



HIGH SCHOOL
WESTERN ULTIMATE CHAMPIONSHIPS
Blaine, MN May 16-17
2009



EVENT GUIDE

IF YOU CAN DRAW IT,
WE CAN MAKE IT.

83
GOAT



PHOTOS BY ERIN CHUPP



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STAFF

TOURNAMENT STAFF will be wearing bright blue shirts with the event logo on them. If they can't answer your questions, they can point you to one of the following people to help you out.

Tournament Director - Bruce Mebust
Volunteer Coordinator - David Raflo
Head Scorekeeper - Seth Grossinger
UPA Series Manager - Byron Hicks
UPA Youth Director - Meredith Tosta
Friends and Family Representative - Joe Seidler

ULTIMATE PLAYERS ASSOCIATION
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TEL: 303-447-3472 FAX: 303-447-3483
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WELCOME

On behalf of the Ultimate Players Association, the Minnesota High School Ultimate League and the Twin Cities Ultimate community, I welcome you to the 2009 UPA High School Western Ultimate Championships.

This year we have 27 teams participating with the Open Division full at 16 teams. There is, with no surprise, heavy representation from Minnesota, lots of teams from the Seattle, Washington area and many teams from other states that have been at past Westerns. We look forward to many spirited and exciting Ultimate matchups.

This year, Westerns takes place at the National Sports Center in Blaine, Minnesota, home to many national and international sports events. The NSC has over 40 fields, a stadium, an ice rink, a Velodrome and an 18-hole golf course. Ultimate is played here every summer by TCUL, the local adult league, and the Fifth Annual Youth Club Ultimate Championship is scheduled here for August 8th and 9th. Those who are geographically perceptive will note that the NSC is actually about one mile East of the Mississippi River; that will just be our dirty little secret.

The Saturday night social event will be held at the Water Park at the Ramada Inn (the headquarters hotel and back on the West side of the river). Tickets will be included in Coach's packs for each player, coaches with a coach membership, and 2 chaperones per team. Food is NOT provided but there is a snack bar available at the Water Park.

The Twin Cities of Minneapolis and St Paul are home to internationally respected arts organizations such as the Guthrie Theatre, the Minnesota Orchestra, the St Paul Chamber Orchestra and the Walker Art Museum to name but a few. There are also numerous local museums, theaters and live music venues. Take in an arts event if you have time.

For the Ultimate Shopper, the Mall of America is on the south end of the Hiawatha Line of the Twin Cities' growing light rail system.

Tournaments like Westerns only happen with lots of volunteers. They will be keeping score, running the social event and doing many other tasks around the fields. Be sure to acknowledge their hard work; "high five" a volunteer when you see one.

Have a great weekend!
Bruce Mebust, Tournament Director

WEEKEND OVERVIEW

FRIDAY MAY 15TH - RAMADA MINNEAPOLIS NW

6:00pm-10:00pm Team Registration

SATURDAY MAY 16TH AT NATIONAL SPORTS CENTER (NSC)

8:00am Captain's Meeting

9:00am-6:00pm Pool Play and (Open) Pre-quarters

Social Event Ramada Minneapolis NW & Grand Rios Indoor Water Park. The Water Park at the tournament hotel is open from 4pm-9pm. Tickets will be provided for players, coaches with a coach membership, and two chaperones at registration.

SUNDAY MAY 17TH AT NATIONAL SPORTS CENTER (NSC)

8:30am-2:00pm (Girls) Pool Play, Elimination and Placement games (Girls, Open)

2:30pm Finals (Girls, Open)

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).



COMPETITION RULES

- UPA Official Rules of Ultimate, 11th Edition will be in effect
- All 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 Game ends when first team reaches new game total, or when first team reaches 15 ahead by at least two points, whichever comes first
- 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

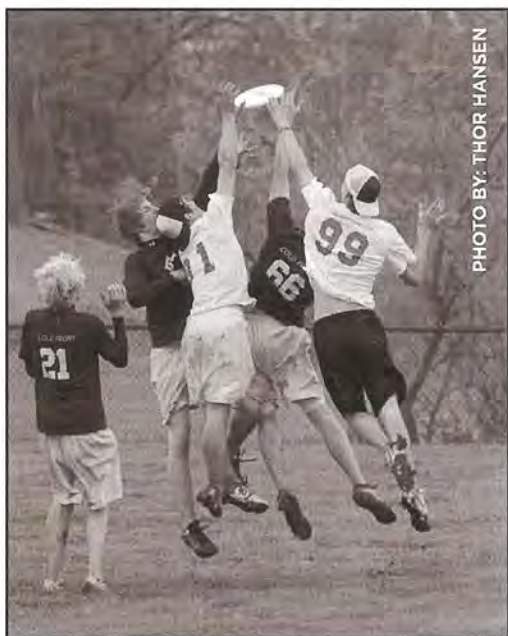


PHOTO BY: THOR HANSEN

SITE RULES

- No alcohol.
- Dogs must be leashed.
- Spectators and equipment must stay at least 3 yards away from sidelines! Where there are buffer lines, respect them Where there are not buffer lines, stay back at least 3 yards.
- Trash and Recycling! Place recyclables in the recycling receptacles and place trash in the trash.

WELCOME VISITORS AND SPECTATORS!

A tent for Friends and Family will be set up throughout the event. Stop by for general information, a spectator guide or to speak with a UPA representative. UPA Friends and Family members can participate in a social to include an opportunity to meet other Friends and Family members and a chance to speak with a UPA representative. Refreshments will be provided.

Stop by and check us out!

SCHEDULE FOR FRIENDS AND FAMILY TENT

SATURDAY

Staff available for assistance

8:15-10:30am

11:30-1:30pm

3:30-5:00pm

Friends and Family Social at the tournament hotel

6:45-7:30 pm

SUNDAY

Staff available for assistance

8-10:30am

12-2:30pm

When we are not at the tent we will be walking around greeting spectators and assisting where we can.

