



EVENT GUIDE \$2



SPIN ULTIMATE ACADEMY

JUNE 15-19, 2015 | ATLANTA, GA

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USA ULTIMATE

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WELCOME

On behalf of USA Ultimate, Triad Area Ultimate and the Winston-Salem Convention & Visitors Bureau, I take great pleasure in welcoming you to the 2015 USA Ultimate High School Southern Championships. We are very excited about hosting this USA Ultimate championship event in Winston-Salem, N.C.

Winston-Salem is conveniently located in the center of the state, also known as the Piedmont Triad of North Carolina, between the Blue Ridge Mountains and the Atlantic Ocean. The city is home to Old Salem, a restored Moravian settlement founded in 1766, Reynolda House Museum of American Art, Reynolda Gardens, the Winston-Salem Dash baseball team, SciWorks and the Children's Museum of Winston-Salem. The area also has local art galleries and museums, approximately 250 dining establishments, 12 golf courses and 75 recreational parks.

This will be the fourth High School Southern Championships. This year's tournament will host 16 boys' high school teams, including Carolina Friends who will be defending their title from last year's Southern Championship. The tournament will also see 12 girls' teams, which is an increase of four teams over last year's girls' division. Teams from across both divisions will represent Georgia, Louisiana, Maryland, North Carolina, Tennessee, Texas and Virginia.

A weekend like this is only made possible through the hard work of countless volunteers. Throughout the weekend, please take a few moments to thank these volunteers for their hard work and dedication in supporting the sport of ultimate.

Good luck to all of the teams this weekend, and thank you to the coaches and chaperones for supporting the high school division of our growing sport!



y (flat)ball!

Emily Bratton
Tournament Director

WEEKEND OVERVIEW

ALL EVENTS AT BB&T SOCCER PARK

FRIDAY, MAY 8

7:00pm – 9:00pm: Team Registration

SATURDAY, MAY 9

8:00am: Captains' Meeting

9:00am – 6:00pm: Game Play

4:30pm – 7:00pm: Dinner & Fun

SUNDAY, MAY 10

8:30am – 2:00pm: Elimination and Placement Games

12:30pm: Girls' Finals

2:30pm: Boys' 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.

STAFF

Tournament staff members will be wearing volunteer/staff t-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 – Emily Bratton

Assistant Tournament Director – Alexa Barwick

Volunteer Coordinators – Eric Snavelly & Jason Pierce

Head Scorekeeper – Adam White

Co-Media Coordinator – Casey Hough

Co-Hospitality Coordinator & Co-Media Coordinator – Bonny Bernat

Co-Hospitality Coordinator – Jordan Sutton

USA ULTIMATE STAFF

Manager – Competition & Athlete Programs – Connor Maloney

Manager – Events – David Raflo

MAKING ULTIMATE STRONGER

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

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



Five Ultimate is proud to sponsor the 2015 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN.
FIVEULTIMATE

Team@FiveUltimate.com



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

SITE RULES

MAKE SURE YOUR TEAMMATES KNOW AND FOLLOW THE SITE RULES:

- No pets.
- No smoking on the premises (please help remind our visitors).
- No alcohol, drugs or firearms permitted on premises.
- No convicted sex offenders allowed on premises.
- No glass containers.
- No person shall engage in any sale of merchandise, services or operate any concessions without prior approval.
- Specific prior permission is required for decorations or alterations to fixtures, walls, etc. or posting of signs for the purpose of advertising or decorating that facility or for any other purpose without first having obtained the written permission of TCYSA.
- No firearms, air rifles, BB guns, spring guns, bow and arrows, slings or any other form of weapon dangerous to human safety are allowed on the facility grounds at any time.
- Follow all posted speed limit signs.
- All minors must be under adult supervision at all times.
- Mind your mouth. Foul or abusive language is not attractive, thus will not be tolerated. TCYSA reserves the right to remove, or have removed, any person(s) due to abusive conduct or a non-cooperative attitude.
- Pick up after yourself (and others). One piece of trash will promote the next. Please refrain from littering, and go one step further by picking up after each other.
- Respect the decisions of the committee to protect the fields/facility.
- Treat these fields and facilities with respect.
- Keep all vehicles off any grass surfaces (other than emergency or field maintenance vehicles)

YOU AND YOUR TEAM ARE RESPONSIBLE FOR THE PEOPLE ON YOUR SIDELINES AND MAKING SURE THEY ABIDE BY THESE SITE RULES.

DIRECTIONS

DIRECTIONS FROM BB&T SOCCER PARK

(428 Twins Way, Advance, NC 27006) **TO:**

TRAUMA CENTER (11.6 miles)

WAKE FOREST BAPTIST MEDICAL CENTER

(1 Medical Center Boulevard, Winston-Salem, NC 27157)

- Head southeast toward US 158 West (0.8 mile)
- Turn left at the first cross street onto US 158 East/Clemmons Road (1.0 mile)
- Turn left onto Harper Road (0.2 mile)
- Slight tight to merge onto Interstate 40 East (0.2 mile) and continue on Interstate 40 East (5.1 miles)
- Take Exit 188 on the left to merge onto Interstate 40 Business East/US 421 South toward Winston-Salem/Downtown (3.8 miles)
- Take Exit 4 for Cloverdale Avenue (0.2 mile)
- Continue straight onto Medical Center Boulevard (0.2 mile)
- Continue onto Queen Street (0.1 mile)
- Wake Forest Baptist Medical Center will be on the left

EMERGENCY SERVICES (2.9 miles)

NOVANT HEALTH CLEMMONS MEDICAL CENTER

(6915 Village Medical Circle, Clemmons, NC 27012)

- Head southeast toward US 158 West (0.8 mile)
- Turn left at the first cross street onto US 158 East/Clemmons Road (1.0 mile)
- Turn left onto Harper Road (0.2 mile)
- At the traffic circle, take the first exit onto Village Point Drive
- Turn right onto Village Medical Circle and Novant Health Clemmons Medical Center will be on the left (0.1 mile)

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 can be found online at usultimate.org/about/usultimate/media_policies.aspx or may be obtained from the USA Ultimate staff at your event.

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

BOYS' TEAMS

APEX HIGH SCHOOL

Apex Ultimate

Apex, NC

Coach: Dan Gretsich

Twitter: @Apexfrizz2015



Apex Ultimate has been a club high school team since 2010 and, in its first year, placed third at the North Carolina State Championships. Since then, we have worked to become a more complete team and focused on knowing and properly executing the rules of ultimate. As a team, we have participated in more and more tournaments to get our name out there and get noticed. Our team name and mascot come from our high school, the Apex High School Cougars.

ROSTER

2	Bailey LaBerteaux	Sr	6'0"
3	Harrison Greaves	Jr	5'7"
4	Griffin Norris	Sr	6'2"
5	Nathan Heath	Sr	6'0"
7	Dylan Maass	Jr	5'11"
9	Russell Cole	Sr	5'7"
10	Jessie Hollis	Sr	5'3"
11	Evan Youngberg	Jr	5'7"
13	Chris Schmitt	Jr	5'11"
15	Jacob Louie	So	5'9"
18	Kyle Davis	Jr	5'10"
22	Vishal Krishnasami	Sr	5'10"
27	Kevin Meyer	Sr	5'7"
36	George Pollard	Sr	5'11"
52	Aidan Todd	Jr	5'10"
54	Asher Piraino	Jr	5'9"
81	Rhys Gretsich	Jr	5'10"
98	Harry Watson	Jr	6'1"

BLACKMAN HIGH SCHOOL

Blackman High School Open

Murfreesboro, TN

Coaches: Robby Owen, Monty Waldron

Twitter: @blackmanulti



The name of our team is the same as our school's name: Blackman High School - Ultimate Team A (Open/Boys). Our team was originally formed in 2008 by students at the school. Robby Owen began coaching later that season. We are currently in our seventh season. In our first six years, at the Tennessee State Championships, we placed fourth (2009), seventh (2010), third (2011), second (2012), third (2013), second (2014). In 2015, we head into States seeded first.

