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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 – Mike Farnham

Volunteer Coordinator – Marja Grillo

Assistant Volunteer Coordinator – Sarah Gundle

Head Scorekeeper – Greg Gunn

Local Media Coordinator – Des Keller

Assistant Scorekeeper /Media Coordinator – Rebecca Stukes

Social Event Coordinators – Alissa Shannon & George Baumgardner

Charlotte Ultimate President – Anthony Grillo

USA ULTIMATE

Manager, Competition and Athlete Programs – Baker Pratt

Manager, Events – David Raflo

WELCOME

On behalf of Charlotte Ultimate, welcome to the Queen City. Named for Queen Charlotte of Mecklenburg-Strelitz, the wife of King George III, Charlotte is a bustling town best known for banking and NASCAR. Charlotte Ultimate found its niche somewhere between the two in 2000, when the organization began, with a mission to provide ultimate to the greater Charlotte region through youth outreach and strong regional competition at all levels. The Southern Regional Championship allows our community to accomplish both goals by showcasing the best of youth ultimate to our members while also providing a strong, enjoyable event for you, the participants. While you're here, don't forget to visit the NASCAR Hall of Fame in Uptown Charlotte and eat some of the best barbeque in the South. Thanks for making the trip and enjoy the city, the tournament and, most importantly, the game of ultimate.

Best,
Mike Farnham
Charlotte Ultimate

WEEKEND OVERVIEW

FRIDAY, MAY 10 AT FAIRFIELD INN & SUITES MARRIOTT

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

SATURDAY, MAY 11 AT RAMBLEWOOD SOCCER COMPLEX

8:00am: Captain's Meeting

9:00am – 6:00pm: Game Play

SUNDAY, MAY 12 AT RAMBLEWOOD SOCCER COMPLEX

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

2:30pm: 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

- USAU Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point-cap at 15. (Girls Division A & C Pools will play games to 15, point-cap at 17)
- Halftime is five minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g. in a game to 13 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

SITE RULES

- **NO ALCOHOL OR TOBACCO:** Facility, event staff and security will be checking to make sure people are not drinking or smoking. There will also be lots of moms, dads and kids watching the action. Please abide by these rules. If you are caught with alcohol/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.**
- **DOGS ALLOWED ON LEASH ONLY.**
- **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.

SHOOTING PHOTOS/VIDEOS

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

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

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



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SPIRIT AWARDS

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

TEAM AWARDS

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

USA ULTIMATE SPIRIT RATINGS GUIDELINES

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

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

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

3: Generally exhibited respect towards opponents, officials and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.

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

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

INDIVIDUAL AWARDS

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

HEALTH AND SAFETY

Medical staff will be available throughout the event at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness. Directions to the local hospital can be found in the “Directions” section of this program.

CONCUSSIONS

- Concussions are brain injuries that can occur as a result of a blow to the head.
- Symptoms may include headache, nausea, vision problems, confusion and balance problems.
- Any blows to the head must be seen by a medical professional and evaluated for concussion symptoms before the athlete can return to play. Medical staff is on hand at the event at Tournament Central.

HEAT, NUTRITION AND HYDRATION

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

- Monitor your urine. Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness. If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin, get in front of a fan or breeze.

SIDELINE SAFETY

- Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform Event Staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or Event Staff, unsafe for players, staff or spectators.

LIGHTNING GUIDELINES

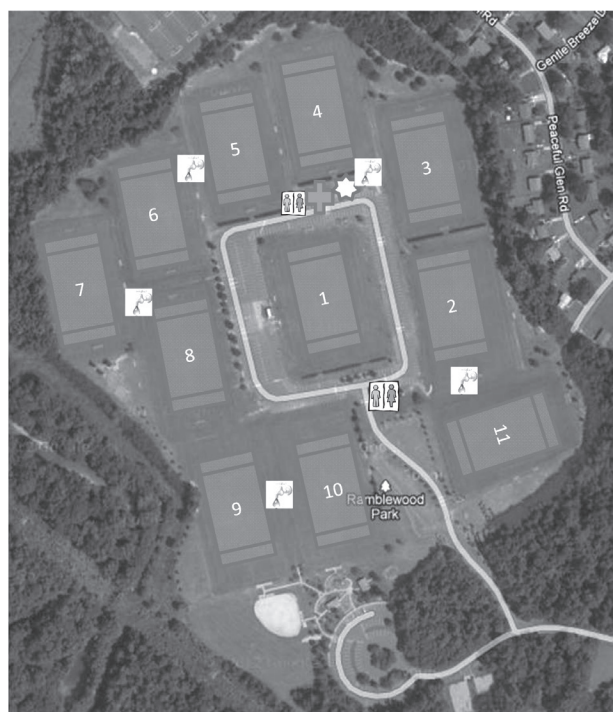
- Event Staff will communicate with players and spectators via PA system and through field marshals equipped with radios if there is a lightning danger. Play then will be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed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

DIRECTIONS

DIRECTIONS FROM RAMBLEWOOD SOCCER COMPLEX (10200 Nations Ford Road, Charlotte, NC 28273) **TO CAROLINAS HEALTHCARE URGENT CARE – STEELE CREEK** (9332 South Tryon Street, Charlotte, NC 28273)



- Turn right out of parking lot heading southwest on Nations Ford Road toward Forsyth Hall Drive for 1.1 miles
- Turn right onto Westinghouse Boulevard for 2.1 miles
- Turn right onto South Tryon Street for 0.1 mile
- Carolinas HealthCare Urgent Care is on the right

FIELD MAP



Address: 10200 Nations Ford Road, Charlotte, NC

Key:

-  Ultimate field
-  Bathroom
-  Water source
-  Medical/First aid
-  Headquarters

Nations Ford Road

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GIRLS SCHEDULE

2013 USA Ultimate High School Southern Championships - Girl's Division									
Saturday, May 11 continuing Sunday, May 12, 2013									
All Games are to 13 Cap at 15	Pool A								
	A1	North Carolina							
	A2	Paideia							
	A3	H-B Woodlawn Varsity							
	A4	University School of Nashville							
	A5	Woodside							
	A6	H-B Woodlawn JV							
Saturday		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A1 v A3	3	-	A2 v A5	4	-	A4 v A6	5	-
10:45 - 12:00	A1 v A2	3	-	A3 v A4	4	-	A5 v A6	5	-
1:00 - 2:15	A1 v A4	3	-	A2 v A6	4	-	A3 v A5	5	-
2:45 - 4:00	A1 v A6	3	-	A2 v A3	4	-	A4 v A5	5	-
Sunday									
10:45-12:00	A1 v A5	1	-	A2 v A4	6	-	A3 v A6	8	-
Re-seed teams within each pool for bracket play									
<div> <div> <div>1A</div> <div>12:30pm-2:00pm Field # 1</div> <div>4A</div> </div> <div> <div>2A</div> <div>12:30pm-2:00pm Field # 6</div> <div>3A</div> </div> <div> <div>5A</div> <div>12:30pm-2:00pm Field # 8</div> <div>6A</div> </div> </div> <div> <div>2:30pm-4:00pm Field # 1</div> <div>Champion</div> <div>5th Place</div> </div> <div>   </div>									

