



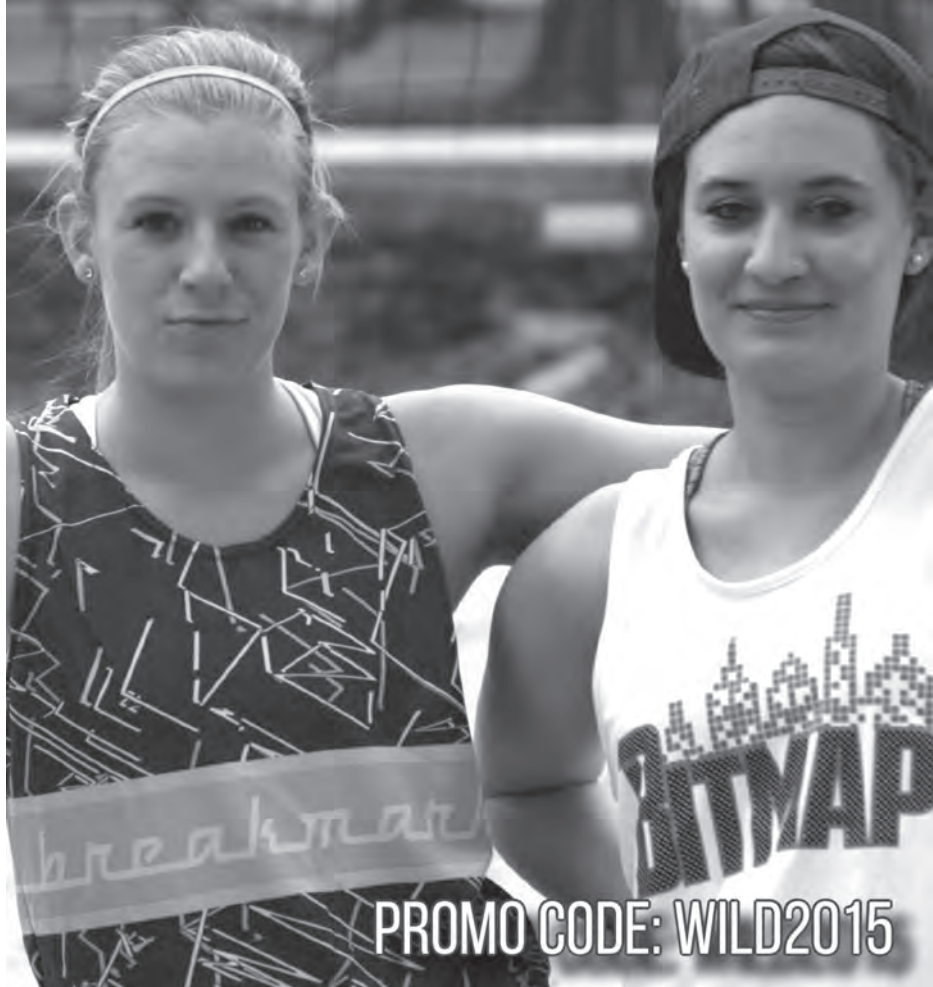
event guide \$2

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**\$20 DOLLAR TEAM SPOT SUB TANKS  
JUST IN TIME FOR WILDWOOD.**



**PROMO CODE: WILD2015**



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## USA ULTIMATE

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Web: [usultimate.org](http://usultimate.org) Email: [info@usultimate.org](mailto:info@usultimate.org)

# welcome

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On behalf of USA Ultimate, Maine Ultimate, the City of South Portland, Greater Portland Convention and Visitors Bureau and the Maine Sports Commission, I welcome you to the 2015 USA Ultimate High School Northeastern Regional Championships.

This year, we have a girls' division with 13 teams and a boys' division with 16 teams. Seven northeastern states are represented by those teams. You may expect lots of highly competitive and exciting ultimate.

The tournament takes place at the Wainwright Complex in South Portland Maine. The Wainwright Complex has over 66 acres of developed athletic fields. Ultimate tournaments are hosted here every summer by Maine Ultimate, the local organization, from hat leagues to regional club events. Wainwright also plays host to the Greenbelt Walkway that connects a six-mile bike/walking trail to Bug Light Park. In the winter months, Wainwright turns into a winter wonderland filled with opportunities to skate on the ice rink, ski cross country on the groomed trails and snowshoe around the complex.

The Saturday social event will be held here at the fields and will feature food from local food trucks and a bunch of field games for you to play. For the parents, Maine Ultimate is organizing a parents' social. Stay tuned for more information on that!

The greater Portland area is home to many great restaurants. From pizza to a five-course dinner, ask us for a recommendation. For the ultimate shopper, drive north for about 20 minutes, and you'll find yourself in Freeport. Freeport is home to LL Bean, a 24-hour retail store. Check the entrance doors; they have no locks!

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!

Richard Young  
Tournament Director



# WEEKEND OVERVIEW

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## **FRIDAY, MAY 15 – FAIRFIELD INN BY MARRIOTT**

7:00pm-9:00pm      Team Registration

## **SATURDAY, MAY 16 – WAINWRIGHT ATHLETIC COMPLEX**

8:00am              Captains Meeting

9:00am-6:00pm      Game Play

4:30pm-7:00pm      Food & Fun at the Fields

## **SUNDAY, MAY 17 – WAINWRIGHT ATHLETIC COMPLEX**

8:30am-2:00pm      Competition Continues

2:30pm              Championship Games

Post-Finals              Award Ceremony. Immediately following the finals, awards will be presented to the first- and second-place teams in each division along with Team Spirit Awards and Individual Spirit Awards (one from each team).

# EVENT STAFF

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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 – Richard Young

Co-Tournament Director – Andrew Applegate

Volunteer Coordinator – Jen Meuhle

Head Scorekeeper – Toby Jacobs

Tournament Central – Nicole Welch

Hospitality Coordinators – Alex Pozzy, Maddie Purcell, Mike Callahan

Local Media Coordinator – Mike Leding

Water Coordinator – Andy Aikens

## **USA ULTIMATE STAFF**

Managing Director – Competition & Athlete Programs – Will Deaver

Manager – Competition & Athlete Programs – Connor Maloney

Coordinator – Youth & Education Programs – Sarah Powers

Manager – Finance & Administration – Ethan Taylor-Pierce



## **GIRLS! Come Learn to Play Ultimate!**

### **SATURDAY, MAY 16, 2:45-4:45PM**

In partnership with Maine Ultimate, USA Ultimate is hosting a girls-only GUM Clinic at the 2015 High School Northeastern Regional Championships.

The clinic is open to girls in grades 3-12 who are not competing at Northeasterns. All participants will receive a free GUM disc and sticker. For more information and to register, check out [usultimate.org](http://usultimate.org) or stop by tournament headquarters at the Wainwright Sports Complex.

## **COME JOIN THE GIRLS' ULTIMATE MOVEMENT!**



# COMPETITION RULES

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- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point cap at 15.
- 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

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- **NO ALCOHOL OR TOBACCO!** Facility staff, event staff and security will be checking to make sure people are not drinking or smoking. Thank you!
- **DOGS ON LEASH ONLY!** Please properly dispose of waste.
- **SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 YARDS AWAY FROM SIDELINES!** Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- **TRASH AND RECYCLING!** Place recyclables in the recycling receptacles and place trash in the trash. Keep your sidelines clean.
- **LANGUAGE.** Keep in mind that this is a youth facility and overall a family environment.

# DIRECTIONS

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**MAINE MEDICAL CENTER: 22 BRAMHALL STREET, PORTLAND, ME 04102**

**FROM WAINWRIGHT ATHLETIC COMPLEX**

(Gary L. Maietta Way, South Portland, ME 04106):

Exit parking lot heading southeast on Gary L Maietta Way for 0.4 mile.

Turn left onto Highland Avenue and proceed 2.1 miles.

Turn left onto Antoine Street and proceed 0.5 mile.

Turn right onto Broadway and proceed 0.1 mile.