A FRIENDS AND FAMILY MEMBERSHIP

Would you like to know more about watching the game? Or maybe you used to play and are looking for alternative ways to get involved and support the sport...

FRIENDS AND FAMILY MEMBERSHIP - \$18

FRIENDS/FAMILY & COACH MEMBER - \$33

Join this weekend and receive a copy of the UPA magazine (*USA Ultimate*), an event guide, spectator guide and enjoy participation in our Friends and Family social event!

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. If you are taking photos at this event and would like to submit them to the UPA for possible inclusion in the Summer issue of the UPA magazine, *USA Ultimate*, please contact UPA Executive Director Sandie Hammyer at sandie@hq.upa.org.

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

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!

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 unflinching 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.

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 is 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, at least 3 yards from the sideline.
- 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.



PHOTO BY: MATT MARCUS

2009 UPA High School Western Championships - Girls Division

Saturday, May 16, 2009



Pool A		Pool A				Pool B									
Games to 15	A1	Northwest School (1)				B1									
Cap at 17	A2	Minneapolis South (3)				B2									
Pool B	A3	Hopkins (6)				B3									
Games to 13	A4	Lakewood (8)				B4									
Cap at 15	A5	Lakeside (9)				B5									
						B6									
						Robbinsdale Armstrong (11)									
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A4 v A5	5	-	A2 v A3	6	-	B1 v B4	7	-	B2 v B6	8	-	B3 v B5	11	-
10:45 - 12:00	A1 v A5	5	-	A3 v A4	6	-	B1 v B6	7	-	B2 v B3	8	-	B4 v B5	11	-
1:00 - 2:15	Bye	-		Bye	-		Bye	-	Bye	-		Bye	-		
2:45 - 4:00	A1 v A4	5	-	A2 v A5	6	-	B1 v B3	7	-	B2 v B5	8	-	B4 v B6	11	-
4:45 - 6:00	A1 v A2	5	-	A3 v A5	6	-	B1 v B2	7	-	B5 v B6	8	-	B3 v B4	11	-
Sunday															
8:30 - 9:45	A1 v A3	5	-	A2 v A4	6	-	B1 v B5	7	-	B2 v B4	8	-	B3 v B6	11	-

Re-seed teams within each pool for bracket play



Consolation Bracket
Sunday, May 17, 2009



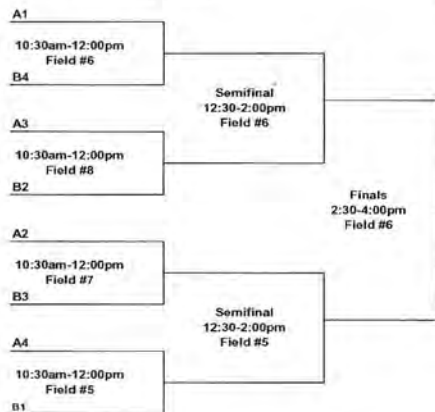
Round Robin for 9th-11th

Sunday		F#	Score
10:30am-12:00pm	B6 v A5	9	-
12:30-2:00pm	B5 v A5	9	-
2:30-4:00pm	B5 v B6	9	-



Consolation games to 15 cap 17

Championship Bracket
Sunday, May 17, 2009

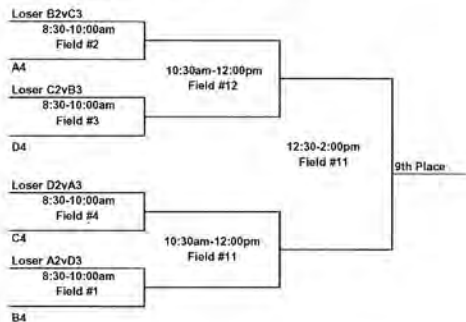


Championship games to 15 cap 17

Saturday, May 16, 2009

OPEN SCHEDULE

Consolation Bracket
Sunday, May 17, 2009



Consolation games to 15 cap 17

Championship Bracket
Sunday, May 17, 2009



Championship games to 15 cap 17



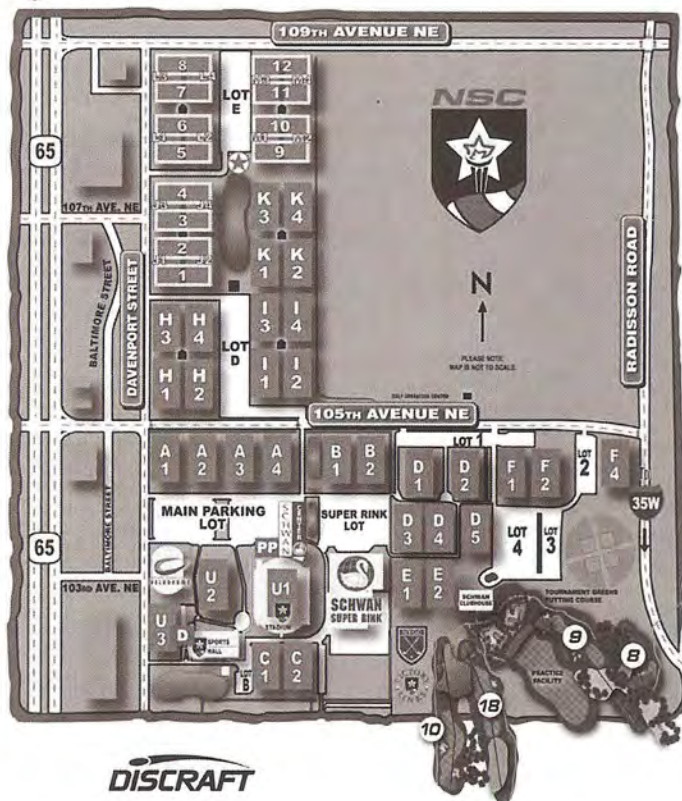
FIELD MAP



HIGH SCHOOL WESTERN ULTIMATE CHAMPIONSHIPS

Blaine, MN May 16-17

2009



DISCRAFT

Game Fields



Tournament Central

- Check-In
- Media
- Information
- Scoring
- Vendors
- Medical

Dorms (Next to Field U3)

