



EVENT GUIDE



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UPB HIGH SCHOOL CHAMPIONSHIPS

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Event Staff

Frank Nam	Tournament Director
Sandie Hammerly	UPA Executive Director
Meredith Tosta	Competition Director
	UPA Youth Development Director





Welcome Letter

WELCOME CHAMPIONSHIPS

Welcome to the 2007 UPA High School Western Ultimate Championships! Whether you're a participant, parent, fan, or coach we hope you fully enjoy the unique spirit and community that Ultimate fosters. DiscNW is proud to be the sponsoring local organization for this event!

Obviously the focus of the weekend will be on the competition, which features some of the highest levels of high school Ultimate in the world. Both Westerns champions from last year are returning to defend their titles. Nathan Hale (Girl's) and Northwest School (Open) are back, but their bid at a repeat championship won't be easy as the field is full of very talented teams. All the debate about who has the strongest team will be settled this weekend. It's why we play the games!

For those of you who are not participating in the tournament there will be plenty of action off the field as well as on. Check out VC Ultimate's official tournament merchandise and other Ultimate gear for sale at tournament central. A food vendor will be serving drinks and food so you don't have to leave the complex.

For everyone's viewing pleasure, DiscNW has arranged for a showcase game to top all showcase games. In one corner we have the re-emergence of Shazam. For those of you who don't know, they won the UPA Mixed Championship in 2004. Although the cast of characters have changed a bit, their indomitable captain Steve Finn is back to lead this group to its former glory. In the other corner we have a Sockeye/Riot combo team. In the golfing world this would be like teaming Tiger Woods up with Annika Sorenstam. We will truly have some of the best players in the world mixing it up and demonstrating a high level of competition!

After you leave the fields, enjoy yourselves in the Seattle-metropolitan area. We are home to many world-famous spots like the Pike Place Market, the Experience Music Project, and of course the Space Needle. Grab a latte, eat some salmon, and catch a show at a local venue. Seattle has it all!

Above all, enjoy yourselves, play with spirit, win or lose, and be respectful in everything you do on and off the field.

Have a great weekend!

Frank Nam

Tournament Director, 2007 UPA High School Western Championships

Weekend Overview

WELCOME CHAMPIONSHIPS

Friday May 11th – Quality Inn – Mt Vernon

6:00pm-10:00pm – Team Registration

Saturday May 12th at Skagit River Park

8:00am – Captains Meeting

9:00am-6:00pm – Pool play (Girls). Pool Play and Open Pre-quarters.

5:00pm – Dinner at fields: Free pizza for participating teams.

6:30pm – Showcase Game: "Rockeye" (Riot/Sockeye combo) vs Shazam! Watch a combo team of men and women from the 2004-2005 UPA Club Women's Champions and 2004/2006 Club Open Champions square off against the 2004 UPA Club Mixed Champions.

Sunday May 13th at Skagit River Park

8:30am-2:00pm – Final pool games (Girls). Championship and Consolation play (Open and Girls).

2:30pm – Finals (Open and Girls)

Post-Finals – Award Ceremony. Immediately following the finals, awards will be presented to 1st and 2nd place teams in each division, Spirit Award teams, and Spirit Award individuals (one per team).

Shooting Photos/Videos



The Ultimate Players Association appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by the UPA.

The use of such recordings for personal use is acceptable. However, anyone wishing to sell or market their recordings in any manner to any individual or organization other than the UPA (including but not limited to any sales, promotional, advertising or merchandising uses) will be required to complete a 2007 Recording Partnership Agreement prior to being allowed to record UPA events.

Note: Family and friends may record events for personal use, but may not reproduce these recordings for commercial purposes without prior written consent from the UPA.

Competition Rules

- 11th Edition Rules of Ultimate will be in effect.
- Girls Pool A (Games to 13, point-cap at 15). Girls Pool B (Games to 11, point-cap at 13). All other games to 15, point-cap at 17.
- Half-time 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 15 goals, overtime occurs when the score reaches 14-14).
- Soft time-cap goes on at end of round time on schedule. Add two points to higher score after first score after soft time-cap. Play to that total. No more win by two.
- Hard time-cap goes on 15 minutes after the soft time-cap. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

Spirit Awards

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player himself. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play.

- UPA 11th Edition Rules of Ultimate

Team Awards - Following every game, each team will be asked to rate its opponent on a scale of 1-5, with 5 being the rating for 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.

Individual Awards - Teams will each be asked to nominate a player from their own team who they feel displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of sportsmanship, leadership, perseverance, fire, etc. Choose the person whose attitude you wish other people on your team would emulate and who other players off your team admire. 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!



Directions

The tournament will be held at Skagit River Park in Burlington, WA. Skagit River Park is located off Gilkey Rd E near its intersection with S Anacortes St in Burlington, Washington.

Tournament Hotel to Skagit River Park:

- Head north on Freeway Dr toward Developer St - 0.5 Miles
- Turn right at Stewart Rd - 0.4 Miles
- Turn left at Riverside Dr - 0.1 Miles
- Continue on S Burlington Blvd - 0.9 Miles
- Turn right at Pease Rd - 0.5 Miles
- Pease Rd turns left and become S Anacortes Ave - 0.5 Miles
- Turn right at E Gilkey Rd - 0.3 Miles
- Fields are on the right

Seattle to Skagit River Park:

