



EVENT GUIDE

Congratulations to all competitors!
Enjoy the Championships, and a **sponsorship from**
VC Ultimate - contact us for more info.



QUALITY

VC strives to bring you the highest quality,
top-performing custom gear possible.
100% guaranteed.



RESPONSIBILITY

All VC custom gear is manufactured in
North America... 40 minutes from our HQ.
Less fuel + happy workers = our commitment.



COMMUNITY

We support Ultimate - first, foremost & always.
Your team / tournament / fundraiser - all part
of our community. We want to support you.



GREEN

Green is more than VC's new favorite color.
Green is our lifestyle (zero waste office).
Green is our initiative (VC Green Program).

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STAFF

TOURNAMENT STAFF will be wearing yellow event staff shirts. If they can't answer your questions, they can point you to one of the following people to help you out.

Tournament Director: Kristin Zimmerman

Volunteer Coordinator: John Springer and Lisbeth Byer

Head Scorekeeper: Stu Price

UPA Championship Director: Will Deaver

UPA Communications Director: Kelley Kneib

Some of the **UPA STAFF** will also be on hand at the event. We look forward to spending some time out of the office with the people we work hard for every day.

Championship Series Manager: Matthew Bourland

Membership/Outreach Director: Melanie Byrd

Championship Director: Will Deaver

Executive Director: Sandie Hammerly

Communications Director: Kelley Kneib

Administrative Assistant: Val Nigro

Youth Development Director: Meredith Tosta

ULTIMATE PLAYERS ASSOCIATION

4730 TABLE MESA DR., STE J200, BOULDER, COLORADO 80305

TEL: 303-447-3472 FAX: 303-447-3483 WEB: WWW.UPA.ORG EMAIL: INFO@UPA.ORG

WELCOME

Welcome to the 2008 UPA High School Western Ultimate Championships. Whether you are a participant or a spectator we hope that you will have a fantastic time in Independence, Missouri. Kansas City Ultimate and the City of Independence are proud sponsors of the local organization of this event.

This weekend will be filled with spectacular competitions, music, games and entertainment. At the athletic complex, there will be ample space to relax and watch a game, stop by the concession stands, and see what VC Ultimate has to offer.

After a day of intense Ultimate, set out to explore the Kansas City metropolitan area. Kansas City is the home to world class museums and restaurants, fantastic shopping, several professional sports teams and world renowned BBQ to name a few. Feel free to check out the Power and Light District, the Plaza, Kansas City Royals baseball or the Truman Home.

Have a great time, play hard and whether you win or lose, all of us with Kansas City Ultimate and the City of Independence wish you the best of luck.

Thank you,
Kristin Zimmerman
Tournament Director

SITE RULES

NO ALCOHOL! This is a high school event. You will be asked to leave if you are caught with alcohol.

NO DOGS! If you bring your dog, you will be asked to take him/her home. Do not leave your dog in your car.

SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 METERS AWAY FROM SIDELINES! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 meters.

TRASH AND RECYCLING! Place recyclable items (bottles, cans, paper/cardboard) in the recycling receptacles and place trash in the trash. Thanks to VC Ultimate for its support of UPA Westerns recycling through the VC Green program.



WEEKEND OVERVIEW

FRIDAY, MAY 9TH – RESIDENCE INN BY MARRIOTT

6:00pm - 10:00pm Team Registration

SATURDAY, MAY 10TH – INDEPENDENCE ATHLETIC COMPLEX

8:00am Captains Meeting

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

5:15pm BBQ dinner is served at Tournament Central for players, coaches/
chaperones (2/team), and event staff. Tickets for dinner available in
players/coaches packs.

6:30pm Showcase games, music (DJ), and games (disc golf and other games).

Showcase games - Featuring one exciting match-up each from the Open and Girls divisions.
The top two seeds from Girls Pool B will square off, while the 1st and 3rd seeds in the
tournament vie for the #1 seed going into Sunday's championship quarterfinals.

SUNDAY, MAY 11TH – INDEPENDENCE ATHLETIC COMPLEX

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 from each team).

SHOOTING PHOTOS AND VIDEOS

The Ultimate Players Association (UPA) appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by the UPA. Anyone wishing to record UPA Events for Commercial Purposes (as defined in the agreement) is required to sign the UPA Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood. The agreement is intended to protect the UPA's rights as an event organizer as well as to encourage and allow recording of UPA Events for both personal and commercial purposes beneficial to the sport and its participants. Please see UPA Communications Director, Kelley Kneib, at the event for more information.



COMPETITION RULES

- 11th Edition UPA Rules of Ultimate will be in effect.
- Girls Pool B (Games to 13, point-cap at 15.) 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.

NATIONAL ULTIMATE TRAINING CAMP SUMMER 08



SESSION A: JULY 12-17
SESSION B: JULY 19-24
SESSION C: JULY 26-31

REGISTRATION IS NOW OPEN!

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"ULTIMATE FOR THE NEXT GENERATION"



SPIRIT AWARDS

Ultimate has traditionally relied upon a 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 UPA 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.

UPA SPIRIT RATINGS GUIDELINES

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

- 5: Highest level of respect shown throughout game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unflinchingly played fairly and with an excellent attitude.
- 4: Respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed above average knowledge of the rules and abided by them throughout the game. Any conflicts were resolved favorably and without incident. Opposing team's conduct did not detract from our enjoyment of the game. The opposing team played fairly and with a good attitude.
- 3: Generally exhibited respect towards opponents, officials, and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.
- 2: Exhibited a lack of respect towards opponents, officials, and/or spectators. For the level of play, showed a lack of knowledge of or disregard for the rules at points during the game. Any conflicts were resolved heatedly or led to contentious incidents. Opposing team's conduct detracted somewhat from our enjoyment of the game. The opposing team played unfairly and/or with a poor attitude.
- 1: Exhibited a major lack of respect towards opponents, officials, and/or spectators. For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game. Conflicts were resolved acrimoniously or led directly to contentious incidents. Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly and their attitude was abysmal.

INDIVIDUAL AWARDS

Teams 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!



HEALTH AND 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 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?
 - 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).
 - 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

- 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 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 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.



DIRECTIONS

KCI Airport to Residence Inn by Marriott

3700 South Arrowhead Ave. Independence, MO 64057
816-795-6466

1. Head southwest on Int'l Circle toward Amsterdam Circle - 0.5 mi
2. Continue straight onto LP Cookingham Dr (signs for Airport exit) - 1.7 mi
3. Merge onto I-29 S/US-71 S via the ramp to Kansas City. Continue to follow US-71 S - 18.3 mi
4. Continue on I-70 E/US-40 E (signs for I-70 E/St Louis/US-40 E). Continue to follow I-70 E - 13.2 mi
5. Take exit 15B to merge onto MO-291 N toward Liberty - 0.9 mi
6. Take the 39th St exit - 0.2 mi
7. Turn left at E 39th St S - 0.2 mi
8. Turn left at S Arrowhead Ave - 0.2 mi

KCI Airport to Fairfield Inn by Marriott

18700 East 37th Terrace, Independence, MO 64057
816-795-1616

1. Head southwest on Int'l Circle toward Amsterdam Circle - 0.5 mi
2. Continue straight onto LP Cookingham Dr (signs for Airport exit) - 1.7 mi
3. Merge onto I-29 S/US-71 S via the ramp to Kansas City. Continue to follow US-71 S - 18.3 mi
4. Continue on I-70 E/US-40 E (signs for I-70 E/St Louis/US-40 E). Continue to follow I-70 E - 13.2 mi
5. Take exit 15B to merge onto MO-291 N toward Liberty - 0.9 mi
6. Take the 39th St exit - 0.2 mi
7. Turn left at E 39th St S - 0.2 mi
8. Turn left at S Arrowhead Ave - 0.2 mi
9. Turn left at E 37th Terrace S - 410 ft

