



CHAMPIONSHIPS

Slippery Rock, PA - May 21/22, 2016



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WELCOME

On behalf of USA Ultimate, Pittsburgh Ultimate and Slippery Rock University, welcome to western Pennsylvania! We are thrilled to be hosting the top tier of high school teams in the thriving Northeast Region! Pittsburgh Ultimate has not hosted High School Regionals since 2008, and we are excited to have you and your teams back again. We believe the facilities at Slippery Rock are ideal for the families attending this event, and we hope you feel right at home with their close-knit campus.

Slippery Rock, Pa., is a small town that is packed with natural tourist attractions — from the trails of the Jennings Environmental Center to the blooming wildflowers at Wolf Creek Narrows Natural Area and the lake activities at Moraine State Park. It is also located only eight miles from the Grove City Outlets, an open-air outlet mall with over 130 brand-name outlet stores. Pittsburgh is less than an hour drive away, with plenty of desirable attractions during the day or night. Named Zagat's top food city of 2015, Pittsburgh offers an array of impressive restaurants, alongside a plethora of sporting events, museums and riverside views.

This year's tournament includes 16 boys' high school teams and 13 girls' high school teams from the northeast United States in a showcase of high school ultimate at its best. Many of the teams are returning from last year, including last year's boys' champions, Pennsbury from Fairless Hills, Pa., and girls' champions, Amherst Regional High School from Amherst, Mass. Best of luck to all of the teams, and thanks to all of the players, coaches and families who continue to grow and support high school ultimate. An extra thank you goes out to the volunteers who make events like these possible; please acknowledge their dedication!

We are honored to share this weekend with you. Enjoy your stay!

Christie Lawry, Pittsburgh Ultimate

Mike Visnick, Tournament Director



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WEEKEND OVERVIEW

FRIDAY, MAY 20 – WATSON HALL LOBBY

7:00pm-9:00pm: Team Registration

SATURDAY, MAY 21 – SLIPPERY ROCK UNIVERSITY ATHLETIC FIELDS

8:00am: Captains' Meeting

9:00am-6:00pm: Game Play

4:30pm-7:00pm: Dinner and Trade Night at Boozel Dining Hall

SUNDAY, MAY 22 – SLIPPERY ROCK UNIVERSITY ATHLETIC FIELDS

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

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.

LOCAL ORGANIZING COMMITTEE STAFF

Tournament Directors – Mike Visnick, Christie Lawry

Volunteer Coordinator – Nicky Voynick

Head Scorekeeper – Benjy Romig

Assistant Scorekeeper – Nick Wilgruber

Hospitality Coordinator – Erika Cooper

Local Media Coordinator – James Greeno

USA ULTIMATE STAFF

Manager – Competition & Athlete Programs – Connor Maloney

Manager – Events – David Raño

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 2016 USA Ultimate Coaching Development Program.

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COMPETITION RULES

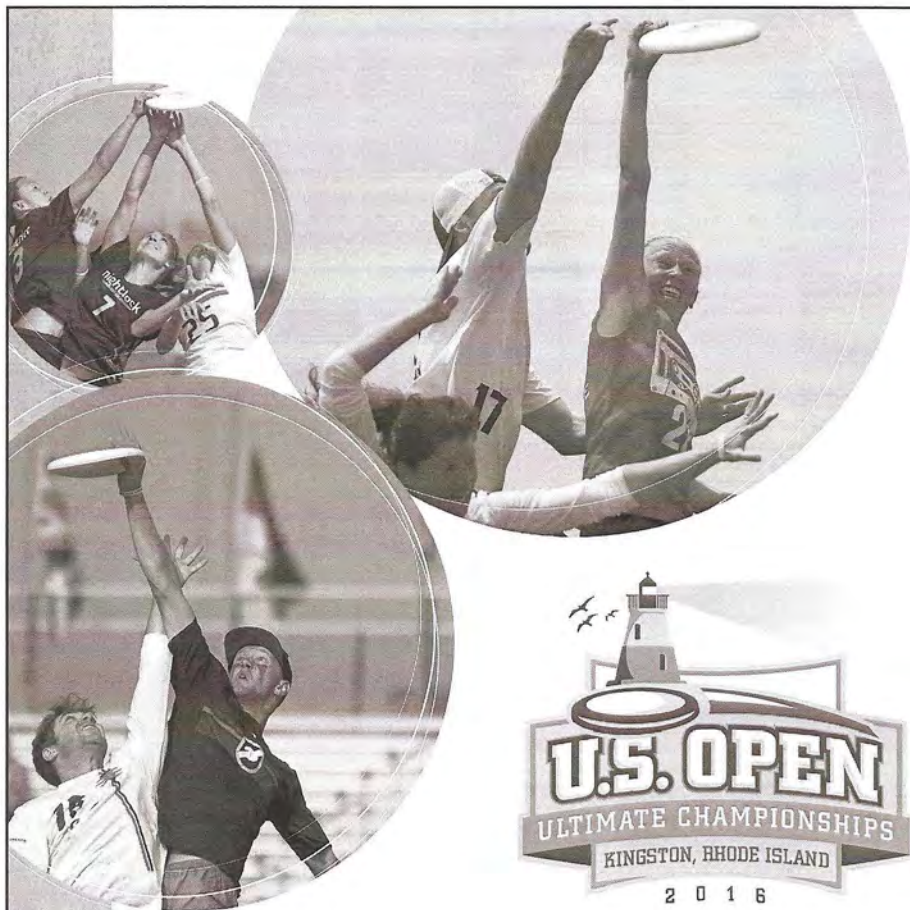
- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - 20 yard end zones
 - "contact" marking violation call
- All games to 13, point cap at 15.
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 13, 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

Make sure your teammates know and follow the site rules:

- Individuals are responsible for making sure all personal belongings are stored properly.
- Waivers must be signed by ALL participants and turned in at the start of the event.
- Proper athletic shoes and shirts must be worn at all times.
- Youth must be supervised by an adult (18+) at all times.
- Pets are NOT permitted inside the playing areas.
- No alcohol or smoking.
- No glass bottles.
- No grills.
- In Case of Emergency: Contact Slippery Rock University Police FIRST at (724) 738-3333. DO NOT CALL 911!
- 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.

GUESTS AND SPECTATORS – You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.



Join USA Ultimate and the international ultimate community
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ULTIMATE IN 10 SIMPLE RULES

- 1. THE FIELD:** A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
- 2. INITIATE PLAY:** Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- 3. SCORING:** Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- 4. MOVEMENT OF THE DISC:** The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- 5. CHANGE OF POSSESSION:** When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- 6. SUBSTITUTIONS:** Players not in the game may replace players in the game after a score and during an injury timeout.
- 7. NON-CONTACT:** No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 8. FOULS:** When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- 9. SELF-OFFICIATING:** Players are responsible for their own foul and line calls. Players resolve their own disputes.
- 10. SPIRIT OF THE GAME:** Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

BOYS' TEAMS



AMHERST HURRICANES

AMHERST, MA

Coaches: Joe Costello, Leila Tunnell

Captains: Oliver Fay, Jacob Kaplan, Luke Webb

@canesultimate



We are in the 26th 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

1	Luke Webb	Sr	6'1"
	<i>Carleton College</i>		
2	Jacob Kaplan	Sr	6'1"
	<i>Northeastern</i>		
3	Ben Goldman	Jr	5'9"
6	Avery Clotfelter	Jr	5'10"
8	Dustin Baglow	Sr	5'11"
	<i>Massachusetts</i>		
10	Elijah Mishkind	Sr	5'10"
	<i>George Washington</i>		
11	Harry Wolff Landau Jr		5'10"
13	Hieu Pham	Jr	5'9"
19	Solomon Rueschemeyer-Bailey		
	<i>Brown</i>		
21	Isaiah Ruhe	Jr	5'11"
22	Ryan Dinger	Jr	5'11"
23	Noah Zobel	Jr	6'3"
27	Lenny Knight	Sr	6'0"
	<i>Massachusetts</i>		
33	Quentin Melnick-Kelley Sr		6'0"
	<i>SUNY Binghamton</i>		
36	Noah Fay	Sr	6'4"
	<i>Marist</i>		
41	Oliver Fay	Sr	6'4"
47	Caleb Seamon	So	5'10"
51	Jared Kannel	Sr	5'11"
	<i>Carleton College</i>		
77	Sam Hare Steig	Jr	6'0"
88	George Holt	Sr	6'0"
	<i>Boston University</i>		
98	Kale Wenzel	Sr	6'0"
	<i>Massachusetts</i>		

COLUMBIA HIGH SCHOOL VARSITY FRISBEE

MAPLEWOOD, NJ

Coach: Benjamin Haim

Captains: Gabe Fearon, Russell Moy, Alex Raffin

@CHSVFT



The birthplace of ultimate. Our program has been around for 48 years, coming from humble beginnings in a torn-up parking lot. Our team name is derived from our school and has been with us as long as our program has existed. Some of our achievements include 14 state championships, one Easterns title and numerous alumni who

played on Team U.S.A.

