayette</i>		

NNHS ULTIMATE

**NEWTON NORTH HIGH SCHOOL
NEWTON, MA**

COACHES: MATTY ANDERSON, COLIN MANEVAL

NNHS Ultimate got its start in 1991 as a ragtag bunch of ne'er-do-wells. Under the tutelage of the venerable James Pitts, they attended some of the earliest Amherst Invitationals and High School Nationals. With a coaching change in 2001 to current coach Matt Anderson, and the addition of co-coach (and NNHS alum) Colin Maneval in 2009, the team has strived to become more passionate, more intense and more successful than ever. With the rising quality of high school ultimate, NNHS has kept pace with the middle of the pack, but this year expects to make big impressions at the elite level of the sport. And we have no team name. NNHS Ultimate is all you need to know.

**NNHS
ULTIMATE**

ROSTER

2	Gilad Seckler	Sr	6'1"
	<i>Brown</i>		
4	Jonah Shechtman	Jr	5'7"
5	Frank Donato	Sr	6'0"
	<i>Penn State</i>		
7	Kenny Wen	Jr	5'7"
8	Alex Lund	So	5'8"
11	Kristian Lundberg	Sr	5'11"
	<i>Columbia</i>		
12	Mac Hecht	Jr	6'0"
13	Danny Roberts	Fr	5'4.5"
16	Tian Rossi	Jr	5'8"
21	Owen Weitzman	So	5'8"
22	Eli Schwamm	So	5'10"
23	Alec Zabrecky	Sr	5'7"
24	Adrian Alonso-Tavera	Sr	5'7"
	<i>Bryant</i>		
27	Russell Petry	Jr	6'3"
35	Gabe Bibuld	Jr	5'9"
42	Benjamin Cole	Fr	5'5"
49	Gabe Adler-Cohen	Jr	5'8"
75	Nick Roberts	Sr	5'9"
	<i>Tufts</i>		

OPEN TEAMS

PENNSBURY FALCONS

PENNSBURY HIGH SCHOOL
FAIRLESS HILLS, PA

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 distinction by winning four high school state championships. The team played in their first Easterns High School Championship in 2006, finishing in 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, that attract top teams from the east coast. The team name aligns with our high school sports program, and we are proud to be Falcons!



ROSTER

1	Zac Sands	Jr	5'9"
3	Jack Ziemer	Sr	6'1"
5	Pat Ward	So	5'8"
7	Colby Gordon	Fr	5'9"
8	Blake McDonald	So	6'1"
9	Sean Elicker	Sr	6'0"
10	Brandon McKee	So	5'7"
11	Brandon Hines	Sr	6'0"
13	Christian Duess	So	6'1"
15	Zac Wall	So	5'5"
16	Tim McNeil	Sr	6'0"
18	Jake Doyle	Jr	6'2"
20	Ben Kriss	Sr	6'0"
23	Alec Hunziker	So	5'9"
24	Max Rooney	Jr	6'0"
26	Tyler Gerner	Sr	5'11"
31	Drew Ficarotto	Fr	5'6"
33	Mitch Messick	Sr	5'11"
45	Phil Eng	Sr	5'8"
69	Jake Watson	Jr	5'8"
85	Kyle Cox	Sr	6'2"
89	Cole Drummond	So	5'8"

WATCHUNG HILLS WARRIORS

WATCHUNG HILLS REGIONAL
HIGH SCHOOL
WARREN, NJ

COACH: KEN KARNAS

The Watchung Hills Warriors became a varsity sport nearly 10 years ago and has grown to have over 50 members.

This fall, the Warriors took third place at Fall Brawl. In the first tournament of the spring, Radnor Invite, the Warriors beat long-time rival Columbia High School to win the tournament.



ROSTER

1	Andrew Tu	So	5'5"
3	Brandon Leong	Jr	5'8"
5	Eric Fogarty	Sr	5'10"
	<i>Rutgers</i>		
6	Dylan Ma	Sr	5'9"
	<i>Binghamton</i>		
7	Kyle Isler	Jr	5'7"
8	Nim Sten-Gilady	Sr	5'10"
	<i>Colorado</i>		
9	Edson Wong	Fr	5'7"
10	Nick Diana	Sr	6'0"
	<i>Colorado</i>		
11	Dennis Lamson	Sr	6'2"
	<i>Slippery Rock</i>		
12	Anderson Chan	Sr	5'7"
	<i>New York University</i>		
13	Anmol Jadvani	Fr	5'8"
15	Justin Doak	Jr	5'10"
17	Leon Cheung	Jr	5'9"
18	James Bey	Jr	5'11"
21	Alvin Cheng	Jr	5'7"
22	Matt Deitz	Jr	5'6"
25	David Voychuk	So	5'5"
39	Alan Gou	Sr	5'9"
	<i>Rutgers</i>		
42	Alex Wang	Jr	5'10"