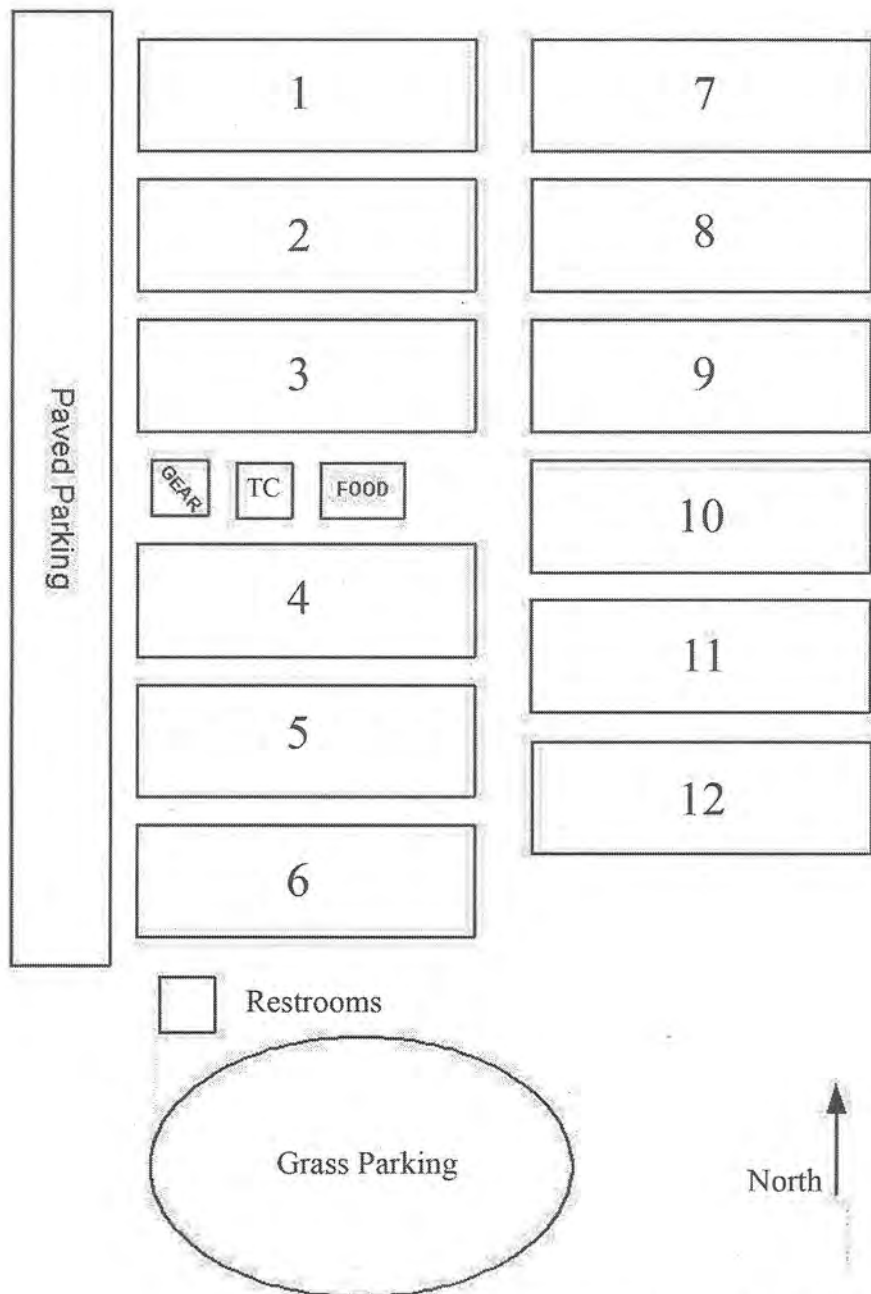
- Take I-5 N
- Take the George Hopper exit (229)
- Turn right
- Turn left at Burlington Blvd
- Turn right at Pease Rd - 0.5 Miles
- Pease Rd turns left and become S Anacortes Ave - 0.5 Miles
- Turn right at E Gilkey Rd - 0.3 Miles
- Fields are on the right

SeaTac Airport to Tournament Hotel:

- Take I-5 N towards Seattle - 73.2 Miles
- Take exit 227 for College Way/WA-538 E - 0.3 Miles
- Turn left at E College Way - 0.1 Miles
- Turn right at Freeway Dr - 66 Feet

Vancouver International Airport to Tournament Hotel:

- Head east - 0.5 km
- Continue straight onto Grant McConachie Way - 1.2 km
- Take the ramp to Richmond City Centre/HW-99S/Seattle/Ferries - 0.8 km
- Merge onto Sea Island Way - 1.3 km
- Merge onto HWY-99 S via the ramp to Victoria Ferries/Seattle - 39.1 km
- Continue on I-5 S - Entering United States (Washington) - 78.1 km
- Take exit 227 for College Way/WA-538 E - 0.4 km
- Turn right at W College Way - 91 meters
- Turn right at Freeway Dr - 20 meters





Health & Safety

Medical staff (trainer and EMT) will be available through the event at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness.

Directions to the local hospital can be found in the "Directions" section of this program.

Concussions

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

Heat, Nutrition and Hydration.

- Heat-related illness occurs where 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 change in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased urine output and change in color.
- Prevention and Treatment of Heat Illness
 - o Avoid alcohol, caffeine, and carbonated beverages.
 - o Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase risk for heat illness. Avoid them if possible.
 - o Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
 - o Know your body – Be honest! Are you fit enough to perform under current conditions?
 - o Drink and eat – 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, 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, gummy candies).
 - o Don't drink too much – Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
 - o Monitor your urine – Clear/copious = hydrated. Dark = Need water/electrolytes.
 - o Be sensitive to prior illness – If you've been sick, your body may be more susceptible to dehydration.
 - o Rest and cool down after play – Find shade, wet the skin, get in front of a fan or breeze.



Sideline Safety

- Players and spectators should make every effort to keep objects, including but not limited to bags, strollers, chairs, coolers and tents, as far away from the playing field as possible.
- If a player feels that an object on the sideline is not safe, s/he should inform Event Staff and should refrain from playing until s/he is satisfied that safe conditions have been established.
- The UPA 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 the UPA or Event Staff, unsafe for players, staff, or spectators.

Lightning Guidelines

- Event staff will communicate with players and spectators via PA system and field marshals equipped with radios that there is a lightning danger, play will be stopped, and everyone should seek shelter.
- Safe Shelter for players and spectators at the Skagit River Park 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 crouch 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.



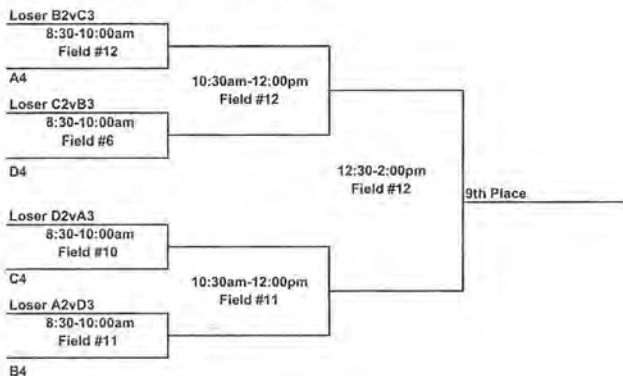
Open Schedule

WESTERN ATHLETIC ASSOCIATION

All Games to 15 Cap 17	Pool A						Pool B					
	A1	The Northwest School					B1	Churchill				
	A2	Cretin-Derham					B2	Lakeside				
	A3	Lakewood					B3	Hopkins				
	A4	Crescent Valley					B4	Cherry Creek				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	12	-	D2 v D4	6	-	B1 v B3	10	-	B2 v B4	11	-
10:45 - 12:00	A1 v A3	12	-	A2 v A4	6	-	C2 v C3	10	-	D2 v D3	11	-
1:00 - 2:15	A1 v A4	12	-	A2 v A3	6	-	B1 v B4	10	-	B2 v B3	11	-
2:45 - 4:00	A1 v A2	12	-	A3 v A4	6	-	B1 v B2	10	-	B3 v B4	11	-
Re-seed teams 1-4 within each pool												
4:45 - 6:00	A2 v D3	6	-	B2 v C3	10	-	C2 v B3	5	-	D2 v A3	4	-



