

Atlanta, GA - May 14/15, 2016





MADE FOR ADVENTURE

THE OFFICIAL MERCHANDISER OF HS REGIONALS



FULL SUBS

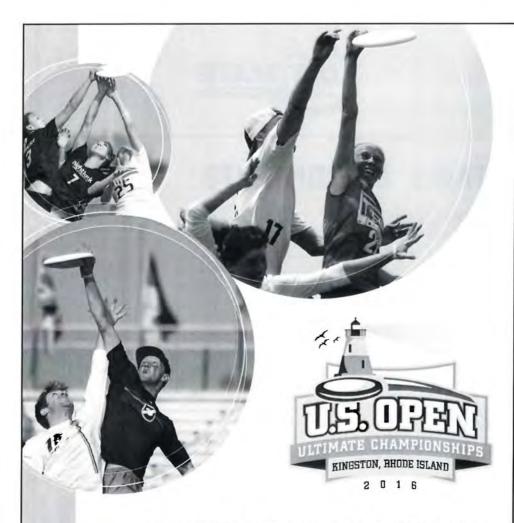


SPOT SUB & SCREEN PRINT



TABLE OF CONTENTS

EVENT INFORMATION	
Welcome	3
Weekend Overview	
Event Staff	
Competition Rules	
Site Rules	
SPECTATOR INFORMATION	
Ultimate in 10 Simple Rules	9
Boys' Team Rosters	10-17
Girls' Team Rosters	
PLAYER INFORMATION	
Health and Safety	26-27
Spirit of the Game	28-30
SCHEDULES AND MAP	
Boys' Schedule and Brackets	32-33
Girls' Schedule and Brackets	
Field Man	



Join USA Ultimate and the international ultimate community

July 1-4, 2016 in Kingston, R.I., for the fifth annual U.S. Open

Ultimate Championships & Convention.

A celebration of character, community and competition.

3 DIVISIONS, 3 CHAMPIONS, 34 OF THE WORLD'S BEST TEAMS





ESPN3

WELCOME

Dear Athletes:

On behalf of the Atlanta Flying Disc Club (AFDC), Meet College Park Visitors' Bureau and the ATL Airport District, I am delighted to welcome you to the 2016 USA Ultimate Southern High School Regional Championships! Our tournament venue, Georgia Sports Park in College Park, has been the site for numerous USA Ultimate championship events at the high school, college and club levels. AFDC is very pleased to be hosting the fifth and final Southerns here at Georgia Sports Park this weekend.

College Park, in the ATL Airport District, is conveniently located just west of Atlanta's Hartsfield-Jackson Airport and is home to the Dick Lane Velodrome and the Delta Flight Museum. Tournament visitors will find they are only a short MARTA rail or car ride to Atlanta and a variety of sites of interest, such as the Georgia Aquarium, the Coca-Cola Museum, the Center for Civil and Human Rights, the Atlanta Botanical Garden, the Martin Luther King Center, the High Museum of Art, the Atlanta History Museum, the College Football Hall of Fame and more. From walking on the Atlanta Beltline Trail through Atlanta's urban neighborhoods to taking a ride on SkyView, a 200-foot tall ferris wheel near Centennial Olympic Park in downtown Atlanta, there are many ways to see the city and many things to do in the ATL.

Featured in this year's Southerns will be 16 boys' teams and 13 girls' teams from the region stretching from Maryland to Texas. Many of these teams will be returning from Jast year, including the girls' division champion, Paideia, from Atlanta, and the boys' division champion, Carolina Friends School, from Durham. Several teams will be competing in their first USA Ultimate championship event. We wish the best of luck to all the teams and extend sincere thanks to the players and coaches who continue to support and develop high school ultimate.

Food trucks will be on hand Saturday and Sunday with hearty and healthy menu options for players and fans alike, and a local food and fruit stand will also set up at GSP. Following play Saturday, a tournament cookout dinner will be provided for teams. During dinner, players will also enjoy a showcase game featuring some of Atlanta's best club ultimate players from Chain Lightning, Ozone, Bucket and other local teams, many of whom coach youth teams, conduct youth clinics and organize leagues for AFDC.

Events like the High School Southern Championships only happen with lots of volunteers. Volunteers set up fields, keep score, fill water coolers, set up tents, help serve food and run many errands before and throughout the tournament. Please acknowledge their hard work and dedication to supporting the sport of ultimate. Please say thanks when you see a volunteer.

As the USAU High School Regional Championship series comes to a close, we wish to thank USA Ultimate, the host communities of Chattanooga, Charlotte, Greenville and Winston-Salem, and all the participating teams in the region for making High School Southerns successful and memorable over the past four years. We strive to make the fifth and final Southerns a premiere championship tournament event on par with the rest!

Have a great weekend!

Chad Borer

Tournament Director and the Atlanta Flying Disc Club



M A K I N G ULTIMATE STRONGER

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

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



Five Ultimate is proud to sponsor the 2016 USA Ultimate Coaching Development Program.

PLAY HARD, HAVE FUN. FIVEULTIMATE

Team@FiveUltimate.com



WEEKEND OVERVIEW

FRIDAY, MAY 13, AT HAMPTON INN & SUITES ATLANTA AIRPORT WEST

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

SATURDAY, MAY 14, AT GEORGIA SPORTS PARK

8:00am:

Captains' Meeting

9:00am - 6:00pm:

Game Play

4:30pm - 7:00pm

Dinner and showcase game featuring players from Chain

Lightning, Ozone, Bucket and more

SUNDAY, MAY 15, AT GEORGIA SPORTS PARK

8:30am - 2:00pm:

Elimination and Placement Games

2:30pm:

Championship Games

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.

EVENT STAFF

Tournament Director - Chad Borer

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

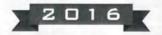
EVENT STAFF

Volunteer Coordinator – Robert Lawrence Head Scorekeeper – Mark Swanson Assistant Scorekeepers – Jin Lee, Megan Rizzo Local Media Coordinator – Amy Maynard Hospitality Coordinator – Kim Di Francesco

USA ULTIMATE STAFF

Manager – Competition & Athlete Programs – Connor Maloney Managing Director – Competition & Athlete Programs – Will Deaver













COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - 20-yard end zones
 - "contact" marking violation call
- All games to 13, point cap at 15 except Girls' Pools B, C, and D games to 15/17.
- · 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 ALCOHOL OR TOBACCO!
- NO ATHLETES, COACHES OR SPECTATORS ARE ALLOWED IN THE BUFFER AREAS BETWEEN ULTIMATE FIELDS!
- NO GLASS CONTAINERS!
- . NO PETS!
- · NO GUM!
- NO WEAPONS OR FIGHTING!
- LANGUAGE This is a youth facility and overall a family environment. Please keep this in mind when doing team cheers, etc.

- TRASH AND RECYCLING! Place recyclables in the recycling receptacles and place trash in the trash. Keep your sidelines clean.
- 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.

HOW TEAMS CAN HELP KEEP GSP'S FIELDS IN GOOD CONDITION:

- Do Not Warm Up in the Heavy Traffic Areas. Most people probably do not realize the amount of damage done to natural grass soccer fields during pre-game warm-up routines. Many pre-game warm-up routines have a concentrated amount of foot traffic and a high repetition of movement in a small area that causes much more damage to the grass than normal wear from games.
- To keep grass alive on the entire field, warm-up routines and practice drills should be done in the corner areas of the soccer fields.
- Extremely damaging activities like "line drills" or "ladder drills" should always be done
 off of the fields.
- Soccer goal areas are the parts of the fields where it is most difficult to keep grass alive, and these areas should be off limits for everyone, except for games. That means there should be limited or no pre-game drills if at all possible, and definitely no free play from players or fans in those areas.
- Please help keep the park beautiful by putting litter in its place. Sunflower seeds should be spit in a cup. The salt is harmful to the soil, and grass will not regrow in those spots. Some types of beverages, like coffee and soda, can leave dead spots too.