Turn left onto ME-77 N/Broadway and proceed 1.3 miles.

Turn left onto High Street and proceed 0.3 mile.

Turn left onto Congress Street and proceed 0.5 mile.

Turn left onto Bramhall Street and Maine Medical Center will be on the right.





# SHOOTING PHOTOS/VIDEO

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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 can be found online at [usultimate.org/about/usultimate/media\\_policies.aspx](http://usultimate.org/about/usultimate/media_policies.aspx) or may be obtained from the USA Ultimate staff at your event.

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](mailto:stacey@hq.usultimate.org).



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Handmade Flour Tortillas!  
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# BOYS' TEAMS

## AMHERST REGIONAL HIGH SCHOOL

### HURRICANES

Amherst, MA

Coaches: Joe Costello, Leila Tunnell

Twitter: @canesultimate



We are in the 25th year of our team's existence. Our team name, Hurricanes, is Amherst Regional High School's mascot. We are a recognized varsity sport by our athletic department.

#### ROSTER

2	Jacob Kaplan	Jr	6'0"
3	Ben Goldman	So	5'9"
4	Mak Rodgers	Sr	6'1"
7	Avi Elkin	Sr	5'10"
	<i>Pitzer</i>		
8	Dustin Baglow	Jr	5'10"
9	Gabe Fontes	Sr	6'1"
10	Elijah Mishkind	Jr	5'10"
11	Jesse Newman	Sr	5'10"
13	Jorden Van Emmerik	Sr	5'11"
	<i>Northeastern</i>		
15	Luke Webb	Sr	6'0"
17	Evan Carson	Sr	5'11"
18	Ilan Berkman	Sr	5'11"
	<i>Vassar</i>		
19	Solomon		
	Rueschemeyer-Bailey	Jr	6'0"
21	Harry Wolff Landau	So	5'10"
22	Ryan Dinger	So	5'10"
27	Lenny Knight	Jr	5'11"
35	Reuben Hagen	Sr	6'0"
	<i>Massachusetts</i>		
36	Noah Fay	Jr	6'3"
41	Oliver Fay	Jr	6'3"
51	Jared Kannel	Jr	5'11"
88	George Holt	Jr	5'10"
98	Kale Wenczel	Jr	5'10"

## CAPE ELIZABETH HIGH SCHOOL

### FLYERS

Cape Elizabeth, ME

Coaches: Matt Bates, Tom Stoughton



The Cape Elizabeth boys have made it to three straight Maine State Championship finals, winning in 2013. Founded in 2011, this year, the ultimate team has more than 50 boys playing on various teams, which is more than 15 percent of all boys at the school. The team name Flyers comes from our team's Toucan mascot.

#### ROSTER

6	Thomas Lalouche	Sr	
7	Elliot McGinn	So	
8	Matt Martin	Jr	
13	Tim Corsello	Jr	
14	Abaseen Shir	Jr	
17	Ben Ekedahl	So	
21	Calvin Barber	So	
22	Sawyer Wood	Sr	
	<i>Eckerd</i>		
23	Evan Concannon	So	
30	Matt Concannon	Fr	
34	Daniel Menz	Sr	
	<i>Harvard</i>		
73	Alex Depke	So	
88	Bubbah Ledoux	Jr	
96	Eli Babcock	So	

# BOYS' TEAMS

## COLUMBIA HIGH SCHOOL

### COLUMBIA VARSITY FRISBEE

Maplewood, NJ

Coach: Ben Haim

Twitter: @CHSVFT



Columbia High School is the longest-running team in the country, having invented the sport ultimate in 1968. We have had many alumni go on to play college and club ultimate, as well as play on different USA Ultimate worlds teams. Our program continues to grow and prosper, seeing more and more kids try out and join the CHS Ultimate family.

## FALMOUTH HIGH SCHOOL

### FALMOUTH ULTIMATE

Falmouth, ME

Coaches: Dylan McPhetres, Brian Edmonds, Chris Hepburn



Falmouth Ultimate is entering its seventh year of existence. In our first year, 2009, we lost every single game we played. In 2010 and 2011, we won the Maine State Championship. In 2012 and 2013, we came in third in the state. In 2014, Maine Ultimate moved to a single-gender state championship system, and our boys' team won the State Championship.

We participated at Northeasterns in 2012 as the only mixed team in the open division. In 2014, although we went 0-3 in pool play, our pool included the eventual first-, second- and sixth-place teams. We have participated in spring high school tournaments in St. Johnsbury, Vt.; Andover, Mass.; and Cumberland, Maine, every year since 2011 and have always done very well. This year, we will be attending Andover (Division 1 and 2), Amherst Invitational (Division 2) and the Cumberland (Maine) Invite.

#### ROSTER

2	Donovan Hugel	So	5'9"
4	Jack Kelly	So	5'7"
5	Alex Rafkin	Jr	6'1"
8	Stefen Reese	So	5'6"
13	Jake Sandor	Jr	5'7"
18	Jesse Nelson	Sr	5'6"
	<i>Delaware</i>		
21	Gabe Fearon	Jr	6'0"
22	Michael Carnevale	Jr	5'7"
23	Russell Moy	Jr	5'9"
24	Adam Fine	Jr	5'10"
31	Jared Mahoney	Jr	5'7"
32	Kalman Carmel	So	5'9"
41	Harry McNamara	So	5'9"
47	Ethan Smith	So	5'7"
58	Zack Cincotta	Sr	5'7"
66	Griffin Arguelles	Jr	5'10"
68	Anton Kaplan	Sr	5'3"
	<i>Hampshire College</i>		
69	Malcolm Richardson	Jr	5'8"
80	Josh Heacock	Fr	5'8"
97	Sean Taylor	So	5'5"

#### ROSTER

00	Chip Robishaw	Sr	5'10"
6	Jack O'Donoghue	Jr	6'0"
12	Evan Tanner	So	5'10"
14	Jacob King	So	5'10"
16	Dex Dremann	So	5'10"
18	Tony St. Angelo	Jr	6'2"
20	Olin Rhoads	So	6'0"
22	Matt Edmonds	Sr	6'3"
23	Ben Field	So	6'0"
24	Charlie Hepburn	Sr	6'0"
31	Cayman Bickerstaff	Sr	6'1"
32	Jared DeWolfe	Sr	6'0"
33	Jack Hepburn	So	6'0"
44	Ben Simonds	So	5'11"
63	Graham Whiting	Fr	5'10"
81	Ted Blum	Sr	5'11"
88	Andrew Muscadin	So	6'0"
98	Gabe Smestad	Fr	5'10"

# BOYS' TEAMS

## LEXINGTON HIGH SCHOOL

### FOOLIGANS

Lexington, MA

Coach: Larry David



The Lexington team started back in 1999-2000 when they were a bunch of Fooligans with no real field. The team has almost always been competitive, with highlights being a trip to Easterns back in 2005 and finishing second at the Massachusetts State Championship in 2012. Two years ago, the team blew away all expectations with a second-place finish at Amherst and tournament wins at Massachusetts States and Northeasterns. Last year, the team made the semifinals at Northeasterns and the finals of States and Amherst. We're back and looking to win, exhibit good spirit and have fun. Oh, and SPUMONI!