Consolation Bracket Sunday, May 13, 2007

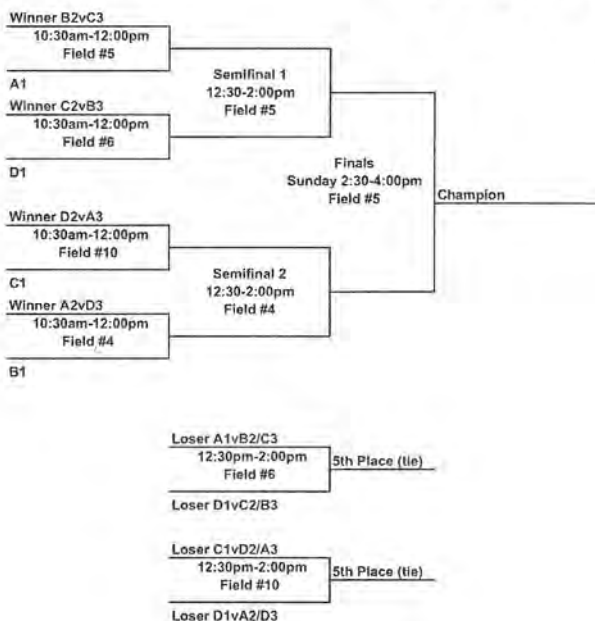


Consolation games to 15 cap 17



All Games to 15 Cap 17	Pool C						Pool D	
	C1	Rockhurst					D1	Nathan Hale
	C2	South Eugene					D2	Alameda
	C3	Seattle Academy					D3	Cathedral
	C4	Berkeley					D4	Junction City
Saturday		F#	Score		F#	Score	Bye	
9:00 - 10:15	C1 v C3	5	-	D1 v D3	4	-	Pool A	
10:45 - 12:00	C1 v C4	5	-	D1 v D4	4	-	Pool B	
1:00 - 2:15	D3 v D4	5	-	D1 v D2	4	-	Pool C	
2:45 - 4:00	C1 v C2	5	-	C3 v C4	4	-	Pool D	

Championship Bracket Sunday, May 13, 2007



Championship games to 15 cap 17



Girl's Schedule

WESTERN CHAMPIONSHIPS

Pool A Games to 13 Cap at 15 Pool B Games to 11 Cap at 13	Pool A					
	A1	The Northwest School				
	A2	Cathedral				
	A3	South Eugene				
	A4	Seattle Academy				
	A5	Cretin-Derham				
Saturday		F#	Score		F#	Score
9:00 - 10:15	A4 v A5	8	-	A2 v A3	9	-
10:45 - 12:00	A1 v A5	8	-	A3 v A4	9	-
1:00 - 2:15	A1 v A4	8	-	A2 v A5	9	-
2:45 - 4:00	A1 v A2	8	-	A3 v A5	9	-
4:45 - 6:00	Bye			Bye		
Sunday						
8:30 - 9:45	A1 v A3	3	-	A2 v A4	1	-

Re-seed teams within each pool for bracket play



Consolation Bracket
Sunday, May 13, 2007

Loser A1vB4

12:30-2:00pm
Field #7

Loser A3vB2

5th Place (tie)

Loser A2vB3

12:30-2:00pm
Field #1

Loser A4vB1

5th Place (tie)

Round Robin for 9th-11th			
Sunday		F#	Score
10:30 - 12:00	B6 v A5	8	-
12:30 - 2:00	B5 v A5	8	-
2:30 - 4:00	B5 v B6	8	-

Consolation games to 15 cap 17



Pool A Games to 13 Cap at 15 Pool B Games to 11 Cap at 13	Pool B							
	B1	Churchill						
	B2	Nathan Hale						
	B3	Hopkins						
	B4	Lakeside						
	B5	Alameda						
	B6	Bush						
	F#	Score		F#	Score		F#	Score
B1 v B4	1	-	B2 v B6	2	-	B3 v B5	3	-
B1 v B6	1	-	B2 v B3	2	-	B4 v B5	3	-
Bye			Bye			Bye		
B1 v B3	1	-	B2 v B5	2	-	B4 v B6	3	-
B1 v B2	1		B5 v B6	2		B3 v B4	3	-
B1 v B5	2	-	B2 v B4	9	-	B3 v B6	8	

Championship Bracket
Sunday, May 13, 2007



Championship games to 15 cap 17



Open Team Info

2007 CHAMPIONSHIPS



Alameda Community Learning Center

Dark Meat

Alameda, Calif.

Coach: Michael DeSousa



Cathedral HS

Crusaders

St. Cloud, Minn.

Coaches: Quinn McCloughan,
Krisie Melsen, Joe Moravec, Ben Nalezny

The Alameda Community Learning Center Ultimate program is currently in its fifth Year and already has two (2005 and 2006) California State Championships under its belt. The program (aka Dark Meat) is based in a small charter school in the San Francisco Bay Area but nonetheless consists of a Middle School, Girl's, Open JV and Varsity teams. Beginning in 2006, Alameda began hosting and planning the California High School State Championships. Dark Meat has attended the past two UPA High School Western Championships, as well as the last Nationals in 2004. In 2006, Dark Meat finished in a tie for third place overall at Westerns. The team name was created as a result of a light-shirt vs. dark-shirt practice (light meat and dark meat), where dark meat ended up dominating, effectively solidifying the name permanently.

In the past year, Dark Meat has participated in the Cold Fusion tournament in Eugene Oregon, hosted their own tournament (Alameda Meatfest), as well as attended College Tournaments such as the Sean Ryan Memorial (UC Santa Cruz) and the Santa Barbara Qualifier. Dark Meat has also hosted scrimmages at the Encinal Football field against various teams from around the Bay Area.



Berkeley HS

Berkeley High Coup

Berkeley, Calif.

Coaches: Jordan Rose, Michael Angell

Last year Berkeley went to only one tournament, the California State Championships, and went 1-3. They've come a long way this year, already attending four tournaments.

The name came to them after their first game of the season, a win over Redwood High. When coming up with a cheer they decided to do a haiku instead. Then they decided, "Hey, let's be the Berkeley High Coup." The double entendre of being poetic as well as revolutionary was appealing, so they went with it from then on.



Cherry Creek HS

Maul

Greenwood, Colo.

Coach: Erich Weiss

So far this season, Creek has gone undefeated in regular season play, with a big 9-8 win over East High School, one of the oldest and most developed programs in the state. In April, Creek took 3rd at the 3rd Annual East Invite, going undefeated in pool play, and then losing 13-7 to eventual champion Rockhurst High School in the semifinals. Several players on the team were members of the 2006 YCC 2nd place Denver team, and they hope to put a few more on the team this summer.

Last year, Creek took 2nd at the Colorado State Tournament. The team name, Maul, comes from the nearby Cherry Creek Mall. Cherry Creek Maul. Get it? Yeah we know we're funny.



Churchill HS

Lancers

Eugene, Ore.

Coach: Luke Johnson

Churchill High School Ultimate began back in 1999, but did not compete in their first legitimate tournament until 2001. The last three years have proven Churchill as one of the top teams in the northwest region. The team also continues to invest themselves in the development of younger players through their ongoing coaching of Kennedy Middle School up the road.

After finishing 2nd (2005) and then 9th (2006) at the UPA High School Western Championships, Churchill has earned the respect of being one of the top teams in nation. This year, the Churchill Open team competed exclusively in college tournaments before taking their state tournament a few weeks ago. Thus far the team has gone 14-8, with only one high school loss to their friends Haus.