ROSTER

2	Donovan Hugel	Jr	5'8"
4	Jack Kelly	Jr	5'10"
5	Alex Raffin	Sr	6'1"
8	Stefen Reese	Jr	5'7"
21	Gabe Fearon	Sr	6'0"
22	Michael Carnevale	Sr	5'7"
	<i>Maine Maritime Academy</i>		
23	Russell Moy	Sr	5'9"
	<i>Delaware</i>		
24	Adam Fine	Sr	5'10"
	<i>Dickinson</i>		
31	Jared Mahoney	Sr	5'8"
	<i>Temple</i>		
32	Kalman Carmel	Jr	5'11"
34	Ben Blais	So	5'9"
39	Max Spiegel	So	5'9"
41	Harry McNamara	Jr	5'10"
42	Jack Harrigan	Jr	5'11"
46	Tristan Yarter	Fr	5'10"
47	Ethan Smith	Jr	5'9"
69	Malcolm Richardson	Sr	5'10"
	<i>Oregon</i>		
80	Josh Heacock	So	5'10"
84	Daniel Friedman-Brown		5'11"
		So	5'11"
96	Emre Esgun	Sr	6'2"
	<i>New Jersey Institute of Technology</i>		
97	Sean Taylor	Jr	5'6"



BOYS' TEAMS



ETHICAL CULTURE FIELDSTON SCHOOL EAGLES

BRONX, NY

Coaches: Vincent Drybala, Ben Wearn
Captains: Zaj Vidal-Burgie, Eric Hochberger,
Romy Christmas



The Fieldston Eagles formed in 1999 and have grown since then, expanding to include a B team (the Beagles) and a girls' team (the Sheagles). Over the years, they have won the New York State Championship and multiple NYCUL/DiscNY championships. This is their

fourth High School Regional Championship. They are based out of the Bronx, N.Y.

ROSTER

0	Zaj Vidal-Burgie	Sr	5'7"
4	Romy Christmas	Sr	5'10"
6	Tyler Lederer-Plaskett	Jr	5'6"
9	Hakeem Adeyemi	Sr	5'7"
10	Lewis Arnsten	Fr	4'11"
11	Peter Dinella	Jr	5'8"
13	Simon Curtis-Ginsberg	Sr	5'15"
14	Theo Matza	Jr	5'10"
15	Azeez Adeyemi	Jr	5'9"
17	Max Zalta	So	5'6"
18	Noah Gewirtz	Jr	5'9"
22	Ryan Kelly	So	5'8"
23	Eric Hochberger	Sr	5'8"
26	Gabe Beer	Sr	5'7"
30	Jordan Nathan	Fr	5'11"
45	Miles Christmas	So	5'9"
49	Eli Crippen	So	5'9"
90	Will Casciato	Jr	5'8"

SPECTATOR INFO

FRANKLIN REGIONAL PANTHERS

MURRYSVILLE, PA

Coach: Jesse Sidhu
Captains: Victor Mao, Rob Davis, Jason Dick, Joe Merante
@FRUultimate



Our team has made it to the PHUL Division I championship game for the past two years – winning the former year – and are favorites to win this year. Notable past players include Luke "Beetle" Brennan, currently playing for Notre Dame, and Hi-

malaya Mehta, catcher of the epic greatest that blew up the internet early last month. Our team has been a student-led installation at our high school since 2008 and continues to function independently of club or varsity sport status.

ROSTER

2	Peter Drew	So	6'2"
3	Dominic Furnari	Fr	5'4"
6	Ben Zhu	Fr	5'7"
7	Zack Snider	Fr	5'11"
8	Joseph Merante	Sr	6'2"
	<i>Allegheny College</i>		
11	Jason Dick	Jr	6'1"
13	Keenan Traphagen	Fr	5'11"
15	Joey Snider	Jr	6'1"
19	Victor Mao	Sr	5'6"
	<i>Texas-Dallas</i>		
21	Nolan Freda	Jr	5'7"
32	Rob Davis	Jr	6'1"
41	Adam Schwab	Jr	6'3"
42	Winston Fu	Jr	5'11"
54	Daniel Tometich	So	5'9"
58	Chris Rosendale	Sr	6'2"
	<i>Penn State</i>		
98	Josh Hill	Jr	6'0"
99	Jason Leavy	Jr	5'6"

BOYS' TEAMS



HAMPTON TALBOTS

ALLISON PARK, PA

Head Coach: Christie Lawry
Assistant Coach: Dan O'Connor
Captains: Jay English, Jarrett Sheran, Jon Stokes
@hamptonultimate
tinyurl.com/hamptonultimate



Founded in 2002, the Hampton High School boys' ultimate team has been active in the Pittsburgh High School Ultimate League (PHUL) for almost 15 years. The team has finished in the top four in PHUL and has attended the Pennsylvania State High School Championships every year since 2005. The success of the team is largely contributed to gaining club status with the school (2005), acquiring a parent booster club (2006), and having dedicated coaches since 2005. The Hampton team has practiced and played year-round and competed in every PHUL tournament and seasonal league that has been available each year.

The team attended Northeasterns in 2012 (third place), 2013 (fifth place) and 2014 (seventh place), and we are excited to return!

LEXINGTON FOOLIGANS

LEXINGTON, MA

Coach: Larry David
Captains: Chris Padilla, Josh Nam, Matt Sabin



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 in the Massachusetts State Championships in 2012. Three years ago, the team blew away all expectations with a second-place finish at Amherst and wins at Massachusetts States and Northeasterns. Two years ago, the team made the semifinals at Northeasterns and the finals of States and Amherst. Last year, the team made the semifinals at Northeasterns and Amherst and won States. We're back and looking to win, exhibit good spirit and have fun. Oh, and SPUMONI!

ROSTER

2	Caleb Martin	Sr	5'9"
	<i>Penn State</i>		
3	Saxon Turvey	So	5'8"
8	Jarrett Sheran	Sr	6'2"
12	Evan Culley	Fr	5'8"
13	Andrew Sullivan	So	5'10"
14	Jonathan Romantic	So	6'0"
18	Jon Stokes	Jr	6'1"
27	Wesley Weidenhamer	Sr	6'1"
	<i>Maryland</i>		
42	Chad Anderson	Jr	6'3"
45	Garrett Thomas	Fr	5'10"
57	Kevin Battle	Sr	6'3"
62	Brayton Slate	Fr	5'10"
77	Jason Hunkele	Fr	5'7"
86	Christian Harper	Fr	6'0"
87	Darrin Ruefle	Jr	5'9"
96	Joey Baker	Fr	5'5"
97	Jayson English	Sr	6'0"
	<i>Kent State</i>		