KCI Airport to Hilton Garden Inn - Independence

19677 E Jackson Drive, Independence, MO 64057
816-350-3000

1. Head southwest on Int'l Circle toward Amsterdam Circle - 0.5 mi
2. Continue straight onto LP Cookingham Dr (signs for Airport exit) - 1.7 mi
3. Merge onto I-29 S/US-71 S via the ramp to Kansas City. Continue to follow US-71 S - 18.3 mi
4. Continue on I-70 E/US-40 E (signs for I-70 E/St Louis/US-40 E). Continue to follow I-70 E - 13.2 mi
5. Take exit 15B to merge onto MO-291 N toward Liberty - 0.9 mi
6. Take the 39th St exit - 0.2 mi
7. Turn left at E 39th St S - 0.5 mi
8. Turn right at S Jackson Dr - 0.5 mi

FIELD COMPLEX

Independence Athletic Complex

17800 East Salisbury Rd, Independence, MO 64050

Residence Inn by Marriott to fields

1. Head south on S Arrowhead Ave toward E 38th St S - 0.2 mi
2. Turn right at E 39th St S - 0.2 mi
3. Turn right to merge onto MO-291 N/S MO-291 toward Liberty - 4.4 mi
4. Turn right at E Salisbury Rd - 0.9 mi

Fairfield Inn by Marriott to fields

1. Head south on S Elizabeth Ave toward E 38th St S - 0.2 mi
2. Turn right at E 39th St S - 466 ft
3. Turn right to merge onto MO-291 N/S MO-291 toward Liberty - 4.4 mi
4. Turn right at E Salisbury Rd - 0.9 mi

Hilton Garden Inn - Independence to fields

1. Head southeast on E Jackson Dr toward E Little Blue Pkwy - 0.4 mi
2. Turn right at S Little Blue Pkwy - 0.2 mi
3. Turn right to merge onto I-70 W toward Kansas City - 0.8 mi
4. Take exit 15B to merge onto MO-291 N/S MO-291 toward Liberty - 5.0 mi
5. Turn right at E Salisbury Rd - 0.9 mi

Fields to hospital

Center Point Medical Center

19600 E 39th St., Independence, MO 64507

1. West on Salisbury - .9m
2. Turn left on to MO 291 - 4.1m
3. Exit on to 39th Street
4. Turn left - .9m
5. Hospital will be on the left.

Field site to KCI Airport

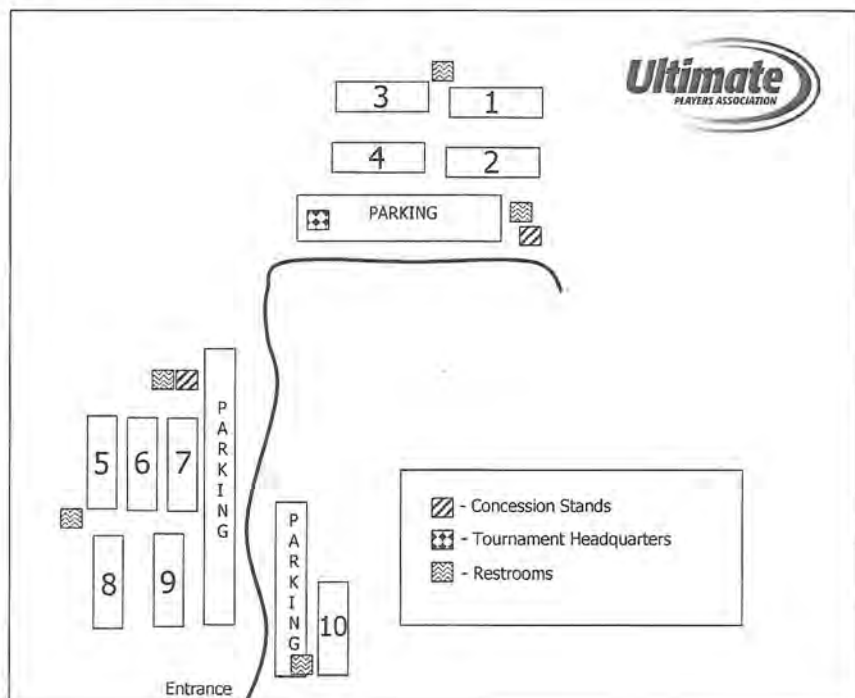
Kansas City International

601 Brasilia Ave, Kansas City, MO 64153

1. Head west on E Salisbury Rd toward E Geospace Dr - 1.0 mi
2. Slight right at MO-291 N - 10.8 mi
3. Turn left at W Kansas St/MO-152 W - Continue to follow MO-152 W - 11.7 mi
4. Take the exit onto I-29 N/US-71 N toward St Joseph - 4.2 mi
5. Take exit 13A-B toward KCI Airport - 0.8 mi
6. Continue toward LP Cookingham Dr and merge onto LP Cookingham Dr - 1.5 mi
7. Enter Int'l Circle - 23 ft



FIELD MAP



SEEDINGS

OPEN DIVISION

1. Lakeside HS
2. Seattle Academy
3. South Eugene HS
4. Cathedral HS
5. The Northwest School
6. Hopkins HS
7. Cretin-Derham Hall
8. Alameda Community Learning Center
9. Nathan Hale HS
10. Rockhurst HS
11. Minneapolis South HS
12. Lakewood HS
13. Monroe HS
14. Eden Prairie HS

GIRLS DIVISION

1. Churchill HS
2. Nathan Hale HS
3. The Northwest School
4. Cretin-Derham Hall
5. Lakeside HS
6. Hopkins HS
7. Alameda Community Learning Center
8. Cathedral HS
9. Seattle Academy
10. Lakewood HS
11. Minneapolis South





2008 UPA High School Western Championships - Open Division

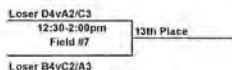
Saturday, May 10, 2008

Pool A/C Games to 17 Cap 19 All other Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D			
	A1 Lakeside (1)	A2 Alameda (8)	A3 Minneapolis South (11)		B1 Seattle Academy (2)	B2 Crelin-Derham (7)	B3 Lakewood (12)	B4 Monroe (13)	C1 South Eugene (3)	C2 Hopkins (6)	C3 Nathan Hale (9)		D1 Cathedral (4)	D2 Northwest School (5)	D3 Rockhurst (10)	D4 Eden Prairie (14)
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score	
9:00 - 10:15	D2 v D4	9	-				B1 v B3	5	-	B2 v B4	8	-		D1 v D3	7	-
10:45 - 12:00	A2 v A3	9	-				D2 v D3	8	-	C2 v C3	6	-		D1 v D4	7	-
1:00 - 2:15	A1 v A3	9	-				B1 v B4	5	-	B2 v B3	8	-		C1 v C3	6	-
2:45 - 4:00	A1 v A2	9	-				B1 v B2	5	-	B3 v B4	8	-		C1 v C2	6	-
Re-seed teams 1-4 within each pool																
4:45 - 6:00	A2 v C3	9	-		B2 v D3	5	-	D2 v B3	7	-	C2 v A3	6	-			
6:30 - 7:45	A1 v C1	3														