Open Team Info



Crescent Valley HS
Tribe
Corvallis, Ore.
Coach: Jones Oliver

I, Tribe, have continued to challenge my opponents and watch my players grow during this fifth year of my existence. At the first tournament of the year, Cold Fusion, I tested my mettle against some of the best players in Oregon. I bravely conquered South Eugene, though he was split into X and Y teams. I struggled against MoHo, but got a second chance after vanquishing Churchill B. I took third, losing an epic battle to MoHo in the semifinals. The match was intense, tears were shed, but all in all, I held my head up high. I long to prove to everyone that I am not a seasonal team, but a constant, driven force to be reckoned with. I long to manifest my skill, determination, and grit as I continue to challenge teams throughout the Northwest.



Cretin-Derham Hall
Raging Safari
St. Paul, Minn.
Coaches: Kevin Flynn, Ben Fisher,
Josh Hemmesch

The season takes place in the non-fictional town of St Paul, Minnesota. Two unwitting students on a field trip discover an extra-terrestrial container (referred to as a duffle bag as a result of its stench), breach the unit inadvertently releasing the evil team, from 10,000 years of confinement. Upon their release, the army of evil Space Aliens set their sights on conquering the Ultimate field. When the wise sage Flynnner becomes aware of the release of the evil team he was responsible for defeating so long ago, he orders his robotic assistant, GB, to find seven "teenagers with attitude," to defend the field from the Alien's offense. The seven socially diverse teens chosen formed the Raging Safari Ultimate Team.



Hopkins HS
Hurt
Minnetonka, Minn.
Coaches: Jake Raisanen,
Louis Abramowski, Russell Heitman, Mike
Born, Justin "The Bergler" Berg

Arrr, Hopkins Ultimate has progressed in orrrganizational structure, memberrrrship and booty o'er the years. Currentlly, Hurrrt composed o' a 'arsity open team, an open JV team, and a women's team with coaches a plenty and plans t' de'elop a middle school team.

E'ery yearrrr we show impro'ement and growth. Fifteen secury dogs founded Hurt in the spring o' 2002; now thar be 80 players, 7 coaches and o'er a dozen acti'e 'olunteerrr parents within our program. The team is uniquely managed by an Executi'e Rapscaillions comprised o' parents, coaches and captains. Operrrations coordinatorrss be responsible for finances, enlistment, tra'el and tourrrnament sign ups, and a liaison t' the Minnesota High School League. Team players communicate with each otherrr and with the Ultimate community through our team website, hopkinsultimate.com.



Junction City HS
Ultimate Blue
Junction City, Kan.
Coaches: Matt Krebbiel, Matt Baker

Ultimate Blue is in its third full year as an official club at Junction City High School. High School competition is few and far between in Kansas, but we've improved quickly by going up against college teams and we're doing what we can to make youth Ultimate happen in Kansas - the J-town Juggernaut on April 28th was the first youth-only Ultimate tournament in Kansas. Our name came from combining Ultimate with our high school mascot, the Blue Jay.



Open Team Info

CHAMPIONSHIPS



Lakeside HS
Big Cats
Seattle, Wash.
Coach: Jeremy Cram

The Lakeside team has had a difficult time garnering the respect of the school community, but last year their status was upgraded to club-level. It is the largest competitive club at the school. Lakeside tends to bring a strong team to the field, finishing 5th at the inaugural UPA High School Western Championships and 3rd at last year's Westerns. Last year, Lakeside played well in the Washington State tournament, losing in the finals to the Northwest School.

The school mascot at Lakeside is the Lion, and from the birth of the Ultimate team, the name has been the Big Cats. However, due to the lack of respect from the administration and school community, past team leaders stuck the letters of LIONS in a name blender, and out came the delicious smoothie LOINS, the Ultimate team's loving nickname and the reason for the current logo—a dancing lion wearing nothing but a loin cloth.



Lakewood HS
Tigers
Lakewood, Colo.
Coach: Jeff Berget

The Lakewood Tigers team was founded six years ago and has enjoyed tremendous success in Colorado. Although the school's administration is still opposed to the team due to "liabilities" involved in Ultimate, the team has maintained the school's mascot. The Tigers have thrived winning two of the last three state championships and losing on double game point the third year. Last year Lakewood sent a team to the UPA High School Western Championships for the first time and finished a respectable 7th, a performance the Tigers are hoping to best this year. A major reason the Tigers have had such great success in Colorado is due to their loyal coach, Jeff Berget. Coach Berget has been with the team since its inception and has headed the growth of Ultimate in Colorado for the last several years. This is the first out of state tournament the Tigers have attended, and they hope it will be a great experience.



Nathan Hale HS
Raiders
Seattle, Wash.
Coaches: Sam Chatterton-Kirchmeier,
Chris 'Fozz' Forsberg, Erin Gallagher, Jon Ladd

Nathan Hale High School is a public school in Seattle, WA, and is one of the few public schools in the country with a varsity Ultimate team. The team began in the late 1990's as a club sport. In the 2005 and 2006 UPA High School Western Championships, the Raider Open team finished third (tie) and tenth, respectively.

In their first year of single gender play, 2004, a group of 13 freshmen played on the boy's JV team. In the subsequent years, this group became the core of the team, contributing more each season to the varsity squad. Now, as this group has become seniors, they have picked up a few more upperclassmen (15 seniors total) as well as some standout rookies, and have developed a considerable on-field rapport and a dedication to each-other that they will rely on to carry them far at Westerns.



Northwest School
Hais
Seattle, Wash.
Coaches: Rusty Brown,
Ryan Winkelmann



Rockhurst HS
Alacrán
Kansas City, Mo.
Coach: Aaron Schieber

The Rockhurst Ultimate program has been in existence for about six years. This year is different than in the past in that it is run more by the students rather than the school. Therefore, we thought a new name would be appropriate. Our coach recalled a scene out of the movie Predator in which the predator crushes a scorpion and looks at it in his hand. We thought the crushed scorpion would be a great logo. So we simply decided that we should somehow incorporate the scorpion into our name. Thus, Alacrán, the Spanish word for scorpion (as far as we know), was born. Even though we didn't use the crushed scorpion as our logo, the name stuck.



**Seattle Academy
Cardinals**
Seattle, Wash.

Coach: Roger Crafts, Sam Harkness

**South Eugene HS
Axemen**
Eugene, Ore.

The Seattle Academy Ultimate Program is a rapidly developing force in a city that is known for its Ultimate on every level. Though starting out playing co-ed in the late 90's, Seattle Academy was one of the first schools in Seattle to enter the new single gender arena. The Cardinals continue to promote Ultimate not only by playing in the league, but also by positively supporting new teams entering the league.

