

HIGH SCHOOL SOUTHERN CHAMPIONSHIPS 2012



**USA
ULTIMATE**



EVENT GUIDE \$2



**ULTIMATE
GEAR + APPAREL**

OFFICIAL MERCHANDISER
**2012 HIGH SCHOOL
SOUTHERN CHAMPIONSHIPS**

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STAFF

Tournament staff members will be wearing steel event shirts. If they can't answer your questions, they will point you to one of the following people for further assistance:

EVENT STAFF

Tournament Director – Jeb Barrett
Volunteer Coordinator – Rusty Sewell
Head Scorekeeper – Matt Pirkle
Assistant Scorekeeper – Jody Lewis
Head Stat-keeper – Torre Hargett
Local Media Coordinator – Karen Zatulak
Social Event Coordinator – Karen Barrett

USA ULTIMATE STAFF

Managing Director, Competition and Athlete Programs – Will Deaver
Manager, Competition and Athlete Programs – Baker Pratt
Manager, Events – David Raffo



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WELCOME

On behalf of the Chattanooga Flying Disc Club (CFDC) I would like to welcome you to Chattanooga, TN for the inaugural USA Ultimate High School Southern Championship. The CFDC is a 501c3 nonprofit organization whose mission is to promote youth activities through disc sports in the Chattanooga area. Southern has provided an opportunity for the CFDC to showcase the best youth players in our sport to our community and to promote our area to you. On top of all the great ultimate and disc golf available, you are near some of the nation's best locations for other outdoor activities including whitewater, rock climbing, and mountain biking. We hope you enjoy your experience here in Chattanooga. Play hard, have fun, and enjoy yourself.

- Jeb Barrett, CFDC

WEEKEND OVERVIEW

FRIDAY, MAY 18 AT BEST WESTERN PLUS ARBOUR INN & SUITES

7:00 – 9:00pm: Team Registration

SATURDAY, MAY 19 AT CAMP JORDAN PARK FIELD

8:00am: Captain's Meeting

9:00am – 6:00pm: Pool Play

SUNDAY, MAY 20 AT CAMP JORDAN PARK FIELD

8:30am – 2:00pm: Completion of Pool Play (Open Only), Elimination and Placement games

1:00pm: Finals

Post-Finals: Award Ceremony. Immediately following the finals, awards will be presented to the champions and second-place teams in each division, as well as Team Spirit award winners and Individual Spirit Award winners.

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- 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 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

SITE RULES

- **NO ALCOHOL OR TOBACCO:** Facility, event staff, and security will be checking to make sure people are not drinking or smoking. There will also be lots of moms, dads, and kids watching the action. Please abide by these rules. If you are caught with alcohol/tobacco at the field site you will risk disqualification for your team as well as potential ramifications outside of the event for breaking the field regulations. Thank you!
- **NO GLASS OR METAL BOTTLE CAPS**
- **NO DOGS**
- **SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 YARDS AWAY FROM SIDELINES:** Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- **TRASH AND RECYCLING:** Place recyclables in the recycling receptacles and place trash in the trash...keep your sidelines clean.
- **LANGUAGE:** This is a Youth Facility and overall a family environment. Please keep this in mind when doing team cheers etc.
- **GUESTS AND SPECTATORS:** You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.

SPIRIT AWARDS

Ultimate has traditionally relied upon the spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules of the game, or the basic joy of play — 11th Edition USA Ultimate Rules of Ultimate.

TEAM AWARDS: Following every game, each team will be asked to rate its opponent on a scale of 1-5, with 5 being the highest level of sportsmanship. These ratings will be averaged and the team in each division with the highest rating will be awarded the Team Spirit Award after their division's finals.

USA ULTIMATE SPIRIT RATINGS GUIDELINES

The ratings are ordered from 5 (indicating the highest level of spirit) through 1 (the lowest level of spirit):

5: Highest level of respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unfailingly played fairly and with an excellent attitude.

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

3: Generally exhibited respect towards opponents, officials, and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly

and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.

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

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

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

HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies, and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape/bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff. If there is an injury on a field that needs medical attention, inform a field marshal and he/she will radio to the trainers. If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields by 7:30 a.m. each day. Directions to the local hospital can be found in the "Directions" section of this program.

CONCUSSIONS

- Concussions are brain injuries that can occur as a result of a blow to the head.
- Symptoms may include headache, nausea, vision problems, confusion, and balance problems.
- If you think you or one of your teammates might have a concussion, tell your coach and have the athlete see a medical professional. Medical staff members are on hand at Tournament Central.

HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling by evaporation is limited. Sweating depletes the body's salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.
- Prevention and treatment of heat illness
- Avoid alcohol, caffeine, and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase risk for heat illness. Avoid them if possible.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
- Know your body – Be honest! Are you fit enough to perform under current conditions?
- Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important (good sources include: sports drinks, yogurt, grapefruit juice, bananas and oranges). Sodium is also important (good sources include: sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies).
- Don't drink too much: Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
- Monitor your urine: Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness: If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin, get in front of a fan or breeze.

SIDELINE SAFETY

- Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must

- be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform Event Staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or Event Staff, unsafe for players, staff or spectators.

LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via PA system, and through field marshals equipped with radios, if there is a lightning danger. Play then will be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed building or vehicle with a hard top and closed windows.
- Event staff will use the "flash-to-bang" method to determine when to send people to shelter. By the time the flash-to-bang count has reached 30 seconds, all individuals should be in a safe shelter location.
- If you can't get to a safe shelter, try to avoid being the tallest object in an open field or on open water. Avoid other tall objects, metal objects and water. Assume a crouched position with only the balls of your feet touching the ground, your arms wrapped around your knees, and your head lowered. Minimize contact with the ground. Do not lie flat.
- Avoid using telephone land lines. Cell phones are safe, provided the person has followed other safety guidelines.
- Event staff will indicate to players when play is going to resume. Team captains should meet at Tournament Central to receive instructions for resuming play and any schedule modifications.

SHOOTING PHOTOS/VIDEO

USA Ultimate appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of events hosted by USA Ultimate.

Anyone wishing to record USA Ultimate events for commercial purposes (as defined in the agreement) is required to sign the USA Ultimate Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood.

The agreement is intended to protect USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like to submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Director of Marketing and Communications Andy Lee at andy@hq.usultimate.org.

DIRECTIONS

DIRECTIONS FROM BEST WESTERN PLUS ARBOUR INN & SUITES

(6710 Ringgold Road, Chattanooga, TN 37412) to Camp Jordan Park Field (315 Camp Jordan Parkway, East Ridge, TN 37412)

- Head West on Ringgold Road toward Camp Jordan Parkway
- Take the first right onto Camp Jordan Parkway
- Take the first left to stay on Camp Jordan Parkway
- Turn left into camp Jordan Park Field

DIRECTIONS FROM CAMP JORDAN PARK FIELD

(315 Camp Jordan Parkway, East Ridge, TN 37412) to Parkridge East Hospital (941 Spring Creek Road, Chattanooga, TN 37412)

- Head South toward Camp Jordan Parkway
- Turn right onto Camp Jordan Parkway
- Turn right to stay on Camp Jordan Parkway
- Take the 1st right onto Ringgold Road
- Turn right onto Spring Creek Road
- Parkridge East Hospital will be on the left

FIELD MAP



GIRLS SCHEDULE

2012 USA Ultimate High School Southern Championships - Girls Division

Saturday, May 19, 2012

Pool A

Games to 13
Cap at 15

A1 YatesvilleHS Woodlawn/Venety
 A2 Chapel Hill
 A3 Grady / Allstate International
 A4 University School of Nashville
 A5 YorktowneHS Woodlawn JV

	#	Score	#	Score		
9:00 - 10:15	A1 v A5	7	---	A2 v A4	8	---
10:45 - 12:00	A1 v A3	7	---	A4 v A5	8	---
1:00 - 2:15	A2 v A5	7	---	A2 v A4	8	---
2:45 - 4:00	A1 v A4	7	---	A2 v A3	8	---
4:30-5:45	A1 v A2	7	---	A3 v A5	8	---

USA ULTIMATE

Re-seed teams within each pool for Sunday play

Consolation Bracket

Sunday, May 20, 2012

Championship Bracket

Sunday, May 20, 2012

L(2)

Game (4)
12:30pm-2:00pm
Field # 8

L(3)