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

WYNDHAM HOTEL GROUP



SAVE UP TO 20% OFF "Best Available Rate" at more than 7,000 properties!

Call 877.670.7088 & mention ID# 1000009280 to receive the discount!

tie Wyndharn



WYNDHAM GRAND COLLECTION WINGATE

HAWTHORN

RAMADA















'Bern Available Rate' is defined as the best, non-qualified, publicly are able rate in the Internation the hotel, date and accommodations requested. The discount for international properties may be less than or equal to 20% of Best Available Rate. Certain restrictions apply. To redeem this offer call this hose brand phore number above and give ID at the time of reservation. Offer not valid if hotel is called directly caller must use to fifte numbers issed above. Advanced reservations are required. Offer its subject to availability at perticipating locations and some blackout dates may apply. Offer cannot be combined with any other bacounts, offers, or special promotions. Discounts vary by location and time of year. Offer is well-less than any ocash value.

ULTIMATE IN 10 SIMPLE RULES

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



BETHESDA-CHEVY CHASE BARONS

BETHESDA, MD

Coach: Andrew Nguyen Captains: Kevin Versteeg, Ben Weinstein, Florence Brooks, Oren Lieber-Kotz @BCCUItimate



B-CC has had an established ultimate team for over 10 years, and we became competitive about three years ago. Since then, we have been a dominant force at the Maryland State Championships, coming in second one year and winning for the

past two years. Recently, we have been dedicated to trying to grow as a team and program, through heavy recruiting around our school and participating in more high-level tournaments.

ROSTER

1	Grace Alston	So	5'4"
7	Thomas Gerard	Jr	5'9"
7	Theo Gonzalez-Ta	pley	
		Ir	6'0"
8	Ben Weinstein	Sr	5'6"
	Richmond		eren.
10	Calvin Burns	Jr	5'8"
12	Sam Klueter	Jr	5'9"
15	Florence Brooks	Sr	5'2"
	North Carolina		
22	Theo Kerr	So	6'0"
23	Paul Griminger	Jr	5'7"
32	Sasha Frank-Sten		3.6
0.2	Cooling Frank. Oton	Fr	5'4"
34	Zakri Siegel	Je	5'8"
35	Oren Lieber-Kotz	Jr	5'9"
42	Ezra Schwartz	Sr	6'0"
42	Reed	31	0.0
48	Adam Park	So	5'6"
51	Kevin Versteeg	Sr	5'9"
	James Madison		- 0
77	Nicolas Leitmann Washington	Sr	6'0"

BLACKMAN HIGH SCHOOL A

MURFREESBORO, TN

Coaches: Robby Owen, Monty Waldron, Trevor Dehmlow, Brian Niles Captains: Grant Waldron, Joey Brown @BlackmanULTI



We were started by students in 2008. Tennessee State Champs last year. Our program and its alumni are responsible for starting five ultimate programs at other schools, founding three leagues and three club teams, including helping launch the Nashvillains YCC program. We are proud of our first WJUC player this year, Grant Waldron, We are

honored to get to be a part of Southerns again this year and love all of our opponents.

ROSTER

0	Motlow	01	0.11
2	Drew Wade	Sr	6'1"
	Tennessee Tech		
3	Joey Brown	Sr	5'3"
	Tennessee-Chatta	эпоо	ga
4	Grant Waldron		5'10"
	Middle Tennessee	Sta	te
5	Collin Pelletier	Sr	5'9"
	Tennessee-Chatta	эпоо	ga
7	Nate Niles		
7	Brian Vilayphanh		
	Tennessee-Chatta	anoo	ga
22	Tyler Forsberg	Sr	6'0"
00	Tennessee	•	MAN
23	Michael Harris	Sr	6'2"
07	Tennessee	0	F11 011
27	Tanner Niles Motlow	Sr	5'10"
40	Reid Boyd	Fr	5'11"
42	Tyler Crockett	Jr.	5'9"
43	Blake Hagan	Sr	5'10"
7	Tennessee	-	
47	Ethan Boyd	Sr	5'9"
	Tennessee-Chatta	noa	ga
50		11	6'0"
51	Michael Rowe	Jr	5'8"

Jonny Anderson Sr 5'11



CARDINAL GIBBONS CRUSADERS

RALEIGH, NC

Coaches: Ian Pratt, Mark Tawater Captains: Luke Chaput, Brian Davis, Ian Wirth



Cardinal Gibbons has the oldest continually operative high school ultimate program in the state of North Carolina, Gibbons has won the state championship tournament three times: 2001, 2002 and 2011. Gibbons has also won or placed highly in numerous

regional and local tournaments, including Tidewater Tune-Up, Deep Freeze and Terminus (placing fifth most recently in 2016). Gibbons was a founding member of both the Triangle High School Ultimate Association (2004) and the Triangle Youth Ultimate League (2009).

ROSTER

;	Alexander Madormo	So
}	Aiden Clabby	Fr
10	Jake Cheatham	Sr
1	James Abate	Fr
12	August Boge	So
13	Ben Colon-Emeric	So
14	Dalton Buckley	Fr
16	Josh Dombkowski	Fr
17	Drew Dunphy	So
20	Stephen Godwin	Fr
21	Ben Campbell	Jr
21	Blake Flournory	Jr
24	Michael O'Neill	So
25	Brendan Goodrich	Fr
26	Alex Scott	Sr
27	Patrick Grossheim	So
28	Quentin Sieredzki	So
30	Holden Schachte	Fr
31	Quinn Whitehead	So
32	Andrew Miskimon	Fr
33	Ramon Terrero	Jr
34	Chris Nguyen	Fr
35	lan Wirth	Sr
37	Zach Steffans	Jr.
11	Leighton Whitehead	Sr
12	Brian Davis	Sr
18	Santiago Velosa	Jr
52	Thomas Schiltz	So
52	Luke Chaput	Sr
57	Matthew Skiko	Sr
95	John Benson	Jr
	Action Control of the last of	

Ethan Ylizarde

CAROLINA FRIENDS FIGHTING QUAKERS

DURHAM, NC

Coaches: Augie Kreivenas

Captains: Dillon Lanier, Conor Chickos, Liam Searles-Bohs @CFSUIti

facebook.com/515910541841213

Friends The Carolina Friends Fighting Quakers ironically adopt their name from the peaceful nature of Quaker spirit.

This team has been fighting strong ever since the mid-80s and continues to grow stronger year after year. Through focus, effort and courage, this program has reached great heights over the past few years. Being in the Triangle Area of North Carolina with many strong teams has helped them grow in every aspect of the game. CFS has attended every Southern Regional Championship, starting in 2012 when they were virtually unknown, to now being the two-time defending champions. Hopefully with their great spirit and love of the game, they will have a great weekend.