Fieldmanager Pavillions

**Saturday Night Player Party
(Schwan Center/Field U1)**

DIRECTIONS

TOURNAMENT HOTEL RAMADA MINNEAPOLIS NW AND GRAND RIOS INDOOR WATER PARK

6900 Lakeland Ave North
Minneapolis, MN 55428
763-566-8855

TOURNAMENT HOTEL TO NATIONAL SPORTS CENTER FIELDS/DORMS

1700 105th Ave NE, Blaine, MN 55449
763-785-5639

- Head north on Lakeland Ave N toward 70th Ave N 0 2 mi
- Turn left at 71st Ave N 0 1 mi
- Turn right at CR-81 N 1 7 mi
- Slight right at US-169 N 1 6 mi
- Turn right to merge onto MN-610 E 7 2 mi
- Merge onto US-10 E 0 9 mi
- Take the Central Ave NE/MN-65 exit 0 4 mi
- Turn left at Central Ave NE/MN-65 N 1 9 mi
- Turn right at 105th Ave NE 0 8 mi

NATIONAL SPORTS CENTER TO MERCY HOSPITAL (Coon Rapids, Minn.)

4050 Coon Rapids Blvd NW
Minneapolis, MN 55433
(763) 236-6000

- Exit the NSC on 105th Ave NE
- Turn RIGHT on MN Rt 65 (Central Ave NE)
- After 2 5 miles, turn LEFT on MN Rt 242 (Main St NE)
- After 6 miles turn LEFT on Round Lake Blvd NW
- Make a RIGHT turn onto Coon Rapids Blvd NW and the hospital will be on your LEFT

NATIONAL SPORTS CENTER FIELDS/ DORMS TO AIRPORT

- Head west on 105th Ave NE toward Davenport St NE 0 4 mi
- Turn left at MN-65 S 6 3 mi
- Take the ramp onto I-694 W 1 5 mi
- Head west on I-694 W 0 4 mi
- Take exit 35B to merge onto I-94 E 8 4 mi
- Take exit 233B toward I-35W S 0 2 mi
- Merge onto MN-65 S 0 6 mi
- Merge onto I-35W S 4 4 mi
- Take exit 11B on the left to merge onto MN-62 E 4 0 mi
- Continue on MN-55 E 0 6 mi
- Take the exit onto MN-5 W toward International Airport 0 9 mi
- Take the exit toward Lindbergh Terminal 0 3 mi
- Merge onto Glumack Dr 0 1 mi

TOURNAMENT HOTEL TO AIRPORT

- Head north on Lakeland Ave N toward 70th Ave N 0 2 mi
- Turn left at 71st Ave N/CR-8 S
- Continue to follow CR-8 S 0 1 mi
- Turn left at CR-81 S 0 5 mi
- Turn left to merge onto I-94 E 12 4 mi
- Take exit 233B toward I-35W S 0 2 mi
- Merge onto MN-65 S 0 6 mi
- Merge onto I-35W S 4 4 mi
- Take exit 11B on the left to merge onto MN-62 E 4 0 mi
- Continue on MN-55 E 0 6 mi
- Take the exit onto MN-5 W toward International Airport 0 9 mi
- Take the exit toward Lindbergh Terminal 0 3 mi
- Merge onto Glumack Dr 0 1 mi



GIRLS TEAMS

Alameda Community Learning Center

Team Name: Sweet Meat

Coach: Vi Le

The Dark Meat dynasty has been around for many, many years. Today we're an army of Ultimate teams of Meat ranging from Raw to Dark, and perhaps the best meat Sweet Meat. Sweet Meat was born in 2005, back then the team was small and primarily made up of middle schoolers. Our first Westerns was in 2006 where we had 6th and 7th graders guarding high schoolers almost twice their size and our only goal was to not get bageled. We finished dead last that year, but were determined to come back strong the next year. Since then Sweet Meat has slowly been moving their way up getting 2nd to last place in 2007, and 6th in 2008. Back in California we've only gotten to play against college Ultimate teams, but have gone from teams walking away talking about how 'cute' we are to 'did we really just get destroyed by high schoolers?'

We have only played one high school girls team this year, and have otherwise been participating in college and club tournaments.



Roster

00	Morgan Baxter	Sr	5'3"
04	Kate Emberley	Sr	7'10"
09	Natalie McKee	Fr	5'8"
10	Natalie Maxwell	Fr	5'7"
11	Kaila Pollart	Jr	5'7"
12	Maya Chapman	Sr	5'3"
13	Marisa Rafter	So	5'7"
17	Sarah Jones	So	5'6"
19	Mikana Camacho	Jr	5'5"
21	Fiona McIntosh	Fr	5'5"
23	Stephanie Gascon	Sr	5'6"
30	Annie Paulukonis	Jr	5'7"
40	Maddie Heaps	MS	5'6"
49	Fran Nannizzi	Jr	5'3"
52	Grace Yon	Sr	5'7"
56	Loren Diesi	Sr	5'6"

Cathedral HS

Team Name: Crusaders

Coaches: Quinn McCloughan, Dan Flynn

The girls of the Cathedral Crusaders split from the coed Crusader team in the spring of 2005. This is their third appearance at Westerns. Composed mostly of Juniors, the Crusader Girls' future continues to look bright.