Consolation

A4

Game (1)
9:30-10:00am
Field # 6

A5

A1

Game (2)
Semifinal
12:30pm-12:00pm
Field # 6

A2

Game (3)
Semifinal
10:30am-12:00pm
Field # 4

A3

Game (5)
Final
Sunday 1:00-2:00pm
Field # 5

Champion

Consolation games to 13 cap 16

Championship games to 12 cap 16

DISCRAFT

OPEN SCHEDULE

2012 USA Ultimate High School Southern Championships - Open Division

Saturday, May 19, 2012 continuing Sunday, May 20, 2012

Games to 13 Cap at 15	Pool A									Pool B								
	A1	Grady (1)								B1	University School of Nashville (2)							
	A2	Blackman (3)								B2	Brookwood (4)							
	A3	Yorktown/HB Woodlawn (6)								B3	Fayetteville (5)							
	A4	Independence (7)								B4	Carolina Friends (8)							
	A5	Madison Central (10)								D5	Lakeside (9)							
	A6	Cypress Bay (12)								B6	LC Bird (11)							
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score
9:00 - 10:15	A1 v A3	4 -	A2 v A5	5 -	A4 v A6	6 -	B1 v B3	3 -	B2 v B5	2 -	B4 v B6	1 -						
10:45 - 12:00	A1 v A2	4 -	A3 v A6	5 -	A4 v A5	6 -	B1 v B2	3 -	B3 v B6	2 -	B4 v B5	1 -						
1:00 - 2:15	A1 v A6	4 -	A2 v A4	5 -	A3 v A5	6 -	B1 v B6	3 -	B2 v B4	2 -	B3 v B5	1 -						
2:45 - 4:00																		
4:30 - 5:45	A1 v A4	4 -	A2 v A3	5 -	A5 v A6	6 -	B1 v B4	3 -	B2 v B3	2 -	B5 v B6	1 -						
Sunday																		
8:30-10:00	A1 v A5	7 -	A2 v A6	6 -	A3 v A4	2 -	B1 v B5	8 -	B2 v B6	4 -	B3 v B4	3 -						

Re-seed teams within each pool for bracket play



GIRLS TEAMS

GRADY HIGH SCHOOL / ATLANTA
INTERNATIONAL SCHOOL / HERITAGE HIGH
SCHOOL / WOODWARD ACADEMY

SCRAPS

Atlanta, Ga.

Coaches: Kris Osher, Amanda Tunnell, Liz Duffy, Mira Walker

Scraps came about from the strong desire in the Atlanta area to build up girls ultimate. Grady, Heritage, Woodward and AIS are working hard to create self-sustaining girls programs, and all of the schools have seen good progress in the last two years. But, as with any fledgling endeavor, getting things off the ground is hard. Grady and AIS have been teaming up for two seasons now, and both schools are right on the cusp of not needing to lean on each other anymore. When that day comes, it will be a cause for b

ROSTER

3	Cate Matthews	So	5'5"
4	Dani Rivera		
13	Kindall Brantley	Sr	5'8"
15	Rejonjah Burdette	Jr	5'7"
21	Krysten Taylor	Sr	5'5"
28	Kallie Monroe	Sr	5'1"
??	Sue Claire Lichvield	Sr	
??	Rebecca Coffman		
??	Hannah Butsch		
??	Allie Cuson		
69	Sevana Ohanian		

H.B. WOODLAWN

YHB JV

Arlington, Va.

Coach: Dave Soles

YHB has had a JV team at a Regional event for 3 years. We have always won at least one game and we've always had a lot of fun. We dedicate our performance this weekend to the memory of Anthony Dryden Duff.

ROSTER

Sarah Bluestien	So
Julie Calvert	Jr
Grace Cannon	Jr
Undra Demerel	So
Christine Derieux	Fr
Alex Gartner	Fr
Amy Heng	So
Arianna Hume	So
Ana Janetos	So
Melissa Joskow	So
Sophie Nicolasas	So
Amanda Pressman	Jr
Olivia Prosac	So
Zoe Raizen	Jr
Sophie Sither	So
Abby Slater	So
Emma Snead	So
Margret Trombly	So
Emma Youcha	So



GIRLS TEAMS

UNIVERSITY SCHOOL OF NASHVILLE

USN BRUTAL GRASSBURN

Nashville, Tenn.

Coach: Tobey Beaver

The girls' team at University School of Nashville was founded in 1999. There was a group of girls that had been playing with the boys for the past few seasons, who wanted to play at the first High School National tournament for girls. We have had a strong program from the beginning, participating at nationals and Eastern's tournaments year after year. The name Brutal Grassburn was given to our team by the mom of one of the founding member's way back in 1995. After seeing her son's jersey after a particularly intense practice she exclaimed, "Wow — those are some brutal grass burns". Needless to say — the name stuck and really embodies what our team is all about — never giving up until the disc hits the ground and if that happens, get up and get on D.



ROSTER

1	Hannah Aaron	Fr	5'8"
2	Sophia Jelsma	Jr	5'5"
3	Metta Devine-Qin	Fr	5'2"
5	Hannah Heitz	Jr	5'5"
6	Carson Thomas	Fr	5'6"
7	Jaisal Merchant	Jr	5'6"
9	Logan Sweet	Jr	5'4"
11	Nora May	Jr	5'4"
13	Isabel Geraciotti	Sr	5'9"
14	Kela Hall-Wieckert	Fr	5'4"
15	Maya Riley	Fr	5'7"
18	Courtney "coco" Coyle	Jr	5'1"
23	Laura Berry	Sr	5'7"
32	Lena Friedman	Fr	5'3"
87	Madi Hunt	Jr	5'5"

YORKTOWN/HB WOODLAWN

THE NOTORIOUS Y.H.B.