ROSTER

1	Jonathan Anderson	Jr	5'11"
2	Brendn Swam	Jr	5'10"
3	Joey Brown	Jr	5'3"
4	Grant Waldron	Jr	5'10"
5	Collin Pelletier	Jr	5'7"
6	Josh Potter	Sr	6'0"
	<i>Motlow College</i>		
7	Beau Waldron	Sr	6'0"
	<i>Tennessee Tech</i>		
13	Brian Vilayphanh	Jr	5'8"
22	Tyler Forsberg	Jr	6'2"
24	Miguel Hector	So	5'9"
27	Tanner Niles	Jr	5'10"
38	Sanford Stone	Jr	6'0"
43	Blake Hagan	Jr	5'10"
47	Ethan Boyd	Jr	5'10"
50	Austin Forsberg	Jr	6'2"

BOYS' TEAMS

BROOKWOOD HIGH SCHOOL

Inferno

Snellville, GA

Coach: Matt Thompson

Twitter: @infernoultimate



**BROOKWOOD
ULTIMATE**

After starting seven years ago with 11 members, Brookwood Inferno has grown to over 80 players and four teams this year. We are one of the most diverse programs in the nation with first-generation Americans representing 19 different nations included on Inferno rosters. Competing in Georgia against perennially strong programs like Paideia, Grady and Lakeside has helped our growth and ability to compete against the best in the Southeast.

ROSTER

3	Ryan Cameron <i>Georgia</i>	Sr	5'11"
4	Vinny Nguyen <i>Georgia State</i>	Sr	5'8"
5	Paul Nkengasong <i>Georgia Tech</i>	Jr	6'0"
7	Micah Jo <i>Georgia Tech</i>	Sr	5'7"
8	Victor Pria <i>Georgia Tech</i>	Sr	6'1"
9	Jacob Dangler <i>Emory</i>	Jr	5'10"
10	Enzo Cianelli <i>Emory</i>	Sr	5'5"
12	Foster Boales <i>Georgia</i>	Sr	5'9"
15	Augustine Song <i>Georgia</i>	Sr	5'9"
17	Parker Robertson <i>Kennesaw State</i>	Sr	5'8"
18	Joseph Gunn <i>Mercer</i>	Jr	6'0"
30	Christian Reynolds <i>Mercer</i>	Sr	6'2"
32	Cody Lewis <i>Georgia Southern</i>	Sr	5'10"
33	Dan Hill <i>Miami</i>	Sr	5'6"
35	Reuben Rivas <i>Georgia State</i>	Sr	5'9"
43	Ross Oliver <i>Georgia</i>	Sr	6'0"
45	Morgan Choi <i>Kennesaw State</i>	Sr	5'9"
46	Chidike Iromuanya <i>Georgia Tech</i>	Sr	6'2"
51	Xavier Smith <i>Missouri</i>	Sr	6'0"
63	Kyle Mullins <i>Missouri</i>	Sr	6'0"
65	Drew Kulp <i>Georgia Tech</i>	Jr	5'8"
76	Jeffrey Minowa <i>Georgia Tech</i>	Sr	5'7"
88	Brandon Li <i>Georgia State</i>	Sr	5'9"
90	Christian Pontalti <i>PSJU</i>	Sr	5'11"
96	Logan Bonds <i>Georgia Tech</i>	Sr	5'9"

SPECTATOR INFO

CAROLINA FRIENDS SCHOOL

Fighting Quakers

Durham, NC

Coach: Augie Kreivenas

Twitter: @CFSUlti



CFS is a small school in the woods of central North Carolina. Living off the Quaker faith, we consider our team our family and have risen to become a regional powerhouse. Not too long ago, we were fortunate to get eight or nine kids to a game. Presently, close to a fifth of the school participates with the team.

This year's team is young and filled with passion for the game. Last year's holy leaders, Solomon and Abraham instilled a sense of success in the team, and with their strong graduating, we class won the last two North Carolina State High School Championships and last year's Southern Championship. The underclassmen know what that success entails and hope to show what they can do on their own.

ROSTER

0	Conor Chickos <i>Kenyon</i>	Jr	6'0"
1	Filiberto Espinosa-Cruz	Fr	5'3"
2	Peter Johnson	Fr	5'6"
3	Luke Morton	Fr	6'0"
7	Andre Maillard	Fr	5'7"
8	Daniel Berenfield	Fr	6'1"
9	Aaron Wymor	So	5'6"
10	Nick Tansey	So	5'11"
12	Liam Searles-Bohs	So	6'1"
14	Dillon Lanier	Jr	6'0"
16	Ethan Steere	So	5'8"
21	Ben Alexander	So	5'8"
22	Seth Lee	So	5'11"
25	Jaylan Watson	Jr	5'9"
28	Mateo Rimer-Surles	Fr	5'7"
29	Josh McClain <i>Kenyon</i>	Sr	6'0"
43	Tim Bliss	So	5'11"
50	Jake Taylor	Fr	5'11"
62	George Gildehaus	Sr	5'10"
67	Austin Sorscher <i>Carleton College</i>	Sr	6'1"
83	Daniel Johnson	Jr	6'1"
88	Soren Emerson	So	5'7"
99	Roy Farrell	Fr	5'9"

BOYS' TEAMS

CARRBORO HIGH SCHOOL

Clams

Carrboro, NC

Coaches: Britta Jones, Heather Zimmerman



The Carrboro Clams were founded in 2009 with a coach-to-player ratio of 1:1. Past Clams have graduated on to starting lines on college teams including North Carolina, Elon, North Carolina State, Davidson and NYU. This season, we grew to add a

B team (GO MUSSELS!) and a girls' team (GO KOI!) to grow Carrboro Ultimate to 50 players.

Calendars from a number of ancient civilizations have long predicted 2015 to be the Year of the Clam, and we are working hard to live up to that prediction with a roster of some of the best YCC players in the Triangle. We are ever grateful to have our spirited ClamFam on the sidelines. #yotc

ROSTER

5	Ben Bourret	Sr	5'11"
	<i>North Carolina</i>		
8	Andrew Rento	Jr	5'11"
9	Marc Rovner	Sr	5'9"
	<i>North Carolina</i>		
10	Matas Zdanavicius	Jr	6'0"
12	Chathan Drieuys	Sr	5'9"
	<i>North Carolina State</i>		
17	Marichi Gupta	Jr	5'10"
18	Ethan Cole	Sr	5'6"
	<i>North Carolina-Asheville</i>		
23	Benji Kemper	Sr	5'9"
	<i>Brandeis</i>		
26	Justin Patzer	Sr	6'0"
	<i>North Carolina State</i>		
27	Henry Sawyer	So	5'11"
28	Arthur Bentulan	Jr	5'7"
32	Yuma Kobayashi	Jr	5'8"
44	Connor Greene	So	5'6"
45	Rees Braam	Jr	6'6"
55	Dean Merritt	Jr	5'8"
64	Max Randall	So	5'6"
82	Tyler Adams	So	5'7"
89	Matt Carson	Sr	5'7"
	<i>North Carolina</i>		

CATHOLIC HIGH SCHOOL

Bayou Hazard

Baton Rouge, LA

Coach: Michael Aguilar

Twitter: @catholic_ulti



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 un-

named, for fear that calling them will evoke their presence. For that reason, we simply call them: Bayou Hazard.