Roster

1	Katie Torborg	Jr	5'1"
3	Grace Balfanz	Jr	5'7"
7	Ella Hackett-Reicher	Fr	5'5"
9	Natasha Pulliam	Fr	5'5"
10	Hannah Detra	Fr	5'3"
11	Brianna Backes	Jr	5'3"
12	Kelsey Jackson	Jr	5'8"
13	Kari Neutzling	Jr	5'5"
16	Cami Nelson	Jr	5'10"
17	Ali Lanz	Sr	5'7"
18	Kaylyn Leither	Jr	5'5"
19	Anne Johnson	Gr7	5'6"
21	Alycia Lenzen-Hammerel	Jr	5'4"
24	Anna Torborg	Jr	5'9"
28	Erin Noack	Jr	5'3"
34	Sammi Meyer	Fr	5'10"



GIRLS TEAMS

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. Originally only offering a co-ed division, the Minnesota High School Ultimate League expanded in 2005 to include Open and Girl's Divisions. Since the new divisions were created, the Cretin-Derham Hall women have reigned as Minnesota State Champions.

This winter, CDH competed in a college indoor tournament at the University of Minnesota. Despite it being the first tournament for some, and the first outing for the returning CDH players since the Minnesota State Tournament in June, our girls played with great energy. As a result, we finished fifth. On April 25-26h, we will participate in Madison Mudbath, where we look forward to playing against other high school teams from our region. Raging Safari is also looking forward to another great Westerns experience (with hopefully a few less thunderstorms) and trying to defend our State Championship Title for the fifth time.



Roster

1	Natalie De Palma	Sr 5'7"
2	Gracie Hoffman	Jr 5'3"
3	Kayla Cemensky	Jr 5'3"
4	Kalli Funk	So 5'4"
5	Rita Richardson	Sr 5'9"
6	Maeve Dwyer	Sr 5'8"
11	Mimi Randall	Jr 5'6"
13	Kelly Cass	Sr 6'0"
16	Eszter Kiss	Jr 6'0"
18	Anna Blake	Jr 5'1"
19	Bridget Bakko	Sr 5'6"
24	Ellen Schafer	Jr 5'11"
53	Abby Mann	So 5'6"
55	Nora O'Malley	Sr 5'8"

Hopkins HS

Team Name: Hopkins HERT Force

Coaches: Jeanine Kooman, Heather Wood, Erin Mirocha

The goal of HURT and HERT Force is to promote the sport of Ultimate within the Twin Cities through participation in, encouragement of, and recruitment for every level of Ultimate, including high school, club and college play. We strive for the highest level of competitive excellence in Ultimate.

This fall HERT Force combined with HURT, and Hopkins HS won the 2008 Winnipeg "Hold Back the Snow" tournament. This winter, the girls competed in a college tournament called Mid Winter Meltdown in Minneapolis and were pleased by their performance against more experienced college players. Leading up to Westerns, HERT will be competing at Madison Mudbath, and our hometown tournament, the Hopkins Hustle, as well as in the Minnesota High School Ultimate Spring League.



Roster

5	Emily Peterson	Jr 5'1"
7	Emma Peaslee	Jr 5'9"
8	Val Schoonover	So 5'6"
11	Mara Saltzman	Jr 6'2"
12	Meg Burnton	Jr 5'7"
14	Mia Bronstein	Fr 5'8"
17	Abby Werner	Jr 5'5"
19	Jenna Dailey	Jr 4'11"
21	Anna Velben	Jr 6'1"
24	Alex Mastbaum	So 5'9"
29	Haley Arenson	So 6'3"
33	Maddie Hudek	Fr 6'1"
47	Laurel Oswald	Jr 5'9"
50	Sara Gottlieb	Jr 5'11"
57	Kathy Haapala	Sr 5'7"



GIRLS TEAMS

Lakeside HS

Team Name: Lakeside

Coaches: Kathryn Lawson, Jinny Eun

SEATTLE
WASHINGTON



Roster

2	Jeany Larsen	Jr	5'5"
6	Katie Rodihan	Jr	5'2"
8	MacKenzie Ruoff	Sr	5'4"
21	Jill Rosok	Fr	5'5"
22	Jessica Badgley	Fr	5'6"
24	Grace Noah	Fr	5'6"
27	Claire Stolz	So	5'7"
28	Lucia Childs-Walker	So	5'5"
31	Sara Scott	Sr	5'5"
35	Sally Landefeld	Sr	5'5"
43	Clarkie Hussey	So	5'5"
44	Devon Thorsell	Sr	5'2"
67	Kelley Hall	Sr	5'5"
69	Jordan Palmer	Fr	5'3"
77	Sophie Revere	So	5'6"

Lakewood HS

Team Name: Tigers

Coaches: Jeff Berget, Christina Ward

Lakewood High School's girls' team started in the fall of 2007 and has been highly successful ever since. Many of the girls also played on the 2008 Colorado Youth Club Championship team, Cutthroat. This year, the team has a solid core of experienced seniors that are essential to guiding the younger payers. The Tigers are eager to be back at Westerns and hope to gain skill and experience as a team.

In the fall, the Tigers placed second place in the state tournament. Unfortunately, the East Invite in the spring was cancelled due to heavy snowfall, but the Tigers made up for it by practicing hard. Many of the girls worked hard playing Frisbee and varsity soccer but managed to find a good balance between the two.

LAKEWOOD
COLORADO



Roster

07	Christina Mickle	Sr	5'8"
09	Ximenna Hofsetz	Sr	5'6"
10	Julia Snieder	Jr	5'6"
13	Andrea Willson	Sr	5'8"
16	Clara Boland	Sr	5'7"
19	Nancy Campos	Jr	5'5"
28	Emily Russel	Sr	5'6"
38	Julieana Rusnak	Jr	5'3"
43	Hannah Dryke	Fr	5'3"
60	Ola Czastkiewicz	Sr	5'8"
77	Megan Kerr	Sr	5'3"

GIRLS TEAMS

Minneapolis South HS

Team Name: Squall

Coaches: Tobie Miller, John Schmit, Sarah Weeks

Minneapolis South High Squall was founded in 2002. Since then, the team has become more organized and increasingly competitive. The separate girls' team was developed in 2005, and continues to get stronger each year, taking third at last year's state tournament. The Squall, named after a brief but powerful storm, yearns for the Ultimate competition we can find in Minnesota and beyond.