OPEN SCHEDULE

2013 USAU High School Southern Championships - Open Division

Saturday, May 11, 2013

Pool A				Pool B				Pool C				Pool D							
Pool A,B,D Games to 13 Cap 15 Pool C Games to 15 Cap 17	A1	(1) Paideia	B1	(2) USN	C1	(3) Independence	D1	(4) Carolina Friends											
	A2	(8) Catholic	B2	(7) Brookwood	C2	(6) Chapel Hill	D2	(5) Lakeside											
	A3	(11) Yorktown	B3	(12) East Chapel Hill	C3	(9) Grady	D3	(10) McCallie											
	A4	(14) Woodside	B4	(13) H-B Woodlawn	C4	(15) LC Bird	D4	(15) LC Bird											
	Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score						
9:00 - 10:15	A1 v A3	1	-	A2 v A4	10	-	B2 v B4	9	-	C1 v C3	2	-	D2 v D4	8	-				
10:45 - 12:00	A1 v A3	1	-	A2 v A4	10	-	B2 v B4	9	-	C2 v C3	2	-	D2 v D3	8	-				
1:00 - 2:15	A1 v A4	1	-	A2 v A3	6	-	B1 v B4	10	-	C1 v C2	2	-	D1 v D4	6	-				
2:45 - 4:00	A1 v A2	1	-	A3 v A4	2	-	B1 v B2	10	-	B3 v B4	9	-	D1 v D2	6	-				
Re-seed teams 1-4 within each pool																			
4:45 - 6:00	A1 v C1	1	-	B1 v D1	10	-	C2 v A3	2	-	D2 v B3	6	-	B2 v D3	8	-				

Placement Brackets
Sunday, May 12, 2013

Championship Bracket
Sunday, May 12, 2013

Loser A2vC3

Game (1)
Sun 10:00am
Field # 10

Loser D2vB3

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

Loser C2vA3

Game (2)
Sun 8:30-10:00am
Field # 9

Loser B2vD3

Loser Game (1)

Sun 10:30-12:00pm
Field # 9

Loser Game (2)

11th Place

Round Robin for 13th-15th

Sunday	F#	Score
8:30 - 10:00am	B4 v D4	11
10:30am - 12:00pm	A4 v D4	11
12:30 - 2:00pm	B4 v A4	11

Loser Game (3)

Sun 12:30 - 2:00pm
Field # 4

Loser Game (4)

Loser Game (5)

Sun 12:30 - 2:00pm
Field # 5

Loser Game (6)

Game (3)
Sun 10:30 - 12:00pm
Field # 2

1

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

Game (4)
Sun 10:30 - 12:00pm
Field # 4

5

3

Game (5)
Sun 10:30 - 12:00pm
Field # 5

6

Sun 12:30 - 2:00pm
Field # 3

Game (6)
Sun 10:30 - 12:00pm
Field # 3

2

Final
Sun 2:30 - 4:00pm
Field # 2

Champion

Following Saturday, the top 8 teams are re-seeded in the following order for the Championship Bracket:

- 1) Winner of A1vC1
- 2) Winner of B1vD1
- 3) Loser of A1vC1
- 4) Loser of B1vD1
- 5) Winner of C2vA3 IF A1 won the A1vC1 game, otherwise winner of A2vC3
- 6) Winner of D2vB3 IF B1 won the B1vD1 game, otherwise winner of B2vD3
- 7) Winner of A2vC3 IF A1 won the A1vC1 game, otherwise winner of C2vA3
- 8) Winner of B2vD3 IF B1 won the B1vD1 game, otherwise winner of D2vB3

GIRLS TEAMS

BRUTAL GRASSBURN/ GRADY GAUNTLET

**UNIVERSITY SCHOOL OF NASHVILLE/
GRADY HIGH SCHOOL
NASHVILLE, TN /MIDTOWN, GA**

COACHES: TOBEY BEAVER

USN's girls' team was founded in 1999. We have a history of aggressive play on the field, working hard for our teammates and having a pretty great time while competing. Over the last few years, our team has continued to grow in size and experience.

"Brutal Grassburn" came from the mom of a founding member of the boys' team in 1995. While washing her son's jersey, she exclaimed "wow, these are some brutal grass burns." The name stuck.

The ladies of Grady High School's Gauntlet have been building their competitive edge for the past few years, and the roots of Spirit and Teamwork are growing strong. With support from community, family and coaches, Gauntlet will continue to motivate each other and some say our dedication can be measured by the volume of our cheers.



This is our first time as one combined, awesome squad. We are excited to have the opportunity to combine our skills and spirit for this tournament.

ROSTER

1	Jaisal Merchant <i>Tufts</i>	Sr	5' 6"
2	Coco Coyle <i>Harvey Mudd</i>	Sr	5' 0"
3	Metta Devine-Qin	So	5' 3"
4	Rachel Weaver	Fr	5' 9"
7	Rainey Hull	Fr	5' 4"
8	Charlotte Jackson	So	5' 8"
10	Emily Bridgers	Fr	5' 5"
11	Eavan Hendry	Fr	5' 6"
15	Hannah Aaron	So	5' 8"
17	Sophia Jelsma <i>Northwestern</i>	Sr	5' 4"
19	Kitty Wright	So	5' 3"
20	Ebony Smith	Jr	5' 2"
21	Nora May <i>Yale</i>	Sr	5' 4"
22	Logan Sweet <i>Tufts</i>	Sr	5' 6"
25	Retonjah Burdette	Sr	5' 8"

GROOVE

**PAIDEIA
ATLANTA, GA**

COACHES: LIZ DUFFY, MARTIN AGUILERA

Paideia Groove is Atlanta's longest-running high school girls' ultimate program. Groove grew out of the original open program, Gruel, which began in 1992. The team branched out as a girls' program in 2001, and has continued as a competitive program ever since. The 2013 team is a mix of talented and accomplished 4+ year veterans, a solid core of 1-2 year returning players and half-brand new players (mostly underclassmen). This year's Groove continues the Paideia tradition of outstanding spirit, intense play, and fun and camaraderie on and off the field. Groove players are also very involved in promoting ultimate, coaching at the school's Middle School Ultimate Camp, helping to facilitate ultimate programs at community Field Days, and volunteering as coaches-in-training at Ultimate Peace's camp in the Middle East.