ROSTER

1	Johnny Sims	Sr	
	<i>LSU</i>		
2	Matt Freeburgh	So	
3	Preston Nelson	So	
4	Kenny Hingle	Jr	
5	Dylan Reviere	So	
6	Peter Wilson	Sr	
	<i>LSU</i>		
7	Kyle Caronna	Sr	
	<i>LSU</i>		
10	Jacques Pecquet	Sr	
	<i>LSU</i>		
11	Thomas Kline	Sr	
	<i>LSU</i>		
13	Thomas Bozeman	Sr	
	<i>LSU</i>		
18	David Johnson	Sr	
	<i>LSU</i>		
20	Michael Delatte	Jr	
22	Chuck McGoey	Sr	
21	Eric Reviere	Sr	
	<i>LSU</i>		
24	Parker Hanks	So	
36	Dominic Toranto	So	
53	Brandon Magazine	Sr	
	<i>LSU</i>		
54	Brett Vidrine	Sr	
	<i>LSU</i>		

BOYS' TEAMS

CHAPEL HILL HIGH SCHOOL



Chapel Hill, NC

Coaches: Megan Tarasi, Melissa Witmer

Twitter: @CHHS_Ultimate

Website: facebook.com/chapelhillultimate



CHUF has consistently competed for the state championship and been a regional power. The team prides itself on competing hard, competing with spirit and competing to support our teammates.

The program has produced players that have gone on to successful ultimate careers at all levels of play. CHUF is built of a variety of players, and our inclusive environment and fun atmosphere have helped the team grow. We are proud to represent North Carolina youth ultimate, as well as Chapel Hill High School.

ROSTER

3	Daniel Fan	So	5'9"
5	Raymond Chen	So	6'0"
6	Chris Mateer	So	5'8"
8	Jonathan Phillips	Jr	5'8"
9	Valeri Kozariv	Jr	5'8"
11	Elijah Long	Sr	6'3"
	<i>North Carolina</i>		
13	Kevin Zhang	So	5'11"
18	Everett Dang	Sr	6'3"
	<i>NYU</i>		
20	Hayden Reynolds	Jr	5'11"
22	Kevin Bowerman	So	5'9"
25	Avery Acierno	Jr	5'11"
26	Brian Mateer	So	6'1"
33	Samuel Li	So	5'11"
34	Joseph Graden	So	6'0"
47	Brian Maulucci	Sr	5'11"
54	Matt Schinsky	So	5'10"
55	Alec Wright	So	5'9"

SPECTATOR INFO

EAST CHAPEL HILL HIGH SCHOOL

East

Chapel Hill, NC

Coach: Aaron Stern

Twitter: @ECHHSUltimate



We are in our seventh year. We continue to build a strong program. We focus on being fundamentally sound and efficient. We have a deep team,

and everyone contributes. We strive to stay positive and energized every point of every game. We consistently are in the top five in the very competitive state of North Carolina.

ROSTER

0	Henry Caron	So	6'1"
1	Tyler French	So	6'0"
4	Sean Murray	Jr	6'2"
9	Tristan Manturuk	Jr	6'0"
10	John McDonnell	So	5'11"
12	Walter Daniels	Sr	5'11"
	<i>US Coast Guard Academy</i>		
13	Ethan Mikhail	Sr	5'10"
	<i>Indiana Wesleyan</i>		
16	Lucas Tax	Sr	5'11"
19	Jeremiah Gelb	Sr	5'9"
20	Tommy Williams	Jr	5'8"
23	Michael Young	Jr	6'1"
24	Bui Biechele	So	5'8"
27	Charlie Caron	Sr	6'2"
37	Ramsey Kurdi	Jr	5'8"
39	Shiliang Long	Jr	5'8"
42	Pete Evans-Digre	Sr	5'11"
	<i>Case Western Reserve</i>		
85	Teddy Randy	So	5'11"
99	Amos Pomp	Sr	6'0"
	<i>Northwestern</i>		

BOYS' TEAMS

GRADY HIGH SCHOOL

Gauntlet

Atlanta, GA

Coaches: Max Leonard, Justin Mattingly, George Li

Twitter: @gradyultimate

Website: gradyultimate.org



Grady Ultimate Gauntlet (GUG) began in 2006, growing from a ragtag coed team that rarely had 7-on-7 at practice to a thriving program comprised of two varsity teams (boys and girls) and a boys' JV team that partners with Inman Middle School.

Next year, the program plans to add a girls' JV team as well.

GUG has benefited from elite-level coaching from Chain Lightning and Ozone players Max Leonard (Gauntlet captain 2006-2007), Emily Lloyd, Mark Poole, Haley Reese, Dylan Tunnell and Asa Wilson. Varsity boys were state champs in 2012 and are in contention most years. Gauntlet players have earned berths on Atlanta-area YCC teams and USA Ultimate's Junior Worlds teams.

Gauntlet is so named to celebrate our affiliation with Grady High School's mascot, the Grey Knight, while maintaining our separate identity. The team's original logo was a mailed fist punching through a disc.

ROSTER

0	Reid Barry	Fr	6'0"
1	Brandon Kleber	Sr	6'0"
3	Drew Di Francesco	So	5'7"
4	Conor Downey	Jr	6'0"
5	Reid Williams	Sr	6'1"
	<i>Young Harris</i>		
7	Chris Brown	Sr	5'8"
	<i>North Carolina</i>		
8	Ike Hammond	So	5'8"
	<i>Boston University</i>		
11	Harrison Thweatt	So	6'0"
12	Patrick Munger	Sr	6'3"
	<i>Eckerd College</i>		
13	Jake Barrineau	Sr	5'10"
	<i>Georgia College and State</i>		
15	Griffin Kish	Sr	5'8"
	<i>Mercer University</i>		
17	Corwin Robison	So	5'10"
19	Kiran Potula	Jr	5'7"
22	Noah Li	Jr	6'1"
23	John Roorbach	So	6'1"
24	Chase Kleber	So	6'0"
27	Vincent James	Sr	6'1"
	<i>College of Charleston</i>		
28	Mack Hodges	Jr	6'0"
35	Zach Clay	Jr	6'0"
41	Theodore Sifnaios	So	6'1"
42	Alex Cameli	Jr	5'10"
47	Trent Lopata	Sr	5'9"
50	Jack Ericson	Jr	5'10"
66	Hank Persons	Jr	5'7"

HB WOODLAWN SECONDARY PROGRAM

Pandas

Arlington, VA

Coach: Jordan Albrow

Twitter: @ultiatHB

Website: yula-ulti.org/hbw



While the "Pandas" name is a relatively new addition, the HB Woodlawn boys' ultimate team has been competing at USA Ultimate's top events for over 10 years. Formerly one half of YHB, Woodlawn is proud to develop skilled competitors and good teammates across all of our teams!

ROSTER

	Adam Norrbom	Jr	5'4"
	Austin Alvarado	Fr	5'9"
	Brad Gagelin	Sr	6'1"
	Chris Cleveland	Sr	6'3"
	Evan McLean	Jr	6'3"
	Ganzorig Batbold	Sr	6'6"
	Gus Norrbom	Jr	5'5"
	Haroon Matties	So	6'2"
	Harry Wolfson	Fr	5'10"
	Joe Sanz	Sr	6'1"
	Jordi Parry	Fr	5'6"
	Lars Hemmendinger	Sr	6'0"
	Miles Kelley	So	5'11"
	Nate Hess	Jr	5'9"
	Spars Shrivastava	So	5'8"
	Taylor Steele	Sr	5'10"
	Ted Sither	Jr	6'0"
	Tommaso Piccorossi	Fr	5'8"
	Tony Clark	Sr	6'0"

BOYS' TEAMS

INDEPENDENCE HIGH SCHOOL

FLIGHT

Thompson's Station, TN

Coaches: Jordan Roe, Will Graham, Brian Mackie

Twitter: @IndependenceULT



Independence Ultimate's roots are in a regional ultimate gathering that began in the city of Spring Hill in 2006 for middle school-aged players all the way up to masters-aged players. As the sport grew, high school students began to gather along with the

founder of that gathering, now their newly appointed coach, to pilot a new fall weekly ultimate program at Independence High School. By 2009, the first competitive team was fielded which has now grown into two boys' high school teams, one girls' high school team and a strong alumni presence showing up on college and club teams all over the eastern half of the United States. FLIGHT is committed to speed, precision and sportsmanship. Our desire is to continue to learn and grow the game while seeing ultimate's values instilled in future generations of ultimate players.