ROSTER

1	Josh Lane	Jr	5'10"
5	Joshua Nam	Sr	5'7"
7	Gabe Brown	Jr	5'11"
8	Samuel Losen	Jr	5'10"
9	James Swingle	Sr	5'10"
	<i>Massachusetts</i>		
10	Walden Ng	Jr	5'9"
13	Christopher Padilla	Sr	6'2"
	<i>Carleton College</i>		
18	Maxwell Kaye	Jr	6'1"
20	Isaac Benghiat	Sr	5'11"
	<i>Brown</i>		
21	Jeremy Bernier	So	5'10"
22	Elias Carver	Jr	5'10"
23	Zach Hahn-DuPont	So	6'0"
26	Forrest Levey	Fr	5'8"
27	Ethan Fong	Jr	5'6"
29	Ben Mitchell	Jr	5'10"
30	Matthew Sabin	Jr	5'11"
32	Andrew Swingle	Fr	5'9"
40	Will Marshall	Sr	5'11"
41	Summer Gubisch	So	5'7"
49	Caleb Ng	Jr	5'7"
54	Duncan McCallum	Sr	6'0"
55	Stephen Mock	Jr	5'11"
57	Alex Lerner	Jr	5'9"
68	Brian Zanin	Jr	5'10"
88	Pieter Svenson	Jr	6'0"



BOYS' TEAMS



MASCONOMET

TOPSFIELD, MA

Head Coach: Bob Serino

Assistant Coach: Reilly Finnegan

Captains: Steven Heintzelman, Alex Spaulding

sites.google.com/site/masculimate



Masconomet Ultimate was founded in 1998. Fifty to 60 athletes try out for a spot on either the A or B teams 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, 2013 and 2015. In

2014, Masconomet won the Massachusetts State Championships and the Northeastern Regional High School Championships. The team focuses on four pillars that represent the philosophy of Masco Ultimate: Character, Courage, Community and Commitment.

ROSTER

1	Andrew Marshall	Jr	6'0"
3	Derek Davidson	Jr	5'5"
4	Jacob Kershaw	So	5'10"
5	Francesco Storm	Sr	5'8"
	<i>Elon</i>		
7	Ben Lockhart	So	5'10"
8	Connor Haines	Sr	6'2"
9	Coby Schneider	Jr	6'1"
12	Phil Joyce	Jr	6'3"
13	Peter Walker	Jr	5'9"
14	Alex Spaulding	Sr	6'4"
15	Matt Gronberg	Jr	6'0"
21	Tommy Bennett	Jr	6'3"
23	Tim Ennis	Sr	6'5"
26	Colby Jacques	So	6'3"
34	Mike Budrewicz	So	5'10"
88	Steven Heintzelman	Sr	6'1"
	<i>Babson College</i>		

SPECTATOR INFO

METHACTON MÜF

EAGLEVILLE, PA

Coaches: Larry Greenley, Chris Gray, Seth Graham,

Richie McClatchy

Captains: Luke Greenley, Josh Fieseher



Methacton (MUF) formed in 2008 as an offshoot of the German Club at Methacton High School. They began to play ultimate for fun as part of the club, and it evolved into a competitive team. The last three years, the team has continued to improve at

the state level. Three years ago, MUF came in ninth in the state, then fifth and, finally last year, third in the state, after a three-way tie in Cities in Philadelphia, broken by a point differential. MUF defeated Pennsbury at Cities in 2015, the reigning two-year state champs, and had a rematch in the state semifinal. Unfortunately, MUF lost by three in that game and came in third in the state, the best finish ever for the program.

ROSTER

2	D.J. Lee	So	5'8"
3	Josh Fieseher	Sr	5'7"
	<i>Temple</i>		
8	Matt Ellis	Sr	6'1"
	<i>North Carolina-Wilmington</i>		
10	Kendra Fang	Sr	5'5"
	<i>Pittsburgh</i>		
13	Luke Greenley	Sr	6'1"
	<i>Temple</i>		
16	Ashwin Pothukuchi	Jr	6'0"
24	Trevor Lynch	Jr	6'0"
29	Dillon Garrett	Jr	6'0"
36	Boris Li	Jr	5'9"
44	Jake Bolendz	Jr	5'10"
48	Brendan Kelly	Sr	6'0"
	<i>Butler</i>		
66	Tyler Kimble	Jr	5'9"
81	Will Bolendz	Jr	5'10"

BOYS' TEAMS



MONTPELIER SOLONS

MONTPELIER, VT

Coach: Anne Watson

Captains: Isaac Avery-Padberg, Reed Browning,
Elijah Coolidge, Fox Winters



Montpelier High School teams are known as "the Solons," which leads most of our competitors to ask, "What's a Solon?" Solon was an Athenian statesman. He was known for writing just laws and paving the way for democracy. Being from the capital of Vermont, we aspire to Solon's legacy. Our symbol is an owl, also a symbol of ancient Athens.

The Montpelier Solons ultimate team has grown into a robust program over the last six years which now has boys A, boys B and girls' teams. For a school of less than 300 students, it's remarkable that more than 10 percent play ultimate.

The team's head coach, Anne Watson, has been instrumental in advocating that ultimate be a statewide, sanctioned sport. Ultimate is now in an exhibition period with the Vermont Principal's Association. This means Vermont may be the first state in the country to fully sanction ultimate.

ROSTER

2	Ben Crane	Sr
3	Izac Raker	So
6	Miles Rapaport	Jr
8	Reed Browning	Jr
9	Anders Heyerdahl	Sr
10	Paul Farrell	Sr
12	Elijah Coolidge	Sr
16	Fox Winters	Sr
17	Hayden Ellms	Fr
23	Isaac Avery-Padberg	Sr
47	Anders Shenholm	Fr
66	Colin Desch	Fr
77	Aidan Casner	Sr
99	Silvan Avery-Padberg	Fr

NEEDHAM ULTIMATE

NEEDHAM, MA

Coaches: Daniel Hourigan, Brian Clarkson, Tyler Chan

Captains: Ethan Nash, Michael Busa, Josh Shapiro



Founded 2001. Debate.

ROSTER

4	Michael Busa	Sr	5'11"
	<i>Northeastern</i>		
7	Zach Pizzuto	Sr	6'0"
9	Tommy Jordan	Fr	5'10"
11	Jarrett Ho	Jr	5'6"
13	Sebastian Migliuolo	Sr	6'4"
15	Ethan Nash	Sr	5'9"
	<i>Massachusetts</i>		
17	Josh Shapiro	Sr	5'5"
18	Josh Greiff	So	6'0"
19	Ben Retik	Sr	5'11"
20	Kevin Murphy	Sr	6'6"
21	Adam Newman	Sr	5'8"
25	Bryan Rothenberg	Sr	6'1"
27	Jonathan Rudolph	Fr	5'4"
29	Evan Massa	So	6'1"
45	Jack Kenney	Sr	5'9"
72	Joe Sadok	Sr	5'2"
	<i>Massachusetts</i>		
76	Edward Farber	So	5'10"
81	Harry Taussig	So	6'0"

BOYS' TEAMS



NORTH ALLEGHENY NAUF

WEXFORD, PA

Coach: Matt Burnette

Captains: Nolan Boyle, Russell Ruffolo

@NaufUltimate

northallegHENYultimate.com



Na Ultimate was started back in 2001 by Darren Shultz; he was also one of the founders of PHUL, the local high school league. Na has been around for a while, but this will be the first year we've made it to Northeasterns.

Na is currently coached by Matt Burnette and Matt Randall, two alumni of the school. We had our best season in team history last year, winning PHUL and the Pennsylvania State Championships for the first time.

Building off the success of last season, Na returns a strong senior class led by captains Nolan Boyle and Russell Ruffolo.