Ultimate
FLAVORS ASSOCIATION

DISCRAFT

Consolation Bracket
Sunday, May 11, 2008

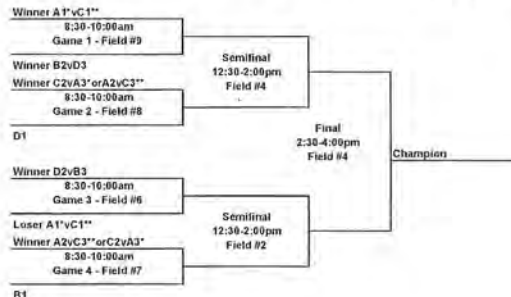


Ultimate
FLAVORS ASSOCIATION

Consolation games to 15 cap 17

Championship Bracket
Sunday, May 11, 2008

DISCRAFT



Ultimate
FLAVORS ASSOCIATION

Championship games to 15 cap 17

2008 UPA High School Western Championships - Girls Division



Saturday, May 10, 2008												
Pool A				Pool B								
Pool A	A1	Churchill (1)		B1	Nathan Hale (2)							
Games to 15	A2	Northwest School (3)		B2	Cretin-Derham (4)							
Cap at 17	A3	Hopkins (6)		B3	Lakeside (5)							
Pool B	A4	Cathedral (8)		B4	Alameda (7)							
Games to 13	A5	Seattle Academy (9)		B5	Lakewood (10)							
Cap at 15				B6	Minneapolis South (11)							
Saturday		F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	
9:00 - 10:15	A4 v A5	4	-	A2 v A3	3	-	B1 v B4	2	-	B2 v B6	1	-
10:45 - 12:00	A1 v A5	4	-	A3 v A4	3	-	B1 v B6	2	-	B2 v B3	1	-
1:00 - 2:15	A1 v A4	4	-	A2 v A5	3	-	Bye	-	Bye	-	Bye	-
2:45 - 4:00	Bye	-		Bye	-		B1 v B3	2	-	B2 v B5	1	-
4:45 - 6:00	A1 v A2	4	-	A3 v A5	3	-	B1, B2	Bye		B5 v B6	1	-
6:30 - 7:45							B1 v B2	4	-			
Sunday												
8:30 - 9:45	A1 v A3	4	-	A2 v A4	3	-	B1 v B5	2	-	B2 v B4	1	-

Re-seed teams within each pool for bracket play



Consolation Bracket

Sunday, May 11, 2008



Round Robin for 9th-11th			
Sunday	F#	Score	
10:30 - 12:00	B6 v A5	9 -	
12:30 - 2:00	B5 v A5	9 -	
2:30 - 4:00	B5 v B6	1 -	



Consolation games to 15 cap 17

Championship Bracket

Sunday, May 11, 2008



Championship games to 15 cap 17

OPEN TEAMS

ALAMEDA COMMUNITY LEARNING CENTER

Team Name: Dark Meat
Coach: Michael De Sousa

Hyphy. Hyphy. Hyphy – all words used to describe Dark Meat's winning Ultimate dynasty. When formed in 2002, Dark Meat was just a bunch cut throat Ultimate players trying to make a living while walking the razors edge. After some intense training montages, they became a well-oiled killing machine and began the conquest to winning the state championships for 4 years in a row. This year, they are back and ready to avenge the untimely death of their guru, Mac Dre! They could tell you story of why they are named Dark Meat, but it would be the last story you'd ever hear.

2008 has been an interesting year for Dark Meat, since some seniors have been playing on Dark Meat since the 7th grade; they have matured to become vicious Ultimate playing humanoids who take the team to compete at college and club level tournaments and sink every cup. One tourney in particular they were able to score on one club team called, "Furious George." Overall, their seasons went well and are ready to crush at Westerns.

ROSTER

12	Eli Kerns	So	5'10"
01	Colin Higgins	Jr	6'2"
02	Jeff Roeder	Sr	5'11"
04	Tyler Boyd-Meredith	Sr	5'9"
13	Zane Little	So	5'10"
20	Jesse Hinkle Johnson	Sr	5'11"
24	Simon Higgins	So	6'1"
25	Nick Rafter	Jr	5'8"
28	Pierre Retrayt	Sr	5'7"
29	Jeremy Kharrazi	Sr	5'3"
37	Eric Miyashiro	Sr	5'8"
42	Marc Atkinson	Sr	6'1"
43	Ryan Miyashiro	So	5'7"
64	Kyle Popelka	Sr	5'9"
81	Kumi Hodge	Sr	7'4"

ALAMEDA
CALIFORNIA



CATHEDRAL HS

Team Name: Crusaders
Coaches: John Ellenbecker, Ben Nalezny

The Cathedral Crusaders have been going strong since 2002. Our Ultimate program consists of a boys' varsity team and two JV boys' teams, made up of about 45 players. Last year, the boys debuted at Westerns and left with a strong 5th place finish. They also competed in a variety of other tournaments, including Madison Mudbath and their own Granite City Classic. This year they have 13 of the 16 varsity players returning from last year's team, which makes for a strong senior-dominated lineup.

ROSTER

1	Andy May	Jr	6'0"
3, 56	Cameron Rien	Sr	6'0"
5	Eric Johnson	Sr	6'0"
7	Paul Dewenter	Sr	6'1"
8	Zeb Hackett-Reicher	Sr	6'1"
13	Chris Rice	Sr	5'8"
16	Tony Schuweiler	Sr	5'6"
17	William Ellenbecker	So	6'1"
21, 22	Coady Mahowald	Jr	6'2"
22	Andy Warzecha	So	6'0"
23, 55	Michael Nolan	Sr	6'0"
24	Jacob Rueter	Sr	5'11"
26	Spencer Stepan	Sr	5'7"
26, 99	Jacob Edelbrock	Sr	5'11"
27	Joshua Johnson	So	5'10"
33	Kale Daniel	Sr	6'2"
43	T. J. Poganski	Sr	6'2"
44	Ryan Pelant	Sr	6'0"
47	Luke Theisen	Sr	6'0"
66	Conrad Lenzmeier	So	5'10"

ST. CLOUD
MINNESOTA



OPEN TEAMS

CRETIN-DURHAM HALL

Team Name: Raging Safari

Coaches: Ben Fisher, Josh Hemmesch

As the tenth anniversary approaches for the storied Raging Safari, it looks to continue its strong tradition against varied Quidditch foes. Returning several key Beaters and Keepers, and adding several talented Chasers, Raging Safari bands together with one of the most promising Seekers this side of Hogwarts has ever seen. The team continues its training to avoid pick-laden Bludgers while hurling the Quaffle for grand scores. This training, along with a little leviosa, Raging Safari aims for the Golden Snitch on its way to the Quidditch Cup.

Though formidable weather has consistently pushed Raging Safari to practice within the confined space of Hogwarts Castle, the team has still managed to pull off stunning performances against Ravenclaw and Slytherin. Even short-handed with broken broomsticks, the team has shown great resolve in prevailing against teams boasting a fleet of Nimbus 2000s.