Our season started in the cold winter playing indoors wherever we could. Our first competition was a tournament victory at the St Ben's Indoor Tournament, and our first MN league game was a win over Hopkins. It has been a snowy winter in Minnesota and we are excited to play outside in the warmth. Westerns is our third tournament this year after Hopkins Hustle and Granite City.



Roster

1	Greta Regan	Fr	5'4"
2	Frieda Manthei	Sr	5'9"
3	Brenna Kruse	Sr	5'7"
4	Gretchen Walljasper	Jr	5'4"
5	Aly Fasset-Carman	So	5'8"
6	Hannah Garry	Fr	5'8"
7	Margaret Nichols	Sr	5'9"
8	Linnea Yeazel	Sr	5'8"
9	Emily Regan	Sr	5'3"
10	Katie Eckstrom	Fr	5'0"
11	Rae Millikan	Sr	5'4"
13	Geneva Martin	Sr	5'6"
<i>Northern Michigan Univ</i>			
14	Martina Hansen	Jr	5'9"
15	Hannah Fidora	Jr	5'8"

Nathan Hale HS

Team Name: Raiders

Coaches: Chris Forsberg, Sam Chatterton-Kirchmeier, Liz Duffy, Michelle Bowlen, Drew Johnson, Tucker Jackson, Ryan Seguire

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 Westerns title in four years, losing in the semifinals. Disappointed by the early exit last year and with key losses to graduation to overcome, the Raiders entered 2009 driven to improve themselves, their teammates, and their team. Reloaded, and with another year of experience, 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. At the time of writing this, our league games had only just begun.



Roster

1	Audrey Wood	Jr	5'7"
3	Rachel Karpelowitz	Sr	5'5"
<i>Univ of Oregon</i>			
4	Kelsey Radwick	So	5'4"
7	Naima Antolin	Fr	5'3"
11	Cassady Coulter	Jr	5'3"
12	Callie Mah	Sr	5'9"
<i>Western Washington</i>			
13	Celeste Endlich	So	5'6"
15	Lena Easton-Calabria	So	5'8"
16	Sofia D'Aniello	Jr	5'5"
18	Tallis Radwick	Fr	5'2"
19	Kelly Prang	Sr	5'7"
<i>Pacific Lutheran</i>			
21	Katie Fellows	Sr	5'1"
24	Barbara Hoover	Jr	5'7"
44	Kia Sutter	So	5'9"
47	Amanda Kostic	Sr	5'9"
<i>Univ of Washington</i>			
99	Shira Stern	Jr	5'5"

GIRLS TEAMS

Northwest School

Team Name: Northwest School Girls Varsity
Coaches: Vida Towne, Ava Segal

Though The Northwest School's motto has forever been "Courtesy and Common Sense" the Varsity girls have decided to change things up a bit this year with their very own rules. This year the girls live by FIRE; Family, Intensity, Respect, and Effort. With a strong veteran core and a vivacious group of underclassmen, the team lives for the love of the game and the competition that comes with it. The House has been looking forward to bringing real fire to Minnesota.



Roster

1	Daratu Umar	Fr	5'7"
3	Anna Reed	Sr	5'2"
4	Camille Canter	Fr	5'6"
5	Emily Buckner	So	5'10"
6	Jessica Leslie	Sr	5'8"
7	Julia Snyder	Jr	5'6"
8	Sophia Hannaford	Jr	5'3"
9	Kate Peters	Sr	5'10"
10	Julia Bladin	So	5'6"
11	Michaela Fallon	Jr	5'9"
12	Addie Borges	So	5'7"
14	Sarah Haynor	So	5'6"
16	Adriana Cvitkovik	Fr	5'7"
17	Lindsey Miller	Sr	5'6"
20	Lani Nguyen	Fr	5'4"
22	Finley Baba	Jr	5'4"
31	Carey Hert	Sr	5'6"
71	Kate Benjamin	Jr	5'10"
88	Angela Parisi	Jr	5'4"

Robbinsdale Armstrong HS

Team Name: Armstrong Gold Women
Coaches: Christie Dosch, Michelle Lucius

The name came from the abbreviation of Armstrong Ultimate (Au). Au is also the atomic symbol for the element gold. Because the men's coach is also a chemistry teacher at Armstrong, it became an obvious team name and Armstrong Gold was born. This year is the second season for the women's team.

Being from the cold state of Minnesota, Armstrong has not had the opportunity to play a single game so far this season. Our first Minnesota High School (MN HS) league game is on April 14th, 2009 against Eden Prairie. Last year, we had a 2-6 league record and took 6th place in the MN HS state tournament.



Roster

8	Kaitlin Nims	So	5'2"
10	Paulette Crohn	Jr	5'8"
12	Kallie Doeden	Sr	5'6"
14	Alyssa Carlough	Sr	5'2"
	<i>Montana State</i>		
17	Kaylee Mathews	Jr	5'5"
20	Teresa Vyhanek	Sr	5'6"
32	Vivian Chu	Fr	5'4"
52	Erynn Schroeder	So	5'4"
69	Angie Blau	Jr	5'5"

GIRLS TEAMS

Seattle Academy

Team Name: Cardinals

Coach: Rob Kubalanza

Though 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. Many team members practice and play with the Seattle Moho and Small Friz Youth Ultimate programs 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.

The Seattle Academy women's team has consistently been in the top five at Western's and at the Washington State Championships since 2004. We are a very strong and talented mix of ages for this years run at the Westerns championship. Our middle school program also continues to get stronger, ensuring an excellent Ultimate tradition at Seattle Academy for the future.