ROSTER

3	Andrew McBrier	Fr
4	Jace Burns	Sr
7	Joe Helgerman	Sr
9	Lane Shea	So
10	Wally Clark	Sr
14	Jake Balbach	Jr
15	Aaron Greenberg	So
18	Everett Ziegenfuss	Jr
20	Peter Zaccardi	So
21	Shane Mitnick	Jr
22	Will Davis	Sr
24	Charlie Alt	So
25	Nolan Boyle	Sr
27	Luke Slotterback	Sr
44	Dylan Falk	Sr
45	Connor Altman	Sr
47	Scott Branagan	Sr
49	Russell Ruffolo	Sr
82	Brendan Gryzb	Jr
84	Luke Sterling	Jr
88	Wes McCurdy	So

SPECTATOR INFO

PENNSBURY FALCONS

FAIRLESS HILLS, PA

Coaches: Jake Doyle, Rob LaBar

Captains: Mac Rushing, Colby Gordone



Pennsbury is the defending Northeastern Regionals champion and has won the Pennsylvania High School State Championship two of the last three years. Despite being a high school team, they began the fall 2015 season by winning the Jersey Devil college tournament against teams such as Penn State, Yale, Temple and Shippensburg. After

the 2015 spring season, the team was ranked the number two high school team in the country by Ultiworld. Our name comes from our school mascot, the Falcon.

ROSTER

1	Ian Anderson	So	5'8"
2	Matt LaBar	Fr	5'11"
3	Jesse Cubberly	So	5'7"
4	Brendan Cassidy	So	5'8"
5	Mac Rushing	Sr	5'6"
7	Colby Gordon	Sr	5'11"
	<i>Penn State</i>		
8	Mike Dzelzgalvis	So	5'8"
9	Spencer Hickman	Sr	5'10"
	<i>Penn State</i>		
10	Nick Argenti	Sr	5'7"
	<i>Bucks</i>		
11	Drew Ficarotta	Sr	5'8"
	<i>Kutztown</i>		
12	Cole Ruoff	So	5'4"
16	Sean Johnson	Jr	5'4"
18	Zack LaBar	Jr	5'11"
20	Grant Shapiro	Sr	6'1"
	<i>Florida State</i>		
22	Tim Clarke	Sr	5'10"
	<i>St. Joseph's</i>		
23	Ryan Michael	So	5'9"
24	TJ Arias	Sr	5'11"
	<i>Bucks</i>		
26	Lee Farrell	Sr	5'9"
	<i>Kutztown</i>		
27	Matt Krauss	Fr	5'9"
28	Christian Pilla	Sr	5'9"
	<i>Penn State</i>		
33	Colin Anderson	So	5'10"
41	Andrew Kim	Fr	5'6"
77	Skylar Kleid	Jr	5'7"
87	Matt Shapiro	Fr	5'4"

BOYS' TEAMS



PINE RICHLAND RAMS

GIBSONIA, PA

Coach: Marcus Ranii-Dropcho

Captains: Casey Mann, Jared Landis

@prguysultimate



Pine Richland has had a team for about 10 years and has always been called the Rams, since that's what all sports at our school are called. In the past few years, we have developed much more, which includes winning PHUL and making it to semifinals at the Pennsylvania State Championships in 2013. Last year, we tied for third in PHUL and hope to improve upon that by the end of this season.

ROSTER

2	Charles Misback	Jr	5'10"
3	Lucas Saunders	So	5'11"
6	John Michel	Jr	5'8"
7	Casey Mann	Jr	5'8"
8	Alex Fu	So	6'2"
9	Luke Pedersen	Jr	5'8"
18	Kevin Zhou	Fr	5'6"
21	Aiden Landis	So	6'1"
23	Eliot Duncan	8th	5'6"
28	Evan Grande	8th	5'6"
33	Matt Rechenberg	Jr	5'10"
36	Justin Waltrip	8th	5'7"
37	Nate Grande	So	5'7"
49	Jared Landis	Sr	6'0"
<i>Penn State</i>			
51	Ethan Landis	8th	5'8"
52	Dylan Staples	8th	5'7"
75	Luke Gochis	8th	5'6"
77	Nicholas Michel	8th	5'6"

RADNOR RAIDERS

WAYNE, PA

Coach: Mark Cornacchio

Captains: Alex Fukuchi, Thomas Nye, Simon Prushan

sites.google.com/site/radnoruf



Radnor's ultimate program was started by a student, Brett Schlesinger, and his mother, Dr. Sue Schlesinger in 2006. This first team was the Radnor Gryphons. The name was later changed to the Raiders. In the fall of 2008, the program expanded and added a coed JV team. By spring 2009, the program had added a girls' team. The varsity boys' team won the USA Ultimate Pennsylvania State Championship in 2011, led by team captain Trent Dillon, in the same season the team finished fifth at the last High School Easterns. In 2012, Radnor was in the field of teams at the first Northeastern Regional Championships. The team has finished in the top four each spring season in the Pennsylvania State Championships since 2010.

ROSTER

5	Anthony Chang	Jr	
8	David Chan	Jr	
12	Paul Owens	Jr	
19	Alex Fukuchi	Sr	
22	Thomas Nye	Jr	
24	Henry Ing	So	
26	Neal Chan	So	
27	Andy Kim	Jr	
30	Scott Massey	So	
34	Charlie Frick	So	
47	John Mohler	Jr	
56	Jimmy Clarke	Jr	
58	Ryan Low	So	
59	Spencer Dodge	Sr	
88	Greg Kim	Sr	

BOYS' TEAMS



WESTFIELD ULTIMATE

WESTFIELD, NJ

Coach: Ryan Belline

Captains: Connor Russell, Kevin Tsui, Eli Weaver

@whsulti



Hailing from the Badlands of the great state of New Jersey, the Westfield team will head down Thunder Road on its way to Pittsburgh, Pa. Hoping to have some Glory Days, we plan to be Dancing in the Dark all the way to a regional championship while avoiding a Tenth Avenue Freezeout. Expect to see Rosalita skydiving for the disc while the rest of the team truly has a Hungry Heart. You can bet that everyone is Born in the U.S.A., and baby we were Born to Run!

ROSTER

3	Ryan Chirichella	So	5'8"
7	Chris Ng	Fr	5'7"
8	Jacob Singman	Fr	5'9"
11	Matt Shendell	So	5'10"
13	Josh Camacho	So	5'6"
15	Patrick Chirichella	Jr	5'10"
17	Kevin Tsui	Jr	5'10"
21	Cole Feltman	Jr	5'10"
22	Johnny Sickles	So	5'8"
23	Michael Paglialunga	So	5'11"
25	Matt Feinberg	So	5'8"
26	Jack Schwartz	Jr	6'2"
31	Matt Stravach	Jr	5'10"
32	David Perry	So	5'6"
33	Eli Weaver	So	5'11"
36	Christian Kelly	Jr	5'8"
37	Matt Viscido	So	5'5"
39	Jackson Poindexter	Sr	5'7"
41	Ezra Kennedy	Jr	5'11"
47	Neil Becker	Jr	5'7"
48	Ryan Moore	Jr	5'9"
52	Connor Russell	Sr	6'4"
<i>North Carolina-Wilmington</i>			
64	Jack Liebling	Jr	5'11"
77	Jake Davis	Jr	5'9"
99	Felix Baur	Fr	5'9"

SPECTATOR INFO

XAVIER ULTIMATE

MIDDLETOWN, CT

Coach: David Applegate

Captains: Tyler Beaulieu, Zach Braun,

Nicholas Rotatori

@XHSUltimate



Xavier Ultimate is a member of the Connecticut Youth Ultimate League in Division I. Over the past eight years, the program has grown from a group of students holding pick-up games to a competitive varsity program.

ROSTER

0	Nicholas Rotatori	Sr	5'10"
2	Gunnar Jackson	Jr	5'11"
3	Chris Jillson	Sr	5'8"
4	Zach Braun	Sr	5'10"
<i>Ohio State</i>			
5	John Santiago	Sr	5'6"
6	Tyler Williams	Sr	5'9"
7	Chris Leroux	Sr	5'10"
9	Brendan Rizza	So	5'6"
11	Albert Ackerson	Jr	6'1"
12	Noah Shannon	So	5'11"
14	Tyler Beaulieu	Sr	5'11"
<i>Temple</i>			
15	Liam Coughlin	Sr	5'8"
16	Tyler Finn	Sr	5'10"
21	Andrew Taylor	Jr	5'7"
25	Tom Dobensky	Jr	5'11"
32	Adam Guzauckas	So	5'11"
45	Mark Lavrentyev	So	5'6"

GIRLS' TEAMS



ALLDERDICE NINJA SAMURAI

PITTSBURGH, PA

Coach: Sam Schurer

Captains: Sofia Vidic, Zoe LeGarrec, Peyton Skinker



Allderdice Ninja Samurai was created by Eva Petzinger.