RAGING SAFARI



ROSTER

1	Josh Shomion	Sr
3	Pat Nickelson	Jr
5	Matt Vik	Sr
6	Kody Williams	Jr
8	Matt Kortz	Jr
9	Jack Simpson	So
10	Joe Ryan	Sr
11	Nick Gleason	Jr
12	Colin Burris	Jr
17	Peter Tschida	Sr
19	Vince Vik	So
21	Pat Kunkel	So
28	Carlos Lopez	So
33	Reese Hunter	Jr
39	Willem Crabbe	So
66	Jason Tschida	So
73	Charlie Enders	So
77	Max Cervantes	Jr

EDEN PRAIRIE HS

Team Name: Cold Front

Coaches: Eric Enge, Matt Zupan

The Eden Prairie Ultimate Club has been competing in the Minnesota High School Ultimate ever since it's inception in the late 90's. Formerly the Tapirs, the players and coaches of Eden Prairie voted on a name change to Cold Front in 2006, to represent the Minnesota's frigid winter climate.

Due to the unfortunate weather in Minnesota, Eden Prairie has not had any games as of April 16th. However, we are attending the Madison Mudbath, as well as the Hopkins Hustle, Granite City Classic, and the UPA Minnesota High School Championships.

ROSTER

00	Dan Rodekuhr	Sr 5'9"
	<i>Univ of St. Thomas</i>	
2	Peter Lagermeier	Sr 5'8"
	<i>Univ of Kansas</i>	
3	Bryan Vohnoutka	Sr 5'9"
	<i>Concordia Moorhead</i>	
6	Jeff Kleinert	Sr 5'10"
	<i>Univ of Minnesota-Duluth</i>	
8	Andy Oehmke	Sr 5'8"
	<i>Univ of Minnesota-Twin Cities</i>	
21	Jordan Carlson	Jr 5'11"
22	Tyler Nielsen	Jr 6'1"
37	Benjamin Hawkins	Sr 6'1"
	<i>Univ of Minnesota-Duluth</i>	
41	Joe Dechery	Sr 6'1"
	<i>McGill University</i>	
43	Zach Kasdan	Sr 5'8"
	<i>Iowa State University</i>	
66	Thor Hansen	Sr 5'11"
	<i>Michigan Tech University</i>	
69	Eric Jaeger	Sr 5'10"
72	Ky Halverson	Sr 6'1"
	<i>Univ of Minnesota-Duluth</i>	
85	Peter Swietkowski	Sr 6'4"
	<i>Univ of Minnesota-Twin Cities</i>	
89	Craig Tebbe	Sr 5'1"



OPEN TEAMS

HOPKINS HS

Team Name: HURT

Coaches: Jake Raisanen, Lou Abramowski

Begun as an intramural league in 2001, Hopkins Ultimate quickly grew to include two teams formed to compete the next year in the new Twin Cities Co-Ed High School Ultimate League. In 2003, armed with a new name, Hurt, and four new coaches, a new goal was set – competing at the National level. Since then, Hopkins has won 3 Minnesota State titles and improved its national finish: 5th in 2003, 3rd in 2005, and 2nd in 2006. The players, coaches, and parents, have shaped Hurt into something more than just a sports team, providing opportunities for youth to compete in a sport that values sportsmanship and personal development over all else.

After coming off ninth place finish at the 2007 UPA Westerns, Hurt Varsity combined with the girls' HERT Force to win the annual Hold Back The Snow tournament, outscoring all opponents 52-2 on day one and went on to beat Madison Memorial and Saint Johns-Ravencourt (15-4). During the fall, we held joint practices with Carleton and the University of Minnesota. In January, Hurt attended a college tournament in Duluth, Minnesota placing fourth out of eight although they outmatched the other teams with depth, experience, and intensity.



ROSTER

2	Danny Barbario	Sr	5'7"
4	Robbie Shapiro	Jr	6'0"
5	Matt Freeman	Sr	5'6"
	<i>Emory Univ</i>		
6	Ethan Rasmussen	So	5'7"
7	Josh Klane	So	5'4"
8	Gregg Milbrath	Sr	5'7"
	<i>Gustavus Adolphus College</i>		
9	Greg Arenson	Sr	6'0"
	<i>Univ Of Minnesota-Twin Cities</i>		
11	SamBrickwedde	Sr	5'9"
	<i>Univ of Oregon</i>		
12	Mat Grewe	Jr	5'10"
14	Taylor Hines	Sr	5'10"
18	Jonathan Alter	Jr	6'1"
19	Grant Boerhave	Sr	6'1"
21	Steven Finn	Sr	5'10"
23	Asa Gottlieb A	Jr	5'11"
24	Simon Gottlieb S	Jr	5'9"
25	Matt Loecken	Sr	6'1"
	<i>Univ Of Minnesota-Twin Cities</i>		
26	Michael Tradewell	Jr	6'0"
27	Mark Golob	Sr	5'10"
29	Jacob Frankel	So	5'6"
32	Daniel Bloom	Sr	5'9"
	<i>Univ Of Minnesota-Twin Cities</i>		
35	Colin Camp	Jr	6'0"
49	Evan Tarshish	Jr	5'2"
177	Nathan Wexler	Jr	5'7"

LAKEVIEW HS

Team Name: Big Cats

Coach: Jeremy Cram

The Big Cats continue to pay homage to their birth year of 2004, when the team was but a ragtag group of barefoot, pajama-wearing hippies. In those early years, the team competed without school sanction, funding, and support. Since then, the Big Cats have grown to become Lakeside School's most active student-run club and have earned respect and love from the school community. Even so, the team still likes to call itself the "Loins" – a name its founders deliriously devised when the team was not able to compete under the school's official nickname of the "Lions". Our jerseys, featuring a dancing, loin-cloth-wearing lion, are a tribute to those early days.

Proud to represent the Pacific Northwest, the Big Cats come to the Show-Me state this year with a veteran team. Led by captains Julian Childs-Walker, Sam Keller and Kelly Van Arsdale, the team looks to improve upon its 11th place finish from last year's Westerns, after achieving 3rd place the year before. The Big Cats are ready to spit some serious Emerald City game.



ROSTER

3	Justin Norden	Jr	6'0"
4	Ross Smith	Fr	5'6"
7	Connor Smith	Jr	6'1"
14	Daniel Melzer	So	6'1"
15	Chris Pigott	Jr	6'3"
18	Alex Isik	So	5'8"
19	Zack Woodruff	Jr	5'11"
22	Sam Keller	Sr	5'10"
23	Luke Monroe	Fr	5'9"
25	Owen Coutts	Jr	6'10"
26	Remi Schneider	So	5'6"
33	Jack Williams	Jr	5'8"
37	Miles Moen	Jr	5'11"
70	Preston Ossman	Fr	5'7"
82	Noah Harris	So	6'0"
96	Julian Childs-Walker	Jr	5'9"
98	Will Kitchell	Jr	5'11"
99	Kelly Van Arsdale	Sr	6'4"



OPEN TEAMS

LAKEWOOD HS

Team Name: Tigers

Coaches: Jeff Berget, Dan Birney

Lakewood's past includes the majority of Colorado state championships including a recent three trophy run. Led by experienced coach Jeff Berget (who has always played a major role in the founding and continuation of Colorado Youth Ultimate), the team is captained by Stefen Hillman, a defensive workhorse; Jimmy Mickle, one of the best handlers in the nation; and Hidde Snieder, perhaps the best receiver and downfield defender in Colorado. In Westerns they are looking for a challenge to make them better players and closer-knit as a whole.

After going undefeated at the Fall Tourney '07, Lakewood has struggled with injuries and inexperience (due to a large graduating class from last year) through the regular season. At the recent East Invite '08 the team came out with a winning record and played almost every game they lost to Universe or close to Universe Point despite missing multiple major players.