At the Washington State Championships, the Seattle Academy boys's team took fifth place in 2004 and moved up to third place in 2005 and 2006. At the Western Championships last year in Boulder, the team took 11th place overall. So far this season, the Cardinals are 2-1 in league play, took 5th place as a combined co-ed team at Spring Reign, and are looking forward to representing the home town at this year's Westerns

South Eugene Ultimate has been in existence for six years now. The team's shining moment was a trip to the semifinals of Nationals in 2004. The onset of the UPA High School Westerns and Easterns has been met with mediocre results from the team, with a semifinals appearance in 2005, and a quarterfinals appearance in 2006



Today's
Photos...
Today

Jason Mechler Photography
is proud to be an Official Photographer for the
2007 UPA High School Western Championships

Stop by our booth
to see updated photos
throughout the day

Ask about our
Mother's Day Special

Order Ready to Frame
Inkjet prints for pickup
Sunday or purchase
discounted vouchers
for web orders

Cash/Visa/MC accepted



Open Rosters

ULTIMATE CHAMPIONSHIP

Alameda Community Learning Center

2	Colin Higgins	So	6'1"
8	Jeff Roeder	Jr	6'0"
9	Nick Raftler	So	5'6"
13	Ben Ulrey	Jr	5'7"
15	Simon Higgins	Fr	5'9"
16	Zane Little	Fr	5'9"
17	Kollin Knight	Sr	6'2"
18	Cullen Coyne	Sr	6'1"
20	Jesse Hinkle-Johnston	Jr	6'0"
25	Zach Rung	Fr	5'6"
27	Ryan Bince	Fr	5'8"
28	Pierre Retrayt	Jr	5'5"
29	Jeremy Kharrazi	Jr	5'6"
36	Tyler Boyd-Meredith	Jr	5'9"
37	Eric Miyashiro	Jr	5'7"
40	Rob Gaito	Jr	5'8"
43	Ryan Miyashiro	Fr	5'6"
64	Kyle Popelka	Jr	5'9"
66	Tommy Sanchez	Sr	5'10"
69	Taj Harris	Jr	5'9"
81	Kuni Hodge	Jr	6'3"
89	Nathan Bernart	Sr	5'11"

44	Ryan Pelant	Jr
47	Luke Theisen	Jr
56	Cameron Rien	Jr
66	Conrad Lenzmeier	Fr
98	Aaron Koehnig	Jr

Cherry Creek HS

5	Andy Vaughan	Sr	5'7"
7	Chris Anderson	Sr	6'3"
10	Ray Schaeffer	Sr	5'11"
11	Ben Thomas	Sr	6'1"
12	Aaron Zemel	Fr	5'5"
13	Matty Zemel	Sr	5'7"
17	Adam Huckaby	Sr	5'6"
23	Guy Goblirsch	Sr	5'8"
23	Alex Hill	Sr	5'7"
24	Spencer Branson	Sr	6'0"
29	Colin Oakley	Sr	5'10"
33	Brendan Calonge	Sr	6'0"
36	Zach Ginsburg	So	5'8"
37	Jared Winegrad	Sr	6'2"
41	Richard Fliam	Sr	5'9"
75	Daniel Landon	Sr	6'0"

Berkeley HS

1	Vojta Palou	Sr	5'7"
03	Kyle McBard	Sr	5'5"
5	Eric Flounders	Sr	5'7"
06	Noah Moge	Sr	5'10"
07	Jake Hartman-Kenzler	Sr	5'10"
10	Peter Angell	Sr	5'11"
11	Anthony Grenados	Sr	6'2"
13	Shosuke Kawamoto	Sr	5'11"
14	Derek Fukumori	So	5'6"
15	Eli Wilkins-Molloy	Sr	6'0"
18	Noah Isaacs	Sr	5'7"
21	Michael Korczowski	Sr	5'11"
31	Jamie Irvine	Sr	6'0"
69	Mike Bradley	Sr	6'0"

Cathedral HS

5	Eric Johnson	Jr
6	Joe Schmidt	Sr
7	Paul DeWenter	Jr
8	Zeb Hackett-Reicher	Jr
13	Chris Rice	Jr
15	Matt Theisen	Sr
16	Tony Schuwiler	Jr
22	Coady Mahowald	So
24	Jake Rueter	Jr
26	Jake Edelbrock	Jr
27	Josh Johnson	Fr

Churchill HS

2	Tony Ngo	Sr	5'9"
3	Collin Smith	Sr	5'11"
10	Jay Choi	Sr	6'0"
12	Daniel Force	Sr	6'0"
14	Greg Meshnik	Sr	6'2"
15	Jordan Banks	So	6'2"
16	Kyle Glidden	So	5'9"
17	Ian Campbell	Fr	5'8"
21	Andrew Sheridan	Sr	6'2"
23	Louis Henry	So	6'1"
27	Peter Qualtero-Burcher	Sr	5'11"
34	Peter St. George	Sr	5'11"
45	Dylan Freecbild	Fr	5'8"
51	Peter McMillian	Jr	6'1"
56	David Cole	So	6'5"
73	Andrew Henry	So	6'0"
77	James D'Anna	Sr	5'11"
85	David Schrieber	Sr	6'2"

Crescent Valley HS

2	Patrick Buermeyer	So	5'6"
3	Alex Renn	Sr	5'6"
4	Brian Lach	Fr	5'3"
5	Ian Scott	Jr	5'8"
8	Becca Otto	Jr	5'4"
9	Benji Deardurff	Jr	5'11"
11	Andrew Roy	So	5'7"

Open Rosters



13	Andrew Brew	Jr	5'6"	8	Bobby Eby	Sr	5'7"
15	Chelsea Thaw	Jr	5'5"	10	Carmen Montanez	Sr	5'3"
17	Jed Clinger	Sr	5'6"	20	Shawn Gamache	Sr	6'0"
19	Erica Thompson	Sr	5'5"	21	Genevieve Zumbrunn	Sr	5'5"
33	Kyle Evans	Jr	5'11"	23	Jake Purdy	Jr	5'11"

Cretin-Derham Hall

00	Patrick Keys	Sr	5'1"	29	Peter Conrad	Jr	5'9"
2	Conor Bard	Jr	5'3"	33	Kaleb James	Sr	6'2"
3	Patrick Nickelson	So	5'0"	34	Emilio Montanez	So	5'9"
4	Luke Dwyer	Sr	5'11"	43	Henry Huguley	Sr	6'0"
5	Matt Vik	Jr	5'2"	45	Victor Link	Fr	6'4"
6	Kody Williams	So	5'2"	60	Scott Firestone	Jr	6'0"
8	Matt Kortz	So	5'0"	89	Chris Dirks	Sr	6'2"

12	Colin Burris	So	5'4"	Lakeside HS			
15	Charlie Randall	Sr	5'0"	3	Justin Norden	So	5'10"
17	Peter Tschida	Jr	5'6"	4	Mac Schneider	Sr	5'11"
18	Paul Rolles	Sr	5'3"	7	Connor Smith	So	5'10"
21	Sean Scullin	Sr	5'9"	15	Chris Pigott	So	6'2"
23	Brandon Kane	Sr	5'5"	21	Michael Schwartz	So	5'9"
34	Sam Erickson	Sr	5'7"	22	Sam Keller	Jr	5'11"
41	Scott Ruhlmann	Sr	5'0"	26	Remi Schneider	Fr	4'11"
50	Jim Kleason	Sr	5'10"	14	Daniel Melzer	Fr	5'11"
				36	Micah Larus-Stone	So	5'10"
				37	Miles Moen	So	5'11"
				49	Owen Wurzbacher	So	5'10"
				50	Peter Metzger	Sr	6'0"
				66	Eric Smith	Sr	5'11"
				69	Zack Woodruff	So	5'9"
				85	Milan Cvitkovic	So	6'1"
				96	Julian Childs-Walker	So	5'8"
				99	Kelly Van Arsdale	Jr	6'2"