ROSTER

2	Sofia Vidic <i>Pittsburgh</i>	Sr	5'6"
4	Miranda Kosowsky	Jr	5'1"
8	Amallia Rascoe	Fr	5'2"
9	Sophia Kosowsky	Jr	5'1"
11	Sara Liang	Fr	5'4"
14	Peyton Skinker <i>Pittsburgh</i>	Sr	5'3"
16	Marina Godley-Fisher	Fr	5'6"
19	Zoe LeGarrec <i>Case Western</i>	Sr	5'9"
21	Carlisle Turner <i>Pittsburgh</i>	Sr	5'8"
23	Sarah Schlossberg <i>Tulane</i>	Sr	5'3"
32	Maggie Lincoln	Fr	5'1"
55	Kathleen Walter	Jr	5'5"

AMHERST HURRICANES 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. Since then, our program's strength and depth has increased to include JVA and JVB teams. 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. Our team name, the Hurricanes, is simply the name that all Amherst Regional High School sports teams share.

ROSTER

1	April Weintraub <i>Tufts</i>	Sr	5'6"
2	Aoife Dahill-Baue	Sr	5'5"
3	Fernanda Breña	Sr	5'4"
4	Livvy Weld <i>Smith</i>	Sr	5'5"
6	Augusta Fricke	So	5'5"
8	Ella Douglas <i>Case Western</i>	Sr	5'7"
9	Mia Hartl	Sr	5'9"
11	Manali Rege-Colt	Jr	5'6"
12	Leija Helling	So	5'4"
13	Shira Yeskel-Mednick <i>Skidmore</i>	Jr	5'9"
14	Rebecca Livingston	Sr	5'4"
17	Jo-z Coppinger	Sr	5'5"
19	Izzi Tripp	Sr	5'5"
22	Gina Pryciak <i>Skidmore</i>	Sr	5'5"
24	Elende Connor <i>Massachusetts College of Art and Design</i>	Sr	5'4"
27	Katy King	Jr	5'10"

GIRLS' TEAMS



AMHERST JVA HURRICANES

AMHERST, MA

Coach: John Bechtold

Captains: Dana Hopkins McGill, Aviva Weinbaum,
Manya Weintraub



The ARHS Girls' JVA are thrilled to be back at Northeasterns. We are, as far as we can tell, the oldest JV girls' program in the country as we head into our 18th season. While we work to create the foundation for future ARHS varsity squads, the JVA girls have a notable history in their own right, as

winners of various tournaments, including Massachusetts States, and a third-place finish at 2015 Northeasterns. Most importantly, we love playing other spirited girls' teams that love the game as much as we do!

ROSTER

2	Bethany Vickery	Sr	5'5"
3	Aviva Weinbaum	So	5'3"
4	Aurora Braun	Sr	5'1"
8	Piper Lacy	So	5'7"
9	Ana Ivanova	Sr	5'4"
10	Libby Knapp	Fr	5'5"
14	Amalia Butler	Jr	5'6"
16	Sydney Zobel	Fr	5'11"
17	Emma Schneider	Jr	5'6"
18	Manya Weintraub	Jr	5'4"
21	Stella Wenzel	Fr	5'4"
24	Dana Hopkins-McGill	So	5'4"
44	Hannah Lebowitz	Sr	5'1"

SPECTATOR INFO

COLUMBIA SPARKLE MOTION

MAPLEWOOD, NJ

Coach: Paul Lacy

Captains: Anna Winters, Olivia Woodruff
@SparkleCHS



Sparkle Motion was founded in the early 2000s. One of the founders of the team really liked the movie *Donnie Darko* (2001), which is where our name and logo – Frank the bunny – is from. Sparkle Motion is a dance group in *Donnie Darko*.

We make it our mission to accept any girl who is interested in ultimate, regardless of her skill level. As a result, we have some girls who join the team with no experience at all in sports. We teach them from scratch about ultimate and the Spirit of the Game that comes with it. For the girls who come to the team with prior ultimate knowledge or other sport(s) experience, we develop them into better players. By welcoming all with or without prior experience, Sparkle Motion spreads ultimate to those who have never played and develops those who have already.

ROSTER

3	Valerie Houghton	Fr	5'7"
4	Shannon Bryan	So	5'8"
7	Maude Schmidt	So	5'9"
8	Coralie Francois	Jr	5'3"
12	Maisie Conrad-Poor	Fr	5'5"
13	Lily Sickles	So	5'1"
14	Kate Ciolkowski-Winters	Fr	5'1"
16	Derby Cineas	Fr	5'2"
18	Izzy Singer	Fr	5'3"
20	Anna Winters	Sr	4'9"
	<i>Rutgers</i>		
21	Ronnie Auer	Sr	5'0"
22	Alexandra Krim	Fr	5'3"
23	Sophie Kushen	Sr	6'0"
	<i>Northeastern</i>		
24	Olivia Woodruff	So	6'0"
28	Anabel Legaspi	Fr	5'3"
30	Alex Fraser-Nichols	Jr	5'3"
52	Isabel Schneiderman	Jr	5'3"

GIRLS' TEAMS



ETHICAL CULTURE FIELDSTON SCHOOL SHEAGLES

BRONX, NY

Coaches: Vincent Drybala, Benjamin Wearn
Captains: Jessie Hamilton, Julia Rosenberg



Sheagles started in 2014 to attend the first-ever New York State Girls' Championship. As our school mascot is the Eagles, the girls' team is the Sheagles.

ROSTER

0	Emily Power	Fr	5'2"
1	Maya Stokes	So	5'5"
2	Rebecca Fields	Fr	5'1"
3	Whitney Wyche	Fr	5'3"
4	Grace Brickner	Sr	5'9"
<i>Macalester</i>			
5	Dahlia Gottlieb	So	5'5"
6	Avery Lender	Fr	5'6"
7	Rachel Hazin	So	5'4"
8	Miranda Stone	So	5'6"
9	Isabella Eidelheit	So	5'4"
10	Flora Villalobos	So	5'6"
11	Gisselle Sorin	So	5'6"
12	Paulette Schuster	Sr	5'7"
<i>Harvard</i>			
13	Daniela Finkel	Jr	5'6"
14	Taylor Moss	Fr	5'6"
15	Samantha Ratner	So	5'5"
16	Jessie Hamilton	Sr	5'7"
<i>Skidmore</i>			
17	Sophie Montanez	So	5'9"
18	Sophie Geskin	So	5'5"
19	Alexandra Josephson	Fr	5'9"
20	Hannah Kleinbardt	Fr	5'4"
21	Nina Redpath	Jr	5'7"
22	Emma Sanchez	Fr	5'3"
23	Katie Ennis	Sr	5'5"
<i>Lafayette</i>			
24	Samantha Grossman	So	5'5"
25	Harper Lethin	Fr	5'5"
27	Rori Sachs	Sr	5'5"
<i>Syracuse</i>			
28	Eleanor Pasche	Sr	5'7"
<i>Bowdoin</i>			
29	Cara Geser	Sr	5'4"
49	Grace Kleinbardt	Fr	5'5"
66	Julia Rosenberg	Sr	5'8"
<i>Brown</i>			
70	Grace Nedelman	Jr	5'6"

FOX CHAPEL GIRLS' ULTIMATE

PITTSBURGH, PA

Coaches: Stephen Wolff, Shayna Reppermund
Captains: Michele Wolff, Darra Reppermund

For a lot of the seniors, we have been playing together for at least two years, but we have a lot of freshmen, which is really exciting! Last year, our team got second in PHUL and second at the Pennsylvania High School State Championships. But two years ago, we got first in PHUL and third at Pennsylvania States! Our name is just from the school we all go to. But when we cheer, we say "Go GUFFoxes" which means Girls Ultimate Frisbee Foxes.