Arlington, Va.

Coach: Christy Johnson

The YHB Ultimate program started around 10 years ago with a small bunch of enthusiastic high school boys and girls. By 2008 the program had grown so much that the girls and boys split apart, and the Varsity Girls team was formed. What started as a small girls program with less than 20 players has now evolved into a strong program with over 50 players and 3 teams! Each year at the start of the season, the YHB Varsity Girls select a new name to represent the new team. In the past, they have experimented with names ranging from the Kilojoules, RiDiSCulous, the Titans, and last year's Honey Badgers. This year the YHB Varsity Girls will introduce themselves as The Notorious Y.H.B. arguably the best rapapella group in existence. Notorious Y.H.B. hopes to 'hypnotize' their opponents on the way to the top this year! Just remember 'Mo Money Mo Problems'!



ROSTER

1	Jessica Valarezo	Sr	5' 4"
2	Margaret Atkinson	So	5' 6"
4	Grace Denney	Jr	5' 5"
5	Anna Toth	Jr	5' 9"
7	Carey Petro	Jr	5' 8"
8	Hannah Hauptman	So	5' 4"
10	Jojo Emerson	Sr	5' 6"
11	Beni Yuzawa	Sr	5' 7"
12	Allison Hahn	So	5' 3"
14	Maddie Preiss	So	5' 7"
15	Sarah Baker	Jr	5' 6"
16	Hannah Littmann	Sr	5' 7"
17	Ibby Han	Jr	5' 4"
21	Andrea Green	Jr	5' 4"
22	Liza Gibbs	Sr	5' 6"
32	Mari Watada	Jr	5' 5"
72	Jenna Behringer	Sr	5' 4"
76	Kelly Willner	Sr	5' 7"
88	Catie Mitchell	Jr	5' 6"
43	Kelsey Moffitt	Sr	5' 8"

GIRLS TEAMS

CHAPEL HILL HIGH SCHOOL

DURGA

Chapel Hill, N.C.

Coaches: Heather Ann Brauer, Shellie Cohen

Durga-A hindu goddess with many arms and discs
is the namesake of this team of impressive chicks
From North Carolina, Chapel Hill
They'll wow people with their skill.
An old team with a forgotten past
This new group wants to have a blast!
We may have a small squad
But onward and upward we will tread,
On the field-a force to behold
Off the field-Friends (if i may be so bold).
Excited to go Tennessee and play
Durga is ready to do it big all day!



ROSTER

1	Laura Fradin	Sr	5'7"
3	Dominica Sutherland	So	5'4"
5	Katie Cubrilovic	Fr	5'1"
6	Alison Bashford	Fr	5'4"
8	Kiara Dean	Fr	5'7"
12	Joy Chen	Jr	5'2"
13	Kelly Rigsbee	Sr	5'6"
23	Audrey Copeland	Jr	5'6"
55	Klara Calderon-Guthe	Jr	6'0"
22	Michelle Gay	Sr	5'7"
	Jane Carsey	Fr	5'0"

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OPEN TEAMS

BLACKMAN HIGH SCHOOL

BLACKMAN HIGH SCHOOL ULTIMATE

Murfreesboro, Tenn.

Coaches: Robby Owen, Monty Waldron, Ryan Stahr, Trevor Dehmow, Blake Waldron

The name of our team is simply our school's name: Blackman High School Ultimate. Our team was formed in 2008 by students at the school. Robby Owen began coaching later in that same season, and they together took the team to a 4th place finish at the TN State Tournament that first year. Last season (2010/2011) our team finished 3rd at the TN State Tournament, including a victory over the state champion earlier in the season at the Georgia State University Freaknik Tournament. This year is our fourth season and has been our best season yet!



ROSTER

0	Beau Waldron	Fr	5'10"
1	Colin Anderson	Sr	6'4"
2	Patrick Sims	Sr	5'10"
3	Zack Avello	Sr	5'10"
5	Drew Getner	Sr	5'9"
7	Jack Caudillo	Fr	5'10"
10	Jon Smith	Jr	5'8"
11	Adam Chapman	So	5'9"
15	Patrick Rimer	Sr	6'2"
20	Paul Schulte	Sr	6'2"
21	Jordan Estrada	Sr	6'1"
25	Travis Taylor	Sr	5'11"
29	Bryce Thayvysaanth	So	5'10"
69	Anthony Estrada	So	6'0"
81	Dillon Stahr	Fr	5'10"
88	Daniel Cook	Sr	6'0"
99	Matt Russngale	Sr	5'11"

BROOKWOOD HIGH SCHOOL

INFERNO

Snellville, Ga.