ROSTER

1	Sarah Brock	So	5' 5"
2	Leah Kessler <i>University of Chicago</i>	Sr	5' 5"
3	Carly Ng <i>Boston University</i>	Sr	5' 6"
4	Sarina Chalmers	Fr	5' 2"
5	Kira Farley	So	5' 3"
6	Leni Clark <i>University of Georgia</i>	Sr	5' 2"
7	Margot Van Horne <i>University of Vermont</i>	Sr	5' 5"
8	Carly Berlin	Jr	5' 4"
9	Eva Steinberg <i>Wesleyan University</i>	Sr	5' 4"
11	Anna Glass	Jr	5' 3"
12	Kirstiana Perryman	So	5' 8"
14	Caroline Hubbard	Fr	5' 4"
15	Emma Pettit	So	5' 4"
16	Katie Radulovacki	So	5' 5"
22	Sadie Renjilian	Sr	5' 4"
24	Anna Clauson	Sr	5' 4"
25	Syd Taylor-Klaus	So	5' 7"
33	Ollie Peterson	Fr	5' 1"
42	Rachel Kramer <i>Tufts University</i>	Sr	5' 3"

GIRLS TEAMS

HB RISE

**HB WOODLAWN HIGH SCHOOL
ARLINGTON, VA**

COACH: JACOB NUXOLL

We've been the Virginia state champs every year there has been a girls division. We were the 2012 Southern champs. Rise represents the sun and moon on our jerseys: sunrise and moonrise.

We went 7-0 at Virginia is for Layouts (a college tournament). At the YULA invite, where we played X and Y with our JV girls, we went 6-5.



ROSTER

2	Margaret Atkinson	Jr
4	Christine DeRieux	So
5	Anna Toth	Jr
7	Carey Petro	Jr
8	Hannah Hauptman	Jr
10	Grace Denney	Sr
11	Andrea Green	Sr
12	Allison Hahn	Jr
13	Catie Mitchell	Jr
14	Mari Watada	Sr
17	Ibby Han	Jr
19	Anna Janetos	Jr
28	Maddy Boyle	Fr
40	Camille Santiago	So
96	Sarah Baker	Sr
97	Agnes Cheng	Fr
99	Sophie Sither	Jr

HB WOODLAWN GIRLS JV

**HB WOODLAWN HIGH SCHOOL
ARLINGTON, VA**

COACH: LAURA PERKINS

Yorktown and HB Woodlawn have been an ultimate program for over ten years. With the split this year, the HB girls came out in full recruiting force and were able to field both a varsity and JV team. Yorktown wasn't able to field enough players for tournaments, so we happily picked up a few of their players and had enough girls to bring three teams to Virginia States. As one of the only JV girls teams in the area, we learn quickly by playing against varsity teams.

We are 0-7 against varsity high school teams so far this year, with our games being played at the TYUL Girls Only and Radnor Invite tournaments.



ROSTER

3	Jennifer Frey	Sr
5	Amanda Hayes	So
7	Rachel Branman	So
8	Arianna Hume	Jr
10	Julie Calvert	Sr
11	Melissa Joskow	Jr
13	Marlee Cobb	Fr
14	Abby Kent	Fr
15	Shani Berenholz	Jr
16	Emily Sutherland	Jr
23	Sarah Bluestein	Jr
26	Kelley Mark	So
29	Gabby Marty	So
31	Natascha Elbech	Fr
43	Rimjhim Barua	Fr
49	Emma Youcha	Sr
64	Sydney Kolok	Fr
97	Maddie Fisk	Jr

GIRLS TEAMS

SAGA

CLUB TEAM TRIANGLE, NC

COACHES: JOSH HARTZOG, BRITTA JONES,
HEATHER ZIMMERMAN, GEOFF HORSE-
FIELD, BECKI CLEVELAND, AARON STERN

Saga was founded in the spring of 2013 in order to provide area girls an opportunity to play ultimate in the Triangle region. Saga is a Norse god whose name literally translates to "story." Episode I of Saga is the beginning of the story of girls ultimate growing in the Triangle, and we are privileged to be a part of the first team. Saga has also come to represent something far more meaningful, the Socially Awkward Girls Association. We provide socially awkward girls a place to gather and revel in their awkwardness, to share their stories of awkward silences and silliness. If you are interested in laughing with us, find us on the sideline. We are always down for fun!



ROSTER

1	Lena Parker	Sr	5'7"
3	Domenica Sutherland	Jr	5'4"
4	Ashley Powell	Jr	5'4"
5	Katie Cubrilovic	So	5'2"
6	Allison Bashford	So	5'2"
7	Sydney Rehder	7th	5'2"
11	Magy Llamas	So	5'7"
12	Joy Chen	Sr	5'3"
	<i>Emory and Henry</i>		
13	Danielle Sawyer	So	5'3"
15	Sarah Shelton	So	5'2"
16	Zoe Chen	8th	5'7"
17	Kate Lanier	7th	5'5"
22	Emily Irons	So	5'3"
24	Amanda Maxson	So	5'8"
28	Hally Bohs	Sr	5'5"
	<i>Guilford College</i>		
34	Jane Carsey	So	5'2"
42	Audrey Copeland	Sr	5'6"
	<i>Barnard College</i>		
52	Ali Montavon	8th	5'0"
55	Klara Calderon-Guthe	Sr	6'0"
	<i>UNC-Wilmington</i>		

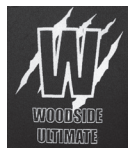
WOLVERINES

WOODSIDE HIGH SCHOOL NEWPORT NEWS, VA

COACH: DUSTIN MCCLAIN

Woodside Ultimate was founded in 2003 by Christian Lesnett as a way to bring the game he loved to the school where he taught. The team took the name Wolverines from the school they represent. A regular contender for the Virginia State Championship, Woodside is proud to represent their school, Hampton Roads (the 757), and all of Virginia.

The Woodside Girls have struggled all year to maintain numbers, but they have persevered throughout the season and grown as a team. The team played at Jersey DEVYL to start the year. They showed their love of the game a few weeks later playing at Kit Kat Savage and had a strong showing at home, finishing fourth at Tidewater Tuneup. The team went to TYUL Girls Only to start the spring and followed it up with the YULA Invite. The team will be coming off the Virginia State Championships on April 28-29 and hopes to have a strong finish under their belt.