The Lady Cardinals have seen an influx of talented freshman the last two years. This year we are led by senior captains and experienced juniors. Together, the combined efforts of our diverse team have been very competitive in our single gender league.

Additionally, we had a strong third place finish at the Washington State High School tournament. This finish was highlighted with wins over Lakeside Academy and the Bush School.



Roster

4	Alissa Severson	Jr	5'5"
5	Katie Raynolds	Sr	5'7"
	<i>Northwestern</i>		
6	Grace Alper	So	5'8"
8	Nina Finley	Fr	5'6"
14	Kate Speck	Sr	5'5"
16	Simone Barley-		
	Greenfield	Jr	5'3"
19	Claire Bartell	Fr	5'6"
22	Kirstie Barton	Fr	5'7"
23	Chloe Scholes	Sr	5'6"
24	Camille Moniz	So	5'8"
28	Emma Kahle	Jr	5'8"
43	Talia Shulman	Jr	5'8"



PHOTO BY: MICHAEL SCHOCK



OPEN TEAMS

Alameda Community Learning Center

Team Name: Dark Meat

Coach: Michael Desousa

Over the foggy hills of San Francisco there lies an island. An island riddled with mystery and... riddles. In the distance you can hear the faint chant of "E Pluribus Unum" coming from the shoreline. And as you lean in to discover more, you discover the four-time California Ultimate State Champions and Sam Kunz. The Coach, who is fearless beyond belief, leads this team into their future and guides them towards victory. Though their numbers have been depleted with many seniors leaving, the force is strong with those carrying on the legendary name of Dark Meat.

So far this season, Dark Meat has had very impressive showings at all the tournaments they have attended. Dark Meat won over the respect of the college teams by placing 6th out of the 20 teams. The team is looking for its 5th consecutive California State Championship and is looking to improve on last year's showing at nationals. With only five seniors, the young team still has much promise for this year and the years to come. Be sure to expect big games and plays from Alameda Dark Meat.



Roster

4	Jordan Wrobel	MS
7	Drew Fetzner	Fr
12	Eli Kerns	Jr
13	Zane Little	Jr
15	Jackson Valler	Fr
23	Dylan Moore	Fr
24	Simon Higgins	Jr
25	Nick Rafter	Sr
26	Zach Rung	Jr
43	Ryan Miyashiro	Jr
69	David Ogata	Sr
73	Taj Harris	Sr
81	Ilya Pinsky	Sr
98	Colin Higgins	Sr
	Trustin Camacho	

Cathedral HS

Team Name: Crusaders

Coaches: Quinn McCloughan, Dan Flynn

The Cathedral Crusaders have been going strong since 2002. Our Ultimate program consists of a Boys Varsity and JV teams of about 30 players. Last year, the boys returned to Westerns and left with a third place finish. Composed mostly of Juniors this year, the Crusader Boys future continues to look bright.

Roster

1	Andy May	Sr	6'1"
3	Daniel Theisen	Fr	5'11"
9	Michael Friebe	Jr	5'11"
12	Christopher Craig-Muller	Sr	6'0"
13	Caleb Jones	Gr8	5'11"
16	Mikael Ballantine	Sr	5'9"
17	Will Ellenbecker	Jr	6'4"
19	Mitchell Hinnenkamp	Jr	5'11"
21	Nolan Funk	Jr	5'10"
22	Coady Mahowald	Sr	6'2"
23	David Stemper	Jr	6'3"
25	Andy Warzecha	Jr	6'1"
27	Joshua Johnson	Jr	5'11"
32	Jeff Rueter	Fr	5'9"
33	Jordan Palusky	Jr	6'2"
49	Matt Cota	Sr	6'0"
66	Conrad Lenzmeier	Jr	5'10"
86	Will Harren	Jr	6'1"
91	Matt Schnettler	Jr	6'0"



OPEN TEAMS

Churchill HS

Team Name: Lancers
Coach: Spencer Walls

The Churchill Lancers, out of Eugene, Oregon, have established a strong tradition of on-field competitive excellence combined with spirited interactions amongst other teams. These values of mutual respect and integrity have been crucial in defining the team's identity amidst a slew of top-10 finishes at the UPA Westerns tournament in 2005, (2nd place), 2006 (9th place), and 2007 (3rd place).

This season, the Lancers fought their way to a 7th place finish at the Grover Ultimate Madness tournament in Forest Grove, Oregon. After splitting a pair of games against local rival South Eugene, Churchill will take a mixed team to Burlington, Washington for Spring Reign, before heading to Westerns with an open team. Guided by the Junior-leadership of Trevor Smith and Ian Campbell, this year's team goes into Westerns with a composed confidence balanced by an unbridled sense of fun. Go Lancers!



Roster

0	Jacob Crown	Sr	5'10"
1	Peter McMillan	Sr	6'3"
3	Trevor Smith	Jr	5'8"
7	Amar Chowdhury	Jr	5'11"
9	Kyle Glidden	Sr	6'
11	Nathan Bofto	Jr	5'10"
13	Ryan Brown	Sr	5'11"
15	Jordan Banks	Sr	6'2"
17	Ian Campbell	Jr	5'8"
73	Andrew Henry	Sr	6'2"
76	Zack Wright	Fr	6'1"
85	Mike Schrieber	So	6'
75	Andrew Hubata-Vacek	Fr	6'4"

Cretin-Derham Hall

Team Name: Raging Safari
Coaches: Josh Hemmesch, Ben Fisher

Raging, Raging, Raging Safari, Ho!
Raging Safari is on the move,
Raging Safari is loose
Feel the defense, hear our Roar,
Raging Safari is loose,

Raging, Raging, Raging, Raging Safari!

Most of the season has been waiting for the snow to melt. Carlos buried our disc in the snow and forgot where he buried it and we had to wait for the snow to melt to find it. In the mean time we competed at Buffalo Wild Wings to see who could wing the "Blazin' Challenge." Only Patrick Kunkel could handle the feat. Those who couldn't handle the challenge ate Pizza at Vince's house. Though we have gotten better at Bridge this off season, we have not found a way to incorporate it into our Ultimate game; we haven't figured out what the other 3 guys will do...maybe handle.