Coach: Matt Thompson

This is our 4th year of existence. We began in 2009 as "Bigfoot" and the team was very disorganized. After a disappointing first season the leaders (Patrick Boyle, Neal Raines, Austin Murdaugh, and Shawn Gregory) decided that they wanted a much more serious and competitive team. They renamed the team 'Inferno' to symbolize the fire they found necessary to play well and started recruiting. The team has grown immensely in 4 years from 12 players on one team to 34 across two squads and now consistently competes against longer established programs across the southeast.

ROSTER

3	Kenny Seymour	Sr	5'11"
5	Ethan Dursee	Sr	5'5"
9	Patrick Boyle	Sr	6'2"
10	Ishaan Dave	Sr	5'10"
11	Ryan Papafotis	Sr	5'10"
12	Austin Murdaugh	Sr	5'9"
13	Shawn Gregory	Sr	5'5"
15	Neal Raines	Sr	6'0"
20	Maliq Winter	Jr	5'10"
22	Mack Morthorp	Sr	5'11"
23	Ryan Nelson	Jr	6'5"
24	Jonathan Pabon	Jr	5'11"
25	Parker Greenway	Jr	5'8"
26	Matt Mullin	Jr	5'10"
41	Zack Foster	Jr	6'3"
82	Sam Batson	Jr	5'10"
97	Mike McGinnis	Jr	5'10"



OPEN TEAMS

CAROLINA FRIENDS SCHOOL

CFS

Durham, N.C.

Coach: Dave Cesa

The ultimate team at the Carolina Friends School is in its third year of existence. Over these three years, we have evolved from a nascent, rag-tag bunch into a solid, robust, thriving team. We go by "CFS", whether when cheerily loudly at the start of a game or when coming out of timeouts with a silent, calming, vowel-less "cfs."



ROSTER

1	Caleb Cole	Jr	6'0"
2	Sol Yanuck	So	5'10"
3	Esten Fabec	Jr	6'1"
4	John Kirschmann	Fr	5'10"
5	Henry Fisher	So	5'11"
6	Crispin Whittier	Jr	6'3"
8	Adam Prah	Jr	6'4"
11	Calvin Trisolini	Jr	6'1"
12	Liam Searles-Bohs	2017	5'9"
28	Hally Searles-Bohs	Jr	5'4"
30	Kyle McConaughy	So	5'10"
31	Dillon Lanier	2016	5'9"
42	Abe Eichner	So	5'10"
64	George Gildehaus	Fr	5'5"
67	Austin Sorscher	Fr	6'0"
77	Maggie Becker	Sr	5'7"
96	Taylor Fisher	Sr	5'6"
99	Matt Gouchoe-Hanas	So	5'10"

CYPRESS BAY HIGH SCHOOL

LIGHTNING

Weston, Fla.

Our school has had an ultimate Frisbee club for 6 years. Last year, being the first year we competed in a tournament. We finished 2nd in the state of Florida.

ROSTER

5	Marc Noel	Sr	5' 4"
8	Daniel Conrad	Sr	5' 11'
10	Mariano Sorgente	Sr	5' 10"
11	Andrew Acosta	Sr	5' 10"
12	Tim Lee	Sr	5' 8"
14	Jorge De Gouveia	Sr	5' 8'
16	Joon Park	Sr	5' 9"
21	Adam Stoller	Sr	5' 11"
22	Michael Whalen	Jr	5' 8"
23	Luis Lau	Sr	5' 8"
50	Jesus Mujica	Jr	6'
68	Josef Isaza	So	5' 7"
89	Tony Gonzalez	Sr	5' 7"

OPEN TEAMS

FAYETTEVILLE HIGH SCHOOL

DARKSIDE

Fayetteville, Ark.

Coach: Tim Caffery

Darkside was started in 2009 by a group of friends who wanted to take their love for ultimate to the next level. After first place finishes at the Chicago Invite and Kansas High School State Tournament in 2010, the team was replaced by a whole new batch of players for the 2011 season who were young, inexperienced, and struggled in competition. After putting in lots of work in the offseason and retooling for 2012, Darkside is ready to turn heads and show the South the program is here to stay. The team's name comes from alum and current Carleton College player Ben Caffery who at the first practice gave a speech to the players about the "dark side of ultimate frisbee." The name has stuck ever since.

ROSTER

00	Joel Freeman	Sr	5'10"
2	Sam Borgstadt	Sr	5'11"
4	Kaplan Maurer	Jr	5'10"
8	Cole Borgstadt	Fr	5'9"
11	Clayton Adams	Jr	5'11"
12	Hayden Hairston	So	5'9"
15	Abe Gambert	Jr	6'1"
16	Levi Finn	Jr	5'10"
17	Larkin Purkaysitha	Jr	6'1"
19	Naseer Naseem	So	5'9"
22	Conner Stevens	Sr	5'5"
24	Ian Shaffer	Jr	5'10"
42	Carlin Purcell	Sr	6'2"

GRADY HIGH SCHOOL

GAUNTLET

Atlanta, Ga.