COLORADO



ROSTER

02	Joe Brock	Sr 6'1"
	<i>Red Rocks Community College</i>	
06	Mateusz Pena	So 6'2"
07	Hidde Snieder	Jr 6'2"
08	Alex Johnsen	Jr 5'11"
11	William King	Sr 5'11"
	<i>Red Rocks Community College</i>	
12	Stefen Hillman	Sr 5'11"
	<i>Arizona State Univ</i>	
23	Jimmy Mickle	Jr 6'2"
24	Andrew Birney	Sr 6'2"
	<i>Univ of Colorado</i>	
45	Alex Drapela	So 5'8"
53	Ryan Henderson	So 5'8"
55	Evan Miller	Jr 6'3"
66	Logan Abshire	Jr 5'8"
68	Ben Carter	Sr 5'11"
	<i>Colorado State Univ</i>	
93	Blair Britt	Sr 6'0"
	<i>Univ of Colorado</i>	
98	Perry Martin	Sr 5'11"
	<i>Univ of Colorado</i>	

MINNEAPOLIS SOUTH

Team Name: South Squall

Coaches: John Sandahl, John Schmit

Minneapolis South High Squall Ultimate was founded in 2001 by a few hardcore hoodrat Ultimate players who loved a good game of lunchtime frisbee. Since those days the team has become more and more organized and more and more competitive regionally and nationally. The Squall - named after the brief but powerful spring storms that can rain on your parade - have yearned for more competition and increased exposure to the best Ultimate they can find both within Minnesota and beyond. We're excited to be back at Westerns after a one year hiatus and excited to learn from your teams and share our love of the game with you.

It's been cold in Minnesota. And snowy. We're glad for warmth. This will be our third tournament of the season following Madison Mudbath and Hopkins Hustle.

MINNEAPOLIS
MINNESOTA



ROSTER

0	Devi Wiener Berkowitz Jr	5't5"
5	Wondwossen Wroku	Jr 5'7"
00	Avram Leierwood	Jr 6'4"
12	JG Ferguson	So 5'11"
21	John McCauley	Fr 5'6"
22	Ben Schmit	Jr 5'10"
23	Jordan Peota	Fr 5'3"
26	Jacob Rasmuson	Sr 5'9"
28	Daniel Rasmuson	Gr.8 5'5"
32	David Gilbert-Pederson	Jr 5'0"
33	Conor Franklin	So 6'0"
39	Tristan Grovender	So 5'10"
42	Dan Anderson	Jr 5'10"
77	Aaron Victorin-Vangerud	Sr 6'0"
80	Luke Seigars	Jr 5'7"
88	Tyler Mahony	So 5'11"
96	Henry Spruth	Sr 5'10"



OPEN TEAMS

MONROE HS

Team Name: Cobras

Coach: Ken Brown

Now in their third season of play, Monroe has joined the throng of powerful Northwest programs. Monroe secured a junior varsity Washington State title in 2006, and earned fourth place in the Open division last year, which means Monroe can play with some of the nation's top High School programs. The Cobras' roster includes two YCC National Champion players, Emmanuel Jimenez and Montana Canales. Monroe is honored to play in its first Western Championship Tournament.

Monroe's marquee win came in its first game with a 15-5 decision over Nathan Hale. Monroe plays in both the Disc Northwest Boys Open and Coed leagues this season and continues to garner its share of success in both efforts.

ROSTER

1	Manuel Agurrie	Sr	5'10"
2	Jacob Baanrud	Sr	5'11"
3	Terry Black	Jr	6'1"
4	Montana Canales	Sr	6'1"
5	Alfredo Carmona	Sr	5'10"
6	Sabrina Dueanas	Jr	5'6"
7	Emmanuel Jimenez	Jr	5'10"
8	Mohamed Kuchan	Sr	5'10"
9	Batoche Leyde	Sr	6'1"
10	Ryan Mathis	Jr	5'11"
11	Hugo Rojas	Jr	5'10"
12	Julian Trujillo	Jr	5'11"

MONROE
WASHINGTON

NATHAN HALE HS

Team Name: Raiders

Coaches: Sam Chatterton-Kirchmeier, Chris "Fozz" Forsberg, Ryan Seguire, Aly Lenon, Tucker Jackson

The Nathan Hale Raiders are a varsity program from Seattle, WA. The program has been in existence for nearly a decade, and the team has attended the High School Championship events frequently since 2004, finishing as semi-finalists on two occasions. Although 16 seniors graduated from last year's squad, we are looking to reload with new talent and players coming up from the JV ranks, and improve on the semi-finals finish of last year. With 5 practices a week, the team is athletic, scrappy, and well tuned-in to working with each other. The Raiders' competition schedule includes DiscNW league games, the Washington State Championships, and the Western High School Championships.

ROSTER

4	Eric Nelson	Jr	5'11"
5	Quinn Gundersen	So	6'0"
8	Casey Bateman	So	5'7"
11	Ben Gregory	Sr	5'9"
17	Isaac Stockdale	Fr	5'10"
19	Macfarlan Scheldt	So	5'11"
23	Mike Cavanaugh	Fr	5'7"
25	Burgess Carlton	So	5'8"
28	Armand Tran	Sr	5'7"
31	David Heald	Sr	6'3"
	Univ of Washington		
44	Jake Coate	Sr	6'3"
	Univ of Colorado		
53	Patrick Turner	Sr	5'11"
	Western Washington		
59	Julian Peterson	So	6'0"

SEATTLE
WASHINGTON



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OPEN TEAMS

ROCKHURST HS

Team Name: Synergy

Coach: Griff Sims

Rockhurst High School's Ultimate Frisbee program is in its 6th official year and is in its prime. With no major influences nearby, Rockhurst Ultimate players have done their best to bring the community's attention to the sport. Each year the team has gained more popularity and support, and our players have become increasingly experienced, skilled, and knowledgeable in the true aspects of Ultimate. This is Rockhurst's 3rd Nationals appearance in four years.

To open the season, Rockhurst placed 5th at the Denver East Invite out of 16 teams. In May, they traveled to St. Louis for the State Championships where they faced all of their regional competitors. Westerns will be their third and final tournament of the spring season.

KANSAS CITY
MISSOURI



ROSTER

2	Everett Arruda	Sr	5'9"
	<i>Penn Valley Community College</i>		
3	Jack Arensberg	So	5'8"
4	Paul Jensen	Jr	6'3"
7	Niki Vantzios	Sr	6'2"
	<i>Univ of Missouri</i>		
8	Steven Badami	So	5'7"
11	Vince Ciaramitaro	Sr	5'10"
	<i>Univ of Kansas</i>		
13	Brad Abell	Jr	5'8"
16	Chris White	Jr	6'1"
19	Chris Wallace	Fr	5'7"
21	Joey Eyster	So	5'6"
25	Kaeleb Smead	Jr	5'10"
31	Pete Fischer	So	5'8"
42	Connor McCarthy	Jr	5'6"
45	Michael O'Byrne	Fr	5'6"
69	Brett Jenkins	Jr	5'9"
72	Shawn Smith	So	5'8"

SEATTLE ACADEMY

Team Name: Cardinals

Coach: Roger Crafts

The Seattle Academy Ultimate Program is a rapidly developing force in a city known for its Ultimate on every level. Starting out playing co-ed in the late 90's, Seattle Academy was one of the first teams in Seattle to enter the new single gender arena. The team continues to promote Ultimate not only by playing in the league, but also by positively supporting new teams entering the league. At least half of the team members practice and play with the Seattle Moho Youth Ultimate program and, in past years, several Cardinal players have volunteered their time at the Spring Reign tournament, the Washington State Championships, and the summer Seattle Youth Ultimate Camps.