R	DSTER	
0	Coner Chickes	Si
	North Carolina State	
1	Filiberto Espinosa-Cruz	Sr
2	Goucher Ben Westlund	So
3	Luke Morton	So
8	Daniel Berenfield	So
9	Aaron Wynmor	Jr
10	Nick Tansey	Jr
11	Ben Hodgins	Fr
12	Liam Searles-Bohs	Jr .
13	Sam Phelps	Jr.
14	Dillon Lanier	Sr
4.7	Carleton College	3,
18	Jack St. Clair	Sr
20	Jacob Zurbuch	Sr
44	North Carolina	01
21	Ben Alexander	h
22	Seth Lee	Jr
27	Jason Manning	Fr
43	Tim Bliss	Jr
44	André Maillard	So
50	Jake Taylor	So
51	Kevin Pignone	Fr
52	Anderson Proescholdbell	Fr
58	Simon Covington	Fr
66	Jackson Meisner	Fr
72	lan Marks	Jr
75	Peter Johnson	So
83	Daniel Johnson	Sr
	North Carolina	1
88	Soren Emerson	ic
99	Roy Farrell	So



CARRBORO CLAMS

CHAPEL HILL, NC

Chapel Hill, NC

Coaches: Britta Jones, Patrick Welsh, Schuyler Kylstra Captains: Dean Merritt, Yuma Kobayashi, Jonah Kadens @carrboroclams



The Carrboro Clams were founded in 2009 with a coach-to-player ratio of 1:1. Past Clams have graduated onto starting lines on college teams including North Carolina, Elon, North Carolina State, North Carolina-Asheville, Davidson and NYU, Our charismatic aquatic family, aka Clamfam, in-

cludes our B team, the Mussels, and the Carrboro Koi (#keepinitkoi), Once a Clam, always a Clam. #onthehalfshell

ROSTER

0	Daniel Caruso Owen Weish	Jr So	5'11 5'11
6	Ben Heuser	Jr	5'10
8	Andrew Rento North Carolina	Sr	5'10
10	Matas Zdanavicius Appalachian State	Sr	6'1"
14	Jonah Kadens	Jr	5'8"
17	Caleb Bollenbacher	Ĵr	5'8"
19	Matthew Singleton	Jr.	6'0
24	Neel Herfarth	St	6'0"
	North Carolina	.01	UU
27	Henry Sawyer	Jr	6'0"
28	Arthur Bentulan East Carolina	Sr	5'7"
32	Yuma Kobayashi North Carolina	Sr	5'6"
37	Curtis Kinnaman	So	5'9"
14	Connor Greene	Jr	5'7"
5	Rees Braam North Carolina	Sr	6'3"
55	Dean Merritt	Sr	5'9"
	North Carolinav-Ash	eville	
4	Max Randall	Jr	5'8"
7	Kyaw Kler	Jr .	6'1"
	100-11-12-11-11	2.7	

CATHOLIC BAYOU HAZARD

BATON ROUGE, LA

Coach: Michael Aguilar Captain: Steve Engborg @catholic ulti catholichigh.org



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

DOCTED

	DOIEK		
3	Matt Freeburgh Preston Nelson Kenny Hingle LSU	Jr Jr Sr	5'10" 5'7" 5'8"
5 6 7	Dylan Reviere Tyler Rogers-Himel Louis Mouck LSU	Jr So Sr	6'0" 5'8" 6'4"
10 11 12 19 20	Collin Hebert Hayden Jack Michael Crick Chris McElveen Michael Delatte	Ir Ir So Ir Sr	5'8" 5'10" 5'7" 5'7" 5'11"
21 23 24 25 27	Air Force Miles Polito Gabe Hardy Parker Hanks Nick Major Patrick Popadic	00 00 00 00 00 00 00	5'10" 5'11" 6'2" 5'7" 6'0"
36 38 41 52 88	Louisiana - Lafayett Dominic Toranto Connor Chustz Jacques Gaspard Landen Gremillion Marty McGreal		5'9" 5'8" 5'10" 5'8" 6'0"



EAST CHAPEL HILL EAST

CHAPEL HILL, NC

Coach: Aaron Stern

Captains: Sean Murray, Tommy Williams, Tyler French @ECHHSUltimate



East Chapel Hill's team started in 2008. We have grown our program to three teams (girls, A and B teams) since that time. We pride ourselves on being able to compete with anyone we face, while

maintaining a high level of Spirit of the Game. We not only help grow our kids into good players, but also young adults through the game we all love.

ROSTER

	- ILIK	
0	Henry Caron	Jr
1	Tyler French	Jr
5	Sean Murray	Sr
	North Carolina State	F.
6	Timothy Hu	So
7	Alec McCleary	Sr
9	Tristan Manturuk	Sr
30	Utah	
10	John McDonnell	Jr
12	Jack McCleary	Fr
13	Jerid Mei	So
14	Grant Lyerly	Fr
17	Bryce Sit	Ìr
20	Thomas Williams	Sr
21	William Brody	So
23	Michael Young	Sr
20	Rice	
24	Bui Biechele	Jr
28	Vincent Chen	So
29	Paul James	Jr
38	Alex Zhuang	Fr
40	Shiliang Long	Sr
40	North Carolina State	01
52	Eashwar Mahadevan	So
64	Max Gilchrist	Jr
85	Teddy Randby	Jr
93	Lucas Risinger	Ĵ۲
33	Lucas manigo	31

GRADY GAUNTLET BOYS VARSITY

ATLANTA, GA

Coaches: Max Leonard, Justin Mattingly

Captains: Mack Hodges, Noah Li, Drew Di Francesco

@gradyultimate gradyultimate.org



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

Mercer, a teacher at Grady High School. Ms. Mercer coached and managed the ultimate program for eight years before retiring her post in 2014. She left behind a wonderful legacy for Grady youth ultimate.

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 chain mail (armor) fist punching through a disc.

22 24 8 8 9 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	1 2 3 4 6 9 11 14 16 17 18 19	Reid Barry Dhruv Mehra Jacob Dillard Drew Di Francesco Conor Downey Aidan Downey Jack Persons Harrison Thweatt Jack Paddock Harrison Briggs Corwin Robison Adam Miller Kiran Potula	SO SO I STEFF I I FF I FF IST	6'0" 5'8" 5'9" 6'2" 5'11" 5'60" 6'0" 5'5" 5'8" 5'8"
1	21	Jaden Medley-Fowlkes Noah Li Georgia	Fr Sr	5'7" 6'1"
1	23 24 27 28	John Roorbach Chase Kieber Jacob Greenhill Mack Hodges	Jr Jr Fr Sr	6'1" 6'2" 5'9" 6'0"
1	34 41 66	Noah Hammond Theodore Sifnaios Hank Persons	Ir Ir Sr	6'2" 6'2" 5'6"
9	77	Georgia Tech Miles Pearlstein	So	5'11"



HB WOODLAWN

ARLINGTON, VA

Coach: Cody Johnston

Captains: Gus Norrbom, Ted Sither

vula-ulti.org



Originally a joint team between Yorktown High School and HB Woodlawn (YHB), the team split after the 2013 season in order to grow ultimate in our area, and we haven't looked back since. Both high schools now have varsity and JV teams, as well as

thriving middle school programs. Our program has produced players like Alika Johnston, Jenny Fey and Alan Kolick, and we're excited to see which of our alumni make it big next.

ROSTER

2	Haroon Matties Lucas Reichert	Jr So	6'3" 5'8"
7	Nate Hess	Sr	5'9"
9	Sparsh Srivastava Virginia Tech	Sr	5'11"
12	Adam Norrbom	Sr	5'6"
13	Owen Maskelony	So	6'0"
15	Jordi Parry	So	5'9"
16	Evan McLean	Sr	6'4"
18	Austin Do Maryland	Sr	5'9"
26	Tommaso Piccorossi	So	5'11"
27	James Reed	So	5'4"
30	Miles Kelley	Ir	5'10"
31	Michael Escamilla	So	5'3"
32	Gus Norrbom	Sr	5'9"
34	Austin Alvarado	So	5'10"
38	Sam Atkins	Jr	6'0"
88	Ted Sither Oregon	Sr	6'0"
94	Harry Wolfson	So	5'11"
98	Nick Seah	Sr	6'1"
99	Jack Bledsoe	So	6'0"

INDEPENDENCE FLIGHT

SPRING HILL, TN

Coaches: Will Graham, Jordan Roe, Brian Mackee, Justin Schroeder

Captains: Boone McClellan, Coleman Davis



Independence Ultimate has its roots in a regional ultimate gathering that began in the city of Spring Hill in 2006 for middle schoolers all the way up to masters-age players. As the sport grew, high school students began to gather, along with the founder of that gathering, to pilot the start of a new fall weekly ultimate program at Independence

High School in order to grow the sport. By 2009, the first competitive team was fielded and now has grown to two boys' high school teams, one girls' high school team and a strong alumni presence showing up in college and club ultimate 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 the values that ultimate brings instilled into future generations of ultimate players.