### ROSTER

0	Arjun Khandelwal	Sr	5'11"
	<i>MIT</i>		
2	Jimin Ko	Jr	5'9"
5	Joshua Nam	Jr	5'4"
6	Zach Hahn-DuPont	Fr	5'11"
8	Jamie Wheaton	Sr	5'9"
	<i>Carnegie Mellon</i>		
9	James Swingle	Jr	5'6"
11	Charlie Coburn	Sr	6'2"
12	Tim Schoch	Sr	6'1"
13	Chris Padilla	Jr	6'2"
18	Gabe Halperin-Goldstein	Sr	5'11"
20	Isaac Benghiat	Jr	5'10"
21	Tannor Johnson	Sr	6'3"
22	Elias Carver	So	5'9"
27	Ethan Fong	So	5'6"
30	Matt Sabin	So	5'10"
32	Mark Rosenberg	Sr	5'9"
	<i>Yale</i>		
37	Jack Deschler	Sr	6'0"
	<i>Harvard</i>		
40	Will Marshall	Jr	5'11"
	<i>Tufts</i>		
43	Arthur Abbate	Sr	5'11"
46	EJ Simon	Sr	4'7"
47	Skylar Levey	Sr	6'1"
49	Caleb Ng	So	5'7"
55	Stephen Mock	So	5'11"
57	Jesse Strod	So	5'10"
72	Alex Lerner	So	5'8"
80	Eugene Kim	Sr	5'6"
93	Walden Ng	So	5'6"
98	Max Kaye	So	6'0"

## LONGMEADOW HIGH SCHOOL

### LANCERS

Longmeadow, MA

Coach: Dennis McGann

Twitter: @LHSDisc

Website: [sites.google.com/a/longmeadow.k12.ma.us/longmeadow-ultimate](http://sites.google.com/a/longmeadow.k12.ma.us/longmeadow-ultimate)



Founded as one team in 2003, our program has expanded to four teams, two for boys and two for girls. We have had success with a lot of student leadership in the program. Our team name comes from our school's mascot, the Lancers!

### ROSTER

00	Isaac Greenberg	Jr	5'10"
1	Jack Blanton	Sr	6'3"
5	Tighe Dudeck	Sr	6'0"
6	Nicholas Smith	So	6'0"
7	Tim McGann	Sr	6'0"
10	Dylan Helmus	Sr	5'11"
12	Chris Bresnahan	Jr	6'0"
13	Javier Poznar	Sr	5'7"
19	Zachary Johns	Jr	6'4"
21	Charly Blazy	Sr	5'11"
22	Nicky Taylor	So	5'11"
23	Michael Chen	Sr	5'9"
30	Max Schepps	Jr	6'1"
33	Nick Losee	Sr	5'10"
42	Harry Gordenstein	Jr	5'9"
52	Paul Sterritt	Jr	5'9"
78	Billy Gordenstein	Jr	5'10"
80	Ian Ireland	Sr	6'1"
99	David D'Agostino	Sr	5'11"

# BOYS' TEAMS

## MASCONOMET REGIONAL HIGH SCHOOL

### MASCONOMET

Topsfield, MA

Head Coach: Bob Serino

Assistant Coach: Reilly Finnegan

Website: [sites.google.com/site/mascoultimate](https://sites.google.com/site/mascoultimate)



Masconomet Ultimate was founded in 1998. Fifty to 60 athletes try out for a spot on either the A or B team in March each year. In 2004, the team competed in the Massachusetts State Championships for the first time. The team finished

second in the state in 2010 and was in the final four in 2005 and 2013. In 2014, the team captured the States and Northeastern titles for the first time in program history. The team's philosophy centers around four pillars: Character, Courage, Community and Commitment.

### ROSTER

1	Eric Blanchard	Sr	5'10"
4	Jacob Kershaw	Fr	5'9"
5	Francesco Storm	Jr	5'8"
6	Michael Caputo	Sr	5'9"
	<i>Purdue</i>		
7	Mitch Hebert	Sr	6'3"
	<i>Providence College</i>		
9	Coby Schneider	So	5'11"
12	Connor Haines	Jr	6'3"
13	Peter Walker	So	5'9"
14	Alex Spaulding	Jr	6'4"
18	Jared Madore	Sr	6'1"
	<i>Massachusetts</i>		
21	Connor Whiffen	Sr	6'2"
23	Tim Ennis	Jr	6'4"
24	Tim Stump	Sr	5'10"
34	Mike Budrewicz	Fr	5'8"
88	Steven Heintzelman	Jr	5'11"

SPECTATOR INFO

## MIDDLETOWN HIGH SCHOOL

### FIRESTARTERS

Middletown, CT

Coaches: Trevor Charles, Nick Libera, Austin Raymond,

Jake Kravitz

Website: [firestartersultimate.com](https://firestartersultimate.com)



Middletown is in its 11th year of existence after being founded by three students: Todd Hettrich, Austin Raymond and Bobby Meskill. Initially unrecognized, and therefore not allowed to use the school

mascot, the Blue Dragons, the team chose to play off the dragon and go with the Firestarters because they started something new in Middletown. The team is now a fully recognized varsity sport in our district. Quickly rising among the ranks in New England, Middletown has competed successfully at the regional level, winning titles at the New England Championships and St. Johnsbury Invitational. Last year, the team was ranked 18th in the country according to Ultiworld's power rankings. The team hosted its 10th Middletown Invitational, attracting teams from all over the Tri-State and New England areas, and helped form the Connecticut Ultimate League which is open to all high schools in Connecticut, in an effort to expand the sport.

### ROSTER

0	Chris Connelly	Sr	5'10"
1	Brandon Harrington	Sr	6'3"
2	Bilal Chapman	Fr	5'10"
3	Jenna Lentini	So	5'3"
5	Dario Highsmith	Sr	5'10"
	<i>West Point</i>		
11	Kellie Gambell	Sr	5'0"
12	Nate Scianna	Fr	5'6"
13	Alexandra DeFrance	Jr	5'7"
15	Kennie Vaughan	Sr	5'10"
18	Cameron Cietek	Sr	5'10"
21	Ben Johnson	Jr	5'11"
22	Tim Tozier	Sr	5'8"
24	Brandon Davison	Jr	5'6"
25	Kyle Bonvouloir	Sr	6'0"
33	Will O'Reilly	Jr	5'10"
35	Yan Zhao	Jr	5'8"
44	Mitchell Gaylord	Sr	5'11"
47	Kevin Scottin	Sr	5'11"
84	Anthony Melillo	Sr	6'2"
88	Cameron Resnisky	Sr	6'1"
99	Jayden Coughlin	Fr	5'9"

# BOYS' TEAMS

## MONTPELIER HIGH SCHOOL

### SOLONS

Montpelier, VT

Coach: Anne Watson



Montpelier is known as the "Solons," which leads most of our competitors to ask, what's a Solon? Solon was a statesman in ancient Athens. He was known for writing just laws, paving the way for democracy and generally being a good guy. If he

had played ultimate, he would have won the individual spirit award. Being from the capital of Vermont, we aspire to Solon's legacy. Our symbol is an owl, also a symbol of ancient Athens.

When our team started five years ago, we mixed star athletes with those who had never played a sport before. Now we have boys' A, boys' B and girls' teams: 50 players at a school of 300. We have always done well at States, but last year for the first time, we won the Vermont Boys' Division State Championship. We also co-won the spirit award.

### ROSTER

3	Izac Raker	Fr
4	Colby Clark	Jr
6	Miles Rapaport	So
7	Ivan Bansah	Sr
8	Reed Browning	So
9	Anders Heyerdahl	Jr
10	George Valentine	Sr
11	Ben Crane	Jr
12	Elijah Coolidge	Jr
13	Colby Anderson Andresen	Jr
14	Zach Acosta	Sr
17	Fox Winters	Jr
23	Isaac Avery-Padberg	Jr
37	Kirby Gordon	Jr
43	Tomas Rogel	Sr
77	Aidan Casner	So

## NEEDHAM HIGH SCHOOL

### NEEDHAM ULTIMATE

Needham, MA

Coaches: Dan Hourigan, Brian Clarkson, Jake Smart



Founded 2001. Debate.