ROSTER

6	Bryson Storie	Sr	5'6"
8	Blake Oliver	So	5'5"
9	Jacob Bell	Jr	5'8"
10	Boone McClellan	Jr	5'8"
14	Gibson Brueher	Jr	5'8"
15	Coleman Davis	Jr	5'8"
16	Josh Redmon	Jr	5'10"
18	Jacob Flowers	Jr	5'10"
23	Cody Baldwin	So	5'9"
25	Christian Campbell	So	6'0"
28	Nick Baldwin	Sr	6'0"
29	Cody Schmidt	Fr	5'5"
32	Dawson Fox	So	5'5"
33	Cole Hudgin	Fr	5'5"
60	Matthew Schwartz	So	5'6"
65	Dan Miller	Jr	5'11"
71	Bjorn Stenslet	So	5'7"

SPECTATOR INFO

LAKESIDE HIGH SCHOOL

Vikings

Atlanta, GA

Coach: Fred Perivier

Twitter: @LHS_Squad



This is Lakeside High School's ninth year in action as a competitive ultimate team. The Vikings were founded by Coach Fred Perivier, a founding member of Atlanta's Chain Lightning club team, and adopted our school's mascot. Over the years, Lakeside

has steadily grown into a regional power, having qualified for Southerns the past four years and finishing in the top four in Georgia for four straight seasons.

ROSTER

0	Wilson Lewis	Jr	5'10"
1	Jay Burnett	So	5'9"
3	Drew Teachout	Sr	5'11"
	<i>Georgia Tech</i>		
5	Alan Hardeman	Jr	5'6"
6	Matt Hummel	Sr	6'1"
	<i>Georgia</i>		
7	Jacques Perivier	Sr	6'0"
	<i>Georgia College & State</i>		
8	Graham Laderman	Sr	6'0"
	<i>Oxford College - Emory University</i>		
9	Khari Lyseight	Sr	5'4"
	<i>Georgia Tech</i>		
11	Leo Warren	Sr	5'9"
	<i>Pittsburgh</i>		
12	Emiliano Lopez	Sr	5'8"
	<i>Georgia Perimeter College</i>		
13	Victor Ochoa	So	5'10"
14	Phillippos Lemma	So	5'5"
16	Katie Powell	Fr	5'6"
17	William Syre	Sr	5'10"
	<i>Georgia Tech</i>		
21	Austin Hegmon	Sr	5'9"
	<i>Georgia Southern</i>		
23	Chris Javo	Sr	5'9"
	<i>Kennesaw State</i>		
24	Conor Brownell	Sr	5'11"
	<i>Georgia Tech</i>		
25	Myles Craig	Jr	5'8"
27	Kendel Ridley	Fr	5'6"
29	Dirk Parsons	Sr	5'8"
	<i>Kennesaw State</i>		
33	Krishan Chib	So	5'9"
35	Josh Kalman	Sr	5'7"
	<i>Middle Georgia State College</i>		
50	Aaron Stoddard	Sr	6'0"
	<i>Oxford College - Emory University</i>		
55	Govindan Veliyath	So	5'2"
66	Laurence Perivier	So	6'0"
67	Alex Kalman	Fr	5'6"
75	Wyatt Maher	8th	5'7"
84	JP Miller	Fr	5'9"
99	Marie Perivier	Fr	5'5"

BOYS' TEAMS

NORTH CAROLINA SCHOOL OF SCIENCE AND MATH

SMUF

Durham, NC

Coach: Christopher Bonuel



SMUF is the ultimate team for the North Carolina School of Science and Math in Durham, N.C. SMUF comes from Science and Math Ultimate Frisbee. We are a two-year public boarding school with lots of team turnover since we lose approximately

half our team each year. We have a long history of ultimate, spanning from the first days of NCSSM.

ROSTER

3	Micah Halter <i>George Tech</i>	Sr	5'11"
6	Andrew Gavin <i>Cornell</i>	Sr	6'3"
11	Ben Haydon	Jr	
12	William Lim	Sr	5'10"
14	Austin Von Alten	Jr	
22	Grant Miller <i>North Carolina</i>	Sr	6'1"
24	Andrew Poe	Sr	5'11"
31	Junmo Ryang	Jr	
34	Vishnu Gottiparthi	Sr	5'8"
36	Alex Ludwig <i>North Carolina</i>	Sr	6'2"
42	Josh Krause	Jr	
44	Edward Zhuang	Jr	
88	Jeffrey He	Jr	
97	Rob Mitchell	Jr	

PAIDEIA SCHOOL

Gruel

Atlanta, GA

Head Coach: Michael Baccarini

Assistant Coach: Martin Aguilera



Gruel is in its 23rd season. The team name is a result of two separate, but clinching, incidents.

The founders wanted a "decidedly southern" name, so hoped to go by "Grits." But that name was taken by a N.C. team. While still undecided on a name, one of the school's favorite English instructors was teaching *Wuthering Heights*. During discussion, he stated in his thick Irish accent, "They ate grew-ill." Moses Rifkin and Kyle Weisbrod 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 southern, but it is a thin watery porridge, and it sure sounded cool!

The Simpsons get credit for helping solidify the name. An episode from about the same time saw the kids at a work camp being made to eat gruel. Once the team watched that episode, it was a done deal.

The team was coed until 2001, when we reached a critical mass of girls and split squads. Sticking with the "Gr" theme, the girls' team is Groove, and the junior high coed team is Grind.

ROSTER

0	Daniel Sperling	Sr	
1	Gabriel Eisen	Sr	
2	Eli Shahrar	Sr	
3	Sanford Leach	Sr	
4	Noah Cohen	Jr	
5	Elliott Allan	Sr	
6	Graham Hill	Sr	
7	Jack Smith	Sr	
11	Matthew Shu	Fr	
15	Jack D'Alessio	Sr	
19	Stan Birdsong	Jr	
20	Zachary Karsch	Sr	
21	Coleman Tappero	So	
22	Luke Smith	So	
23	Timothy Jernigan	Jr	
25	Evan Mapes	So	
29	Mason Cary	Sr	
34	Max Marcovitch	Jr	
36	Henry Laseter	Jr	
40	Tyler Russell	Jr	
44	Bryson Levisay	Jr	
54	Alex Shrader	Jr	
55	Sam Smith	So	
71	Houston Shrader	Jr	

BOYS' TEAMS

WOODSIDE HIGH SCHOOL

Wolverines

Newport News, VA

Coach: Richard Rudnicki

Website: woodsideultimate.blogspot.com



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.

He passed the torch to Richard Rudnicki in 2009, and the team has had continued success since. A regular contender for the Virginia State Championship, Woodside is proud to represent their school, Hampton Roads (the 757), and all of Virginia.