Coaches: Dylan Tunnell, Susie Mercer

YHB has had a JV team at a Regional event for 3 years. We have always won at least one game and we've always had a lot of fun. We dedicate our performance this weekend to the memory of Anthony Dryden Duff.

ROSTER

0	Luke Webster	Jr	6'2"
1	Brandon Kleber	Fr	5'9"
2	Michael Dillard	So	5'9"
4	Fritz Meinert	So	6'0"
5	Reid Williams	Fr	5'7"
6	Riley Erickson	So	5'8"
7	JD Copelouto	So	5'6"
8	Sebbi DiFrancesco	So	5'6"
9	Chris Carson	Jr	5'10"
10	Will Staples	Jr	5'8"
11	Jared McCannon	Jr	6'5"
12	Patrick Wise	Jr	5'9"
13	Jake Barrineau	Fr	5'7"
14	Caleb Shorthouse	Sr	5'9"
15	Griffin Kish	Fr	5'6"
16	Alex Glick	Sr	5'10"
17	Felix Jaffin	Sr	6'0"
18	Josh Wainstock	So	5'8"
20	Joe Lavina	Jr	6'1"
21	Ollie Aberle-Grasso	Sr	5'10"
23	Jack Douglas	Sr	6'2"
25	Chris Brown	Fr	5'6"
27	Vincent James	Fr	5'8"
34	Trevor Batson	Sr	5'10"
35	Luke Paddock	Jr	6'2"
45	Ruben Velez	Jr	5'11"
47	Trent Lopala	Fr	5'6"
52	David Bryant	Jr	5'9"
54	Daran Dreluck	So	5'7"
62	Larson Collier	Sr	5'10"
63	Isaac Rehg	So	5'10"
69	Adam Schatz	So	5'8"



OPEN TEAMS

INDEPENDENCE HIGH SCHOOL

FLIGHT

Thompson's Station, Tenn.

Coach: Jordan Roe

Independence High School is in its 4th year of competitive play. Many of our graduates have gone on to play in college and on competitive club teams throughout our region. As the sport of Ultimate grows in our regions, Independence High School has developed a broad talent pool of players and is actively pouring in to the younger generation of Ultimate players. Our team name, FLIGHT, was born out from the way we like to play - with speed & precision.

FLIGHT

ROSTER

2	Mac McClellan	So	5' 7"
3	Paul Jensen	Fr	5' 2"
5	Chase Hammond	So	5' 7"
6	Brad Tyrrell	Jr	6' 1"
7	Micah Howard	So	5' 8"
8	Lydia Lay	Jr	5' 5"
9	Hunter Smith	So	5' 7"
11	Carter Rae	So	5' 10"
15	Nick Miller	Sr	5' 7"
16	Jeremiah Daniels	Fr	5' 3"
16	Samuel Howard	Sr	5' 9"
17	Taylor Jones	Jr	5' 9"
18	Riley Borough	Sr	6' 2"
19	Trevor Presson	Sr	5' 10"
20	Cody Allen	So	5' 10"
24	Thomas Davis	Sr	6'
25	Liam Weaver	Sr	6'
33	Austin Steward	Fr	5' 3"
35	Zac Cohen	Sr	5' 8"
45	Foster Foy	Sr	6' 1"
51	Daniel Krenz	Jr	5' 9"

LAKESIDE HIGH SCHOOL

VIKINGS

Atlanta, Ga.

Coaches: Fred Perivier, Darden Bynum

The Lakeside Vikings ultimate team is a club from Lakeside High School. They used Lakeside's mascot, The Vikings, as their own. The club started out in 2007, and first competed in states in 2009.

ROSTER

7	Jacques Perivier	Fr	5' 9"
8	Emily Olive	So	5' 11"
11	Leo Warren	Fr	5' 9"
13	Matthew Chapman	Jr	
16	Danny Stevenson	Jr	6' 2"
17	William Syre	Fr	5' 8"
20	Drew Teachout	Fr	5' 11"
22	Jeremy Miller	Sr	5' 7"
23	Dirk Parsons	Fr	5' 4"
24	Conor Brownell	Fr	5' 6"
26	Vasia Mishin	So	6' 0"
28	Thomas Sowell	Jr	6' 1"
36	Sam Smith	Jr	6' 3"
42	John Michaels	Sr	6' 0"
62	Aaron Ware	Sr	6' 2"
69	Joe Bogan	Sr	5' 8"
77	Austin Hegman	Fr	5' 9"
80	Eli Epstein	Jr	6' 3"



OPEN TEAMS

L.C. BIRD HIGH SCHOOL

SKYHAWK ULTIMATE CLUB

Chesterfield, Va.