ROSTER

1	Becca Salamacha	Sr	5'1"
2	Christina Brown	Sr	5'4"
4	Freesia Vettier	Sr	5'5"
5	Theresa Heidenreich	Fr	5'8"
6	Darra Reppermund	Sr	5'6"
10	Alli Meinert	Fr	5'6"
12	Michele Wolff	Sr	5'3"
13	Kate Eames	Fr	5'8"
15	Maggie McCoy	Fr	5'3"
17	Vicky Mountz	So	5'6"
18	Maya McCann	Sr	5'4"
20	Allison Gould	Jr	5'4"
24	Elizabeth Heidenreich	Jr	5'8"
26	Elizabeth Sodini	So	5'3"
28	Ellie Mountz	So	5'8"
31	Kate Fezcko	Fr	5'5"
33	Mia Marsico	Fr	5'8"
64	Ciera Miller	Sr	5'9"

GIRLS' TEAMS



LEXINGTON FOOLIGALS

LEXINGTON, MA

Coaches: Elizabeth Cook, Jake Cook
Captains: Eva McDermott, Bonnie Nguyen, Maggie Zhang



The Lexington Fooligals was a team that branched off of the mixed Lexington Fooligans team. We are the Fooligals instead of Fooligans because the team consists of gals, a common slang term for girls. The ladies team started in the 2013 spring season and has been gaining traction ever since. The team has played multiple tournaments, including previous Northeasterns, the Amherst Invitational and the Pioneer Valley Invitational.

ROSTER

0	Alissa Wang	Fr	5'4"
3	Anna Jensen	Fr	5'2"
4	Megan Ren	Fr	5'2"
7	Anni Gao	Fr	5'5"
8	Elizabeth Ng	Jr	5'1"
10	Adrena Seferian	Fr	5'7"
11	Lindsay Wang	Fr	5'4"
12	Valerie Hsieh	Sr	5'4"
13	Raissa Li	Fr	5'3"
15	Tess Johnson	Sr	5'9"
16	Lenna Wolffe	Jr	5'10"
17	Caroline Jessy	So	5'1"
18	Elise Counsell	Jr	5'10"
19	Catherine Lee	Fr	5'5"
20	Genna Kim	Fr	5'2"
23	Tora Fjaellskog	Fr	5'9"
24	Aradhna Johnson	Fr	4'11"
25	Elizabeth Wong	Jr	5'5"
39	Thesi Mandi	Fr	5'3"
49	Seo-Hyun Yoo	Fr	5'1"
50	Bianca Radulescu-Banu	So	5'3"
51	Mira Anderberg	So	5'9"
62	Mei Pearlstein	So	5'5"
63	Audrey Zhu	Jr	4'11"
69	Michelle Gung	Sr	5'5"
71	Rachel Kientle	Fr	5'7"
72	EvaMc Dermott	Sr	5'0"
73	Jocelyn Shue	Sr	5'4"
75	Emily Nadler	Sr	5'5"
79	Brooke Medley	Jr	4'11"
81	Maggie Zhang	Jr	5'2"
88	Bonnie Nguyen	Sr	6'7"
96	Sarah Nadler	Jr	5'1"
99	Beverly Liu	Fr	5'5"

SPECTATOR INFO

LOWER MERION LADY BABA

ARDMORE, PA

Coaches: Chris Vanni, Pete Dawson
Captains: Mariko Kishimoto, Dena Behar, Margo Urheim



Lady Baba began in 2007 with a small but dedicated group of girls. Although their size was modest, their talent was evident, led by former head coach Kathy Rowe. The team has grown over the years and is now comprised of over 40 girls, split into JV and varsity squads, and was recognized as a high school sport for the first time in 2015. Lady Baba has won four state championships – in 2009, 2010, 2013 and 2014 – and came in second at the Amherst Invitational in 2012 and 2013. Lady Baba is also proud of the legacy it has created, sending players to colleges such as Princeton, Yale, Pittsburgh, Tufts and Dartmouth. They are coming off their first season with new head coach Chris Vanni, who led the team to a PHUEL city championship and a Pennsylvania State Championships semifinals berth.

ROSTER

0	Mia Bollman	Jr
1	Victoria Lee	So
2	Ariana Bhatia	So
4	Caroline Noone	So
5	Olivia Thornton	Fr
9	Kelly Harrigan	Jr
10	Sarah Lipson	Jr
11	Hannah Si	Jr
14	Amelia Marx	Jr
16	Cathy Si	So
17	Mariko Kishimoto	Jr
23	Caroline Baker	Jr
24	Katie Mastriano	Fr
27	Katie Dai	So
30	Talia Gallagher	Fr
31	Bethany Eldridge	So
33	Christina Holgado	So
37	Lisa Shore	Jr
38	Joanna Fisch	Fr
46	Molly Hughes	Jr
48	Dahlia Edwards	Fr

GIRLS' TEAMS



NORTH ALLEGHENY NAGU

WEXFORD, PA

Coach: Sarah Russek

Captains: Julia Buss, Mary Grace Antonich,
Emma Phelps



North Allegheny Girls' Ultimate has been around for six years, after the women broke off from the boys' school team (NAUF).

ROSTER

8	Caitie Conway	Jr
10	Jes Bruzinski	Jr
12	Yara El-Khatib	Jr
13	Emma Phelps	Jr
14	Jess Dougherty	Fr
17	Dom Ross	Jr
20	Natalie Moul	Jr
21	Julia Buss	Sr
22	Katie Kosco	Fr
27	Cara Schwartz	Jr
50	Rozz Monnin	So
88	Mary Grace Antonich	Jr

RADNOR RAIDERS

RADNOR, PA

Coaches: Michael Gentile, Lizzie Grobbel

Captains: Wallis Grant, Kyra Chandler, CJ Dawson

@RadnorUltimate

sites.google.com/site/radnoruf



Radnor Ultimate Frisbee (RUF) began in the spring of 2007. First known as the Gryphons and structured as a club activity, populated by only a few, very dedicated players, it has grown into a lettered sport, adopted the school name, Raiders, and fields three full teams: girls, boys and JV, in both the fall and spring seasons. Radnor Girls' Ultimate

has made great progress in its short existence, a result of the players', coaches' and parents' dedication and hard work. Also, in no small part, the environment created and cultivated by PHUEL and the strong, spirited relationships with the local, "rival" girls' teams have contributed to Radnor Girls' Ultimate's success.

ROSTER

3	Kenagh Babcock	Jr
10	Kyra Chandler	Sr
	<i>Delaware</i>	
14	Maya D'Mello	So
15	Layne Dodge	So
17	Anna Gurian	Fr
19	Iris Wang	Jr
22	Allison Frebowitz	Jr
27	Wallis Grant	Sr
	<i>Dickinson</i>	
31	Milena Korzekwa	So
32	Lucy Elliott	Jr
33	Norah Xiong	Sr
	<i>Pittsburgh</i>	
36	Jess Pevner	Jr
38	Erin Brown	Jr
43	Sanjna Pandey	Jr
57	CJ Dawson	Jr
67	Julie Lee	Jr
74	Emily Han	Jr

GIRLS' TEAMS



WATCHUNG HILLS LADY WARRIORS

WARREN, NJ

Coach: Ken Karnas

Captains: Kate Stoll, Jessie Sun, Rachel Tigol,

Joy Rizzoli

@WHRHSUltimate

whrhs.org/Domain/281



The Watchung Hills ultimate program was started in 2000, became a varsity sport in 2003 and started an all-girls' team shortly thereafter. The Lady Warriors have won the New Jersey State Championships for five consecutive years and have competed in the past four Northeasterns. In

recent years, the Lady Warriors have also expanded their program to host two annual home tournaments, Fall Together and Spring Fling. We are excited to compete at the final High School Northeasterns, and no matter what happens in the future, we hope to find the most competitive girls' ultimate scene where we can play at the highest possible level and stay true to our motto...WORK!