Hopkins HS

0	Carl Peaslee*	Sr	5'8"	Lakewood HS			
2	Brian Wilson	Sr	6'1"	00	Hidde Snieder	So	6'1"
8	Gregg Milbrath	Jr	5'7"	1	Justin O'Neal	Sr	6'3"
9	Greg Arenson*	Jr	6'0"	8	Marco Alatorre	Sr	5'11"
11	Sam Brickwedde	Jr	5'9"	12	Jimmy Mickle	So	6'0"
12	Mat Grewe	So	6'1"	13	Alex Czernik	Sr	5'10"
17	Andrew Kelley	Sr	6'0"	14	Norman Boland	Sr	6'0"
18	Jonathan Alter	So	5'11"	17	Stefen Hillmann	Jr	5'11"
18	Steve Rubinyi	Sr	6'1"	18	Logan Abshire	Fr	5'6"
19	Grant Boerhave	Jr	6'0"	25	Alex Drapela	Fr	5'8"
20	Matt Freeman	Jr	5'7"	30	Hylke Snieder	Sr	6'5"
21	Steven Finn	Jr	6'0"	32	Alex Johnsen	So	5'9"
23	Danny Barberio	Jr	5'7"	33	Garrett Willyard	Sr	6'1"
24	Simon Gottlieb	So	5'8"				
34	David Canillas	Sr	5'10"				
35	Colin Camp	So	6'1"				
49	Evan Tarshish	So	5'7"				
66	Zach Alter*	Sr	6'2"				
75	Asa Gottlieb	So	5'9"				
82	Jojo Christianson	Sr	6'0"				
84	Jovan Thompson	Sr	6'0"				

Junction City HS

00	Joe Kendall	Sr	5'10"	Nathan Hale HS			
1	Ben McManigal	Sr	5'11"	1	Luke Becker	Sr	5'9"
5	Mike Razey	Jr	5'9"	2	Andrew Geiss	Sr	6'5"
7	Adriel Ruiz	Sr	5'10"	3	Ian Davison	Sr	6'0"
				5	Patrick Lenon	Sr	5'5"
				6	Tyler Butterworth	Sr	5'10"



Open Rosters

100TH UPA HIGH SCHOOL WESTERN CHAMPIONSHIPS

7	Nigel Peltier	Sr	6'1"	15	Alexander Brammer	Sr	6'2"
8	Zach Meyer	Sr	5'10"	16	Chris White	So	5'10"
9	Allan Laviolette	Sr	5'10"	18	Delaney O'Rourke	Jr	5'10"
11	Armand Tran	Jr	5'7"	23	Keegan Zuk	Sr	6'2"
18	Casey Bateman	Fr	5'5"	24	Steve Lorenz	Sr	6'1"

21	Chris Hylander	Sr	6'1"
23	Brian Ferguson	Sr	6'1"
32	Shawn Hansen	Sr	6'4"
36	Rafi Stern	Sr	6'0"
37	Aaron Wooten	Sr	6'1"
44	Jake Coate	Jr	6'3"
56	Harry Howell	Sr	6'3"
59	Julian Peterson	Fr	5'11"
89	Yale Hatton	Sr	6'1"

Seattle Academy

2	Jimmy Hooper	Jr	5'11"
3	Peter Bender	So	6'0"
8	Michael Revelas	So	5'11"
9	Simon Montague	So	6'2"
13	Ben Sprugel	Jr	5'9"
17	Max Suman	Jr	5'10"
18	Austin Easter	Fr	5'9"
25	Alex Smith	So	5'9"
26	Kyle Schrtleff	Fr	5'8"
27	Jack Jourard	Fr	5'11"
28	Jonathan Noscr	Sr	5'8"
29	Alex Saar	So	6'1"
30	Julian Yuh-Coleman	Fr	5'11"
33	Julian Snider	So	5'10"
34	Eli Mauksch	Fr	5'8"
35	Stephen Panteleakos	Jr	5'8"
66	Kerrie Knowles	Jr	5'11"
99	Kyle Terriere	So	5'11"

Northwest School

00	Nick Drummond	Fr	5'9"
2	Benjamin Vigus	Sr	6'2"
5	Austin Killien	So	5'10"
7	Sam Kittross-Schnell	Sr	6'2"
8	Marc'Antonio Undeberg	Fr	5'9"
9	Quinn Foley	So	5'10"
11	Matthew MacQuivey	Sr	5'10"
14	William Pigott	Sr	6'0"
15	Logan Schumacher	Sr	6'2"
16	Cooper Schumacher	Fr	5'9"
18	Casey Ikeda	Sr	5'7"
21	Donald Cheyette	Sr	6'3"
22	Logan Greenfield	Fr	5'8"
23	Aryeh Cohen	So	5'7"
24	Jeremy Norden	Sr	6'1"
25	Bijan Shirazi-Wu	Sr	5'8"
27	Shane Boland	Sr	5'11"
30	Casey MacPhee	So	5'9"
33	Christopher Hansman	Sr	6'2"
34	Riley MacPhee	Sr	5'10"
42	Eric Manley	Sr	5'10"
50	Milo Snyder	Sr	5'9"
69	Martin Merz	So	5'11"

South Eugene HS

0	Sam Barber	Sr	6'0"
2	Charlie Wilson-Moses	So	6'1"
3	Jimmy Utterbach	Sr	6'0"
6	Miles Schneider	Jr	5'10"
7	Lewis Mikkelsen	Jr	5'11"
8	John Bloch	Sr	6'3"
10	Jacob Janin	Jr	5'9"
24	Aaron Honn	8	5'7"
25	Dotters-Katz	Fr	5'8"
26	Tyler Cable	Jr	5'9"
28	Ivan Becker-Wayman	Sr	6'3"
29	Tristan Hediger	Jr	5'7"
31	Austin Sharpe	Jr	5'8"
69	Aaron Cole	So	5'7"
81	Kelly Vigil	So	5'10"
99	Stefan O'Neill	Jr	6'5"

Rockhurst HS

1	Jake Fischer	Sr	5'10"
2	Everrett Arruda	Jr	5'9"
3	Pete Fischer	Fr	5'9"
4	Anthony Badami	Sr	5'10"
5	Paul Jensen	So	6'2"
7	Keeton Knott	Sr	5'9"
8	Adam Baker	Sr	5'10"
9	Nate Secarey	Sr	5'10"
11	Vincent Ciaramataro	Jr	5'10"
12	Andrew Johnson	Sr	5'10"
13	Reade Fors	Sr	5'9"



**Alameda Community
Learning Center**
Sweet Meat
Alameda, Calif.

Coaches: Vi L , Melanie Berlin

Sweet Meat formed in the fall of 2005 when a few girls decided that playing in the Open division with their brother team, Dark Meat, didn't completely satisfy their hunger for competition. Those girls were on a mission to make their own team with a recruitment strategy of patiently waiting on the sidelines of soccer and rugby games to grab the girls as they walked off the field. The team proved to be straight up ballers. This new team was a force not to be reckoned with, making their debut at High School Westerns in their first year. The team decided to keep the school's Meat name (conceived when the Dark Meat team won over Light Meat at a Thanksgiving scrimmage) after realizing that they were all Meat at heart. As the softer side of the Meat, their team name came naturally: Sweet Meat.