Coaches: Nick Ligatti, Paverick Nicolas

The Skyhawk Ultimate Club has been in existence since 2002. Over the years the team has competed in 9 state championships winning three (most recently in 2009) and never finishing worse than third.

ROSTER

2	Thomas Charrie	Sa	5'8"
5	Logan Arrington	Sr	5'11"
8	Devin Spencer	Jr	5'7"
9	Collen Boudreaux	Sr	5'10"
14	Bailey Payne	Jr	5'6"
17	Jasbir Harnal	Jr	5'11"
18	Benny Jackson	Sr	6'3"
22	Owen Wilson	Sr	6'2"
24	Kevin Quigley	Jr	5'10"
27	Jericho Payne	Sr	5'8"
28	Danny James	Jr	5'11"
34	Alan Morse-Koechlein	Sr	5'10"
46	Matthew Dean	Jr	5'11"
77	Latane Mason	Sr	5'10"
81	Rahul Sharma	Sr	5'11"



MADISON CENTRAL HIGH SCHOOL

SLOW BROS

Madison, Miss.

Coaches: Bret Surlis, Maggie Lancaster, Tanner Robinson

As a group of friends from suburban Madison, Frisbee was picked up merely as our activity during long summer breaks. As more and more of our time started to be dedicated to this somewhat unorganized activity, last year senior Tanner Robison and current captain Amit Tzivion started to push the group to a more structured and legitimized playing style. We received much help from college students of MSU and Ole Miss. Members of the team were invited to practice with Deep Fried, one of Mississippi's club teams, as well. Last year, the MC Goonches had little competition at the high school state tournament. Coming into the 2011-2012 school year, the team felt that with its new playing style and loss of senior power-players, such as Tanner Robinson, Mitch Sistrunk, and Joseph Wilson, a new name was needed to fully capture the personality of the revamped force from Madison Central. The Slow Bros were born.



ROSTER

0	Jake Kealhofer	Sr	6'1"
1	Sam Kealhofer	Sr	6'0"
5	Mark Sandefur	Jr	6'0"
7	Chris Sahlen	Jr	5'4"
9	Hunter Martin	Sr	5'6"
10	Phillips King	Sr	5'8"
11	Drew Rowell	Sr	6'4"
12	Ben Caldwell	Sr	5'8"
13	Robert Lucas	Sr	5'7"
15	Thomas Wiygul	Sa	5'7"
16	Spencer Brown	Sr	5'10"
17	Matthew Riddle	Sr	6'3"
21	Sean Kang	Sr	5'11"
22	Ben Branson	Jr	5'7"
24	Abdullah Shaheen	Sr	5'8"
26	Will Huddleston	Sr	5'10"
36	Joseph Branson	Sa	5'10"
44	Pierson Crowder	Sr	6'0"
49	Hunter Bonham	Jr	6'1"
69	Brandon Schlakman	Sr	5'4"
81	Amit Tzivion	Sr	6'0"
96	Jared Powell	Sr	6'2"

OPEN TEAMS

UNIVERSITY SCHOOL OF NASHVILLE

USN BRUTAL GRASSBURN

Nashville, Tenn.

Coach: Mike Lutz

In 1995, Mike Lutz began coaching a ragtag group of ultimate Frisbee players at University School of Nashville. They united under the banner of "Brutal Grassburn," an embodiment of the central tenets of BG ultimate: physical sacrifice, relentless effort on the field, and sacrosanct team spirit. Four years later, they won a national championship. Since then, BG has continued to compete at the highest level of youth ultimate, producing some of the most competitive players at every level of the game.



ROSTER

7	Eli Motyka	Jr
2	Jack Spiva	Jr
34	Mitchell Lutz	Jr
8	Andrew Bridgers	Jr
13	Miro Hurdle	Jr
50	Matt Hoffman	Jr
30	Hayden Roche	Jr
	Connor Seitz	Jr
46	Alex Russel	Jr
52	Zach Stern	So
37	Grant Given	So
1	Rosario Falzone	So
64	Isaac Gabella	So
80	Thomas Chickey	So
28	Brandon Awh	So
27	Alden Neeley	So
0	TJ Lewis	Sr
	Grant Eidam	So

YORKTOWN HIGH SCHOOL/HB-WOODLAWN

YORKTOWN/ HB-WOODLAWN

Arlington, Va.