### ROSTER

4	Michael Busa	Jr	5'9"
11	Jarrett Ho	So	5'6"
12	Matt Caswell	Sr	6'2"
	<i>Massachusetts</i>		
13	Sebastian Migliuolo	Jr	6'4"
15	Ethan Nash	Jr	5'8"
17	Joshua Shapiro	Jr	5'5"
20	Kevin Murphy	Jr	6'5"
21	Adam Newman	Jr	5'8"
23	Leo Stern	Sr	6'3"
24	Brendan Chambers	Sr	6'4"
25	Bryan Rothenberg	Jr	6'1"
29	Evan Massa	Fr	6'0"
35	Dan Goldstein	Sr	5'7"
	<i>Pittsburgh</i>		
39	Matthew Cote	Sr	6'1"
	<i>Boston University</i>		
42	Yuval Marcus	So	5'9"
45	Jack Kenney	Jr	5'8"
72	Joseph Sadok	Jr	4'7"
88	Nathan Lai	Sr	5'5"

# BOYS' TEAMS

## PENNSBURY HIGH SCHOOL

### FALCONS

Fairless Hills, PA

Coach: Casey Startzell



The Pennsbury Falcons ultimate team was formed in 1997. We have had great success over the past decade, winning seven Pennsylvania State Championships, two Northeastern regional championships and many smaller tournaments.

Many of our alumni have gone on to have success at the college level as well.

We host the Born to Dive and Fall Brawl tournaments to provide an opportunity for regional teams to improve and see new opponents.

We take our team name from our school's mascot.

### ROSTER

1	Ian Anderson	Fr	5'8"
3	Mac Rushing	Jr	5'6"
4	Grant Shapiro	Jr	6'1"
7	Colby Gordon	Jr	5'11"
8	Blake McDonald	Sr	6'2"
<i>Colorado</i>			
9	Cole Drummond	Sr	5'10"
<i>West Chester</i>			
10	Nick Argenti	Jr	5'7"
11	Drew Ficarotta	Jr	5'8"
12	Cole Ruoff	Fr	5'3"
13	Christian Duess	Sr	6'1"
<i>Bucks CC</i>			
14	Jon Parks	Fr	5'9"
15	Brandon McKee	Sr	5'7"
<i>Bucks CC</i>			
16	Sean Johnson	So	5'4"
17	Tanner Kleid	Fr	5'7"
<i>West Chester</i>			
18	Zack LaBar	So	5'11"
20	Christian Pilla	Jr	5'9"
22	Tim Clarke	Jr	5'10"
23	Alec Hunziker	Sr	5'8"
<i>Santa Fe College</i>			
24	TJ Arias	Jr	5'11"
26	Lee Farrell	Jr	5'9"
33	Colin Anderson	Fr	5'10"
37	Andrew Elliott	Jr	5'10"

SPECTATOR INFO

## SHARON HIGH SCHOOL

### BAD CLAMS

Sharon, MA

Coach: David Christiansen

Twitter: @sharon\_ultimate

Website: sharonultimate.org



In the spring of 2009, our ultimate disc club decided to form a team. Upon being tasked with deciding on a name, the team took a vote. The name "Clam" was nominated. It was used with reference to the zone defense that the team was

learning about at practices. However, they found the defense to be ineffective and then added the word "Bad." The players liked the sound of the name and voted it the official moniker of the team. Our A team won the best spirit award in Division II in their first year entered in the Massachusetts State Championship and then the Division II State Championship in 2010, defeating Newton South in the finals. We currently have 84 players across four teams in our program, and our goal is to keep expanding our presence in the community and teaching this incredible sport to future generations of Sharon Ultimate players!

### ROSTER

1	Noah Kurland	Jr	5'7"
2	Ethan Chun	Sr	6'0"
3	Kris Blau	Sr	5'10"
<i>Lafayette</i>			
4	Max Sussman	Jr	5'4"
7	Mark Sheremet	Jr	5'11"
9	David Ding	Jr	6'0"
10	Bryan Xian	Jr	5'11"
11	Jeff Gao	So	5'9"
13	Adam Kraus	Sr	5'10"
14	Matt Meserve	Sr	6'1"
<i>NYU</i>			
15	Max Avratin	So	6'1"
16	Dean Kantor	Jr	5'10"
18	Jordan Shapiro	Jr	5'10"
19	Stephen Higgins	Jr	6'0"
20	Dan Ronkin	Jr	6'1"
23	Brian Chhouk	Jr	6'0"
25	Natan Fandel	So	6'0"

# BOYS' TEAMS

## STUYVESANT HIGH SCHOOL

### STICKY FINGERS

New York, NY

Coaches: Devon Huang, Allen He



Stuyvesant Ultimate has a deep and far-reaching history, promoting sportsmanship and the sport as a whole for about 30 years. The team was named Sticky Fingers long before any of the current players were born. There have been many theories proposed concerning the name. Some claim that Sticky Fingers, the 1971 Rolling Stones album, was the inspiration; others toy with their own individual theories. Regardless, the name represents their team spirit, as their cohesion and camaraderie allow them to make spectacular catches vertically and horizontally. #teamfirst

#### ROSTER

6	Nathan Mannes	Sr	5'8"
	<i>Carleton College</i>		
8	Eric Wong	Sr	5'9"
	<i>MIT</i>		
11	Shamay Osipov	Sr	5'11"
	<i>Princeton</i>		
12	Max Kong	Jr	5'10"
13	Benjamin Zhang	So	5'8"
20	Terrence Koo	Sr	5'9"
	<i>Syracuse</i>		
21	Jacob Grunebaum	So	5'7"
23	Andy Tso	Jr	5'10"
27	Kevin Poon	So	5'7"
30	Mark Kharakh	Jr	5'10"
36	Jake Waksbaum	Jr	5'7"
39	Keiran Carpen	Sr	5'7"
	<i>Harvard</i>		
45	Matthew Cook	Sr	5'11"
47	Chris Liang	Jr	5'4"
52	William Tan	Sr	5'9"
	<i>Pittsburgh</i>		
56	David Butsko	Sr	6'2"
80	Eric Chen	Sr	5'10"
	<i>Tufts</i>		

## WATCHUNG HILLS REGIONAL HIGH SCHOOL

### WARRIORS

Warren, NJ

Coach: Ken Karnas



The Watchung Hills Warrior Ultimate program was established as a club in 2000 with just over 10 members. By 2003, the program had grown into a varsity-level sport with recognition from the school and board of education. Since then, the Warrior Ultimate program has developed into one of the premier programs in N.J. We are currently the only high school ultimate team in New Jersey with varsity recognition. Over the past three years, our program has grown immensely in both participation and school support. Our boys' teams currently boast over 40 players and offer opportunities for members of all skill levels. We seek to maintain a program that can compete at the highest level while also producing athletes who continue to promote the sport beyond their high school careers.

#### ROSTER

1	Andrew Tu	Sr	5'7"
2	Manav Anand	Jr	5'10"
8	William DiSturco	So	5'8"
10	Kunwoo Park	Jr	5'5"
12	Edson Wong	Jr	5'9"
13	Pete Isler	Jr	5'7"
15	William Pascoal	Jr	5'8"
19	Anthony Rodrigues	So	5'7"
24	Greg Scott	Jr	5'11"
25	David Voychuk	Sr	5'8"
	<i>North Carolina</i>		
28	Anmol Jadvani	Jr	5'9"
31	Ben Scherzer	Jr	5'9"
32	Ari Scherzer	Jr	5'8"
33	Andre Gou	Sr	5'6"
	<i>Illinois</i>		
34	Ray Tang	So	5'7"
35	James Kennelly	Fr	5'7"
36	Jeffrey Huang	Jr	5'7"
37	Steven Lin	Fr	5'6"
41	Stephen Lee	So	5'5"
88	Ethan Tu	So	5'5"



# BOYS' TEAMS

## WEST WINDSOR-PLAINSBORO HIGH SCHOOL SOUTH

### PIRATES

West Windsor, NJ  
Coach: Aleck Zhao



The name of our team comes from the combination of our district name (WVW-P) and our school mascot, the pirate (creative kids). Since its founding, our team's operations have been run by its members. In the spring of 2014, we placed third at the New Jersey High School State Championship.

third at the New Jersey High School State Championship.