Bush School
PrettyPretty
Seattle, Wash.

Coaches: Susanne Eckert, Kate Kingery, Chris Page, Dave Hunzicker

The Bush School Girls' team is new to the single gender competition. They made their debut in the Washington State High School Girls' Tournament in 2006 and will be competing in the 2007 tournament as well. The team's spiritual and on-field leader is Fiona McKibben who was part of the 2006 World Championship team. The young team is thrilled to be playing together and competing with such awesome teams from all over the region.



Cathedral HS
Crusaders
St. Cloud, Minn.

Coaches: Quinn McCloughan,
Krisie Melsen, Joe Moravec, Ben Nalezny



Churchill HS
Lancers
Eugene, Ore.

Coach: Luke Johnson

The Churchill HS Ultimate Girls Team began back in 2005 with their first time at the UPA High School Western Championships, where they earned a 5th place finish. Going through a coaching change last spring, the Churchill girls are nearly self-run and contain some of the most talented underclassmen in the country.

The Churchill HS Ultimate Girls Team have competed in two college tournaments along with their small state tournament held a few weeks ago. The CHS girls team finished 4th at PLU BBQ and then the weekend later took Dirty Deeds. After taking the state tournament, they are 9-6 with no losses against high school opponents.



Cretin-Derham HS
Raging Safari
St. Paul, Minn.

Coaches: Sarah Solarz,
Rachel Sheldahl

We are the Cretin-Derham Hall Raging Safari Girl's Team. Since 1996 we have been a coed team that has encouraged our players to teach the sport of Ultimate to new players. In 2005, Minnesota expanded enough to create an Open and Girl's division. Our Girl's team continues to demonstrate the ideals of the co-ed team that started in 1996. As a team we have never turned down an individual that has shown interest in the sport. We are a competitive Girl's team that places spirit of the game above all else. It is our honor to be defending repeat champions of the Minnesota High School League and to be the recipients of the 2006 UPA High School Westerns Spirit Award.



Girl's Team Info

STATE CHAMPIONSHIPS



Hopkins HS HERt

Minnetonka, Minn.

Coaches: Kelley Scott,
Jeanine Kooman, David Bequette



Nathan Hale HS Raiders

Seattle Wash.

Coaches: Sam Chatterton-Kirchmeier,
Chris 'Fozz' Forsberg, Erin Gallagher, Jon Ladd

Hopkins HERt Force broke off from the co-ed HURt team in the spring of 2005. With a solid core of about five players, we struggled to get enough players to field a team on game days or in tournaments. In the 2005-2006 season we gained many athletic recruits and began forming a true Ultimate team. Last year, we were invited to the UPA High School Western Championships. Seeded 9th, and with only three subs the entire weekend, took 3rd after a one-point defeat in the semifinals. Upon returning from Westerns, we took second at the Minnesota State Championships.



Lakeside HS Big Cats

Seattle, Wash.

Coach: Josh Ziperstein

Just three years old, Lakeside's Girls' team improves every day. After a surprising 5th place finish at last year's UPA High School Western Championships, the team is excited for this season and for the first time the team will return loaded with veterans instead of flick-less recruits. Following a coaching change to start the season, players have adapted to the new style and are ready to pounce on opponents with their lioness-like speed and athleticism.

Hailing from an era of meager administrative acceptance, the team toyed with several possible names, all related to the school's mascot, the Lion. Officially, they are the Big Cats, but in and around the school they are known as the Loins, hence the logo of a frolicking lion wearing a loin-cloth.

The Raiders Ultimate team began at Nathan Hale in the late 1990's as a club sport. 2004 was the first year of single gender play, when a portion of the girl's team combined with players from Yale Secondary School (British Columbia) at UPA High School Nationals to win their first championship. In the following season the Nathan Hale Ultimate teams gained recognition as varsity sports, committing to practice and competitions five days per week during the season. In 2005 and 2006 the Hale girl's team won the UPA High School Western Championships, also winning the Washington State Championships in 2005.

In recent years the team has taken pride in hard work, gritty play, and enjoying the competition and camaraderie of the sport, while improving throughout the short but intense season, and peaking for Westerns.



Northwest School Hais

Seattle, Wash.

Coaches: Vida Towne, Joe Bisignano

A relatively small urban middle/high school (425), with no field or gym, Northwest is building a tradition of participation and success in Ultimate. 75% of the middle school plays coed ultimate and, with some key incoming 9th graders, the most hard core of those seasoned players make up this team. Four years ago we took our high school program single gender and both boys and girls have played in Nationals and Westerns in previous years. We won the Washington state championship last year against Nathan Hale, who turned the result around by taking us in Boulder. We've finished 3rd and 2nd the last two years and hope to maintain the pattern this year.



Seattle Academy
Cardinals

Seattle, Wash.

Coaches: Gwen Ambler, Claire Suver

South Eugene HS
Axemen

Eugene, Ore.

Our team was started about five years ago and has been traditionally co-ed, with the girls and boys teams splitting very late into the spring season. Last year was the first year we had enough girls to play at Westerns, where we made it to the semifinals. Our school mascot is the Axeman, all of our sports teams are the "Axemen", and thus we have followed suit.



Today's Photos... Today

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Girl's Rosters

ULTIMATE GIRL FRIENDSHIPS

Alameda Community Learning Center

03	Megan Hayes	So	5'8"
04	Kate Emberly	So	5'2"
07	Lyuda Grigorieva	Jr	5'4"
08	Maya Chapman	So	5'0"
09	Natalie McKee		5'4"
10	Natalie Maxwell		5'5"
11	Kaila Pollart	Fr	5'7"
13	Marisa Rafter		5'5"
14	Lilly Brady	So	5'10"
15	Annie Paulukonis	Fr	5'5"
19	Mikana Camacho	Fr	5'4"
49	Fran Nanizzi	Fr	5'5"
96	Rachel Capornera		5'5"

Bush School

1	Kessiah Gordon	Jr	5'5"
2	Laura Broudy	Sr	5'10"
3	Dacy Knight	Sr	5'6"
4	Kate Baron	Fr	5'1"
5	Molly Spier	Jr	5'6"
8	Kimbra Lo	So	5'10"
9	Anna Branzanti	Jr	5'5"
10	Rachel Pedreira	Fr	5'5"
12	Sara Hanneman	Fr	5'7"
13	Sally Boggan	So	5'9"
16	Virginia Easthope	Fr	5'5"
19	Fiona McKibben	Sr	5'6"
28	Whitney Green	So	5'5"
29	Esmee Franklin	So	5'7"