ROSTER

2	Jessie Sun	Sr	5'6"
	<i>Pittsburgh</i>		
3	Rachel Tigol	Sr	5'4"
4	Alyssa D'Costa	Sr	5'2"
	<i>Penn State</i>		
5	Chelsea Semper	Jr	5'4"
7	Joy Rizzoli	Sr	5'6"
	<i>Penn State</i>		
11	Allison Huresky	So	5'10"
12	Rachel Lu	So	5'3"
17	Minhee Han	Jr	5'5"
20	Kelly McKenna	Jr	5'4"
22	Catherine Chen	So	5'5"
23	Kathy Lee	Jr	5'4"
24	Jesse Song	Jr	5'1"
26	Megan Ma	Jr	5'5"
27	Nicki Wang	Jr	5'6"
28	Cidney Weng	Jr	5'5"
36	Kristina Woo	Sr	5'1"
	<i>Kings College</i>		
42	Kate Stoll	Sr	5'6"
	<i>McDaniel College</i>		
87	Amreeta Verma	So	5'2"
93	Lindsey Shi	So	5'5"

SPECTATOR INFO

WATCHUNG HILLS LADY WARRIORS JV

WARREN, NJ

Coaches: Ken Karnas, Rebecca Chang, Terence Chen

Captains: Rebecca Chang, Elizabeth Strona

@WHRHSUltimate

whrhs.org/Domain/281



Although the Watchung program has been around since 2000, this is the first year of the Watchung Lady Warriors JV team! Our girls' ultimate program has expanded in the past few years, and we now boast more than 35 players in our program. We are so excited to be at the final Northeasterns and to test our mettle against the best teams in the

Northeast. We hope to uphold the strong tradition at Watchung and represent our motto to its fullest....WORK!

ROSTER

1	Jacqueline Lee	Fr	5'3"
2	Catherine Ray	Fr	5'3"
3	Melissa Hoffman	Fr	5'3"
4	Jocelyn Wang	Fr	5'5"
7	Tarana Ranjan	Fr	5'2"
8	Elizabeth Strona	So	5'6"
9	Yvonne Tang	Fr	5'3"
11	Kim Dang	Fr	5'2"
14	Sydney Brewster	Fr	5'2"
15	Gabi DeCastro	Fr	5'5"
17	Brenda Peng	So	5'9"
18	Jenna Woo	Fr	5'5"
19	Kathie Zhang	Fr	5'4"
21	Rebecca Chang	So	5'2"
26	Cathleen Luo	Fr	5'4"
28	Brittany Keller	So	5'2"
30	Brynn Doherty	So	5'3"

GIRLS' TEAMS



WEST WINDSOR- PLAINSBORO SOUTH WIND DRAGONS

WEST WINDSOR, NJ

Coach: Guoqing Wei

Captains: Lucia Wei, Kristi Huang



The Wind Dragons started out in 2014 as a small group of girls from WW-P that branched from the boys' team. Our team is a student-run organization and was conceived in an effort to promote girls' ultimate in our area. Although our team is relatively young, we have a strong team dynamic

that motivates us to learn, improve and have fun! The Wind Dragons name is meant to inspire us to play with as much agility and intensity as last year.

ROSTER

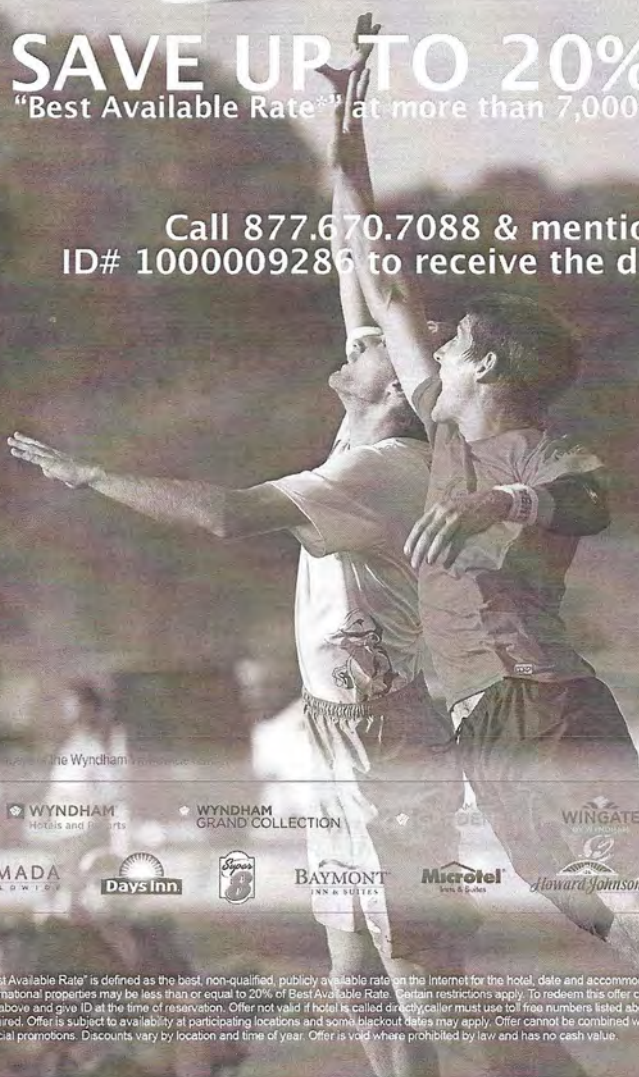
3	Kristi Huang	Sr	5'5"
	<i>Emory</i>		
6	Joanna Yao	Fr	5'4"
8	Emily Yin	Jr	5'4"
11	Funing Zhang	Sr	5'6"
	<i>Ohio State</i>		
15	LaYow Yu	Fr	5'2"
19	Melanie Tsai	Fr	5'6"
22	Andrea Sun	Fr	5'2"
27	Lucia Wei	Sr	5'2"
28	Lian Wong	So	5'4"
29	Christine Liang	So	5'4"
36	Jessica Xu	Fr	5'3"
37	Ally Chien	So	5'5"
38	Whitney Zhou	Fr	5'1"
40	Karen He	Fr	5'5"
52	Andrea Ma	So	5'4"
65	Victoria Ng	So	4'9"
66	Claire Kong	So	5'2"
77	Michelle Tong	Fr	5'4"

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HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape 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 the "Directions" section 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.
- USA Ultimate's participant waiver includes important information from the CDC regarding concussion safety: usaultimate.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 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.

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 unsportsmanlike 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 CIRCLES

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 or spirit 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!



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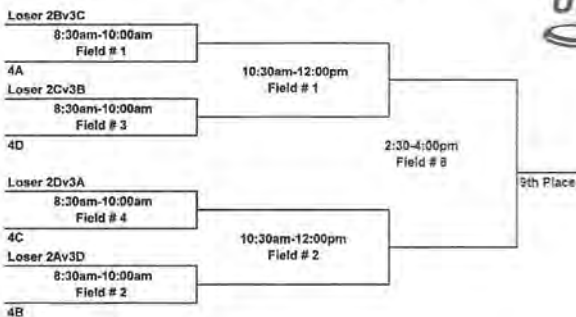
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BOYS' SCHEDULE

2016 USA Ultimate High School Northeastern Championships - Boys' Division												
Saturday, May 21, 2016												
All Games to 13 Cap 15	Pool A						Pool B					
	A1	(1) Amherst					B1	(2) Pennsbury				
	A2	(8) Methacton					B2	(7) Masconomet				
	A3	(12) North Allegheny					B3	(11) Pine Richland				
	A4	(13) Fieldston					B4	(14) Xavier				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	6	-	D2 v D4	7	-	B1 v B3	8	-	B2 v B4	9	-
10:45 - 12:00	A1 v A3	6	-	A2 v A4	7	-	C2 v C3	8	-	D2 v D3	9	-
1:00 - 2:15	A1 v A4	6	-	A2 v A3	7	-	B1 v B4	8	-	B2 v B3	9	-
2:45 - 4:00	A1 v A2	6	-	A3 v A4	7	-	B1 v B2	8	-	B3 v B4	9	-
Re-seed teams 1-4 within each pool.												
4:45 - 6:00	2A v 3D	9	-	2B v 3C	8	-	2C v 3B	7	-	2D v 3A	6	-