Website: woodsideultimate.blogspot.com

ROSTER

2	Madison Reed
4	Ariella Signorelli
5	Emily Disher
6	May Hu
7	Elizabeth Frost
8	Jaydn Unnoppet
9	Heather Ford
17	Haley Hammond
19	Katie Newton
19	Harlee Hayes
20	Jailene Rivera
22	Samantha Nates

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OPEN TEAMS

13TH STREET BALLAZ

**MCCALLIE SCHOOL
CHATTANOOGA, TN**

COACHES: JACOB ALTEMUS

Years ago, a group of ultimate players gathered at the 6th grade baseball field bordered by 13th street. Their predecessors was called "Spanking Rock" as their sole aim was to defeat their ultimate playing brethren on the school's climbing team in a yearly best of three series. But those that gathered at 13th Street knew that "Spanking Rock" lacked the universal appeal that keeps a name in your head forever. That roughneck bunch labored many days grasping at the correct name for the team. Then one day, someone spoke up "Ah, we are ballaz, why are we thinking about this? It will eventually just come to us!" A glance at the street sign above the field later, and the name was chosen. Today we aim to play with spirit, intensity, occasional moments of flawless execution, and humor while most importantly honoring our schools creed of "Honor. Truth. Duty."



ROSTER

1	Joseph Bruno	Sr	5'7"
	SMU		
2	Marut Bhagat	Fr	5'3'
3	Eric Shadle	So	5'6"
9	John Moreton	Sr	5'10"
	Baylor		
10	Andrew Longmire	Fr	5'2"
11	Collin Koenig	Jr	6'4"
12	John Bruno	So	5'8"
13	Carter Daniel	Sr	6'1"
	Tennessee		
16	Hal Robinson	Jr	6'3"
17	Nick Wilson	Fr	5'7"
19	Manan Patel	Fr	5'3"
21	Ben Worsham	So	5'4"
22	Alex Ramey	Sr	6'4"
	UVA		
27	Jones Kolbinski	Sr	5'11"
34	Tanner Hatch	Jr	6'2"
	College of Charleston		
42	David Samuels	Jr	5'7"
43	Will Yates	Fr	6'2"
45	Dustin Smith	Fr	5'8"
47	Colton Petty	Jr	6'1"

BAYOU HAZARD

**CATHOLIC HIGH SCHOOL
BATON ROUGE, LA**

COACHES: MICHAEL AGUILAR,
TIM LABAUVE

Anyone in South Louisiana will tell you that somewhere, deep down in the bayou, lurks something unknown, something dangerous, something that will drag you into the infinite depths of the muck and mire from whence it came. These things are unnamed, for fears that calling them will invoke their presence. For that reason, we simply call them Bayou Hazard.

Catholic High has had a Disc Sports program for nearly a decade and has become a staple at local tournaments like Savage Seven and Mardi Gras. However, behind the direction of coach Tim Labauve, the team has flourished and expanded to compete in out-of-state tournaments and pushed youth ultimate in Louisiana to unseen heights. The team has won every Louisiana State Championship in history and looks to continue that streak this year.



ROSTER

00	Justin Guitreau	Sr	6'0"
	LSU		
2	Wesley Freeburgh	Sr	5'7"
	LSU		
4	Zach Johnson	Jr.	5'8"
5	Garrett Baringer	Sr	5'10"
	LSU		
6	Peter Wilson	So	
7	Mark Graham	Sr	5'7"
	LSU		
9	Dylan Zerginue	Jr	5'9"
11	Dan Murray	Jr	6'2"
14	Grant Hardy	Jr	6'0"
15	Thomas Hannie	Jr	6'2"
17	Collin Borrano	So	
18	David Johnson	So	
20	Johnny Sims	So	5'7"
21	Eric Reviere	So	5'8"
24	Christian Key	Sr	6'1"
	Missouri State		
32	Andrew Corder	Jr	6'0"
34	Jacob Pourciau	So	
53	Brandon Magazine	So	5'9"

OPEN TEAMS

BRUTAL GRASSBURN

**UNIVERSITY SCHOOL OF NASHVILLE
NASHVILLE, TN**

COACH: MICHAEL E. LUTZ

University School of Nashville's Brutal Grassburn started as an 8th grade change project in 1995. After returning from a tournament, a team mom reflected on her son's jersey, "That's a brutal grassburn." So it was, and the name stuck. Initially BG was a club team, but the sport achieved varsity status in 2011. We have participated in every Nationals, every Easterns and now every Southern. We were National champions in 1999 and are 3-time defending Tennessee State Champions. We are here now to defend our 2012 Southern Championship. Though many of you know us as the "Goo Goo" team, we are BRUTAL GRASSBURN.



ROSTER

2	Jack Spiva <i>Tufts</i>	Sr	5'8"
6	Nicky Farren	Fr	5'7"
7	Rosario Falzone	Jr	5'9"
8	Andrew Bridgers <i>Middlebury</i>	Sr	5'10"
12	Connor Seitz <i>Lafayette</i>	Sr	6'1"
13	Miro Hurdle <i>Reed</i>	Sr	6'0"
15	Mathieu Agee	Fr	5'11"
16	Mark Pierce	Fr	5'7"
17	Eli Motycka <i>Brown</i>	Sr	5'11"
25	Zack Stern	Jr	5'9"
27	Grant Eidam	Jr	5'9"
29	Brandon Awh	Jr	5'10"
34	Mitchell Lutz <i>LSU</i>	Sr	5'11"
37	Grant Given	Jr	5'9"
46	Alex Russell <i>Virginia Tech</i>	Sr	6'0"
50	Matt Hoffman <i>University of Washington</i>	Sr	5'10"
64	Isacc Gabella	Jr	6'0"
99	Mitchell Coverstone	Fr	6'2"

CAROLINA FRIENDS SCHOOL

**CAROLINA FRIENDS SCHOOL
DURHAM, NC**

COACH: RIM VILGALYS

Carolina Friends has one of the oldest teams in the Triangle. While historically the team has not been very competitive, this year's team has built up an impressive display of talent, athleticism and height.

With a lot of talent, depth and passion for the game, CFS has had a great regular season, going undefeated as we head into postseason play. The team has worked hard all year to build athleticism, disc skills and footwork, and understanding of the game. They've shown great attitudes and spirit. It has been a pleasure to coach them, especially as a first-year coach.