Roster

0	Nick Nadeau	Jr	5'11"
2	Quinn Sarafolean	Jr	5'9"
3	Pat Nickelson	Sr	5'0"
6	Kody Williams	Sr	5'2"
8	Matt Kortz	Sr	5'5"
9	Jack Simpson	Jr	5'3"
10	Sam Dooher	Jr	5'8"
11	Nick Gleason	Sr	5'7"
12	Colin Burris	Sr	5' 6"
21	Patrick Kunkel	Jr	5'10"
27	Matt Chaffin	Jr	5'1"
28	Carlos Lopez	Jr	5'4"
33	Reese Hunter	Sr	5'9"
39	Willem Crabbe	Jr	5'8"
66	Jason Tschida	Jr	6'2"
73	Charles Enders	Jr	5'4"
77	Max Cervantes	Sr	5'3"
99	Noah Mollner-Ruhland	Sr	5'8"

OPEN TEAMS

Eden Prairie HS

Team Name: Cold Front

Coaches: Eric Enge, Matt Zupan, Greg Williams

Coldfront has been playing 8 years, placed 9th at Westerns in 2008.

Roster

00	Aidan Sershon	Jr
4	Andrew Edelstein	Sr
7	Owen Grace	Jr
8	Allen Sze	Sr
10	Chris Payne	Jr
11	Kory Kautz	Sr
12	Tyler Herzog	Sr
16	Tyler Nielsen	Sr
17	Sean Waters	Jr
21	Jordan Carlson	Sr
22	Jake Oakley	Jr
29	Jon Vlasic	Jr
35	Jake Luedtke	So
42	Markus Rauser	Jr
48	Brian Paulson	Jr
49	Michael Uting	Sr
51	David Borden	So
52	Ross Enger	So
53	Nicholas Homen	Sr
55	Reese Hornnes	Jr
56	Karl Knutson	So
57	Joe Orner	So
63	Thane Baker	Sr
77	Soham Shah	So
99	Joe Rorem	Jr

Fayetteville HS

Team Name: Darkside

Coach: Tim Caffrey

Some of our guys have played Ultimate since 7th grade. Rival middle school teams played epic contests several times a year at Vandergriff Elementary. These games came to be known as the "Vandy Battles." In high school, the two groups combined and started a school Ultimate club. The club now has a huge membership, and one-day tournaments draw 100+ participants, all from Fayetteville High School.

This team has never really had an official name before, but now the team's name is Darkside, as a constant reminder to team members that they all need to improve on the "dark" side of the sport, the side that is not so fun: conditioning and athleticism.

FHS Darkside played in Tulsa's Rookie Ride tournament in the fall. This tourney is for first- and second-year college players. People with more experience are not permitted. FHS beat John Brown University, and played Arkansas, Oklahoma, and Oklahoma State very closely. Next was Hurlaballoo Huckfest in Siloam Springs, AR. FHS finished 3rd in a field of 12 teams, beating high school squads from West Memphis (AR) and Ft. Smith (AR). They played in Fayetteville's competitive Harvest Moon, going 1-4 and gaining valuable experience against quality opponents. Twenty high schoolers played in the Fayetteville Disc Association's winter league. A small Darkside squad is headed to HUCK (High school Ultimate Championship of Kansas) April 18.

Roster

0	Houston Hynes	Jr	6'0"
3	Abe Coffin	Jr	5'9"
4	Ben Caffrey	Jr	6'2"
5	Dylan Holland	Jr	6'0"
6	Joel Freeman	Fr	5'11"
7	Matt Seaton	Jr	5'8"
8	Brooks Dawson	Jr	6'1"
9	Skylar Gambert	Jr	5'9"
10	Ross Fondren	Sr	5'10"
11	Cody Ezell	So	5'8"
12	Paco Gallardo	Jr	5'7"
13	Tyler Terrill	Sr	5'11"
14	Tyler Steiner	Fr	5'7"
16	Wesley Axtell	Sr	6'3"
23	Will Sharp	Jr	5'8"
27	Charles Denny	Jr	6'1"
28	Adam Servies	Jr	5'4"
33	Joe Bell	Jr	6'1"
44	Logan Miller	Jr	5'10"
69	Andy Jones	Jr	5'9"
88	Caleb Steiner	Sr	5'8"

OPEN TEAMS

Hopkins HS

Team Name: Hopkins HURt

Coaches: Louis Abramowski, Mike Kinsella

The goal of HURt and HERT Force is to promote the sport of Ultimate within the Twin Cities through participation in, encouragement of, and recruitment for every level of Ultimate, including high school, club and college play. We strive for the highest level of competitive excellence in Ultimate.

Combining with HERT Force, Hopkins HS won the 2008 Winnipeg "Hold Back the Snow" tournament. HURt then placed third at the Duluth Indoor tourney in January 2009. HURt then tied for seventh, out of 48 college and open teams, at the 2009 Chicago Invite, hosted by North Park University. So far this year, HURt has big wins over Loyola University (Chicago), UM-Mankato (indoor) and Gustavus Adolphus College. HURt has losses to UM-Duluth, Winona State University, and North Park University. This spring, leading up to Westerns, HURt will be competing at Paideia Cup, Madison Mudbath, and our hometown tournament, the Hopkins Hustle, as well as in the Minnesota High School Ultimate Spring League.