Consolation Bracket

Sunday, May 22, 2016

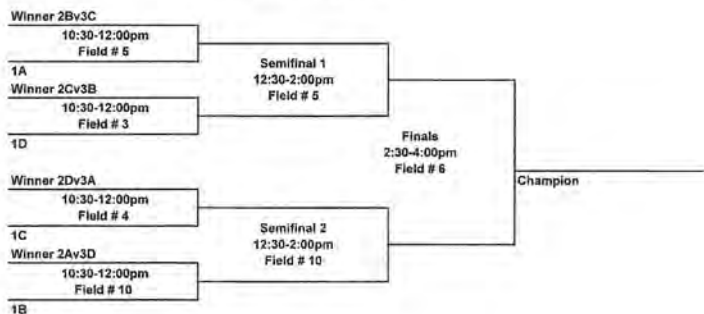


Consolation games to 13, cap 15



2016 USA Ultimate High School Northeastern Championships - Boys' Division										
Saturday, May 21, 2016										
All Games to 13 Cap 15	Pool C					Pool D				
	C1	(3) Lexington				D1	(4) Westfield			
	C2	(6) Columbia				D2	(5) Franklin			
	C3	(10) Radnor				D3	(9) Needham			
	C4	(15) Hampton				D4	(16) Montpelier			
Saturday		F#	Score		Score	Bye				
9:00 - 10:15	C1 v C3	11	-	D1 v D3	12	-				Pool A
10:45 - 12:00	C1 v C4	11	-	D1 v D4	12	-				Pool B
1:00 - 2:15	D3 v D4	11	-	D1 v D2	12	-				Pool C
2:45 - 4:00	C1 v C2	11	-	C3 v C4	12	-				Pool D
Re-seed teams 1-4 within each pool.										
4:45 - 6:00										

Championship Bracket
Sunday, May 22, 2016



Official Event Photography:



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Championship games to 13, cap 15

GIRLS' SCHEDULE

2016 USA Ultimate High School Northeastern Championships - Girls' Division												
Saturday, May 21, 2016												
All Games to 13 Cap 15	Pool A						Pool B					
	A1	(1) Amherst Varsity					B1	(2) Watchung Hills				
	A2	(6) Lower Merion					B2	(5) Amherst JV				
	A3	(7) Allderdice					B3	(8) Fieldston				
	A4	(12) WWP South					B4	(11) North Allegheny				
	A5	(13) Watchung Hills JV										
Friday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A4 v A5	5	-	A2 v A3	10	-	B1 v B3	2	-	B2 v B4	1	-
10:45 - 12:00	A1 v A3	5	-	A2 v A4	10	-	B1 v B4	2	-	B2 v B3	1	-
1:00 - 2:15	A1 v A5	5	-	A3 v A4	10	-	B1 v B2	2	-	B3 v B4	1	-
2:45 - 4:00	A1 v A4	5	-	A2 v A5	10	-				3B v 3C	2	-
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	10	-						

Round Robin for 9th - 14th Sunday, May 22, 2016

Sunday		F#	Score		F#	Score
8:30 - 10:00	D4 v D5	12	-	D1 v D2	11	-
10:30 - 12:00	D2 v D4	12	-	D1 v D3	11	-
12:30 - 2:00	D2 v D3	12	-	D1 v D5	11	-
2:30 - 4:00	D3 v D5	9	-			

Official Event Photography:



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.

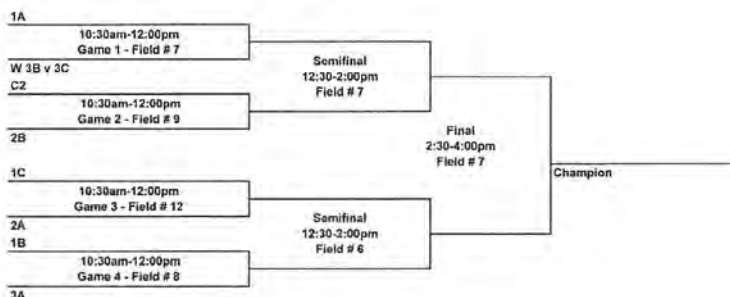
Teams will be ranked 9th through 13th based upon Saturday and Sunday results.

Consolation games to 13, cap 15

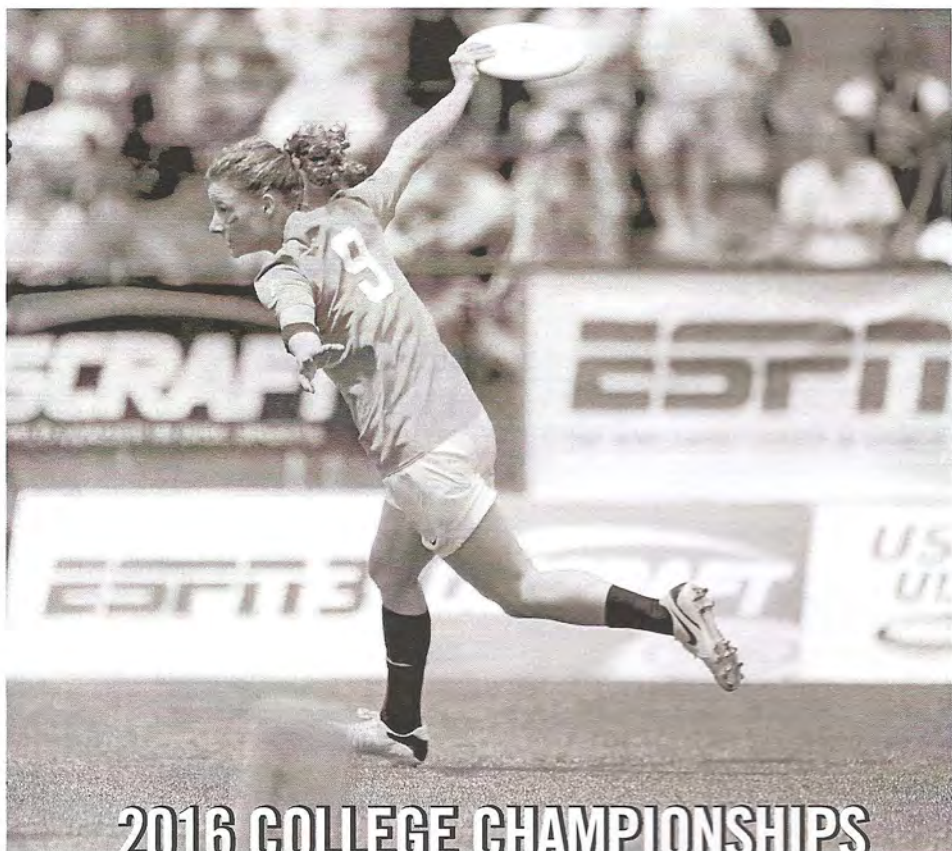
2016 USA Ultimate High School Northeastern Championships - Girls' Division						
Saturday, May 21, 2016						
All Games to 13 Cap 15	Pool C					
	C1	(3) Lexington				
	C2	(4) Fox Chapel				
	C3	(9) Radnor				
	C4	(10) Columbia				
Friday		F#	Score		F#	Score
9:00 - 10:15	C1 v C3	4	-	C2 v C4	3	-
10:45 - 12:00	C1 v C4	4	-	C2 v C3	3	-
1:00 - 2:15	C1 v C2	4	-	C3 v C4	3	-
2:45 - 4:00				4B v 4C	4	-
Re-seed teams 1-4 in pools B and C. Pool A finishes pool play.						
4:45-6:00						



Championship Bracket
Sunday, May 22, 2016



Championship games to 13, cap 15



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