ROSTER

00	Daiquan Brown	Sr
1	Austin Schoener	So
2	Chris Clark	Jr
3	Josuel Jimenez	Sr
8	Daniel Chappell	Jr
9	Shane Robinson	Sr
	<i>Lynchburg College</i>	
12	Luke Young	Sr
15	Nick Fallon	Sr
	<i>Virginia Tech</i>	
17	Dmitri Stalnik	Sr
18	Jahleel Burrell	Sr
22	D'Wayne Thomas	Sr
23	Aaron Morris	Sr
	<i>Virginia Tech</i>	
24	Craig Benson	Sr
	<i>Virginia Tech</i>	
25	Xavier Whitaker	Sr
31	Reggie McClellan	Sr
	<i>VCU</i>	
32	Randy McMath	Sr
33	Nick Evans	Sr
	<i>VCU</i>	
42	Tyler Paul	Sr
	<i>Old Dominion</i>	
70	Fred Hudson	So
98	Kobi Evans	So

SPECTATOR INFO

YORKTOWN HIGH SCHOOL

Yorktown

Arlington, VA

Coaches: Jenny Fey, Matt MacInnes

Twitter: @Yorktownulti

Website: yula-ulti.org



We share our name with our high school and mascot, the Yorktown Patriots. This is our third year as a team, after splitting from our hometown friends and rivals HB Woodlawn in 2012. Last year, we tied for fifth at Southern and came in second to HB at the Virginia State Championships.

ROSTER

1	Markus Wolf	So	6'2"
6	Garrett Fleming	Jr	6'0"
9	Keaton Anderson	Sr	5'10"
10	Chris Radke	Jr	5'11"
11	Anders Juengst	Jr	5'5"
12	Sam Markowitz	Fr	5'6"
13	Ben Preiss	Fr	6'0"
14	Hunter Shumaker	Jr	5'8"
15	Matt Tornquist	Jr	5'9"
16	Simon Kroeger	Jr	5'10"
27	Ross Kocher	Sr	5'10"
31	Nate Oblon	So	5'11"
32	Sean McSweeney	Sr	5'7"
	<i>Chicago</i>		
35	Zack Bogorad	Jr	5'9"
43	Joe Freund	Sr	6'3"
	<i>Virginia Tech</i>		
53	Jonny Malks	So	5'11"
60	Nick Bowers	Fr	5'6"

GIRLS' TEAMS

BLACKMAN HIGH SCHOOL

BUG

Murfreesboro, TN

Coaches: Lynn Boyd, Heather Gardner



Our name is BUG which is an acronym for Blackman Ultimate Girls. We are in the third year of our program. BUG has had great fun these past three years playing against all of the fantastic teams in the southern region. You may think of the beauty and

grace of a butterfly when you see us arrive in Winston-Salem, but watch out for that bee sting once the disc is in play!

ROSTER

1	Sofia Lima	Sr
2	Dakota Frech	Jr
3	Michaela Creech	Jr
4	Christine Monchecourt	Jr
12	Catherine Kanemitsu	Jr
16	Caroline Pope	Jr
17	Ashley Weber	Jr
20	Ashley Singleton	Jr
21	Madelyn Chappellear	Jr
22	Alice Burks	Sr
24	Bre Graham	Jr
32	Leah Darnall	Jr
33	Taylor Adkins	Jr
34	Autumn Martin	So

BROOKWOOD HIGH SCHOOL

Inferno

Snellville, GA

Coaches: Erin Thompson, Matt Thompson



BROOKWOOD
ULTIMATE

Brookwood Ultimate has always had a few girls scattered on our open varsity/JV teams throughout our history. This year, our senior leaders and captains Emily Ruengvivatpant and Katie Endicott wanted to push for a girls' team of their own.

Through recruitment and social activities, the team was able to grow to 15 members. It is because of the dedication of our seniors that this program exists and will hopefully continue to thrive.

ROSTER

14	Jenny Choi	Jr	5'6"
16	Liz Reeves	Jr	5'6"
37	Lindsey Cameron	8th	5'7"
49	Steffi Walker	Fr	5'7"
53	Katie Endicott	Sr	5'7"
	<i>Kennesaw State</i>		
55	Emily Ruengvivatpant	Sr	5'0"
	<i>Georgia Tech</i>		
56	Mirenlí Negron	Fr	5'4"
70	Eunice Choi	So	5'6"
73	Sydney Tucker	Sr	5'8"
80	Emma DeJarnette	Jr	5'10"
84	Nichole Kaba	Fr	5'7"
87	Kim McGinnis	So	5'7"

GIRLS' TEAMS

CARRBORO HIGH SCHOOL

Koi

Carrboro, NC

Coaches: Suzanne Derby-Wright, Annie Reuben



We are the Carrboro Koi. This is our first year together, and we have worked extremely hard to build a strong team both on and off the field. The Koi are a part of the greater Carrboro Ultimate family with each team name relating back to the boys'

team, the Clams. We are the Koi, strong and beautiful yet known for the ability to adapt to different climates and temperatures. We are a group of strong girls able to adapt to all kinds of defensive play - ready to work together, break through zones and swim up field to score.

ROSTER

1	Erin Hazlett-Norman	Sr
2	Ariana Nicholson	Sr
3	Bella Winkler	So
4	Rose Fisher	
11	Daisy Blu	
12	Magy Llamas	Sr
13	Danielle Sawyer	Sr
14	Ellen Yu	Fr
17	Kate Lanier	Fr
18	Pang Thienpreecha	Jr
19	Nola Kim-Mayer	Fr
21	Bhairavy Puvindran	Fr
24	Amanda Maxson	Sr
31	Katherine Li	Fr
47	Marina Winkler	Sr
52	Ali Montavon	So
71	Emily Lauterbach	Jr

SPECTATOR INFO

EAST CHAPEL HILL HIGH SCHOOL

East Eclipse

Chapel Hill, NC

Coaches: Josh Hartzog, Diana Lam



This is the first full year of competition for East Eclipse. We were one of the founding schools of the combo team Saga and have split off this year to form our team.

We are committed to continuing the tradition of excellence pioneered by Saga, and

every time we step onto the field, we play with relentless determination. Our goals are to promote excellence both on and off the field, in ourselves and our surrounding area. We are committed to the continued growth of the girls' division in North Carolina and the greater south region.

ROSTER

5	Katie Cubrilovic	Sr	5'2"
	<i>North Carolina State</i>		
6	Makenna Meyer	Fr	5'5"
8	Laura Mahon	So	5'5"
9	Esther Son	Fr	5'0"
11	Dawn Culton	Fr	5'5"
15	Jennifer Qian	Fr	5'4"
16	Zoe Chen	So	5'3"
17	Sarah Jennings	Fr	5'4"
18	Natalie Troy	Fr	5'3"
20	Jasmeen Kaur	So	5'3"
21	Beth Manturuk	Fr	5'7"
34	Jane Carsey	Sr	5'2"
	<i>Case Western Reserve</i>		
42	Linnea Van Manen	So	5'1"
52	Julia Sawin	So	5'5"
88	Helen Jiang	So	5'4"

GIRLS' TEAMS

GRADY HIGH SCHOOL

Grady Gauntlet

Atlanta, GA

Coaches: Haley Reese, Emily Lloyd

Twitter: @gradyultimate

Website: gradyultimate.org



Grady Ultimate Gauntlet was a vision for Susie Mercer years ago. With foundations in spirit, fun, hard work and dedication, it's no wonder our program and our ultimate family have grown so heartily. In just two seasons, we have grown from having five

girls at practice to 25! We may be young, but we are gritty athletes with our minds anchored in our foundations. Can't stop. Won't stop!

GO KNIGHTS... Go Knights... go knights...