### ROSTER

00	Raymond Lu	Jr	5'7"
2	Pio Kim	Fr	5'1"
3	Andrew Chen	Sr	5'10"
4	Isaac Duan	Fr	5'2"
6	Eric Li	Jr	5'10"
8	Jeff Leong	Sr	5'11"
9	Ben Lee	Sr	5'8"
10	Arthur Shim	Jr	5'9"
12	Kunal Rath	Sr	5'7"
13	Zhiwei Yue	Sr	5'9"
14	Aleck Zhao	Sr	5'10"
15	Peter Jeng	Sr	5'9"
23	Alex Zhou	Sr	5'8"
25	Aashil Desai	Sr	6'1"
38	Aaron Liang	Jr	6'1"
40	Randy Tang	So	6'0"
42	Dev Misra	So	5'4"
57	Charles Xiong	Jr	5'3"
79	Jason Shi	Sr	5'8"

### SPECTATOR INFO

## KAVIER HIGH SCHOOL

### KAVIER ULTIMATE

Middletown, CT  
Coach: David Applegate



Xavier Ultimate has been in existence as a varsity team since 2006. The team won the New England Championships in 2011 and 2012. Xavier Ultimate has made two previous Northeastern appearances, in 2012 finishing 10th and in 2013 finishing

ninth. The team is excited to be back at the tournament and to compete against the best high school teams in the region.

### ROSTER

0	Nicholas Rotatori	Jr	5'9"
2	Gunnar Jackson	So	5'9"
3	Chris Jillson	Jr	5'7"
4	Zachary Braun	Jr	5'10"
7	Duncan Tulimieri	Sr	5'11"
8	Joseph Kane	Sr	6'0"
9	Mitchell Kelleher	Sr	5'8"
10	Matthew Marotti	Sr	5'11"
11	Kevin Iott	Jr	5'9"
12	Nathaniel Cizauskas	Sr	5'11"
14	Tyler Beaulieu	Jr	6'0"
15	Kevin Lewis	Sr	5'10"
17	Bryan Chaffee	Sr	5'8"
20	Kevin Gautieri	Sr	5'7"
22	Colin Wrinn	Sr	5'10"
27	Jay Boyington	Sr	5'11"
31	Zachary Putney	Sr	5'7"
35	Albert Ackerson	So	5'11"
36	Zachary Radel	Sr	6'1"

# GIRLS' TEAMS

## AMHERST REGIONAL HIGH SCHOOL

### HURRICANES – GIRLS VARSITY

Amherst, MA

Coach: 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. Within 10 years, 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 boys' tournaments, and we finish our season each year by vying for the most prestigious titles in girls' ultimate: the Amherst Invitational and Northeasterns.

#### ROSTER

1	April Weintraub	Jr	5'6"
2	Aoife Dahill-Baue	Jr	5'5"
3	Fernanda Breña	Jr	5'4"
4	Livvy Weld	Jr	5'5"
6	Lindy Crowley	Sr	5'5"
9	Nina Wolff Landau	Sr	5'5"
13	Shira Yeskel-Mednick	So	5'9"
17	Josiesss Coppinger	Jr	5'5"
19	Izzi Tripp	Jr	5'5"
21	Meaghan McCluskey	Sr	5'4"
24	Elende Connor	Jr	5'4"
27	Katy King	So	5'11"
31	Jacqueline Mathers	Sr	5'5"
33	Lily Gould	Sr	5'5"

## AMHERST REGIONAL HIGH SCHOOL

### JVA HURRICANES

Amherst, MA

Coach: John Bechtold



The ARHS JVA girls are in their 18th season, making them (as far as we can tell), the oldest JV girls' ultimate program in the country. Despite having no returning players from the previous season, the 2014 JVA girls racked up a second-place finish at the Massachusetts State Championships and a third-place finish at Northeasterns. With just four returning players from 2014, this year's squad promises to bring the same amount of grit, spirit and upset-level play as we look to challenge varsity programs near and far!

#### ROSTER

2	Rebecca Livingston	Jr	5'3"
3	Aviva Weinbaum	Fr	5'3"
4	Leija Helling	Fr	5'4"
6	Augusta Fricke	Fr	5'4"
8	Kippie Douglas	Jr	5'4"
9	Mia Hartl	Jr	5'7"
11	Manali Rege-Colt	So	5'5"
14	Amalia Butler	So	5'6"
16	Claudia Danford	Jr	5'5"
17	Emma Schneider	So	5'6"
18	Manya Weintraub	So	5'4"
22	Gina Pryciak	Jr	5'5"
24	Dana Hopkins-McGill	Fr	5'3"

# GIRLS' TEAMS

## ANDOVER HIGH SCHOOL

### GOLDEN GOPHERS

**Andover, MA**

**Coaches:** Rose Greeley, Rachael Westgate, Keith A. Westgate  
**Website:** AndoverUltimate.com



The Golden Gophers ultimate program is kicking off its 17th year at Andover High School. The program is a popular spring sport. The girls' team was started in 2001. The first year the girls played, they placed seventh at Nationals, which were

held in Amherst that year.

The Gopher came from the original 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, which is 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.

#### ROSTER

1	Cece Root	Sr	5'8"
4	Maggie Shea	So	5'4"
5	Amanda LaMacchia	So	5'3"
6	Jessie Nason	Sr	5'6"
7	Abby Goldman	So	5'5"
8	Amanda Leung	Fr	5'4"
9	Jackie Dean	Sr	5'4"
19	Sam Blumstein	So	5'2"
25	Kerry Manuel	So	5'6"
29	Meghan Johnson	Sr	5'6"
57	Sylvia Leung	Sr	5'3"
76	Diana Hansen	Sr	5'6"
99	Hope Flynn	Sr	5'6"

SPECTATOR INFO

## CAPE ELIZABETH HIGH SCHOOL

### FLYERS

**Cape Elizabeth, ME**

**Coaches:** Matt Bates, Tom Brady



The Cape Elizabeth girls are in their second season of existence after three years of mixed play. We now have more than enough girls at our school (total high school student population is 560) to field a girls' team. Last year, the team

lost in the State Championship finals and return the entire squad this year.

#### ROSTER

3	Grace Stoughton	So
8	Sierra Bates	Sr
	<i>Miami</i>	
10	Sarah Knupp	Fr
12	Emma Landes	Sr
13	Katie Ewald	Sr
	<i>Washington</i>	
15	Izzy Brady	So
17	Hannah Babcock	Fr
31	Isabel Clarke	Sr
45	Kate Ginder	So
51	Amelia Morrissey	Sr
81	Karli Chapin	Fr

# GIRLS' TEAMS

## COLUMBIA HIGH SCHOOL

### SPARKLE MOTION

Maplewood, NJ

**Coach:** Paul Lacy

**Twitter:** @SparkleCHS

**Website:** chs-sparklemotion.blogspot.com

Sparkle Motion was founded by Columbia High School students in 2006 and is one of the oldest girls' teams in New Jersey. Ultimate is ingrained in our school as a proud part of our history - there is a plaque in the student parking lot denoting where the first game of ultimate was played in 1968. Our team name, as well as our mascot, Frank, comes from the 2001 film Donnie Darko. Sparkle Motion is the name of the main character Donnie's sister's dance team, and Frank the Bunny is a supernatural figure that comes to visit Donnie periodically and becomes the focal point of the movie's plotline. No one is quite sure why the original captains picked this movie in particular, but it has become a staple at pasta dinners and on long drives to tournaments.

#### ROSTER

0	Emma Joy	Fr	5'1"
4	Shannon Bryan	Fr	5'8"
8	Toochi Eneh	Sr	5'9"
9	Maggie Hart	Sr	4'10"
	<i>McDaniel College</i>		
16	Elizabeth Hilton	Sr	5'9"
18	Charlotte Surface	Sr	6'0"
	<i>Warren Wilson</i>		
20	Anna Winters	Jr	4'9"
24	Olivia Woodruff	Fr	5'10"
26	Rose Klofta	Fr.	5'9"
33	Maudie Schmidt	Fr	5'7"
51	Isabel Schneiderman	Fr	5'0"
96	Caroline Passalacqua	Sr	5'5"
	<i>Tufts</i>		

## FALMOUTH HIGH SCHOOL

### FALMOUTH ULTIMATE

Falmouth, ME

**Coaches:** Nicole Welch, Charlie Clement, Jim Tait

**Website:** FalmouthUltimate.org



The Falmouth girls' team is entering its second year of existence. Until 2014, Maine played all high school spring league events as an open division. In 2014, for the first time, Maine Ultimate offered an abbreviated girls' division within the spring high school league. There were five girls' teams in the league. Falmouth did well, beating Cape, Cumberland and Fryeburg B, and losing a close game to Fryeburg A.