Carolina
Friends
School

ROSTER

1	Caleb Cole	Sr	6'1"
2	Solomon Yanuck	Jr	5'11"
4	Tyler French	Fr	5'10"
5	Henry Fisher	Jr	6'2"
6	Crispin Whittier	Sr	6'4"
7	Matt Gouchoe-Hanas	Jr	5'10"
8	Adam Prah	Sr	6'5"
9	Calvin Trisolini	Sr	6'1"
11	Daniel Peraza-Rudesill	Sr	5'11"
12	Liam Searles	Fr	6'0"
13	Daniel Johnson	Fr	5'9"
14	Nick Macleod	Sr	5'9"
23	Jack Stefan	Jr	5'11"
27	Conor Chickos	Fr	5'8"
30	Kyle McConaughy	Jr	5'11"
31	Dillon Lanier	Fr	5'11"
42	Abe Eichner	Jr	5'11"
64	George Gildehaus	So	5'8"
67	Austin Sorscher	So	6'0"
99	Josh McClain	So	5'11"

OPEN TEAMS

CHUF

CHAPEL HILL HIGH SCHOOL CHAPEL HILL, NC

Our team was started in the late 1990s by a group of ambitious players, and since then, CHUF has been a dominant force in North Carolina. Though most of the starting players have moved on to the more advanced teams, the squad over the last 4 years has reached the state finals each time and won the title twice (including 2012). The name CHUF is the abbreviated form of Chapel Hill Ultimate Frisbee.

Most recently, CHUF took 3rd at Juniors Terminus, losing to the University School of Nashville in the semifinals. Previously, the team made it to the finals of the YULA Invite in late March, where we lost to our rival, Carolina Friends School. The team also took 3rd at the Juniors Queen City Tune-Up, losing in the semifinals again to Carolina Friends School. In our regular season, we are currently 18-5.

ROSTER

1	Elijah Long	Fr	5'10"
7	Tanner Gardner	Sr	5'11"
	<i>Appalachian State</i>		
8	Jonathan Phillips	Fr	5'11"
9	Valeri Kozarev	Fr	5'11"
11	Norman Archer	Sr	6'2"
	<i>UNC-Chapel Hill</i>		
12	Kevin Mateer	Jr	6'2"
13	Mikko Rich-Voorhees	Sr	6'2"
	<i>Appalachian State</i>		
15	Jeffery Perkins	Jr	5'10"
18	Everett Dang	So	5'11"
20	Hayden Reynolds	Fr	5'10"
25	Avery Acierno	Fr	5'9"
42	Alex Grosskurth	Sr	5'8"
44	Eddie Zhang	Fr	5'7"
59	Brian Malucci	So	5'8"
69	Evan Clendening	Sr	5'11"
88	Jeffery He	Fr	5'8"

EAST ULTIMATE

EAST CHAPEL HILL CHAPEL HILL, NC

COACH: AARON STERN

East Chapel Hill High School's ultimate team started in late 2009 and has continued ever since. With only about fifteen people on the team just three years ago, there are now more than forty ultimate players at East divided between the A and B teams. Aaron Stern has served as head coach of East Ultimate for the past three years, as well as State Youth Coordinator for the state of North Carolina.

ROSTER

4	Sean Murray	Fr	6'0"
8	Alex Tax	Jr	6'0"
9	Tristan Manturuk	Fr	6'0"
12	Walter Daniels	So	5'10"
13	Ethan Mikhail	So	5'8"
14	Ian Ferguson	Fr	5'4"
16	Lucas Tax	So	5'11"
17	Logan Sit	Sr	5'9"
	<i>NC State</i>		
20	Thomas Williams	Fr	5'6"
23	Michael Young	Fr	6'0"
24	Radu Mitran	Sr	6'0"
	<i>UNC-Chapel Hill</i>		
32	Yuma Kobayashi	Fr	5'6"
37	Ramsey Kurdi	Fr	5'5"
39	Shiliang Long	Fr	5'4"
42	Pete Evans-Digre	So	5'10"
43	Jake Rovner	Sr	5'9"
	<i>Case Western</i>		
69	Cory Oskardmay	Sr	5'6"
	<i>UNC-Asheville</i>		
99	Amos Pomp	So	6'2"



OPEN TEAMS

FLIGHT

INDEPENDENCE HIGH SCHOOL THOMPSON'S STATION, TN

COACHES: JORDAN ROE, ERIC WILLIAMS

Independence High School is in its fifth year of competitive play. Throughout the years, our team has grown in skill and depth and hopes to continue to compete with the top teams in our region. Our team name, FLIGHT, was born from the way we like to play – with speed and precision.

FLIGHT tied for third place at Deep Freeze in Chattanooga, losing in the semifinals to in-state rival University School of Nashville (USN). Independence continued to play well and again placed third at the Music City Mash-Up in Nashville, behind Paideia and USN. Independence won the Middle Tennessee High School League tournament defeating Blackman High School 13-4 in the finals.

FLIGHT

ROSTER

2	Mac McClellan	Jr	5'8"
3	Paul Jensen	So	5'6"
5	Chase Hammond	Jr	5'8"
7	Micah Howard	Jr	5'10"
9	Jacob Bell	Fr	5'7"
10	Boone McClellan	Fr	5'8"
15	Coleman Davis	Fr	5'6"
17	Taylor Jones	Sr	5'9"
18	Jacob Flowers	Fr	5'11"
21	Caleb Whitley	Jr	5'11"
28	Nicholas Baldwin	So	5'11"
31	Luke Hudgin	So	5'9"
32	Brett McKinney	Jr	5'9"
33	Austin Steward	So	5'7"
35	Brandon Parkinson	Fr	5'7"
36	Matthew Nelson	Jr	5'7"
40	Grant Burke	Jr	5'10"
42	Mario Polak	Jr	5'9"
50	Nathan Stickles	So	5'10"

GAUNTLET

GRADY HIGH SCHOOL ATLANTA, GA

COACHES: MARK POOLE, SUSIE MERCER,
RECHARD BYRD

The Grady Gauntlet began as a ragtag band of ruffians in 2007, growing from one mixed team with 15 players to a thriving program with varsity and JV open teams and a girl's program, totaling nearly 60 players. Our trajectory toward success has been steep and exciting, with first- and second-place berths at States the last two seasons. We've generated players who have gone on to play in YCC, captain teams in college, and earn spots on nationals-caliber club teams. But we're most proud that we've developed players who live by Spirit of the Game and just can't wait until the next time they touch plastic.