ROSTER

0	Amelia Reh	So	5'5"
2	Audrey Li	So	5'8"
3	Sloan Hodges	Jr	5'8"
4	Grace Powers	Sr	5'6"
5	Camilla Kasper	So	5'1"
6	Melissa Drake	So	5'6"
7	Meredith Fossitt	Jr	5'6"
8	Ashley Carter	Jr	5'5"
9	Robi Roberts	Jr	4'11"
10	Katelyn Mason	Fr	5'7"
11	Jessica Hume	Jr	5'6"
12	Liliana Chanler	Fr	5'7"
13	Elizabeth Lansing	Fr	5'10"
14	Mary Claire Morris	Sr	5'7"
15	Georgia Smith	So	5'7"
16	Sally Cummings	Sr	5'6"
17	Penelope Realf	Sr	5'6"
20	Audrey Burnette	So	5'2"
21	Lia Pett	Sr	5'6"
23	Tyler Hunt	Fr	5'2"
24	Sophie Rivard	Fr	5'5"
25	Madeline Nagler	Fr	5'5"
26	Eavan Hendry	Jr	5'6"
27	Molly Collins	Sr	5'7"
33	Maggie Miller	So	5'6"
37	Kitty Wright	Sr	5'2"
46	Ludovica Longo	Sr	5'4"
88	Mazie Switzer	So	5'7"

GREEN HOPE HIGH SCHOOL

Titans of Mischief (TOM)

Cary, NC

Coaches: Michael Shyu, Brian Zuercher



Started two years ago, TOM has also been known as THUG and Cutting Edge. TOM stands for Titans of Mischief and started as a joke based on the name of a player's parent: the great Tom Munoz. TOM is a team based out of the Cary-Raleigh area

and represents Green Hope High School. Although we have a small roster, the team has grown in size and skill significantly thanks to our current coaches Mike Shyu and Brian Zuercher and our past coach Aisling Winston. You may notice that our team is predominantly Asian: Not only are we good at ultimate, we are great at math too! We don't just play Frisbee... we play Fris-A!

ROSTER

0	Abby Barry	Jr	5'4"
3	Tiffany Wei	Jr	5'8"
4	Deborah Wong	Fr	5'3"
5	Carrie Ho	Sr	5'3"
	<i>North Carolina State</i>		
6	Allison Bashford	Sr	5'2"
	<i>North Carolina-Asheville</i>		
7	Sarah Henderson	Fr	5'2"
8	Alice Wang	Sr	5'2"
	<i>North Carolina</i>		
9	Amanda Yannoni	Sr	5'2"
	<i>North Carolina-Asheville</i>		
11	Katherine Liu	Jr	5'5"
13	Connie Cui	So	5'8"
14	Claire Zuercher	Sr	5'9"
	<i>North Carolina- Wilmington</i>		
21	Abigail Campbell	So	5'3"
23	Miranda Munoz	So	5'1"
26	Karen Ehrhardt	Jr	5'8"

GIRLS' TEAMS

HB WOODLAWN SECONDARY PROGRAM

Pandamonium

Arlington, VA

Coach: Leslie Keller

Website: yula-ulti.org



HB Woodlawn's ultimate program was originally a mixed team of a handful of students from HB Woodlawn and Yorktown High School. The program has since developed into separate boys' and girls' teams and spread across three different high schools in Arlington, Va. The girls chose "Pandamonium" as their team name as a tribute to the Panda on this year's jerseys. They jerseys may be a little random, but there's nothing random about how the name "Pandamonium" captures HB Varsity's energy and spirit on the field.

ROSTER

1	Caroline Tornquist	Fr	5'3"
3	Alex Gartner <i>Yale</i>	Sr	5'5"
4	Christine DeRieux <i>Virginia</i>	Sr	5'5"
5	Kirsten Knisely	Fr	5'8"
7	Amanda Schneck <i>William & Mary</i>	Sr	5'4"
10	Ella Juengst	Fr	5'1"
11	Rachel Branman	Sr	5'0"
15	Julia Harris	Sr	5'5"
18	Kristen Heaton	Sr	5'8"
21	Olivia Prosak <i>Vanderbilt</i>	Sr	5'10"
25	Caroline Best <i>Virginia Tech</i>	Sr	5'2"
28	Maddy Boyle	Jr	5'2"
31	Agnes Cheng	Jr	5'8"
36	Maya Nir	Fr	5'7"
40	Camille Santiago <i>Emory</i>	Sr	5'4"
41	Clara Nachmanoff	So	5'5"
42	Amanda Hayes <i>Stanford</i>	Sr	5'2"
57	Ellie Heil	Fr	5'3"
60	Maura Shapiro	So	5'5"

SPECTATOR INFO

NORTH CAROLINA SCHOOL OF SCIENCE AND MATHEMATICS

Science and Math Ultimate Girls

Durham, NC

Coach: Sam Boyarsky



Science and Math Ultimate Girls (SMUG) was formed at the North Carolina School of Science and Mathematics this past January. Our name comes from the fact that we are all nerds and girls and the irony of being such a new team. We quickly grew to a huge roster of 26 girls, which we refer to as "fam." Be sure to check out our mix tape.

ROSTER

2	Cami Hastings	Jr	5'3"
7	Jackie Warren	Jr	5'3"
9	Sydney Rehder	Fr	5'5"
11	Jennifer Lin	Jr	5'2"
13	Laasya Renganathan	Jr	5'6"
15	Esther Lee <i>MIT</i>	Sr	5'11"
19	Rachel Milkereit	So	5'4"
21	Rebecca Shen <i>Stanford</i>	Sr	5'5"
23	Anna Xu <i>MIT</i>	Sr	6'0"
25	Grace Marshall	Jr	5'7"
27	Mary Clarke Worthington <i>North Carolina State</i>	Sr	5'6"
38	Emma Bartlett	Jr	5'3"
42	Mary O'Neil	Jr	5'5"
44	Maddy Sabo <i>Drexel</i>	Sr	5'5"
53	Stephanie Ding <i>Duke</i>	Sr	5'8"
58	Nina Sannes <i>Cornell</i>	Sr	5'10"
63	Hannah Callahan	Jr	5'3"
66	Jackie Hausle <i>North Carolina State</i>	Sr	5'3"
80	Rachell Xu <i>Harvard</i>	Sr	5'2"
89	Allison Church	Fr	5'6"

GIRLS' TEAMS

PAIDEIA SCHOOL

Groove Varsity

Atlanta, GA

Coaches: Miranda Knowles, Marika West, Anraya Palmer

Twitter: @paideiagroove

Website: paideiaschool.org



Girls at Paideia played for several years with the boys' team in the 1990s, which is when now head girls' coach Miranda Roth Knowles ('00) first played the game. In 2001, the girls' team formed and has been going strong ever since, but this is the first year the team has fielded both varsity and JV teams from the start of the season. Anraya Palmer and alumna Marika West are our assistant coaches. The team's name is Groove... because we like to dance all night.

ROSTER

0	Parker Lunsford	So	5'8"
1	Sarah Brock	Sr	5'6"
3	Kira Farley	Sr	5'3"
	<i>Tulane University</i>		
4	Sarina Chalmers	Jr	5'1"
8	Mary Mast	Sr	5'6"
10	Hannah Neiditz	So	5'3"
12	Vlada Watkins	So	5'3"
17	Isabel Arevalo	So	5'4"
18	Sylvia Snyderman	Sr	5'10"
19	Kyra Bronfman	So	5'0"
20	Lulu Graham	Fr	5'7"
21	Helen Samuel	Sr	5'0"
	<i>Oberlin College</i>		
25	Syd Taylor-Klaus	Sr	5'7"
	<i>Wesleyan</i>		
26	Kaya Wurtzel	So	5'5"
27	Ellery Koelker-Wolfe	Sr	5'10"
	<i>Claremont McKenna College</i>		
33	Ollie Peterson	Jr	5'2"
44	Josie Veal	So	5'7"
47	Izzy Pitman	Fr	5'6"
66	Madison Smith	Sr	5'8"
	<i>Georgia</i>		
96	Carmen Tappero	So	5'5"

PAIDEIA SCHOOL

DemiGroove

Atlanta, GA

Coaches: Allee Stargell, Sophie Kay

Twitter: @PaideiaJVGroove

Website: paideiaschool.org



This is Paideia's second year of having a JV girls' team, but the first year of having a JV team from the start of the season. The team is called Groove...because we like to dance all night! We like to call ourselves DemiGroove because we think it sounds better than JV. Our school mascot, the Python, and our team name appear on our jerseys. Our white also features a retro sash, harkening back to Paideia ultimate jerseys of old. Alison Stargel and Sophie Kay are our coaches.