In 2014, we played at Northeasterns. We scored three points against Amherst Varsity, which was as many points as any team scored against them all weekend. We beat both Andover and Stuyvesant on Sunday, but lost to Cape 4-5 in our last game.

The following weekend, we won the Cumberland Invite, beating Cumberland and Fryeburg in pool play and beating Cape in the finals.

#### ROSTER

1	Michaela Paratore	Jr	5'3"
3	Molly Barter	So	5'4"
5	Callie McMahon	Sr	5'6"
8	Molly Bennett	Jr	5'6"
9	Evie Clement	So	5'2"
10	Becca Foley	Sr	5'5"
13	Elizabeth Amadei	Jr	5'6"
17	Hannah Marr	Jr	5'5"
19	Lydia Mundhenk	Sr	5'4"
25	Sarah Dobbins	Sr	5'6"
28	Megan Tammaro	Sr	5'7"
30	Madi Tait	So	5'6"
34	Alli Hurdman	So	5'5"
35	Emily Rioux	Sr.	5'5"
37	Bea Johnson	Fr	5'6"
39	Chelsea Zhao	Fr	5'4"
41	Camille Dunwoody	Sr	5'5"
49	Marijke Rowse	Jr	5'7"
52	Lydia Abbott	Fr	5'6"
55	Blair Lindberg	Jr	5'4"

# GIRLS' TEAMS

## GREELY HIGH SCHOOL CUMBERLAND ULTIMATE

Cumberland, ME

Coaches: Kevin Massey, Jes Heil, Mike Leding

Website: [cumberlandultimate.com](http://cumberlandultimate.com)



Since the team was formed in 2005, Cumberland Ultimate teams have competed in almost 2,575 games and have won several tournaments, including three state championships, the 2014 Pioneer Valley B Division, and the 2013 St. Johnsbury Invitational.

More importantly, in 2014, our girls' team won three tournament spirit awards.

Our alumni have gone on to play ultimate at colleges such as Maine, Syracuse, Lafayette College, Lehigh, Holy Cross, Wheaton, Harvard, Yale, Carleton College, Elon, Stonehill, Rhode Island, Clark, Kenyon, Villanova, Colorado College, Vermont, Arizona State and many more.

### ROSTER

5	Izzy Hutank	Jr	5'4"
7	Bridget Roberts	Fr	5'2"
9	Lilly Black	Fr	5'1"
11	Natalie Swisher	So	5'6"
13	Lauren Gervais	Fr	5'3"
15	Caroline Dugas	So	5'6"
18	Sarah Novick	Jr	5'6"
20	Riley Soule	Jr	5'8"
24	Ella Novick	Fr	5'2"
30	Lanie Kropp	Jr	5'5"
31	Emma Massey	Jr	5'3"
33	Izzy Bachelder	Fr	5'6"
37	Molly Weegar	So	5'4"
74	Claire Nicholson	Jr	5'5"
97	Gretchen Barbara	Jr	5'6"

SPECTATOR INFO

## LEXINGTON HIGH SCHOOL FOOLIGALS

Lexington, MA

Coaches: Lizzy Cook, Larry David



The Lexington program started back in 1999-2000, and while we had several girls playing over the years, including two who served as captains, we never had an actual separate girls' team until

two years ago. That team won the St. Johnsbury Invitational, their first-ever tournament, and finished fourth at States. Last year's squad built on that, breaking seed at Northeasterns and just missing the semifinals at States. With another talented lot of new recruits, the Fooligals are looking to do even better this year and make it a habit to be a top team in Massachusetts.

### ROSTER

3	Ellie Clayton	Sr	5'3"
	<i>Colorado College</i>		
5	Stephanie Zhou	So	5'3"
6	Tessa O'Rourke	Sr	5'3"
	<i>George Washington</i>		
7	Amy Zheng	Sr	5'5"
9	Sarah Hahn-DuPont	Sr	5'5"
11	Andrea Mael	Sr	5'8"
13	Desta Pickering	Sr	5'10"
15	Tess Johnson	Fr	5'10"
16	Lenna Wolfe	So	5'10"
18	Elise Counsell	Jr	5'9"
23	Angie Yu	Sr	5'5"
35	Noha Yehia	Sr	5'0"
38	Marissa Lerner	Sr	5'8"
51	Mira Anderberg	Fr	5'9"
55	Abby Mulligan	Sr	5'8"
62	Leanne Go	Sr	5'5"
	<i>California-San Diego</i>		
63	Audrey Zhu	So	5'4"
66	Charlotte Wong-Labow	Sr	5'5"
	<i>Georgetown</i>		
69	Megan Logan	Sr	5'7"
74	Eva McDermott	Jr	5'1"
75	Emily Nadler	Jr	5'4"
81	Maggie Zhang	So	5'2"
88	Bonnie Nguyen	So	5'4"
96	Sarah Nadler	So	5'2"
97	Valerie Hsieh	Jr	5'4"

# GIRLS' TEAMS

## PENNSBURY HIGH SCHOOL

### PUFF - PENNSBURY ULTIMATE FEMALE FRISBEE

Fairless Hills, PA

**Coach: Tobî Hunziker**



Pennsbury High School Ultimate Female Frisbee, also known as PUFF, is a student-run, parent-supported club program which relies on fundraising to help offset the costs of attending tournaments and traveling to the State and Regional Championships. They are coached by alumni volunteers and rely on fundraising efforts.

#### ROSTER

5	Olivia Alongi	So	5'0"
13	Allie Argenti	Fr	5'0"
14	Caroline Siekierka	Jr	5'5"
17	Coral Nuschke	Jr	5'10"
18	Alexa Sebastiano	Jr	5'0"
19	Olivia Bradbury	So	5'2"
20	Megan Berard	So	5'4"
21	Rachel Tesarck	Jr	5'5"
27	Sam Nelligan	Jr	5'6"
32	Sarah Benziger	Jr	5'4"
33	Cameron Hickman	Jr	5'5"
44	Aimee Snyder	Jr	5'5"
54	Kira Crain	Jr	5'4"

## PIONEER VALLEY PERFORMING ARTS

### PVPA

South Hadley, MA

**Coach: Tom Barry**

The Pioneer Valley Performing Arts School has a proud tradition of competing in one of the most competitive regions in the country. We're proud to continue this tradition and keep the women's ultimate movement going.

#### ROSTER

3	Alex Sweetland	So	5'7"
7	Tess Mathewson	Jr	5'7"
8	Rachel Huggett	Sr	5'7"
9	Liana Heath	So	5'7"
10	Renata Pepi	Jr	5'6"
12	Maddie Silverman	Sr	5'7"
13	Izzy Oram-Brown	Jr	5'6"
18	Isabel Ahlstrom	Jr	5'9"
19	Kate Nelson	Jr	5'8"
22	Ailis O'Sullivan	So	5'4"
23	Gabrielle Pery	So	5'7"
25	Savita Diggs	So	5'6"
28	Vanessa Thornton	So	5'8"
29	Olivia Lederman	Sr	5'9"
34	Phoebe Lloyd	Fr	5'9"
44	Maggie Barron	Sr	5'11"
52	Sophie Lewis-Nash	Sr	5'5"
88	Michelle Wellman	Sr	5'6"

# GIRLS' TEAMS

## STUYVESANT HIGH SCHOOL

### STICKY FINGERS

New York, NY

Coach: Martha Gregory



The Stuyvesant Girls' Sticky Fingers have been a prevalent member of the ultimate community for nearly three decades, so we have no clue where the name came from. However, we have heard that the name resembles how sticky our fingers are when we catch a disc or even the stickiness of the bonds between us.