Coaches: William Smolinski, Jenny Fey, Jacob Neeley, Matt MacInness

YHB Ultimate started in 1999 when a former William and Mary Player Dave Soles started playing pick-up with some boys from Yorktown High School. YHB has won 5 boys and 5 girls State Championships. The girls have made it to the finals at Easterns twice and the boys have finished 3rd and made quarter finals 4 times.



ROSTER

2	Akram Abudeer	Jr
3	Sam Fenstermacher	Sr
4	Chris Arthur	So
5	Peter Andrews	Sr
7	Chance Cochran	So
10	Joey Carver	Jr
11	Conner Fox	So
13	Ned Seiverts	Jr
14	Andrew Mack	So
15	Zach Norbom	Jr
16	Andy Bogorad	Jr
18	Grayson Sanner	Jr
30	Sean Fredericks	Sr
33	Jacob Lunn	Sr
47	Jay Boyle	Sr
49	Nick Som	So
55	Christian Gilbertson	So
69	Bjorn Johnson	Sr
77	Brandon Enroth	Sr
82	Micheal Sarraeco	Sr
85	Fred Wolf	So
99	Quinn Romanek	Sr

2012 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate Championship events where field access is restricted teams with coaching staffs are required to have at least one Level-1 Certified coach or a coach who has attended the USA Ultimate Coaching Ethics Workshop in order for coaching staff to have player-level field access. All coaches must pass an NCSI background check, be current coach-level members of USA Ultimate and must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. All other non-player support staff, with player-level or limited field access, must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. Limits on number of coaches and other non-player support staff will be determined by specific event guidelines.

For more information on the USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Manager of Youth & Education Programs Mike Lovinguth at mike@hq.usultimate.org, or visit the USA Ultimate website at usultimate.org.

USA ULTIMATE SPIRIT OF COACHING

BACKGROUND: The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As a non-player, the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision-making process, even in the most egregious violations, will indicate to players that the coach – and not the players – has the ultimate responsibility for ensuring the inherent fairness of the game. Teaching players the rules and how to implement them should be done at practices or off the field. It is the coach's responsibility to ensure that the players understand their own responsibilities as players and teach players how to handle those responsibilities.

GUIDELINES:

- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or foot-blocking).
- Because the potential for misperception is high, spiking is prohibited at the youth level unless otherwise agreed upon by the coaches or captains. Spiking in a disrespectful manner is never acceptable at any level.
- Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.
- Coaches will always exhibit respect for opposing players, other coaches and observers.
- Coaches will model Spirit of the Game at all times.

SUMMARY: The coach's goal in terms of Spirit of the Game is to create an environment where players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

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.

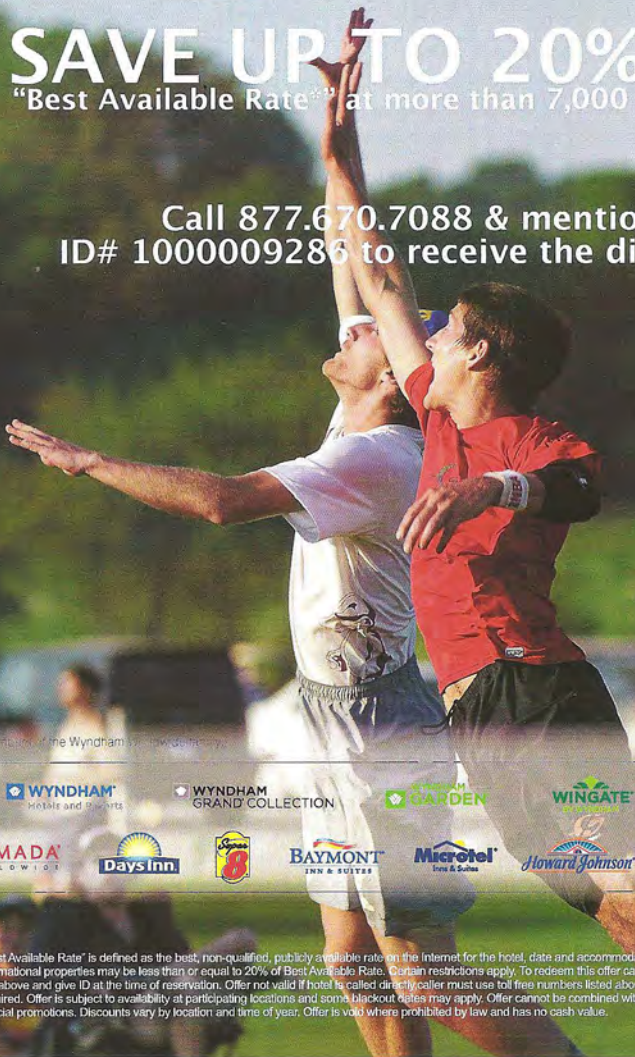
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