This year has been an exciting one for the Cardinals. With wins so far this season versus powerhouses Northwest and Nathan Hale, Seattle Academy is looking forward to the State and Western Championships. The boys took 8 juniors and seniors along with 4 players from other Seattle schools to Atlanta this spring to compete in and win the prestigious Paideia Cup Invitational. With Western pride running strong, the Cardinals plan on tearing it up in Independence this May.

WESTERN
WASHINGTON

ROSTER

2	Jimmy Hooper	Sr	6'0"
3	Peter Bender	Jr	6'0"
8	Michael Revelas	Jr	6'1"
9	Simon Montague	Jr	6'4"
13	Ben Sprugel	Sr	5'11"
18	John Reynolds	Fr	5'10"
25	Alex Smith	Jr	5'11"
27	Eli Mauksch	So	5'11"
29	Sam Steele	Sr	6'3"
30	Alex Saar	Jr	6'2"
32	Stevie Panteleakos	Sr	5'11"
36	Austin Easter	So	6'0"
99	Chris Van Dusen	So	5'11"
	Kerric Knowles	Sr	6'0"
	<i>Univ of Western Washington</i>		

OPEN TEAMS

SOUTH EUGENE HS

Team Name: Axemen

This year, the Axemen return, once again un-coached. With performances at prestigious college level tournaments such as OFUG and PLU BBQ and a possible appearance at the State Championships, the Axemen will be extremely well prepared when they head east to Westerns. Regardless of the apparent misplacement of atlas, or possible attempt at irony, the Axemen will make the long trek in search of the best high school Ultimate available. Though the Axemen are proud of their sense of reckless abandon, their snide lack of professionalism may well be their demise come Sunday afternoon. But after a finals appearance at last year's Westerns, their unstructured phantasmagoria may lead them to victory.

ROSTER

1	Jacob Janin	Sr	5'8"
	<i>Lane Community College</i>		
2	Charlie Wilson-Moses	Jr	6'0"
3	Jakey Gelrod	Sr	5'3"
	<i>Westwood College of Interior Design</i>		
7	Lewis Mikkelsen	Sr	5'10"
	<i>Michigan School of Agriculture</i>		
10	Dylan Freechild	So	5'9"
11	Tyler Cable	Sr	5'11"
21	Tristan Hediger	Sr	5'5"
	<i>Hamrick Truck Driving School</i>		
22	Ben Dotters-Katz	So	5'10"
23	Stephen Chinn	Sr	5'9"
24	Aaron Honn	Fr	6'0"
33	Jimmy Brissenden	Sr	7'1"
81	Kelly Vigil	Jr	5'10"
99	Stefan O'Neil	Sr	7'2"
	<i>Keystone Diesel Institute</i>		

THE NORTHWEST SCHOOL

Team Name: Haus

Coaches: Ryan Winkelmann, Steve Gussen

The Northwest School is coming off back-to-back to back Westerns Championships and in 2004 they finished 2nd.

The Northwest School participated in two college tournaments (PLU BBQ and Dirty Deeds) to begin the year. They started out with two wins over up-and-coming teams, Roosevelt and Ballard High. Their momentum was cut short with defeats to Westerns-bound Lakeside and Seattle Academy. A late season win against Westerns competitor Nathan Hale gives them high confidence going into States and Westerns.

ROSTER

00	Cooper Schumacher	So	5'11"
1	Marco Scheuer	So	5'9"
2	Christopher Job	Fr	5'7"
3	Killian Marsh	Fr	5'8"
4	Banks Hunter	Fr	5'6"
5	Louis Cohen	Fr	5'9"
6	Quinn Foley	Jr	5'11"
7	Austin Killien	Jr	6'0"
9	Kyle Kurokawa	Jr	6'0"
11	Alex Roper	Jr	5'8"
13	WillBeyer	Jr	6'1"
14	Marc Antonio Undeberg	So	6'2"
16	Graham Sutherland	Jr	5'10"
18	Maxwell Skelton	Sr	5'9"
20	Logan Greenfield	So	5'10"
23	Aryeh Cohen	Jr	5'4"
25	OJ Berkes	Jr	5'9"
30	Casey MacPhee	Jr	5'9"
34	Jordan Anacker	Jr	6'3"
37	Max Sutton	So	5'9"
69	Martin Merz	Jr	6'1"



GIRLS TEAMS

ALAMEDA COMMUNITY LEARNING CENTER

Team Name: Sweet Meat

Coach: Vi Le

Sweet Meat first competed at Westerns in Boulder in 2006. Back then, half the team was still in middle school. Now those same girls are ready to cook up the high school competition. GO MEAT! SWEET MEAT!

Sweet Meat started the 2007/2008 season strong with a strong performance at a preseason college tournament at Stanford University. They continue to compete against college teams with much success. They are hungry to play the rest of the top girls' teams in the West.

ALAMEDA
CALIFORNIA

SweetMEAT

ROSTER

0	Morgan Baxter	Jr 5'5"
5	Kate Emberley	Jr 6'2"
7	Natalie Mckee	Fr 5'6"
8	Lyuda Grigorieva	Sr 5'7"
10	Natalie Maxwell	Fr 5'6"
11	Kaila Pollart	So 5'7"
12	Maya Chapman	Jr 5'4"
13	Marisa Rafter	Fr 5'6"
22	Stephanie Gascon	Jr 5'6"
23	Loren Diesi-Palmer	Jr 5'6"
30	Annie Paulukonis	So 5'6"
49	Fran Nannizzi	So 5'3"
99	Sarafina	Fr 5'6"
	Mikana Camacho	So 5'5"
	Katie Smith	Jr 5'5"

CATHEDRAL HS

Team Name: Crusaders

Coaches: Quinn McCloughan, Krisie Melsen, Julie Schmitz

The girls of the Cathedral Crusaders split from the coed Crusader team in the spring of 2005. From only 2 returning players from that year to the solid 18 players of the present, the Crusaders take pride in how far they've come. This is their second Westerns appearance and they ended 2007 with a 3rd place finish at the Minnesota State Tournament. Comprised mostly of sophomores, the Crusader girls' future continues to look bright.

ST. CATHARINE
MINNESOTA

ROSTER

1	Katie Torborg	So 5'1"
3	Katie Seifert	Sr 5'8"
4	Greta Gray	Sr 5'4"
7	Lexi Marthaler	Sr 5'9"
9	Kate Zadoo	Sr 5'8"
11	Brianna Backes	So 5'3"
12	Kelsey Jackson	So 5'8"
13	Ashley Kittridge	Sr 5'4"
16	Cami Nelson	So 5'10"
17	Ali Lanz	Jr 5'7"
19	Stephanie Voigt	So 5'4"
21	Alycia Lenzen	So 5'4"
24	Laura Saehr	Sr 5'8"
18	Kaylyn Leither	So 5'5"
31	Grace Balfanz	So 5'7"
77	Nicole Torborg	Sr 5'4"

GIRLS TEAMS

CHURCHILL HS

Team Name: Lancers

Through their history of three years, the Churchill girls' team has developed a strong core and sense of unity. On the field they have shown talent and flow, and off the field the girls have formed a well-built family bond. This cohesiveness was evident at last year's UPA High School Westerns Championships when they pulled through some tough wins and took first place. Though they have seen change this year due to losses of some key leaders, the girls still have their flair and drive to play well and have fun.