ROSTER

0	Alli Beskind	Fr	5'6"
2	Becca Shapiro	Sr	5'6"
	<i>Yale</i>		
5	Sarah Chen	Fr	5'3"
6	Maggie Aschemeyer	Jr	5'4"
7	Caroline Hubbard	Jr	5'5"
9	Allison Levitas	So	5'2"
11	Ava Chagnon	Fr	5'3"
12	Courtney Ford	Sr	5'6"
13	Katie Radulovacki	Sr	5'5"
	<i>Dartmouth</i>		
14	Charlotte Laseter	Fr	5'2"
15	Emma Petit	Sr	5'5"
16	Lucy Brewer	So	5'6"
22	Amy Doneff	Jr	5'9"
28	Celeste Padula	Jr	5'6"
29	Arianna Sanson	Sr	5'3"
37	Isabel Draper	So	5'4"
51	Asha Evans	Fr	5'6"
72	Carly Mashman	Fr	5'3"
73	Adair Garrett	So	5'3"
78	Bess Renjilian	So	5'2"
98	Laura Brawley	Sr	5'5"
99	Margaret Meller	Sr	5'5"
	<i>Johns Hopkins</i>		


GIRLS' TEAMS

UNIVERSITY SCHOOL OF NASHVILLE

University School of Nashville Girls

City:  Nashville, TN

Website: www.usn.org

Coaches: Tobey Balzer, No  over



The girls' team at USN has been in existence since 1999. We have competed in national, regional, state and club tournaments. We have a history of aggressive playing 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.

The name Brutal Grassburn came from the mom of a founding member of the boys' team in 1995. While washing her son's jersey after a hard day of ultimate, she exclaimed "Wow, these are some brutal grass burns!" The name stuck, and as the slogan goes, "we have been trading skin for glory" ever since.

ROSTER

00	Emily Bridgers	Jr	5'6"
1	Hannah Aaron	Sr	5'8"
2	Meredith Hill	Jr	5'7"
3	Metta Devine-Qin	Sr	5'4"
4	Annie Weimerskirch	Sr	5'8"
5	Katie Campbell	Sr	5'8"
6	Carson Thomas	Sr	5'6"
7	Emily Davis	Sr	5'3"
8	Stephanie Blumenthal	So	5'3"
13	Alice May	So	5'3"
14	Louisa Friedman	So	5'6"
16	Rachel Weaver	Jr	5'7"
18	Keri Friedman	So	5'4"
23	Anya Li	Sr	5'3"
32	Lena Friedman	Sr	5'4"
33	Camille Townson	Jr	5'7"

SPECTATOR INFO

YORKTOWN - WASHINGTON LEE

Y-Lee Coyotes

Arlington, VA

Coaches: Emily Willard, Colleen O'Briant

Twitter: @YLeeUltimate



This team is a brand new offshoot of the Yorktown/HB Woodlawn program. A lot of our players have played for a variety of YULA teams, including HB, Yorktown, W-L, or any combination of those before the Y-Lee team came into being. The name is a

combo of Y (from Yorktown) and Lee (from Washington-Lee), and the Coyotes name was a natural fit! The Coyotes are so excited to be playing that they can often be heard howling in large groups at practice. They've brought in a few new recruits to create a solid (and big) roster this spring!

ROSTER

4	Caroline Bereuter	Jr	5'9"
5	Khin Kyaw	So	5'0"
6	Cecilia Girvin	Jr	5'2"
7	Maggie Pendleton	Jr	5'7"
8	CeCe Collinson	8th	5'1"
10	Sydney Kane	Jr	5'4"
11	Adrian Matthews	Jr	5'3"
12	Isabel Vasquez	Jr	5'0"
13	Marlee Cobb	Jr	5'0"
14	Lily Pressman	Jr	5'7"
17	Sara Gilbertson	So	5'0"
18	Athena Bonney	Fr	5'4"
26	Skyler Lee	Fr	5'1"
32	Cecilia Butcher	Fr	5'2"
33	Sophia Welch	Sr	5'6"
37	Katherine Sanz	Fr	5'4"
42	Abbi Han	Sr	5'9"
56	Christina Mack	So	5'5"
83	Abby Kent	Sr	5'10"
95	Rachel Hess	So	5'2"
97	Misha Putnam	Jr	5'10"

HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape or bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff.

If there is an injury on a field that needs medical attention, inform a field marshal, and he or she will radio to the trainers.

If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields two hours prior to game time each day. Directions to the local hospital can be found in prior pages of this program.

CONCUSSIONS

EDUCATION

- USA Ultimate recommends the CDC “Heads Up Safety” program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: usaultimate.org/membership/usa_ultimate_membership_forms.aspx

COACHING REQUIREMENTS

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

REMOVAL & RETURN TO PLAY

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

DOCTOR’S NOTE REQUIREMENT

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

HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling by evaporation is limited. Sweating depletes the body’s salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.

PREVENTION AND TREATMENT OF HEAT ILLNESS

- Avoid alcohol, caffeine and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications and diuretics can increase risk for heat illness. Avoid them if possible.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
- Know your body – be honest! Are you fit enough to perform under current conditions?
- Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important; good sources include sports drinks, yogurt, grapefruit juice, bananas and oranges. Sodium is also important; good sources include sports drinks, vegetable juices, pretzels, nuts, cheese and crackers. After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies.
- Don't drink too much. Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
- Monitor your urine. Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness. If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin, get in front of a fan or breeze.

SIDELINE SAFETY

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

LIGHTNING GUIDELINES

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

SPIRIT OF THE GAME™

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

10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

5. DON'T “GIVE AS YOU GOT.”

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

6. BREATHE.

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

7. WHEN YOU DO THE RIGHT THING, PEOPLE NOTICE.

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

8. BE GENEROUS WITH PRAISE.

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

9. IMPRESSIONS LINGER.

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

10. HAVE FUN.

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

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

SPIRIT CIRCLE

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

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

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

SPIRIT AWARDS

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 unflinchingly 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!

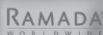
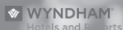
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USA ULTIMATE SPIRIT OF COACHING

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. If asked during a dispute, coaches may offer rules clarifications. After a dispute, a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of ultimate.
- Coaches will always exhibit respect for opposing players, other coaches and observers.
- Coaches will model Spirit of the Game at all times.

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

2015 USA ULTIMATE COACHING SIDELINE ACCESS INFORMATION

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

For more information on USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Coordinator of Youth & Education Programs Sarah Powers at sarah@hq.usultimate.org, or visit the USA Ultimate website at usultimate.org.