OPEN TEAMS

WESTFIELD HIGH SCHOOL

**WESTFIELD HIGH SCHOOL
WESTFIELD, NJ**

COACH: RYAN BELLINÉ

Westfield Ultimate was one of the original teams in New Jersey back in the 1960s and 1970s, but the team disappeared for years before starting to reform in the early 2000s. In 2006, the team made its first appearance at the New Jersey State Championships. Within two years, the team was making the semifinals and being competitive in those games. With a middle school program of over 70 players on travel teams and in-town leagues combined with strong leadership in the high school, the best seasons are still yet to come!

During the spring season, Westfield has competed in two big tournaments, Bring the Huckus and Born to Dive. Westfield was undefeated at Bring the Huckus prior to a March snowstorm that forced the cancellation of the second day of the tournament. In addition, Westfield placed third at Born to Dive with a universe point loss in the semifinals. After Northeasterns, the New Jersey State Championships are up next.

WEBSITE: <http://www.westfieldnj12.org/ultimatefrisbee>



ROSTER

3	Kevin Stelmach	So	6'1"
7	Jack Venezia	Jr	5'8"
8	Andrew Lehmberg	Jr	5'7"
16	Eric Weber	Jr	6'1"
17	Sam Russak	Sr	5'7"
	<i>Pittsburgh</i>		
18	Drew Stierhoff	Jr	5'9"
20	Nick LaRue	Jr	5'8"
21	Cole Feltman	8th	5'4"
27	Brandon Egert	Jr	5'10"
30	Evan Steinfield	So	5'9"
31	Jagger Linsky	Jr	5'5"
33	Charlie Lu	Jr	5'6"
42	Albert Chen	Fr	5'7"
47	Chris Ng	8th	5'6"
57	Connor Russell	Fr	5'11"
64	Jack Liebling	8th	5'7"
84	Chris McGlynn	Jr	5'9"
99	Kevin Tsui	8th	5'7"

XAVIER ULTIMATE

**XAVIER HIGH SCHOOL
MIDDLETOWN, CT**

COACH: DAVID APPLIGATE

The team started as an intramural activity eight years ago and was elevated to varsity status two years later when the seniors approached the administration. With the school mascot being the falcon, the team logo incorporated the falcon head in a circular fashion resembling a disc.

In 2012, coming off a strong season, the team carried their momentum and had a successful year. The team played well in the Connecticut state tournament, winning games against three of the top teams in the state before falling short in the finals to place second overall. The team then played for the first time at Northeasterns and was able to break seed, having started the tournament seeded 14th and finishing in 10th place. At the end of the season, the team capped off a successful season by winning the New England Tournament.



ROSTER

0	Gavin Clemmey	Sr	6'0"
12	Collin McLaughlin	Jr	6'0"
15	Kevin Lewis	So	5'10"
16	Angus Lamont	Jr	6'0"
17	Sam Oeschger	Sr	5'10"
18	Jason Corriveau	Jr	5'8"
20	Max Staab	Jr	5'8"
21	Owen Kosmaczewski	Jr	5'8"
22	Joe Braun	Jr	5'7"
23	Zac Camner	Sr	6'1"
24	Jack Kessler	Jr	5'8"
27	Ben Emory	Sr	6'0"
28	Adam Boyington	Sr	5'10"
30	Sunjay Pai	Jr	5'8"

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 USA Ultimate Executive Committee, March 29, 2005.

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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 or 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.

2013 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 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.



2013 COLLEGE CHAMPIONSHIPS

BROADCASTING THE ACTION FROM MADISON, WI



LIVE ON ESPN3 (ALL TIMES EST)

SUNDAY, MAY 26

1:00pm - Women's Semifinal

3:30pm - Women's Semifinal

6:30pm - Men's Semifinal

9:00pm - Men's Semifinal

MONDAY, MAY 27

1:00pm - Women's Final

3:30pm - Men's Final

TAPE-DELAYED BROADCAST ON ESPNU (ALL TIMES EST)

WEDNESDAY, MAY 29

7:00pm - USA Ultimate College Championships
Highlight Show

8:00pm - Men's Championship Game

9:00pm - Women's Championship Game

THURSDAY, MAY 30

1:00am - Men's Championship Game (Re-air)

2:00am - Women's Championship Game (Re-air)

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