8	Blake Oliver	Jr	5'8"
9	Ronald Champion	Sr	5'9"
10	Boone McClellan Tennessee	Sr	5'9"
15	Coleman Davis	Sr	5'9"
16	Josh Redmond	Sr	5'9
18	Jacob Flowers Tennessee	Sr	5'11"
21	Jakob Green	Sr	5'10"
25	Christian Campbell	Jr.	6'1"
31	Daniel Waller	Sr	5'10"
32	Dawson Fox	Jr	5'7"
33	Cole Hudgin	So	5'8"
34	Cielo Ponton	Sr	5'9"
35	Chris Weathers	Sr	6'2"
60	Matthew Schwartz	Jr	5'9"
65	Daniel Miller	Jr	5'11"
71	Biorn Stenslet	Jr	5'10"



LAKESIDE VIKINGS

ATLANTA, GA

Coach: Fred Perivier Captains: Krishan Chib, Myles Craig, Victor Ochoa @LHS Squad



The Lakeside High School ultimate team started as a rather small club sport at Lakeside and has remained that way in many aspects. The team focuses on grit and toughness as they do not have a large program. The Vikings were ranked seventh in the nation last year by Ultiworld before they lost many of their seniors and transitioned into a very young team. Their team name, the Vikings, comes from their school mascot.

ROSTER

Myles Craig	Sr	5'10"
	Jr	5'10"
	Sa	5'6"
	Fr	5'7"
	Fr	5'6"
		5'10"
	Fr	5'8"
	Fr	5'0"
		5'8"
		5'10"
		5'8"
	lr	5'2"
		5'6"
		5'7"
		5'7"
		5'9"
		5'10"
	Myles Craig Jay Burnett Katie Powell Justin Burnett Cole Chernow Victor Ochoa Clark Rice Carlo Vanni Kendall Ridley Krishan Chib Zane Page Govindon Veliyath Marie Perivier Alex Kalman Wyatt Maher JP Miller Josh Warner	Jay Burnett Jr Katie Powell So Justin Burnett Fr Cole Chernow Fr Victor Ochoa Jr Clark Rice Fr Carlo Vanni Fr Kendall Ridley So Krishan Chib Jr Zane Page Jr Govindon Veliyath Marie Perivier So Alex Kalman Fr Wyatt Maher Fr JP Miller So

NORTH CAROLINA SCHOOL OF SCIENCE AND MATH SMUF

DURHAM, NC

Coach: Alex Kaja Captains: Edward Zhuang, Jeffrey He



NCSSM has one of the largest ultimate teams in the Durham area and is devoted to the development of players from all experience levels from all across the state. While our school's program has been established for a number of years now, our team loses approximately half its players each

year, as our school only has juniors and seniors. This proves to be a large obstacle for the continuity of a strong team. Each year, however, we overcome this obstacle by continuously introducing newcomers to the wonderful sport of ultimate. Since our school draws people from all across the state, we are able to develop youth ultimate in demographics that would otherwise be unreached due to the relatively small region of the state which has large ultimate programs. SMUF is a program that simultaneously welcomes newcomers to ultimate and teaches them to play at a competitive level.

RU	SIER		
3	Austin von Alten North Carolina State	Sr	5'9"
5	Abinav Udaiyar	Jr	6'0"
8	Suhas Rao California	Sr	6'1"
9	Miguel de los Reyes	Jr	5'10"
11	Ben Haydon North Carolina State	Sr	5'10"
12	Joseph Chen Virginia Tech	Sr	5'9"
13	David Borkowski	Jr	6'3"
20	Mukil Guruparan	Jr	5'11"
28	James Boyd	It	5'11"
31	Junmo Ryang Duke	Sr	5'10"
42	Josh Krause North Carolina	Sr	5'10"
44	Edward Zhuang Duke	Sr	5'8"
88	Jeffrey He Duke	Sr	5'8"
97	Rob Mitchell Alabama	Sr	5'9"



PAIDEIA YTHONS

ATLANTA, GA

Head Coach: Michael Baccarini Assistant Coach: Martin Aguilera

Captains: Noah Cohen, Stan Birdsong, Coleman Tappero



Paideia's boys' ultimate team, known since its founding as Gruel, is in its 24th season. The team name is a result of two incidents. The founders wanted to be named something "decidedly southern," so hoped to go by "Grits." That name was already taken by a team in N.C. While 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." Ayoung Moses Rifkin and Kyle Weisbrod were in the class and asked, "They are 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 solidity the name. An episode which aired around the same time saw the kids at a work camp being made to eat gruel. Once the feam watched that episode together, it was a done deal.

The team was coed until 2001, when we were able to split squads. Sticking with the "Gr" theme, the girls' team is Groove, while the junior high mixed team is Grind. All that said, our school now has an official mascot, so all Paideia's sports teams go by the Pythons.

DOCTED

USIEK		
Henry Laseter Noah Cohen Carleton College	Sr	6'0" 5'10"
Ben Dameron Julian Shrader	Fr	5'8" 5'10"
Matthew Shu Lep Mancusi-Ungaro	So	5'9" 5'11"
David Chalmers Stan Birdsong	Fr Sr	5'7" 6'2"
Coleman Tappero Luke Smith	lr lr	5'11" 6'4" 5'9"
Emory		13.0
Daniel Fridkin Max Marcovitch	Jr Sr	6'1" 6'0" 5'11"
Tyler Russell	Sr	6'0"
Isaac Sencer Bryson Levisay	Jr Sr	5'11" 6'1"
Sam Smith Houston Shrader	Jr Sr	6'4" 5'10"
Brandon Pal	Sr	6'2"
Alex Shrader	Sr	5'9"
Nicholas Forbes	So	5'8"
	Henry Laseter Noah Cohen Carleton Collège Ben Dameron Julian Shrader Matthew Shu Leo Mancusi-Ungaro David Chalmers Stan Birdsong Carleton Collège Coleman Tappero Luke Smith Tim Jernigan Emory Evan Mapes Daniel Fridkin Max Marcovitch Michigan Tyler Russell Georgia Isaac Sencer Bryson Levisay UCLA Sam Smith Houston Shrader Emory Brandon Pal Georgia Tech Alex Shrader Emory	Henry Laseter Sr Noah Cohen Sr Carleton College Ben Dameron Fr Julian Shrader Fr Matthew Shu Sr Leo Mancusi-Ungaro In David Chalmers Fr Stan Birdsong Sr Carleton College Sr Carleton College In Jernin Jernigan Sr Emory Evan Mapes Ir Daniel Fridkin In Max Marcovitch Sr Michigan Tyler Russell Sr Georgia Isaac Sencer Ir Bryson Levisay UCLA Sam Smith Ir Houston Shrader Sr Emory Brandon Pal Georgia Tech Alex Shrader Sr Emory Brandon Pal Georgia Tech Alex Shrader Sr Emory

UNIVERSITY SCHOOL OF NASHVILLE BRUTAL GRASSBURN

NASHVILLE. TN

Coach: Justin Moore

Captains: Nicky Farren, Mathieu Agee, Sam Fisher



The boys' team at USN has been in existence since 1995. To date, we have competed in national, regional, state and club tournaments. We have a history of aggressive playing on the field while respecting our opponents, working hard for

our teammates, maintaining a positive attitude and having a pretty great time while competing.

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.