This past year, Churchill has played in several tournaments. In early September, Churchill took a team to the UPA Oregon Club Sectionals and ended up second place with a bid to the Club Regionals in Stevinson, CA. At Regionals they had a chance to compete against some high level club teams and finished with a seventh place tie. In November, they played in the college tournament OFUDG and placed fourth, and just recently they played in the PLUBBQ tournament, at which they took second. They are excited for the upcoming UPA High School State Championships, and are hoping for another first place finish.

UPA
OREGON



ROSTER

4	Lily Burge-Herd	Jr 5'4"
5	Kimber Coles	Sr 5'3"
	<i>Lane Community College</i>	
6	Claire Neyman	So 5'7"
7	Angela Tocchi	So 5'11"
10	Yeon Choi	So 5'2"
12	Ciera Bishop	So 5'7"
19	Christine Wilson	Jr 5'8"
22	Emily Neyman	Sr 5'3"
	<i>Univ of Oregon</i>	
31	CJ Jost	Jr 5'8"
62	Lisa Neyman	Sr 5'8"
	<i>Oregon State Univ</i>	

CRETIN-DERHAM HALL

Team Name: Raging Safari

Coaches: Sarah Solarz, Rachel Sheldahl

In 1996, Cretin-Derham Hall formed the first high school Ultimate team in Minnesota. Since the Minnesota High School Ultimate League expanded in 2005 to include Open and Women's (prior to that time co-ed only), the CDH Women have reigned as State Champions.

After a hard fought 2007 State Tournament, CDH was able to defend their championship title for the third year in a row. Affected by injuries, our 2007 Western's win-loss record was not what we had hoped for, but it was a great experience that helped us grow and mature. Returning all but two players, CDH looks to improve last year's performance.

This winter, CDH competed in a college indoor tournament at the University of Minnesota. Despite it being the first outing for most CDH players since the Minnesota State Tournament in June, CDH finished third, only losing to Iowa State University. On April 19-20th, the team participated in Madison Mudbath where they took the championship title.

UPA
MINNESOTA



ROSTER

1	Natalie DePalma	Jr 5'7"
3	Emily DePalma	Sr 5'8"
	<i>Univ of Minnesota</i>	
4	Kalli Funk	Fr 5'4"
5	Al Chlebeck	Sr 5'7"
	<i>Bowdoin College</i>	
6	Maevie Dwyer	Jr 5'8"
9	Kelly Wild	Sr 5'2"
	<i>Ohio State Univ</i>	
11	Mimi Randall	So 5'6"
12	Eileen Riley	Sr 5'6"
	<i>Iowa State Univ</i>	
13	Brittany Carlson	Sr 5'2"
	<i>St. Olaf</i>	
15	Katie Godfrey	Sr 6'3"
	<i>Iowa State Univ</i>	
19	Bridget Bakko	Jr 5'6"
20	Camille Clare	Sr 5'10"
	<i>St. Olaf</i>	
24	Ellen Shafer	So 5'11"
26	Rebecca Enders	Sr 5'11"
	<i>Iowa State Univ</i>	
30	Kathleen Otto	Sr 5'7"
	<i>St. Olaf</i>	
33	Molly Geske	Sr 5'11"
	<i>Iowa State Univ</i>	



GIRLS TEAMS

HOPKINS HS

Team Name: HERT Force

Coaches: Kelley Scott, Jeanine Kooman, Heather Wood

HERT Force was born from a mixed team HURT (Hopkins Ultimate) in 2003. In order to keep our community of players together, the Hopkins girls changed Hurt to HERT for their name and added Force: a strong word, which is also connected to the play in Ultimate. HERT Force has earned third and fifth place at the past two UPA Westerns. We play together eagerly throughout the school year, even indoor with piles of snow outside.

This fall, the Hurt family came together as two mixed teams to play in Hold Back the Snow, a tournament in Winnipeg, Canada, taking first and ninth. When the snow came, we played as a co-ed team in our weekly indoor club league. Our first women's tournament was an indoor college event in Duluth. HERT Force played well considering they were missing two captains and another strong playmaker. In early April the team competed in the Denver (CO) East Invite. With only two relatively healthy subs and working against the altitude, we placed 3rd.

MINNEAPOLIS
MINNESOTA



ROSTER

1	Kali Basman	Sr	5'3"
	<i>Lewis & Clark College</i>		
2	Elise Rasmussen	Sr	5'5"
	<i>Carleton College</i>		
5	Emma Peaslee	So	5'2"
8	Val Schoonover	Fr	5'3"
11	Mara Saltzman	So	5'2"
13	Erica Baken	Sr	5'7"
	<i>Pomona College</i>		
17	Rachel Abrams	Jr	5'0"
19	Jenna Dailey	So	5'3"
23	Jane Lucas	Sr	5'4"
24	Erin Curme	Sr	5'4"
	<i>Scripps College</i>		
29	Haley Arenson	Fr	5'6"
37	Abby Werner	Fr	5'2"
47	Laurel Oswald	So	5'3"
57	Kathy Haapala	Jr	5'6"
74	Sarah Eckhert	Gr.8	5'5"
88	Angela Lokken Hopkins	Sr	5'8"
	<i>Univ of Wisconsin - Au Claire</i>		
94	Kari Kachelmacher	Sr	5'7"

LAKE SIDE HS

Team Name: Big Cats

Coach: Miranda Roth

The Big Cats girls' team began play in 2006, but has its roots in the early years of Lakeside Ultimate, when the team was an informal group of friends wanting to play co-ed tournaments. In those early years (c. 2004), the team competed without school sanction, funding, and support. Since then, the Big Cats have grown to become Lakeside School's most active student-run club and have earned respect and love from the school community. Even so, the team still likes to call itself the "Loins" — a name its founders deliriously devised when the team was not able to compete under the school's official nickname of the "Lions." Our jerseys, featuring a dancing, loin-cloth-wearing lion, are a tribute to those early days.

The Big Cats are excited to represent Seattle at this year's Westerns. Led by US National Junior team member Sara Scott and captains Arianna Vokos and Mackenzie Ruoff, the team looks to improve upon its 3rd place finish at Westerns 2007 and 5th in 2006. The 2008 Big Cats are ready to rock and roll!

SEATTLE
WASHINGTON



ROSTER

2	Molly Fassler	So	5'2"
6	Katie Rodihan	So	5'2"
8	MacKenzie Ruoff	Jr	5'4"
11	Katrina Carlsen	Jr	5'2"
17	Arianna Vokos	Sr	5'6"
27	Claire Stolz	Fr	5'9"
31	Sara Scott	Jr	5'5"
35	Sally Landefeld	Jr	5'5"
39	Morgan Weiler	Jr	5'6"
67	Kelley Hall	Jr	5'5"
71	Lucy Williams	Jr	5'7"



GIRLS TEAMS

LAKEWOOD HS

Team Name: Tigers

Coaches: Jeff Berget, Christina Ward

The Lakewood girls team is a new addition to the highly successful Lakewood Ultimate program. After a rocky start in Colorado to create a girls league, the fall of 2007 saw the formation of Lakewood's first all-girls team. In the girls' state tournament, Lakewood took second place. Currently, the girl's team is having a fun-filled season playing with the Lakewood mixed team. The team sticks true to their roots by being tigers both on the field and off, working hard in other sports and academics.