ROSTER

0	Luke Webster	Sr	6'4"
	<i>University of Georgia</i>		
2	Michael Dillard	Jr	5'9"
3	Joe Bradley	So	5'8"
4	Fritz Meinert	Jr	6'1"
6	Riley Erickson	Jr	5'8"
8	Sebastian Di Francesco	Jr	5'7"
9	Chris Carson	Sr	5'11"
	<i>University of Georgia</i>		
10	Will Staples	Sr	5'8"
	<i>Guilford</i>		
12	Patrick Wise	Sr	5'9"
	<i>UNC-Chapel Hill</i>		
15	Griffin Kish	So	5'6"
18	Josh Weinstock	Jr	5'9"
19	Kiran Potula	Fr	5'6"
20	Joe Lavine	Sr	6'1"
	<i>University of Georgia</i>		
22	Noah Li	Fr	5'10"
27	Vincent James	So	5'10"
28	Mack Hodges	Fr	5'7"
35	Luke Paddock	Sr	6'2"
	<i>Georgia College and State University</i>		
44	Sam Burney	Sr	5'7"
	<i>Georgia State</i>		
47	Trent Lopata	So	5'8"
63	Isaac Rehg	Jr	5'11"

OPEN TEAMS

HB WOODLAWN BOYS VARSITY

**HB WOODLAWN
ARLINGTON, VA**

COACH: LOGAN MILLER

Yorktown and HB Woodlawn have been an ultimate force for over ten years. We split for the first time this year and have been doing well, taking first (HB) and second (Yorktown) at States this year. As we continue to develop as separate teams, we look forward to increased levels of friendship and

We have definitely been improving throughout the season. We've gone 2-1 against former teammates Yorktown, with an overall 5-6 record at YULA and Radnor Invites. We proved that we're still a force to be reckoned with at Virginia States, going 7-0 on the weekend and taking home the championship.



ROSTER

2	Akram Abudheer	Sr
4	Chris Arthur	Jr
8	Conner Fox	Jr
9	Johnny Bowman	Jr
10	Joe Sanz	So
11	Matt Beckwith	Sr
13	Ned Sieverts	Sr
14	Andrew Mac	Jr
15	Zach Norrbom	Sr
16	Andy Bogorad	Jr
18	Grayson Sanner	Sr
22	Seth Hage	Jr
23	Anthony Pill	Jr
26	Lars Hemmendinger	So
27	Raj Barua	Sr
49	Nick Som	Sr
69	Owen Walker	Jr
95	Matt Straus	Jr
96	Mitchell Downing	Sr
97	Matt Cleveland	Jr
98	Kyle Griffin	Jr

INFERNO

**BROOKWOOD HIGH SCHOOL
SNELLVILLE, GA**

COACH: MATTHEW THOMPSON

Our team started in 2009 as Brookwood Bigfoot. After a rough first season, the leadership decided to rebrand itself to something more in-line with the passion and fire they sought to bring to the field; it was there that the Inferno began.

Tied for 5th at Deep Freeze. 4th at Terminus. 3 tough losses to Lakeside. First victory in team history over a short-handed Paideia.



**BROOKWOOD
ULTIMATE**

ROSTER

2	Scott Diller	Jr	5'7"
3	Ryan Cameron	So	6'0"
4	Travis Henderson	Sr	5'10"
	<i>KSU</i>		
6	Matt Mullin	Sr	5'9"
7	Micah Jo	So	5'6"
8	Victor Pria	So	6'0"
14	Jordan McGhee	Sr	6'1"
	<i>Missouri</i>		
16	Sean Diller	Jr	5'6"
21	Jake Rooks	Jr	6'1"
22	Derek Luciani	Jr	5'10"
23	Ryan Nelson	Sr	6'5"
	<i>UGA</i>		
24	Jonathan Pabon	Sr	6'1"
	<i>University of North Georgia</i>		
25	Parker Greenway	Sr	5'7"
	<i>UGA</i>		
41	Zach Foster	Sr	6'3"
49	Domenic Valles	Sr	5'10"
	<i>UGA</i>		
74	Jeffrey Minowa	So	5'7"
82	Sam Batson	Sr	6'0"
	<i>UGA</i>		
97	Mike McGinnis	Sr	5'9"
	<i>KSU</i>		

OPEN TEAMS

PAIDEIA BOYS VARSITY

PAIDEIA SCHOOL ATLANTA, GA

COACHES: MICHAEL BACCARINI, MARTIN AGUILERA, JIM VEAL

Paideia's ultimate program is in its 21st season, having kicked off in the 1992-93 school year. The team was coed until 2001, at which time we reached critical mass of girls and were able to split squads. The team name came about as a result of two separate incidents.

The founders wanted to be named something "decidedly southern," so hoped to go by "Grits." However, that name was already taken by a women's club team in North Carolina. While still undecided on a name, one of the school's favorite English instructors was teaching Wuthering Heights. While discussing an excerpt, he stated in his thick Irish accent, "They ate grew-ill." A young Moses Rifkin (Seattle Sockeye) and Kyle Weisbrod (former USAU youth director) were in the class and asked, "They ate what?" Upon hearing him repeat it, they decided that should be the team's name! It may not be grits, and it may not be southern, but it is a thin, watery porridge, and it sure sounded cool the way Joseph Cullen said it! The Simpsons get credit for helping to solidify the team's name...



An episode that which aired at about the same time, saw Bart and the kids at a work camp being made to eat gruel. Once team members watched that episode together, it was a done deal.

ROSTER

0	Daniel Sperling	So	5'8"
1	Gabriel Eisen	So	6'2"
3	Sandy Leach	So	5'6"
7	Jack Smith	So	6'2"
9	Tommy Gartman	Jr	5'9"
10	John Henry Ward	Sr	5'8"
	<i>Elon</i>		
11	Noah Dezen	Jr	5'10"
14	John Stubbs	Sr	6'0"
	<i>Carleton</i>		
16	Anders Olsen	Jr	5'10"
17	Ben Mapes	Jr	6'2"
19	Stan Birdsong	Fr	5'10"
21	Jack Duncan	Sr	6'0"
	<i>University of Vermont</i>		
23	Tim Jernigan	Fr	5'6"
24	Noah Cohen	Fr	5'11"
26	Jimmy Peterson	Jr	5'8"
27	James Walker	Jr	5'11"
36	Henry Laseter	Fr	5'9"
39	Mathew Sperling	Sr	5'9"
44	Bryson Levisay	Fr	6'0"
54	Alex Shrader	Fr	5'10"
88	Nathan Haskell	Jr	6'0"

SKYHAWK ULTIMATE CLUB

LC BIRD HIGH SCHOOL CHESTERFIELD, VA

COACHES: NICK LIGATTI, BRAD SMART

The Skyhawk Ultimate Club has been in existence since 2002. Over the years, the team has competed in 10 state championships, winning three (most recently in 2009).

We are in the process of regrouping and growing as a team. We have a large amount of new players from freshman to seniors. This year we have been focusing on having a good time and improving our basic skills in order to become more competitive in the future.