-			
01235678	Nathan Petty Tate Kloeppel Will Howard Sam Bergeson Michael Becker Quinn Wheelock Patrick Chickey Benjamin Harris	Fr Fr Ir So Ir Ir	5'9" 5'7" 5'9" 5'10" 6'2" 5'10" 6'0" 5'10"
9	Joe Bailey	Jr.	5'10"
10 12 15 17	Mason Coverstone	Fr	5'8" 5'9"
15	Tom Shaw Mathieu Agee	Sr	6'2"
17	Sam Kingsbury	Jr	5'7"
19	Joshua Gabella	Jr	5'10"
24	Nicholas Farren	Sr	6'2"
27	Alex Bahner	Jr	6'2"
30	Gavin Clark	Jr	5'10"
33	Sam Fisher	Sr	5'11"
99	Mitchell Coverstone	Sr	6'3"



WASHINGTON-LEE SLARENEGS

ARLINGTON, VA

Head Coach: Michael Klemencic

Assistant Coaches: Elise Jackson, AJ Goodman

Captains: Andrew Roy, Kees Humes



The Washington-Lee High School Slarenegs began their first season in the 2012-13 school year. The team name comes from the school's mascot, the Generals, spelled backwards. The team started as a small group but has vastly increased since then.

Much of this is attributed to not only their desire and enthusiasm to play, but also their understanding and emulation of the Spirit of the Game and the growing support from the community. Additionally, each year, the team's standing has increased. At Virginia's 2014 State Championships, the team placed fifth, and in 2015, the team placed fourth. However, last year's ranking did not fully reflect how well the team played or how much they have grown. Overall, the team continually has worked to become better in every way while also encouraging the growth of ultimate.

ROSTER

	JO I LIX		
00	Zephren Collinson Georgia Tech	Sr	5'10"
4	Jon Tiernan Noah Kline	Jr Jr	5'8" 5'10"
8	Garrett Johnston	So	5'10"
10	Jamey Fendley	Jr	5'9"
13	Kees Humes Williams	Sr	5'11"
16	Christian McCord-	Snook	
		So	5'10"
17	Andrew Lewis Tulane	Sr	6'0"
21	August Wagner	Jr	6'1"
22	Jackson Trice	Sr	5'7"
32	Andrew Roy Davidson	Sr	5'11"
34	Mathieu Delmar	So	5'9"
38	Gabe Westergren	Sr	6'0"
39	Benjy Kline	Fr	5'6"
45	Beau De Koninck	Jr	6'0"
50	Matthew McKnight		5'10"
60	Jeremy Thacker James Madison	Sr	6'4"
81	Johnston French	So	5'11"
99	Theo Schutz George Mason	Sr	5'9"

YORKTOWN PATRIOTS

ARLINGTON, VA

Coach: Kevin Riley

Captains: Anders Juengst, Jonny Malks

@yorktownulti yula-ulti.org



The Patriot is our school mascot. Yorktown High School has had a team since 2001. It started as a joint team with HB Woodlawn and played in recreational leagues in the Washington Area Flying Disc Club. The team made its first appearance at Junior Nationals in 2002 and has been an active member of the competitive youth scene ever since.

4	** 1 100.00	100	ninii
1	Markus Wolf	Jr	6'2"
6	Garrett Fleming	Sr	6'4"
8	Rob Overstreet	So	5'6"
11	Anders Juengst	Sr	5'6"
12	Sam Markowitz	So	5'8"
13	Ben Preiss	So	6'2"
14	Hunter Shumaker	Sr	5'9"
15	Matt Tornguist	Sr	6'0"
17	Jack Overstreet	So	5'6"
23	Ben Dickson	Fr	5'7"
33	Michael Sheldon	Fr	5'10"
35	Zack Bogorad	Sr	6'0"
41	Chris Hahn	Fr	5'5"
43	Marcelo Ruggiero	Fr	5'11"
53	Johnny Malks	Jr	5'11'
60	Nick Bowers	So	5'7"
81	Michael Botis	Sr	5'8"



BLACKMAN HIGH SCHOOL GIRLS

MURFREESBORO, TN

Coaches: Heather Gardner, Lynn Boyd

Captains: Catherine Kanemitsu, Michaela Creech

@BlackmanULTI



2016 is the fourth year for Blackman Ultimate Girls (or B.U.G.), and we are excited to continue to be a part of the developing youth girls' ultimate scene. We have consistently finished second in the state of Tennessee over our tenure as a team and strive to embody the Spirit of the Game.

ROSTER

3	Michaela Creech	Sr	5'6"	
	Middle Tennessee Sta	te		
4	Christine Monchecourt	Sr	5'6"	
	Middle Tennessee Sta	ite	3.7	
10	Aubrey Bell	Ir	5'4"	
11	Marissa Parker	Ir	5'3"	
12	Catherine Kanemitsu	C.	5'3"	
12	Motlow	31	33	
18	Nahzeen Pierce	Fr	5'2"	
19		So	5'4	
20	Ashley Singleton	Sr	5'4"	
-	Webster	Ģ,	• 1	
23	Michaela Sommer	Sa	5'5"	
24	Bre Graham	Sr	5'2"	
26	Julia Beasley	Sr	5'3"	
-	Middle Tennessee Sta			
27	Sydni Blanton	Sr	5'6"	
	TN College of Applied	Techni	ology	
22	Taylor Adkins	Sr	5'7"	

BROOKWOOD INFERNO

SNELLVILLE, GA

Head Coach: Erin Thompson Assistant Coach: Matt Thompson. Captains: Jenny Choi, Liz Reeves @infernoultimate



After years of having a few ladies play here and there on the open team, last year our female leadership stepped up and recruited enough to cobble together a team with at times only eight or nine healthy bodies. That lead to an intense recruitment effort, and the fire of Inferno rose, and with

it, our program took off this year, growing to 28 players!

It is because of incredible heart and leadership this year that our program has blossomed, and we represent the unquenchable fire of a raging Inferno, not just on the field, but in how consummate we are as teammates and friends.

R	OSTER		
0	Millie Negron Nirvanie Persaud	Jr Fr	5'5" 5'6"
6	Ruby Lee	Fr	5'7"
7	Steffi Walker	So	5'8"
8	Paola Reyes	Sr	5'6"
10	Rebecca Xiong	Fr	5'5"
12	Kim McGinnis	Jr.	5'9"
14	Jenny Chai	Sr	5'6"
15	Liz Reeves	Sr	5'6"
100	Kennesaw State	-71	700
17	Taelor Matos	Fr	5'6"
21	Vivan Le	Fr	5'1"
24	Katherine Pearson	Sr	5'8"
	Georgia State		
26	Arzina Hussain	Fr	5'5"
35	Anna Hu	So	5'6"
37	Lindsay Cameron	8th	5'9"
42	Shelby Sanregret	Fr	5'6"
45	Erin Fowler	Jr	5'10"
48	Abby Lemma	So	5'9"
52	Shelby Vong	So	5'5"
70	Eunice Choi	So	5'7"
78	Angelica Wagner	Jr	5'8"
79	Diana Lee	Sr	5'7"
80	Emma DeJarnette	Sr	5'9"
84	Nicole Kaba	So	5'7"
88	Nicole Rice BYU	Sr	5'8"
93	Busola Banjoh	So	5'8"
95	Merlena Kenson Georgia	Sr	5'8"
97	LaShaundranique M	arshall	

Elon



CARRBORO KOI

CARRBORO, NC

Coaches: Suzanne Derby-Wright, Annie Reuben Captains: Bella Winkler, Emily Lauterbach, Kate Lanier



In 2014, Carrboro Koi was born out of the Carrboro Clams, the Carrboro High School open team, and formed from ultimate-loving girls in the Carrboro/Chapel Hill area who love Finding Nemo references. The team is largely composed of players from Carrboro High School, Chapel Hill High School and Carolina Friends School. In its second year of

existence, and despite graduating seven players, Carrboro Koi has continued to grow, adding new young talent, and they look forward to another strong performance at Southerns. #justkeepswimming #sharkbait #donttouchthebutt