Lakewood's girls' team evolved and grew throughout the season, learning to function together as one. Under the guidance of Coach Jeff Berget, and the invaluable assistance of alumni Christina Ward, the team emerged as a leading force in Colorado Girl's State, but really came together at East Invite Tournament, with a 5 and 1 record and a startling win against the talented Hopkins team from Minnesota. Led by captains Cat Dryke and Christina Mickie, Lakewood hopes to win, but more importantly to have fun and to continue to gain experience as a team.

LAKEWOOD
COLORADO



ROSTER

03	Caitlin (Cat) Dryke	Sr 5'2"
	<i>Univ of Tulsa</i>	
05	Renee Nabors	So 5'1"
07	Christina Mickie	Jr 5'8"
09	Ximenna Hofsetz	Jr 5'6"
10	Julia Sneider	So 5'6"
13	Liên Hoffmann	Sr 5'4"
16	Clara Boland	Jr 5'7"
19	Nancy Campos	So 5'5"
22	Izzy Begej	Jr 5'5"
38	Julieana Rusnak	So 5'3"
60	Ola Czastkiewicz	Jr 5'8"
77	Megan Kerr	Jr 5'2"

MINNEAPOLIS SOUTH HS

Team Name: South Squall

Coaches: John Sandahl, John Schmit

Minneapolis South High School Squall Ultimate was founded in 2001 by a few hardcore hoodrat Ultimate players who loved a good game of lunchtime Frisbee. Since those days, the team has become more organized and increasingly competitive both regionally and nationally. The Squall, named after the brief but powerful spring storms that can rain on your parade, have yearned for more competition and increased exposure to the best Ultimate they can find within Minnesota and beyond. We're excited to be back at Westerns after a one year hiatus and eager to learn from your team and share our love of the game with you.

It's been cold in Minnesota. And snowy. We're glad for warmth. This will be our third tournament of the season following Madison Mudbath and Hopkins Hustle.

MINNEAPOLIS
MINNESOTA



ROSTER

2	Erika Schmit	Sr 5'9"
	<i>Prairie Bible College</i>	
4	Gretchen Walljasper	So 5'1"
8	Abigail Modaff	Sr 5'8"
9	Emily Regan	Jr 5'3"
13	Brenna Kruse	So 5'7"
14	Margaret Nichols	Jr 5'8"
16	Geneva Martin	Jr 5'5"
17	Callie Vaughn	Sr 5'8"
	<i>Oberlin</i>	
19	Frieda Manthei	Jr 5'8"
21	Elspeth Cavert	Sr 5'8"
35	Jasmine Vann	Sr 4'11"
	<i>John Cabot University</i>	
45	Allison Kohlase	Sr 5'7"
	<i>Univ of MN - Duluth</i>	



GIRLS TEAMS

NATHAN HALE HS

Team Name: Raiders

Coaches: Chris "Fozz" Forsberg, Sam Chatterton- Kirchmeier, Liz Duffy, Aly Lenon, Tucker Jackson, Loriana Berman

The Nathan Hale Raiders are a varsity program from Seattle, WA. The program has been in existence for nearly a decade, and has produced some of the best young players in Ultimate. The Raiders have attended Westerns since its inception, winning titles in 2005 and 2006. Last year the Raiders fell short in their quest for a third straight Westerns title, losing in the semifinals. Disappointed by the early exit last year and with key losses to graduation to overcome, the Raiders entered 2008 driven to improve themselves, their teammates, and their team. Reloaded, with another year of experience, and more committed than ever, the Raiders are looking forward to another strong showing at Westerns. Welcome to Hale.

The Raiders' competition schedule includes DiscNW league games, the Washington State Championships, and the Western High School Championships.

SEATTLE
WASHINGTON



ROSTER

2	Zina Hurd	Sr	5'4"
	<i>Univ of Washington</i>		
3	Rachel Karpelowitz	Jr	5'4"
4	Lindsay Sandler	Jr	5'5"
7	Julie Cairns	Sr	5'3"
8	Alex Oleszko	Sr	5'9"
10	Minn Stockdale	Sr	5'5"
12	Callie Mah	Jr	5'9"
16	Sofia D'Aniello	So	5'4"
17	Kayla Hendricksen	Sr	5'6"
18	Amanda Kostic	Jr	5'9"
19	Kelly Prang	Jr	5'7"
21	Katie Fellows	Jr	5'1"
22	Leslie Geiss	Sr	5'10"
24	Barbara Hoover	So	5'7"
27	Audrey Howell	So	5'4"
31	Sarah Larson	Sr	5'10"
42	Emma Shull	Sr	5'8"
99	Shira Stern	So	5'5"

SEATTLE ACADEMY

Team Name: Cardinals

Coach: Ron Kubalanza

The Seattle Academy Program is a rapidly developing force in a city known for its Ultimate. Starting out playing co-ed in the late 90's, Seattle Academy was one of the first Seattle teams to enter the new single gender arena. The team continues to promote Ultimate not only by playing in the league, but also by positively supporting new teams entering the league. At least half of the team members practice and play with the Seattle Moho Youth Ultimate program and, in past years, have volunteered their time at Spring Reign, State Championships, and the summer Seattle Youth Ultimate Camps.

The team has consistently been in the top five at Western's and at State Championships since 2004. Playing last year with all juniors and no seniors, the core of the team, now seniors, has returned and plays with the experience gained by leading the team last year. At this point in the season, we have had not competed against other teams. We have a very strong and talented group of seniors and juniors this year, and the team is looking for a championship run.

SEATTLE
WASHINGTON

ROSTER

5	Katie Reynolds	Jr	
7	Talia Shulman	So	
10	Bailey Zahniser	Sr	
11	Kate Speck	Jr	
19	Clara Easter	Sr	
20	Rachel Leavitt-Baron	So	
23	Chloe Scholes	Jr	
32	Sierra Evans	Fr	
33	Sasha Hooper	Fr	
35	Emma Kahle	Jr	
44	Camille Moniz	Fr	



GIRLS TEAMS

THE NORTHWEST SCHOOL

Team Name: The Northwest School Girl's Varsity

Coaches: Vida Towne, Ava Segal

We are proud to say that The Northwest School was one of the first girls' teams in the Northwest region. Our logo is "House," which refers to the building that houses our school.

We are chock full of freshman this year. It has been a season of learning. We have played in two college tournaments this season. Both of our tournaments, as well as most of our league games and practices have been played in cold, windy, wet conditions, including some hail and lightning. We are looking forward to warmer weather in Missouri!

SEATTLE
WASHINGTON



ROSTER

3	Anna Reed	Jr	5'3"
5	Emily Buckner	Fr	5'10"
7	Julia Snyder	Jr	5'7"
9	Lucy Wolf	Sr	5'1"
<i>Univ of Pennsylvania</i>			
10	Lucia Childs-Walker	Fr	5'4"
11	Jessica Leslie	Jr	5'10"
12	Kate Benjamin	So	5'10"
15	Angela Parisi	So	5'3"
17	Lindsey Miller	Jr	5'5"
22	Andrea Adachi	Fr	5'1"
23	Carey Hert	Jr	5'6"
32	Sarah Benditt	Sr	5'4"
44	Cailey Marsh	Sr	5'2"
45	Julia Bladin	Fr	5'8"
46	Addie Borges	Fr	5'8"
47	Natalie Shields	Fr	5'7"
48	Michaela Fallon	So	5'9"
49	Sarah Haynor	Fr	5'5"



SPIRIT OF COACHING

Background: The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As a non-player, the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision making process, even in the most egregious violations, will indicate to players that the coach and not the players 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 observers
- Coaches will model Spirit of the Game at all times

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

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