ROSTER

2	Jake Belvin	Sr	6'3"
	<i>VCU</i>		
7	Austin Beaudet	Fr	5'4"
11	D'Angelo Burns	Jr	5'10"
14	Bailey Payne	Sr	5'9"
	<i>UVA</i>		
15	Kevin Lambert	Fr	6'0"
17	Cody Hevener	Sr	6'3"
	<i>VT</i>		
22	Thomas Cherrie	Jr	5'7"
24	Kevin Quigley	Sr	6'1"
	<i>FIT</i>		
25	Ben Rogers	Jr	6'3"
27	Matthew Beaudet	Fr	5'0"
28	Danny James	Sr	5'11"
	<i>ODU</i>		
46	Matt Dean	Sr	5'11"
	<i>VT</i>		
77	Alec Beaudet	Sr	5'9"
	<i>VT</i>		
81	Hunter Vermaaten	Sr	6'0"
	<i>ODU</i>		
84	Curtis Hevener	Fr	5'10"
99	Sean O'Donnell	Fr	5'0"

OPEN TEAMS

VIKINGS

LAKESIDE HIGH SCHOOL ATLANTA, GA

COACHES: FRED PERIVIER,
DARDEN BYNUM

Our team name came from the name of our school and our mascot. This is Lakeside's fifth year with an organized ultimate team, so new recruits can be hard to come by. The student population at our school is not fully aware of the team, which makes recruiting difficult. The program was started by Fred Perivier, a Chain Lightning alumni, who continues to coach high school ultimate. Lakeside Ultimate is growing and getting stronger each year. We played at Southern's last year, and finished in sixth place.



ROSTER

0	Laurence Perivier	Fr	5'10"
3	Drew Teachout	So	5'11"
7	Jacques Perivier	So	5'2"
8	Graham Laderman	So	5'11"
10	Sriram Sarma	Sr	5'8"
11	Leo Warren	So	5'10"
13	Matthew Chapman	Sr	6'0"
<i>University of Georgia</i>			
17	William Syre	So	5'9"
24	Conor Brownell	So	5'10"
28	Thomas Sowell	Sr	6'1"
<i>Georgia Southern</i>			
69	Sam Smith	Sr	6'3"
80	Eli Epstein	Sr	6'3"
85	Danny Stevenson	Sr	6'2"
<i>Georgia Southern</i>			

WOLVERINES

WOODSIDE HS NEWPORT NEWS, VA

COACH: RICHARD RUDNICKI

Woodside Ultimate was founded in 2003 by Christian Lesnett as a way to bring the game he loved to the school where he taught. The team took the name Wolverines from the school they represent. A regular contender for the Virginia State Championship, Woodside is proud to represent their school, Hampton Roads (the 757), and all of Virginia.

Woodside has had an up and down year as they have rebuilt from the loss of nine seniors in 2012. With a talented group of sophomores stepping in and developing as the year goes on, Woodside has seen improvement all season. Woodside finished 6th at Jersey DEVYL and 4th at their home tournament, Tidewater Tuneup in the fall. In the spring, Woodside went to Wolfpack Invite finishing 4th and YULA Invite finishing 7th.

The team will be coming off the Virginia State Championships on April 28-29 and hopes to have another strong finish under their belt.



ROSTER

3	Josuel Jimenez	So
5	Chase Snead	Sr
7	Randy Higgins	Sr
9	Kaleb Jusino	Jr
11	Andrew Irving	Sr
12	Luke Young	So
15	Nick Fallon	So
17	Dmitri Stalnik	So
21	Jason Renfrew	Jr
23	Aaron Morris	So
24	Trent Cooper	Sr
		<i>Virginia Commonwealth University</i>
25	Xavier Whitaker	So
31	Reggie McCellan	So
32	Randy McMath	So
33	Nick Evans	So
42	Tyler Paul	So
51	Tim Paden	So
81	Ethan Mobley	Sr
86	Jordan Ellis	So

OPEN TEAMS

YORKTOWN PATRIOTS

**YORKTOWN HIGH SCHOOL
ARLINGTON VA**

COACH: WILLIAM SMOLINSKI

The Yorktown Patriots, formerly the 'Y' of YHB, have been playing ultimate since 1999. The separation from the HB-Woodlawn Secondary Program is new in 2013 and is helping to spread ultimate in Northern Virginia.

Second place at Tidewater Tune Up, third place at YULA Invite, three-way tie in Pool Play at Green Eggs (lost on point diff). States: TBD.



ROSTER

2	Spencer Cobb	Jr
3	Steven Tom	Jr
4	Matthew Skipper	Jr
6	Ryan Whitesides	Jr
7	Joseph Carver	Sr
9	James Patton	Jr
19	Fred Wolf	Jr
21	Sinclair Cabocel	Jr
22	Nick Schall	Jr
29	Chance Cochran	Jr
31	Tristan Brady	Jr
32	Sean McSweeney	So
43	Joe Freund	So
52	Noah Blumstein	Jr
55	Christian Gilbertson	Jr
69	Justin Jones	Jr
87	Toby White	Jr
92	Jason Fields	Jr
95	Nathan Fajfar	Jr

10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

1. THE GOLDEN RULE: TREAT OTHERS AS YOU WOULD WANT TO BE TREATED.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, “treat others as you would have them treat your mother.”

2. CONTROL: SOTG TAKES REAL EFFORT. SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

3. HECKLING AND TAUNTING ARE DIFFERENT.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent’s foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY. It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. DON’T “GIVE AS YOU GOT.” There is no “eye for an eye.” If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. BREATHE. After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. WHEN YOU DO THE RIGHT THING, PEOPLE NOTICE. When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. BE GENEROUS WITH PRAISE. Compliment an opponent on her good catch. Remark to a teammate that you admire their honesty in calling themselves out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. IMPRESSIONS LINGER. Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

10. HAVE FUN. All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

Special thanks to Eric Zaslow and members of the 2005 Conduct Committee (Jeff Dunbar, Kate Bergeron, Eric Zaslow, Will Deaver) for the development of this document. Adopted by USA Ultimate Executive Committee, March 29, 2005.