ROSTER

1	Maya Birckhead	8th	5'6"
3	Bella Winkler	So	5'6"
4	Grace Cohen	So	5'0"
7	Erica Zurbuch	So	5'8"
13	Rachel Deininger	Sr	5'5"
14	Ellen Yu	So	5'6"
17	Kate Lanier	So	5'6"
19	Lanie O'Neill	Fr	5'5"
21	Florence Gester	Sr	5'3"
25	Nola Kim-Mayer	So	5'6"
31	Katherine Li	So	5'4"
33	Clil Phillips	8th	5'2"
71	Emily Lauterbach	Sr	5'5"
85	Annika Emerson	Fr	5'5"
99	Rose Fisher	So	5'8"

EAST CHAPEL HILL ECLIPSE

CHAPEL HILL, NC

Coaches: Josh Hartzog, Jenny Wei, Elisabeth Parker Captains: Zoe Chen, Helen Jiang, Beth Manturuk



This is the second full year of competition for East Eclipse. Our goals are to promote excellence both on and off the field in ourselves and our surrounding area. Whenever we step onto the field, we will improve ourselves and the competition by playing with maximum effort. We are committed to the

continued growth of the girls' division in North Carolina and the South Region.

2.7.2			
3	Rose Newell	Jr	5'5"
6	Makenna Meyer	So	5'5"
8	Laura Mahon	Jr	5'5"
9	Esther Son	So	5'0"
10	Grace Conerly	Fr	5'4"
11	Dawn Culton	So	5'5"
12	Maia Donald	Fr	5'2"
15	Jennifer Qian	So	5'4"
16	Zoe Chen	Jr	5'3"
17	Sarah Jennings	So	5'4"
18	Natalie Troy	So	5'1"
21	Beth Manturuk	So	5'7"
27	Xintong Xiang	Fr	5'2"
28	Hailey Wunder	Fr	5'2" 5'8"
33	Ellie Cubrilovic	Fr	5'4"
37	Jasmeen Kaur	Jr	5'1"
42	Linnea Van Manen	Jr.	5'1"
52	Julia Sawin	Jr	5'6"
88	Helen Jiang	Jr	5'4"
00	tieten mang	31	34



GRADY GAUNTLET GIRLS' VARSITY

ATLANTA, GA

Coach: Haley Reese

Captains: Meredith Fossitt, Eavan Hendry, Maggie Miller @gradyultimate

gradyultimate.org



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

Grady Ultimate was originally sponsored by Susie Mercer, a teacher at Grady High School. Ms. Mercer coached and managed the ultimate program for eight years before retiring her post in 2014. She left behind a wonderful legacy for Grady youth ultimate.

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 chain mail (armor) fist punching through a disc.

ROSTER

2	Park Li	Jr	5'7"
3	Sloan Hodges	Sr	5'8"
4	Georgia Smith	Jr	5'7"
5	Camilla Kasper	Jr	5'1"
6	Melissa Drake	Jr	5'5"
6 7 8	Meredith Fossitt	Sr	5'7"
8	Ashley Carter Georgia	Sr	5'4"
9	Robi Roberts Davidson	Sr	4'11'
11	Jess Hume	Sr	5'4"
12	Liliana Chanler	So	5'7"
13	Ebet Lansing	So	5'11'
14	Phoebe Mason	Jr	5'10'
16	Callie Thweatt	So	5'7"
21	Carrie Miller	Fr	5'6"
26	Eavan Hendry	Sr	5'2"
33	Maggie Miller	Jr	5'3"
38	Colleen Miller	Fr	5'5"
88	Mazie Switzer	Jr	5'6"

GREEN HOPE TITANS OF MISCHIEF

CARY, NC

Coaches: Michael Shyu

Captains: Tiffany Wei, Connie Cui, Miranda Munoz

TOM, short for Titans of Mischief, is a team centered in the Cary-Raleigh area that represents Green Hope High School. The team was started three years ago and was previously known as THUG and Cutting Edge, before finally settling on TOM as

a joke based off of a player's parent: Tom Munoz, However, our love for ultimate is no joke! With the help of our coach, Mike Shyu, and our friends from the Durham School of Arts (Bullcity Bulldogs), our small but passionate and close-knit team is ready to bring the heat!

3	Tiffany Wei	Sr	5'8"
	Duke	-	eten.
8	Jennifer Wang	Fr	5'5"
11	Katherine Liu	Sr	5'5"
	California		
12	Jessica Wu	Fr	5'3"
13	Connie Cui	Jr	5'8"
17	Lauran Jones	So	5'7"
19	Rachel Milkereit	Jr	5'4"
21	Abigail Campbell	Jr	5'3"
23	Miranda Munoz	Jr	5'1"
29	Allison Church	So	5'7"
55	Victoria Nichols	Jr	5'5"
94	Julia Lee	Jr.	5'5"



HB WOODLAWN PANDAMONIUM

ARLINGTON, VA

Coach: Leslie Keller

Captains: Maddy Boyle, Agnes Cheng

vula-ulti.org



The HB Woodlawn girls' team has had many names over the years, but for the past two seasons has been called Pandamonium. Established originally as a mixed team, the girls formed their own team about 10 years ago, along with girls from Yorktown High School, then later with girls from Washing-

ton-Lee High School, as well. Last year, HB formed its own girls' team for the first time and had a great season. Pandamonium players are all about playing hard, being students of the game, displaying excellent spirit and, above all, being outstanding teammates and friends to each other.

ROSTER

1	Caroline Tornquist	So	5'3"
2	Caroline Kassir	So	5'7"
5	Kirsten Knisely	So	5'8"
5 9	Katie Franz	Sr	5'6"
10	Ella Juengst	So	5'1"
17	Julianne Meany	Jr	5'2"
18	Nicole Getter	So	5'7"
22	Franci		
	Swisher-Gomez	So	5'2"
28	Maddy Boyle	Sr	5'2"
31	Agnes Cheng	Sr	5'9"
35	Bryn Kabiri	So	5'6"
36	Maya Nir	So	5'8"
44	Juliana Walker	So	5'3"
48	Miranda Baltaxe	Fr	5'9"
55	Ava Jones	So	5'8"
57	Ellie Heil	So	5'4"
60	Maura Shapiro	Jr	5'6"
77	Kaiya Gordon	So	5'3"

INDEPENDENCE FLIGHT

SPRING HILL, TN

Coach: Stacee Strickland

Independence Ultimate has its roots in a regional ultimate gathering that began in the city of Spring Hill in 2006 for middle schoolers all the way up to masters-age players. As the sport grew, high school students began to gather, along with the founder of that gathering, to pilot the start of a new fall weekly ultimate program at Independence High School in order to grow the sport. By 2009, the first competitive team was fielded and now has grown to two boys' high school teams, one girls' high school team and a strong alumni presence showing up in college and club ultimate 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 the values that ultimate brings instilled into future generations of ultimate players.

7	Braedyn Hollingsworth	8th
9	Kristen Regenold	So
10	Malea Hill	Jr
20	Caroline Yates	Jr
22	Anna Dean	So
26	Ireland Tate	Ir
35	Stephanie Hansen	Jr
41	Danielle Hansen	So
46	Caitlyn Hints	Jr
51	Cassidey Reynolds	Jr



NORTH CAROLINA SCHOOL OF SCIENCE AND MATH SMUE

DURHAM, NC

Coach: Katy Harris

Captains: Emma Bartlett, Hannah Callahan



We are a branch of our high school's original mixed team. We have been competing for two years, and this will be our second year at Southerns! Our team name came from our school initials — Science and Math — and then Ultimate Frisbee, and we think it is super fun to say!