#### ROSTER

7	Eliana Kavouriadis	Fr	5'3"
11	Jamie Hong	Sr	5'2"
13	Stephanie Kuang	Sr	5'7"
15	Sofia Hargil	Jr	5'7"
	<i>Norte Dame</i>		
16	Daisy Barbanel	Jr	5'5"
17	Kasey Chen	Sr	5'1"
18	Lian Wong	Jr	5'9"
22	Evonne Zhang	Jr	5'4"
23	Michelle Zou	Jr	5'8"
27	Lea Ormandy	Jr	5'6"
28	Sofia Collins	Jr	5'8"
29	Anna Yang	Jr	5'1"
31	Regina Weng	Jr	5'4"
36	Helen Li	Jr	5'7"
47	Anisha Karim	Sr	5'3"
83	Hennessy Tsang	Jr	5'1"

SPECTATOR INFO

## WATCHUNG HILLS REGIONAL HIGH SCHOOL

### LADY WARRIORS

Warren, NJ

Coaches: Ken Karnas, Rebecca Chang

Website: [whrhs.org/Page/4221](http://whrhs.org/Page/4221)



The Watchung Hills ultimate team was started in the year 2000 and became a varsity sport in 2003. We have won the USA Ultimate New Jersey High School Championships for four consecutive years. Our program goals are focused on spreading Spirit of the Game, preparing players for collegiate experiences and enhancing the overall well-rounded Watchung Hills experience for our scholar athletes. Our girls have improved significantly since the team's founding by competing at various high-level tournaments, including college tournaments. In recent years, the Lady Warriors have also expanded the program to host two annual home tournaments, Fall Together and Spring Fling. We look forward to coming back to Portland again this year to stay true to our motto: Work!

#### ROSTER

2	Jessie Sun	Jr	5'6"
3	Rachel Tigol	Jr	5'4"
4	Alyssa D'Costa	Jr	5'2"
7	Joy Rizzoli	Jr	5'6"
9	Amy Hu	Sr	5'4"
	<i>Rutgers</i>		
11	Allison Huresky	Fr	5'10"
17	Minhee Han	So	5'7"
20	Kelly McKenna	So	5'4"
22	Lindsey Shi	Fr	5'5"
23	Kathy Lee	So	5'4"
24	Jesse Song	So	5'1"
26	Megan Ma	So	5'5"
27	Nicki Wang	So	5'6"
28	Cidney Weng	So	5'5"
31	Tuhina Bhat	Sr	5'1"
	<i>Rutgers</i>		
36	Kristina Woo	Jr	5'1"
42	Kate Stoll	Jr	5'6"
52	Kim Chao	Sr	5'3"
	<i>Rutgers</i>		
72	Camille Bahr	Sr	5'10"
	<i>Northeastern</i>		
87	Carrie Zhang	Fr	5'3"
93	Amreeta Verma	Fr	5'2"

# GIRLS' TEAMS

## WEST WINDSOR-PLAINSBORO NORTH & WEST WINDSOR-PLAINSBORO SOUTH

### WIND DRAGONS

City, ST: West Windsor, NJ

Coach: Angela Mao



We are the Wind Dragons from the West Windsor-Plainsboro school district of New Jersey! Our team is a student-run organization that was conceived in summer 2013 after one of our captains was inspired to increase girls' ultimate. Previously across both WW-P high schools, there were between zero and three female players (in the boys' division) per year, but as of spring 2014, our team had enough interest to formally compete in the youth girls' division. This is our third competitive season. Although our team is very young, we have a strong team dynamic that keeps us motivated to learn, improve and have fun!

Our original jersey, created before the team existed, featured a girl and a dragon playing ultimate. One season later, Wind Dragons became our official team name, meant to inspire us to play with agility and ferocity.

### ROSTER

0	Jessie Fan	So	5'9"
2	Claire Qiu	So	5'4"
3	Kristi Huang	Jr	5'5"
4	Priyanka Mohandas	So	5'1"
5	Bonnie Hu	So	5'2"
8	Annie Hong	So	5'3"
14	Jessica Zhao	Fr	5'5"
15	Sophie Kang	So	5'3"
16	Midori Uchibayashi	Sr	5'5"
	<i>Osaka</i>		
17	Julia Wu	So	5'3"
19	Sandra Shim	Sr	5'6"
	<i>Ringling College of Art and Design</i>		
20	Emily Yin	So	5'4"
25	Poorna Dutta	Fr	4'11"
27	Lucia Wei	Jr	5'0"
28	Lian Wong	Fr	5'3"
32	Adirupa Nag	So	5'4"
52	Sharon Zhang	So	5'1"
71	Allison Wong	Sr	5'6"
	<i>Georgia Tech</i>		



# 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 2015 USA Ultimate Coaching Development Program.

**PLAY HARD. HAVE FUN.**  
**FIVEULTIMATE**

[Team@FiveUltimate.com](mailto:Team@FiveUltimate.com)



photo by Billy D Photography



# HEALTH AND SAFETY

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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 or 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 or 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 two hours prior to game time each day. Directions to the local hospital can be found in prior pages of this program.

## CONCUSSIONS

### EDUCATION

- USA Ultimate recommends the CDC “Heads Up Safety” program, a free one-hour online training: [cdc.gov/concussion/headsup/youth.html](http://cdc.gov/concussion/headsup/youth.html).
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: [usultimate.org/membership/usa\\_ultimate\\_membership\\_forms.aspx](http://usultimate.org/membership/usa_ultimate_membership_forms.aspx)

### COACHING REQUIREMENTS

- Coaches at USA Ultimate events are required to have completed a concussion awareness and safety recognition program (like the CDC program above or other local or state-recommended course). Coaches should not submit records of course completion to USA Ultimate, but should maintain records on-site while coaching.

### REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
  1. Remove athlete from play.
  2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management. Do not try to judge the seriousness of the injury yourself.
  3. If a minor, inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
  4. Allow athlete to return to play only with permission from an appropriate health care professional.

## DOCTOR’S NOTE REQUIREMENT

If, during a USA Ultimate event, an athlete receives care at a hospital, medical clinic or doctor’s office, or is referred to a hospital or doctor by event medical staff, the athlete is barred from further competition in that event until he or she provides a doctor’s note, on letterhead or prescription pad, to event medical staff stating that the athlete is authorized to return to competition.

## 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 three 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 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.

# SPIRIT OF THE GAME

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.

## 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.*



# SPIRIT CIRCLE

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Spirit Circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but showed the international community the importance we place on respect for the game and their opponents. But American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the international experience has been the tradition of the post-game spirit circle. While there are a number of ways to do this, here are some quick tips to get your team started:

- Following each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One or two people (often team captains) on each team will talk briefly about the game. Usually the losing team goes first, then the winning team.
- Things to talk about can include how the game went, how your own team played, what the other team did well, who on the other team played well and anything else that might be worth communicating, even if it's something you think could be done better (and don't forget to look in the mirror on this).
- After each team has had a chance to talk, the winning team takes a step into the circle and walks around counter-clockwise to slap hands with the players on the other team.

That's it! It's pretty simple and definitely an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing opponents for what they really are: part of the same community that loves ultimate. Please note that this is not required and is not meant to replace other post-game traditions you may have (e.g., cheers, games, photos, gifts or trading gear). Good luck, and please let USA Ultimate staff and other event organizers how it goes!

# SPIRIT AWARDS

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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!

# USA ULTIMATE SPIRIT OF COACHING

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**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. 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.



# 2015 USA ULTIMATE COACHING SIDELINE ACCESS INFORMATION

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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 Coordinator of Youth & Education Programs Sarah Powers at [sarah@hq.usultimate.org](mailto:sarah@hq.usultimate.org), or visit the USA Ultimate website at [usultimate.org](http://usultimate.org).