MAKING ULTIMATE STRONGER

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

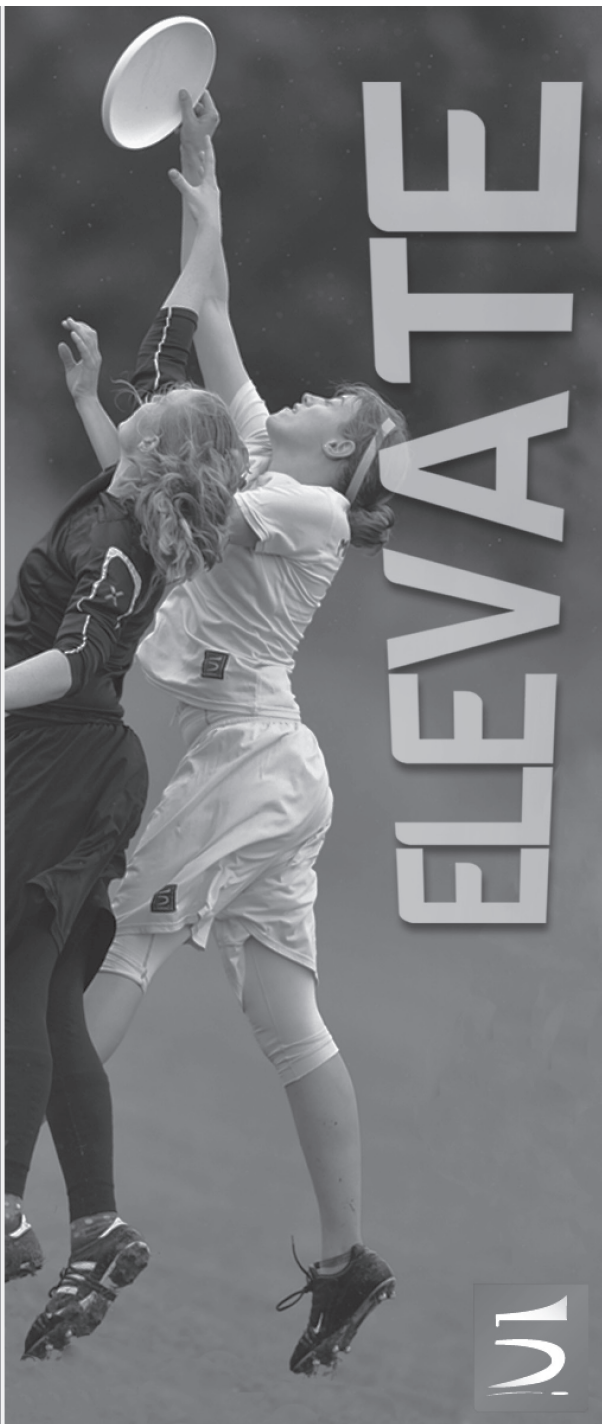
So take a moment to appreciate the coaches. Heck, take a plenty of moments! We really can't thank them enough for the work they do.



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

PLAY HARD. HAVE FUN.
FIVEULTIMATE

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USA ULTIMATE SPIRIT OF COACHING

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

GUIDELINES:

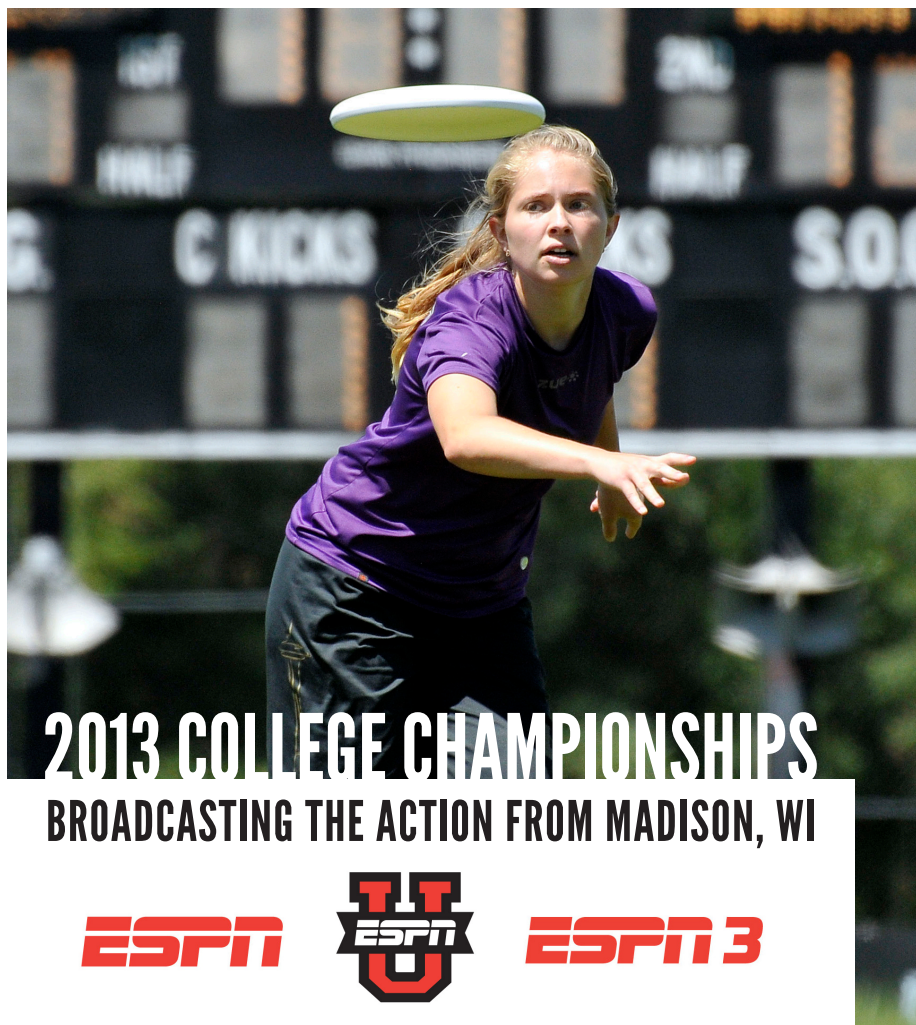
- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or foot-blocking).
- Because the potential for misperception is high, spiking is prohibited at the youth level unless otherwise agreed upon by the coaches or captains. Spiking in a disrespectful manner is never acceptable at any level.
- Coaches will not make calls from the sideline or offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute, coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of ultimate.
- Coaches will always exhibit respect for opposing players, other coaches and observers.
- Coaches will model Spirit of the Game at all times.

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

2013 USA ULTIMATE COACHING CERTIFICATION INFORMATION

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

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



2013 COLLEGE CHAMPIONSHIPS

BROADCASTING THE ACTION FROM MADISON, WI

ESPN



ESPN 3

LIVE ON ESPN3 (ALL TIMES EST)

SUNDAY, MAY 26

1:00pm - Women's Semifinal

3:30pm - Women's Semifinal

6:30pm - Men's Semifinal

9:00pm - Men's Semifinal

MONDAY, MAY 27

1:00pm - Women's Final

3:30pm - Men's Final

TAPE-DELAYED BROADCAST ON ESPNU (ALL TIMES EST)

WEDNESDAY, MAY 29

**7:00pm - USA Ultimate College Championships
Highlight Show**

8:00pm - Men's Championship Game

9:00pm - Women's Championship Game

THURSDAY, MAY 30

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

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

Never stop reaching.



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