ROSTER

Raquel Village	Jr.	5'4"
Alyssa Heinze	Sr	5'8"
North Carolina Jackie Warren	Sr	5'2"
North Carolina		
Laasya Renganathan Cornell	Sr	5'6"
Rose Huang Cornell	Sr	5'6"
Annie Xie	Sr	5'5"
Grace Marshall	Sr	5'6'
	Jr	5'7"
Emma Bartlett	Sr	5'7" 5'3"
Case Western Reserv	e	
Hannah Callahan North Carolina	Sr	5'2"
	Jr	5'8"
	Jr	5'5"
Sharon Chen	Sr	5'4"
	North Carolina Jackie Warren North Carolina Laasya Renganathan Cornell Rose Huang Cornell Annie Xie Princeton Grace Marshall Emory Claire Amon Emma Bartlett Case Western Reserv Hannah Callahan North Carolina Meredith Tobin Kendall Holleman	Alyssa Heinze Sr North Carolina Jackie Warren Sr North Carolina Laasya Renganathan Sr Cornell Rose Huang Sr Cornell Annie Xie Sr Princeton Grace Marshall Sr Emory Claire Amon Jr Emma Bartlett Sr Case Western Reserve Hannah Callahan Sr North Carolina Meredith Tobin Jr Kendall Holleman Jr

PAIDEIA GROOVE

ATLANTA, GA

paideiaschool.org

Coaches: Miranda Knowles, Anraya Palmer, Marika West Captains: Sarina Chalmers, Ollie Peterson, Isabel Arevalo, Kaya Wurtzel @PaideiaGroove



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 second year the team has fielded both varsity and JV squads from the start of the season. Anraya Palmer and alumna Marika West ('07) are our assistant coaches. The team's name is Groove... because we like to dance all night.

12.5	To June 1	
0	Parker Lunsford	Jr
4	Sarina Chalmers Colorado College	Sr
5	Madison Goldstein	Sr
6	Pennsylvania Maggie Aschmeyer	Sr
U	William & Mary	31
7	Caroline Hubbard Vanderbilt	Sr
9	Alli Levitas	Jr
10	Hannah Neiditz)r
12	Vlada Watkins	Jt.
13	Emma Jones	So
14 17	Charlotte Laseter Isabel Arevalo	So
10	Kyra Bronfman	Jr
19 20 25	Lulu Graham	So
25	Sarah Jordak	Fr
26	Kaya Wurtzel	Jr
28	Celeste Padula	Sr
	Occidental	
30	Katherine Jordak	Jr.
33	Ollie Peterson	Sr
40	Georgia Tech	F-
40	Ali Beskind Josie Veal	Fr
47	Izzy Pitman	So
49	Margot Thompson	Fr
78	Bess Renjilian	Jr
96	Carmen Tappero	Jr



PAIDEIA DEMI-GROOVE

ATLANTA, GA

Coaches: Allee Stargel, Sophie Kay, Shayne Crawford Captains: Adair Garrett, Isabel Draper, Ava Changnon



Demi-Groove is the JV team of Groove from The Paideia School, located in Atlanta, Ga. We have been in existence for three years, but Paideia has a much longer history of ultimate. We like to dance all night, give out avocados for spirit awards and dance to "Pretty Boy Swag" to pump up! You can count on us to rush the field and be really excited when we score. Our main goals are to learn and have fun!

ROSTER

1	Pearl Sullivan	Jr
2	Dana Shapiro	Jr
2	Kaylin Woodward	Jr
8	Megan Walls	Jr
11	Ava Changnon	So
18	Sierra Petrash	8th
21	Marie Levisay	Fr
22	Amy Doneff	Sr
23	Kate Hubbard	Fr
24	Madison Chance	Fr
29	Eunheh Koh	Sr
31	ErinRose Johnson	Fr
32	Kate Vance	Jr
35	Lynn Jacobs	Jr
37	Isabel Draper	Ir
38	Allie Fridkin	Fr
55	Amber Latimer	Fr
72	Adair Carrett	1e

Virginia Davis

UNIVERSITY SCHOOL OF NASHVILLE BRUTAL GRASSBURN

NASHVILLE, TN

Coaches: Tobey Balzer, Sandy Strohl Captains: Alice May, Emily Bridgers, Rachel Weaver



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.

	JUILA		
2	Catherine LeMaster	So	5'6"
3	Estella Mosley	50	5'6"
4	Bella Barocas	Fr	5'7"
5	Braelyn Watt	Jr	5'6"
7	Pauline Hahnemann	So	5'8"
234578	Stephanie Bloomenthal	Jr	5'5"
9	Louissa Friedman	Jr	5'6"
10	Emily Bridgers	Sr	5'6"
11	Ellie Hollahan	Fr	5'6"
12	Rachel Weaver	Sr	5'9"
	Dennison		
13	Isla Tarelton	Fr	5'5"
15	Jane Goodwin	Fr	5'6"
16	Camille Townson	Jr	5'7"
17	Natalie Connor	Jr	5'6"
18	Mia Boero	50	5'6"
22	Lola Motley	So	5'6"
23	Alice May	Jr	5'3"
64	Janie Keenen	Fr	5'6"
65	Sarah Young	Sr	5'4"



YORKTOWN WASHINGTON-LEE YLEE COYOTES

ARLINGTON, VA

Coaches: Colleen O'Briant, Julia Petro

Captains: Marlee Cobb, Rachel Hess, Sydney Kane @vleeultimate

instagram.com/yleeultimate



Embarrassingly enough, the idea for the team name originated from players' parents on the side-lines during YLee's first tournament. It's a play on the Looney Tunes character, Wile E. Coyote, using the first letter of Yorktown and the last syllable of Washington-Lee.

YLee was founded in 2015. It's the third girls' team from the Youth Ultimate League of Arlington (YULA), after HB Woodlawn Varsity and JV. YLee wrapped up their first season with their first tournament win (first place at Virginia States, 2015). It was rewarding to be recognized in Ultiworld's 2015 High School Power Rankings, and YLee hopes to make a big splash to finish out their second season!

4	Caroline Bereuter	Sr	5'8"
	Virginia		-
5	Khin Kyaw	11	5'0"
7	Margaret Pendleton William and Mary	Sr	5'7"
8	CeCe Callinson	Fr	5'4"
10	Sydney Kane James Madison	Sr	5'7"
11	Adrian Matthews	Sr	5'2"
12	Isabel Vasquez	Sr	5'0"
13	Marlee Cobb Virginia Polytechnic	Sr	5'0"
14	Lily Pressman	Sr	5'8"
	Virginia Commonwea	alth	
17	Sara Gilbertson	Jr	5'1"
18	Athena Bonney	So	5'6"
21	Ayumi Yuzawa	So	5'4"
22	Abby Lewis	8th	5'1"
23	Sophie Hickey	Jr	5'5"
27	Nora Wagner	So	5'7"
32	Cecilia Butcher	So	5'6"
35	Stephanie Schofield	Jr	5'8"
37	Katherine Sanz	So	5'3"
38	Lucy Core	So	5'1"
43	Shaina Brown	Fr	5'6"
46	Dominique Maderal	Jr	5'2"
56	Christina Mack	Jr	5'6"
95	Rachel Hess	Jr	5'3"
97	Misha Putnam BYU	Sr	5'8"

breakmark

GET READY FOR SUMMER TOURNAMENTS!

SCREEN PRINT TANKS: \$17 | COLOR LOGO ADD #S FOR \$3/TANK



REVERSIBLES:

1 COLOR LOGO ON EACH SIDE \$20 ADD #S FOR \$7/REVERSIBLE

SPOT SUB TANKS:

1 DESIGN AREA ADD #S FOR \$5/TANK \$20



FULL SUB TANKS:

FULL COVERAGE DESIGN ADD #S FOR \$5/TANK \$30

FREE GROUND SHIPPING FOR ORDERS OF 12+ PIECES CONTACT BREAKMARK FOR MORE DETAILS: SALES@BREAKMARK.COM 978.540.0987

- O INSTAGRAM.COM/BREAKMARK
- TWITTER.COM/BREAKMARKULTI

HEALTH AND SAFETY

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

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

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

CONCUSSIONS

EDUCATION

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

COACHING REQUIREMENTS

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

REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
 - 1. Remove athlete from play.
 - 2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management.