# BOYS' SCHEDULE

## 2015 USA Ultimate High School Northeastern Championships - Boys' Division

Saturday, May 16, 2015

All Games to 13 Cap 15	Pool A						Pool B					
	A1	(1) Masconomet					B1	(2) Pennsbury				
	A2	(8) Columbia					B2	(7) Stuyvesant				
	A3	(12) Longmeadow					B3	(11) Sharon				
	A4	(13) Montpelier					B4	(14) Cape Elizabeth				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	1	-	D2 v D4	2	-	B1 v B3	3	-	B2 v B4	4	-
10:45 - 12:00	A1 v A3	1	-	A2 v A4	2	-	C2 v C3	3	-	D2 v D3	4	-
1:00 - 2:15	A1 v A4	1	-	A2 v A3	2	-	B1 v B4	3	-	B2 v B3	4	-
2:45 - 4:00	A1 v A2	1	-	A3 v A4	2	-	B1 v B2	3	-	B3 v B4	4	-
Re-seed teams 1-4 within each pool												
4:45 - 6:00	A2 v D3	1	-	B2 v C3	2	-	C2 v B3	11	-	D2 v A3	10	-



### Consolation Bracket

Sunday, May 17, 2015

Loser B2vC3

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

A4

Loser C2vB3

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

D4

Loser D2vA3

8:30am-10:00am  
Field # 7

C4

Loser A2vD3

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

B4

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

2:30-4:00pm  
Field #9

9th Place

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

Loser A4vB2/C3

12:30-2:00pm  
Field # 11

13th 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

# BOYS' SCHEDULE

2015 USA Ultimate High School Northeastern Championships - Boys' Division										
Saturday, May 16, 2015										
All Games to 13 Cap 15	Pool C					Pool D				
	C1	(3) Lexington				D1	(4) Amherst			
	C2	(6) Middletown				D2	(5) Needham			
	C3	(10) Watchung Hills				D3	(9) West Windsor-Plainsboro South			
	C4	(15) Falmouth				D4	(16) Xavier			
Saturday		F#	Score		Score	Bye				
9:00 - 10:15	C1 v C3	9	-	D1 v D3	10	-				Pool A
10:45 - 12:00	C1 v C4	9	-	D1 v D4	10	-				Pool B
1:00 - 2:15	D3 v D4	9	-	D1 v D2	10	-				Pool C
2:45 - 4:00	C1 v C2	12	-	C3 v C4	10	-				Pool D
Re-seed teams 1-4 within each pool										
4:45 - 6:00										

## Championship Bracket Sunday, May 17, 2015



Championship games to 13, cap 15

# GIRLS' SCHEDULE

## 2015 USA Ultimate High School Northeastern Championships - Girls' Division

Saturday, May 16, 2015

All Games to 13 Cap 15	Pool A						Pool B					
	A1	(1) Amherst					B1	(2) Pennsbury				
	A2	(6) Lexington					B2	(5) Watchung Hills				
	A3	(7) Stuyvesant					B3	(8) Andover				
	A4	(12) West Windsor-Plainsboro					B4	(11) Cape Elizabeth				
	A5	(13) Greely										
Friday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A4 v A5	5	-	A2 v A3	6	-	B1 v B3	7	-	B2 v B4	8	-
10:45 - 12:00	A1 v A3	5	-	A2 v A4	6	-	B1 v B4	7	-	B2 v B3	8	-
1:00 - 2:15	A1 v A5	5	-	A3 v A4	6	-	B1 v B2	7	-	B3 v B4	8	-
2:45 - 4:00	A1 v A4	5	-	A2 v A5	6	-				3B v 3C	7	-
Re-seed teams 1-4 in pools B and C. Pool A finishes pool play												
4:45-6:00	A1 v A2	5	-	A3 v A5	6	-						

### Round Robin for 9th - 14th

Sunday, May 17, 2015

Sunday		F#	Score		F#	Score
8:30 - 10:00	D4 v D5	9	-	D1 v D2	10	-
10:30 - 12:00	D2 v D4	9	-	D1 v D3	10	-
12:30 - 2:00	D2 v D3	9	-	D1 v D5	10	-
2:30 - 4:00	D3 v D5	1	-			

D1 = Loser of 3B v 3C

D2 = A4

D3 = 4th place pool finisher from the pool of the winner of 3B v 3C

D4 = 4th place pool finisher from the pool of the loser of 3B v 3C

D5 = A5

Consolation teams carry over results from Saturday opponents in pool play, including 4B v 4C.

Teams will only play teams from the other two pools.

Teams will be ranked 9th through 13th based upon Saturday and Sunday results.



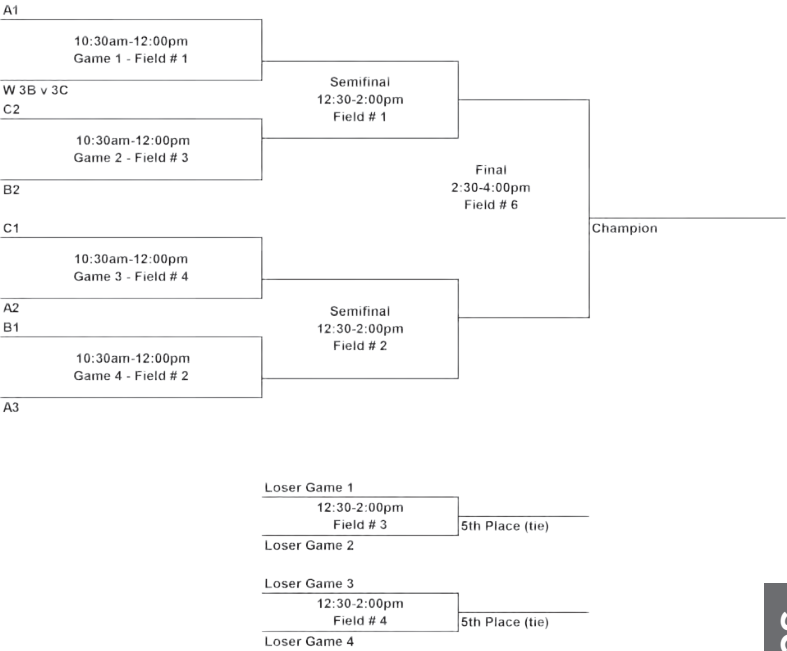
Consolation games to 13, cap 15

# GIRLS' SCHEDULE

2015 USA Ultimate High School Northeastern Championships - Girls' Division						
Saturday, May 16, 2015						
All Games to 13 Cap 15	Pool C					
	C1	(3) Pioneer Valley				
	C2	(4) Amherst JV				
	C3	(9) Columbia				
	C4	(10) Falmouth				
Friday		F#	Score		F#	Score
9:00 - 10:15	C1 v C3	11	-	C2 v C4	12	-
10:45 - 12:00	C1 v C4	11	-	C2 v C3	12	-
1:00 - 2:15	C1 v C2	11	-	C3 v C4	12	-
2:45 - 4:00				4B v 4C	11	-
4:45-6:00						



## Championship Bracket Sunday, May 17, 2015



Championship games to 13, cap 15



# 2015 COLLEGE CHAMPIONSHIPS

The biggest games from the year's biggest event – all broadcast live.

## **LIVE ON ESPN3 // ALL TIMES EASTERN**

### **SUNDAY, MAY 24**

1:00pm – Women's Semifinal

3:30pm – Women's Semifinal

6:30pm – Men's Semifinal

9:00pm – Men's Semifinal

### **MONDAY, MAY 25**

1:00pm – Women's Championship Game

3:30pm – Men's Championship Game

## **TAPE-DELAYED BROADCAST**

**ON ESPN // ALL TIMES EASTERN**

### **WEDNESDAY, MAY 27**

8:00pm USA Ultimate College  
Championships Semifinals  
Highlights Show

9:00pm Women's Championship  
Game

10:00pm Men's Championship Game

**ESPN**



**ESPN 3**

# FIELD MAP







OFFICIAL DISC **USA**  
ULTIMATE

DIRECTIONS FOR USE

1. throw
2. generate memories of a lifetime
3. repeat

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