Cathedral HS

2	Laura Marrinan	Fr	
4	Greta Gray	Jr	
8	Becca Spanier	Sr	
11	Shelby Varner	Sr	
12	April Malikowski	Sr	
13	Jennifer Herdan	Jr	
15	Lindsay Wimmer	Sr	
16	Cami Nelson	Fr	
19	Jenny Swenson	Jr	
41	Cassi Henry	Sr	
77	Nicole Torborg	Jr	
88	Meghan Metcalf	Sr	

Churchill HS

1	Kasey Lindsay	Sr	5'5"
5	Kimber Coles	Jr	5'2"
6	Claire Neyman	Fr	5'7"
7	Autumn Tocchi	Sr	5'5"
19	Christine Wilson	So	5'8"
22	Nayoon Choi	Fr	5'3"
24	Aubri Bishop	Sr	5'10"
25	Angela Tocchi	Fr	5'11"
26	Ciera Bishop	Fr	5'4"
31	Caitlin Jost	So	5'8"
33	Kati Dahn	So	5'4"
41	Joanna Bilynskyj	Fr	5'7"
50	Lily Burge-Herd	So	5'4"
54	Emily Neyman	Jr	5'5"
62	Lisa Neyman	Jr	5'8"

Cretin-Derham HS

1	Natalie De Palma		
3	Katie Godfrey		
5	Alex Chlebeck		
6	Maev Dwyer		
12	Eileen Riley		
15	Emily De Palma		
20	Camile Clare		
21	Emily Burris		
26	Rebecca Enders		
30	Kathleen Otto		

Hopkins HS

1	Kali Basman	Jr	5'4"
2	Elise Rasmussen	Jr	5'5"
3	Haley Arenson	8	5'4"
4	Leah Kachelmacher	Sr	5'9"
7	Megan Harrod	So	5'4"
8	Sarah Camp	Sr	5'5"
10	Emma Peaslee	Fr	5'3"
13	Erica Bakon	Jr	5'7"
19	Jenna Dailey	Fr	5'2"
24	Erin Curme	Jr	5'4"
57	Kathy Haapala	So	5'6"
88	Angela Lokken-Hopkins	Jr	5'8"
94	Kari Kachelmacher	Jr	5'6"

**Lakeside HS**

5	Jennifer Schmidt	Fr	5'6"
8	Mackenzie Ruoff	So	5'2"
9	Sara Mecca	Fr	5'2"
12	Maggie Fisher	Sr	5'9"
17	Arianna Vokos	Jr	5'6"
18	Katie Rodihan	Fr	5'3"
28	Colleen McCullough	Sr	5'8"
31	Sara Scott	So	5'4"
32	Lauren Sanchez	Sr	5'8"
34	Mary Padden	Sr	5'8"
35	Sally Landefeld	So	5'4"
39	Morgan Weiler	So	5'5"
42	Simone Childs-Walker	Sr	5'9"
57	Kaitlin Cloud	Sr	5'6"
67	Kelley Hall	So	5'6"
71	Lucy Williams	So	5'8"
77	Laurel Schmidt	Sr	5'6"

Nathan Hale HS

1	Catherine Hannan	Fr	5'6"
2	Elizabeth Arakaki	Sr	5'8"
3	Alexis Chouery	Sr	5'5"
6	Lindsay Sandler	So	5'7"
7	Becca LaCroix	Fr	5'2"
8	Alexandra Oleszko	Jr	5'10"
9	Zoe Jacobsen	Sr	6'0"
10	Minn Stockdale	Jr	5'5"
11	Cassady Coulter	Fr	5'4"
14	Anna Ryko	So	5'5"
15	Julie Cairns	Fr	5'6"
17	Amanda Kostic	So	5'11"
18	Barbara Hoover	Fr	5'8"
18	Rachel Karpelowitz	So	5'7"
21	Katie Fellows	So	5'3"
22	Zina Hurd	Jr	5'7"
27	Audrey Howell	Fr	5'7"
99	Shira Stern	Fr	5'4"

Northwest School

1	Katrina Weeks	Sr	5'6"
3	Anna Reed	So	5'2"
4	Isabel Blue	Sr	5'7"
6	Talia Rose	Fr	5'2"
7	Julia Snyder	Fr	5'6"
9	Lucy Wolf	Jr	5'3"
11	Michaela Fallon	Fr	5'9"
13	Avery Reed	Sr	5'5"
14	Kendall Lawrence	Sr	5'5"
15	Lindsey Miller	So	5'6"
20	Andrea Loh	Jr	5'5"
23	Anna Snyder	Sr	5'8"

24	Carey Hert	So	5'7"
31	Angela Parisa	Fr	5'4"
32	Sarah Benditt	Jr	5'3"
42	Leah Fury	So	5'6"
44	Cailey Marsh	Jr	5'4"
88	Jessica Leslie	So	5'8"

Seattle Academy

2	Talia Shulman	Fr	5'4"
4	Rachel Haykin	Fr	5'2"
5	Julia Tauben	Fr	5'5"
7	Maddie Denman	Fr	5'6"
10	Bailey Zahniser	Jr	5'5"
11	Simone Barley-Greenfield	Fr	5'1"
12	Katie Reynolds	So	5'5"
14	Rachel Kowals-Dym	Jr	5'7"
15	Catie Wandell	Fr	5'8"
16	Campbell Foster	Fr	5'8"
19	Clara Easter	Jr	5'3"
20	Rachel Leavitt-Baron	Jr	5'5"
21	Leslie Milliman	Fr	5'5"
23	Chloe Scholes	So	5'4"
24	Treasure Alvarez-Conners	So	5'6"
32	Kate Speck	So	5'0"
33	Nina Hartman	Fr	5'2"
36	Lilian Coutts	Fr	5'10"
40	Sarah Shankland	Jr	5'5"
43	Natalie Schermer	Fr	5'6"
44	Emma Kahle	Fr	5'4"

South Eugene HS

4	Ariel Stavitsky	Sr	5'8"
5	Grace Whitmore	Fr	5'9"
11	Claire Powers	Sr	5'5"
16	Margaret Wilson-Moses	Sr	5'9"
21	Rose Comaduran	Sr	5'4"
25	Emma McDermott	Jr	5'10"
31	Amrit Kahlsa	Jr	5'6"
34	Zina Stavitsky	Fr	5'4"
42	Sophie Sessions	Jr	5'5"
80	Adrienne Boyee	So	5'7"



Spirit of Coaching

CHAMPIONSHIP

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 non-players 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 have 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 of 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 footblocking).
- 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 ok at any level.
- Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute coaches may offer rules clarifications. After a dispute a coach may talk to his or her own player about the dispute and offer opinions.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.
- Coaches will always exhibit respect for opposing players.
- Coaches will always exhibit respect for other coaches.
- Coaches will always exhibit respect for observer
- 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.

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