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BOYS' SCHEDULE

2015 USA Ultimate High School Southern Championships - Boys' Division

Saturday, May 9, 2015

All Games to 13 Cap 15	Pool A						Pool B					
	A1	(1) Lakeside					B1	(2) Carolina Friends				
	A2	(8) Apex					B2	(7) Yorktown				
	A3	(12) Woodside					B3	(11) Chapel Hill				
	A4	(13) Catholic					B4	(14) Brookwood				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	2	-	D2 v D4	14	-	B1 v B3	4	-	B2 v B4	3	-
10:45 - 12:00	A1 v A3	1	-	A2 v A4	2	-	C2 v C3	4	-	D2 v D3	14	-
1:00 - 2:15	A1 v A4	1	-	A2 v A3	2	-	B1 v B4	4	-	B2 v B3	3	-
2:45 - 4:00	A1 v A2	1	-	A3 v A4	2	-	B1 v B2	4	-	B3 v B4	3	-
Re-seed teams 1-4 within each pool												
4:45 - 6:00	A2 v D3	13	-	B2 v C3	10	-	C2 v B3	5	-	D2 v A3	3	-



Championship Bracket

Sunday, May 10, 2015

Winner B2vC3

10:30-12:00pm

Field # 2

A1

Winner C2vB3

10:30-12:00pm

Field # 4

D1

Winner D2vA3

10:30-12:00pm

Field # 5

C1

Winner A2vD3

10:30-12:00pm

Field # 3

B1

Semifinal 1

12:30-2:00pm

Field # 2

Finals

Sunday 2:30 4:00pm

Field # 1

Champion

Semifinal 2

12:30-2:00pm

Field # 3

L A1vB2/C3

12:30pm-2:00pm

Field # 4

5th Place (tie)

L D1vC2/B3

L C1vD2/A3

12:30pm-2:00pm

Field # 5

5th Place (tie)

L D1vA2/D3



Championship games to 13, cap 15

BOYS' SCHEDULE

2015 USA Ultimate High School Southern Championships - Boys' Division

Saturday, May 9, 2015

All Games to 13 Cap 15	Pool C						Pool D					
	C1	(3) Carrboro					D1	(4) Paideia				
	C2	(6) Independence					D2	(5) East Chapel Hill				
	C3	(10) Grady					D3	(9) Blackman				
	C4	(15) HB Woodlawn					D4	(16) NCSSM				
Saturday		F#	Score		F#	Score	Bye					
9:00 - 10:15	C1 v C3	5	-	D1 v D3	11	-	Pool A					
10:45 - 12:00	C1 v C4	5	-	D1 v D4	11	-	Pool B					
1:00 - 2:15	D3 v D4	14	-	D1 v D2	11	-	Pool C					
2:45 - 4:00	C1 v C2	5	-	C3 v C4	14	-	Pool D					
Re-seed teams 1-4 within each pool												
4:45 - 6:00												



Placement Bracket

Sunday, May 10, 2015

L B2vC3

8:30am-10:00am
Field # 9

A4

L C2vB3

8:30am-10:00am
Field # 4

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

D4

L D2vA3

8:30am-10:00am
Field # 5

C4

L A2vD3

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

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

B4

12:30-2:00pm
Field # 9

9th Place

L A4vB2/C3

12:30-2:00pm
Field # 10

13th Place (tie)

L D4vC2/B3

L C4vD2/A3

12:30-2:00pm
Field # 6

13th Place (tie)

L B4vA2/D3

Placement games to 13, cap 15



GIRLS' SCHEDULE

2015 USA Ultimate High School Southern Championships - Girls' Division												
Saturday, May 9, 2015												
All Games to 13, Cap 15	Pool A						Pool B					
	A1	(1) Paideia Varsity					B1	(2) HB Woodlawn				
	A2	(8) Blackman					B2	(7) Carrboro				
	A3	(9) NCSSM					B3	(10) Brookwood				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A1 v A2	9	-	B1 v B2	10	-	C1 v C2	13	-	D1 v D2	1	-
10:45 - 12:00	A1 v A3	9	-	B1 v B3	10	-	C1 v C3	13	-	D1 v D3	3	-
1:00 - 2:15	A2 v A3	9	-	B2 v B3	10	-	C2 v C3	13	-	D2 v D3	5	-

Championship Bracket



GIRLS' SCHEDULE

2015 USA Ultimate High School Southern Championships - Girls' Division		
Saturday, May 9, 2015		
All Games to 13, Cap 15	Pool C	
	C1	(3) East Chapel Hill
	C2	(6) Yorktown-Washington Lee
	C3	(11) Paldeia JV
Saturday	Pool D	
	D1	(4) USN
	D2	(5) Green Hope
	D3	(12) Grady
Saturday	  	
9:00 - 10:15		
10:45 - 12:00		
1:00 - 2:15		

Placement Games

Sunday, May 10, 2015



Placement games to 13, cap 15



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6:30pm – Men's Semifinal

9:00pm – Men's Semifinal

MONDAY, MAY 25

1:00pm – Women's Championship Game

3:30pm – Men's Championship Game

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ON ESPN3 // ALL TIMES EASTERN

WEDNESDAY, MAY 27

8:00pm USA Ultimate College
Championships Semifinals
Highlights Show

9:00pm Men's Championship Game

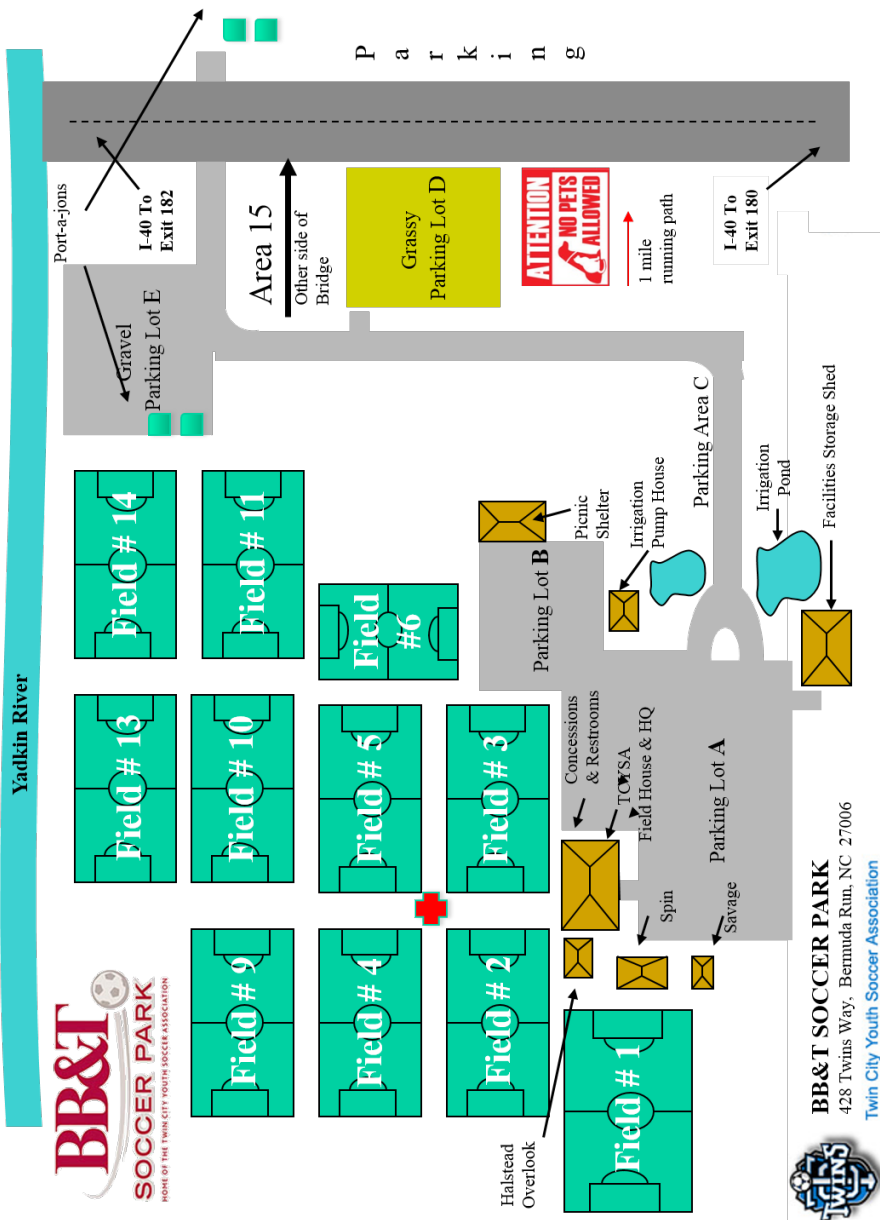
10:00pm Women's Championship
Game

ESPN



ESPN 3

FIELD MAP



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Twin City Youth Soccer Association

SCHEDULES & MAP



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