Do not try to judge the seriousness of the injury yourself.

- 3. If a minor, inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion,
- 4. Allow athlete to return to play only with permission from an appropriate health care professional.

DOCTOR'S NOTE REQUIREMENT

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

HEAT, NUTRITION AND HYDRATION

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



PREVENTION AND TREATMENT OF HEAT ILLNESS

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

SIDELINE SAFETY

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

LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via PA system and through field marshals equipped with radios if there is 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 unrayeling 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.

SPIRIT CIRCLES

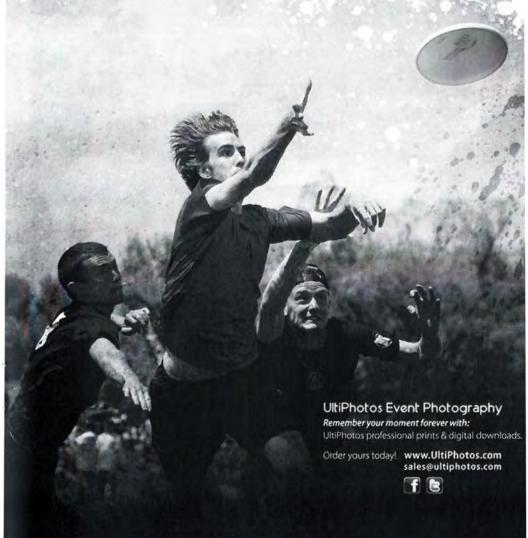
Spirit circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but showed the international community the importance we place on respect for the game and their opponents. But American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the international experience has been the tradition of the post-game spirit circles. 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 (or spirit captains) on each team will talk briefly about the game.
 Usually the losing team goes first, then the winning team.
- Things to talk about can include how the game went, how your own team played, what the other team did well, who on the other team played well and anything else that might be worth communicating, even if it's something you think could be done better (and don't forget to look in the mirror on this).
- After each team has had a chance to talk, the winning team takes a step into the circle and walks around counter-clockwise to slap hands with the players on the other team.

That's it! It's pretty simple and definitely something 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!



DON'T TELL YOUR FRIENDS HOW GOOD YOU ARE— SHOW THEM



BOYS' SCHEDULE

		4.00		Sati	urday, l	May 14, 2	016					
All Games			Po	ol A					Po	ol B		
to 13 Cap 15 except B, C, & D pool games to 15/17	A1 A2 A3 A4	(8) Can (12) Wa	olina Frie rboro ashington ackman				B1 B2 B3 B4	(11) US	dinal Gibl N	oons hevy Chas	e	
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	5		D2 v D4	6		B1 v B3	7	-	B2 v B4	8	
10:45 - 12:00	A1 v A3	5	1200	A2 v A4	6	1.5	C2 v C3	7	- 6	D2 v D3	8	
1:00 - 2:15	A1 v A4	5		A2 v A3	6	11.	B1 v B4	7	· ·	B2 v B3	8	
2:45 - 4:00	A1 v A2	5	i=94.4	A3 v A4	6	170.	B1 v B2	7		B3 v B4	8	
Re-seed teams 1	-4 within	each po	ol									
4:45 - 6:00	2A v 3D	5	34071	2B v 3C	7	100	2C v 3B	6	-	2D v 3A	8	1







Consolation games to 13, cap 15

				Sat	urday,	May 14, 2	016	
All Games			Po	ol C				Pool D
to 13 Cap 15 except B, C, & D pool games to 15/17	C1 C2 C3 C4	(6) HB	t Chapel Woodlaw lependen keside	n			D1 D2 D3 D4	(4) Yorktown (5) Grady (9) NCSSM (16) Catholic
Saturday		F#	Score			Score	Bye	25.5.5
9:00 - 10:15	C1 v C3	9	- 4	D1 v D3	10	16-6-	Pool A	USA
10:45 - 12:00	C1 v C4	9	5 5	D1 v D4	10		Pool B	ULTIMATE
1:00 - 2:15	D3 v D4	9	F. A.	D1 v D2	10		Pool C	0
2:45 - 4:00	C1 v C2	9	- 4	C3 v C4	10		Pool D	
Re-seed teams 1	4 within	each po	ol			000	000000	
4:45 - 6:00								

Championship Bracket Sunday, May 15, 2016









Championship games to 13, cap 15

GIRLS' SCHEDULE

				Sati	arday, I	May 14, 2	016					
All Games			Po	ol A		-	Life Town		Po	ol B		
to 13 Cap 15 except B, C, & D pool games to 15/17	A1 A2 A3 A4	(8) Y-L		ty			B1 B2 B3	(2) Car (7) USN (11) Pa	a second			
Saturday		F#	Score		F#	Score		F#	Score		F#	Scor
9:00 - 10:15	A1 v A3	- 4		A2 v A4	3		B1 v B3	2	-			
10:45 - 12:00	A1 v A2	4	-	A3 v A4	3	179-1	C1 v C3	2		D1 v D3	_1	
1:00 - 2:15	A1 v A4	4		B1 v B2	3	100	C1 v C2	2	1	D1 v D2	1	- (-
2:45 - 4:00	A2 v A3	4		B2 v B3	3	P. Peri	C2 v C3	2		D2 v D3	1	
Re-seed teams 1	-4 within	each po	ol									
	PQ1	F#	Score	PQ2	F#	Score	PQ3	F#	Score	PQ4	F#	Score
4:45 - 6:00	2A v 3D	4		2B v 3C	3		2C v 3B	2		2D v 3A	1	





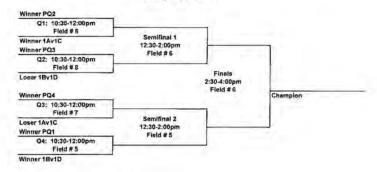


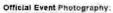
Sunday		F#	Score
10:30 - 12:00	L9S2 v 4A	10	11.4
12:30 - 2:00	L951 v 4A	10	1.50

Consolution games to 13, cap 15

				Sat	urday,	May 14, 20	16	
All Games		Pool C				Pool D		
to 13	C1	(3) Eas	t Chapel	HIII			D1	(4) HB Woodlawn
Cap 15 except	C2	C2 (6) Brookwood				D2	(5) Grady	
B, C, & D pool	C3	C3 (10) Independence					D3	(9) Green Hope
games to 15/17								20.00
Saturday	7							Usini u
9:00 - 10:15		USA			- 4			USA
10:45 - 12:00]	ULT	IMAT	E	nı	SCR		P ULTIMATI
1:00 - 2:15	1	3	-		UI.	JLIV		0
2:45 - 4:00		_						_
Re-seed feams 1	-4 within	each po	ol					
		F#	Score		F#	Score		
4:45 - 6:00	1A v 1C	9		1B v 1D	10			

Championship Bracket Sunday, May 15, 2016









Championship games to 13, cap 15



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

Catch the semifinals and finals, all streamed live from Raleigh, N.C., on Sunday, May 29, and Monday, May 30.

CHECK OUT USAULTIMATE.ORG OR ESPN3.COM FOR BROADCAST TIMES

Then watch the Semifinals Highlights Show and both the Men's and Women's Championships games on ESPNU on Wednesday, June 1.





257113



YOUR TEAM. YOUR EVENT. YOUR DESIGN.

NEW LOWER MINIMUMS ON CUSTOM ULTRASTARS

YOUR DESIGN HE

ORDER AS FEW AS CUSTOM DISCS

CUSTOM SUPERCOLOR ULTRASTARS ONLY - FULL OR CENTER PRINT