Roster

1	Asa Gottlieb	Sr	5'11"
	<i>Northeastern Univ</i>		
2	Simon Gottlieb	Sr	5'9"
	<i>Drake Univ</i>		
3	Danny Litin	Sr	5'6"
	<i>Colorado College</i>		
4	Robbie Shapiro	Sr	6'2"
	<i>Univ of Pittsburgh</i>		
6	Ethan Rasmussen	Jr	5'7"
7	Josh Klane	Jr	5'8"
8	Eli Leonard	So	5'5"
9	Noah Sanders	So	5'9"
12	Mat Grewe	Sr	6'1"
14	Al Lim	Sr	5'9"
15	Michael Tradewell	Sr	6'3"
	<i>Univ of Minnesota</i>		
18	Jon Alter	Sr	6'1"
	<i>Univ of Wisconsin - Madison</i>		
20	Daniel Raskin	So	5'9"
23	Tom Rosengren	Sr	5'11"
24	Zack Mekler	Fr	5'7"
27	Sam Segal	So	5'7"
29	Jacob Frankel	Jr	5'8"
32	Colin Camp	Sr	6'3"
	<i>Univ of Wisconsin - Madison</i>		
41	Sam Bumsted	Fr	5'11"
49	Evan Tarshish	Sr	5'10"
	<i>Univ of Iowa</i>		
50	Jack Sussman	So	6'1"
75	Jake Hoffman	So	5'8"

Lakeside School

Team Name: Big Cats

Coaches: Jeremy Cram, Aly Lenon

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 Lakeside comes to Minnesota this year with a veteran team led by 15 upperclassmen. The Big Cats are ready to defend their Westerns Crown and spit some serious Emerald City game.



Roster

3	Justin Norden	Sr	6'1"
4	Ross Smith	So	5'7"
7	Connor Smith	Sr	6'1"
9	Matthew Pigott	Fr	5'8"
11	Miles Moen	Sr	6'0"
12	Michael Schwartz	Sr	5'9"
14	Daniel Melzer	Jr	6'2"
15	Gus Kitchell	Fr	5'6"
18	Alex Isik	Jr	6'0"
19	Zack Woodruff	Sr	5'11"
20	Remi Schneider	Jr	5'9"
23	Luke Monroe	So	5'10"
25	Owen Coutts	Sr	7'0"
33	Jack Williams	Sr	5'7"
40	Michal Larus-Stone	Sr	5'10"
70	Preston Ossman	So	5'8"
85	Chris Pigott	Sr	6'1"
88	Kevin McCullough	Jr	5'11"
96	Julian Childs-Walker	Sr	5'9"
98	Will Kitchell	Sr	5'11"

OPEN TEAMS

Minneapolis South HS

Team Name: Squall

Coaches: John Sandahl, Dan Schmit,
Martin Lohman

Minneapolis South High Squall, named after a brief but powerful storm, was founded in 2002. Since then, the team has become more organized and increasingly competitive. The open team was developed in 2005, and has created a tradition of hard defense and smart play. With a long series of quarterfinal and semifinal appearances at the MN State Tournament behind us we seek even greater heights this year.

Our season started in the cold winter playing indoors wherever we could. Our first competition was a 2nd place finish at the St. John's Indoor Tournament, and our first MN league game was a win over Orono. It has been a snowy winter in Minnesota and we are excited to play outside in the warmth. Westerns is our third tournament this year after Hopkins Hustle and Granite City.



Roster

0	Devi Weiner-Berkowitz	Sr	5'6"
5	Tristan Grovender	Jr	5'10"
8	John McCauley	So	5'6"
9	Jordan Peota	So	5'7"
10	Tim Jolson	Jr	5'5"
12	Wondwossen Wroku	Sr	5'9"
22	Ben Schmit	Sr	5'0"
	<i>Briercrest College</i>		
28	Kyle Baker	Jr	5'11"
32	Avram Leierwood	Sr	6'4"
	<i>MCTC</i>		
33	JG Ferguson	Jr	5'11"
39	Daniel Rasmuson	Fr	5'9"
42	Dan Anderson	Sr	5'11"
	<i>Univ of Minnesota</i>		
45	John Manthei	Fr	5'11"
72	Conor Franklin	Jr	5'11"
80	Joah Colby	Sr	6'0"
	<i>MCTCt</i>		
88	Tyler Mahony	Jr	5'11"
96	Jack Langree	Sr	5'10"

Nathan Hale HS

Team Name: Raiders

Coaches: Sam Chatterton-Kirchmeier, Chris Forsberg, Ryan Seguire, Tucker Jackson, Liz Duffy, Michelle Bowlen, Drew Johnson

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 UPA High School Championship events frequently since 2004, finishing as semi-finalists on two occasions. Although several major players from last year's squad are now gone, the Raiders are looking to reload with new talent and improved with hard work. With 4 practices a week, this Raiders team is athletic, scrappy, and well tuned-in to working with each other. Welcome to Hale.

The Raiders' competition schedule includes DiscNW league games, the Washington State Championships, and the Western High School Championships. At the time of writing this, our league games had only just begun.



Roster

4	Eric Nelson	Sr	5'11"
	<i>Western Washington</i>		
7	Macfarlan Scheldt	Jr	5'11"
8	Casey Bateman	Jr	5'7"
9	Nick Losi	Sr	5'7"
	<i>Evergreen State</i>		
12	Chris Nash	Sr	6'2"
	<i>Montana State</i>		
14	Clay Patterson	Fr	5'9"
16	Julian Peterson	Jr	6'2"
17	Isaac Stockdale	So	5'10"
18	Toby Callahan	Jr	5'10"
23	Mike Cavanaugh	So	5'11"
48	Dan Huang	Jr	6'2"
49	Matt Turner	So	6'2"
50	Jared Johnson	So	5'6"
77	Tian Chuan Yen	Fr	5'6"
94	Simon George	Fr	5'6"
99	Jonathan Duyker	Sr	6'2"

OPEN TEAMS

Northwest School

Team Name: Northwest School Boys Varsity

Coaches: Alex Wells, head coach; Reid Koss, asst coach

Northwest School Varsity Ultimate started the spring of 1996. In the spring of 2004 Northwest changed from coed to single gender. That same year the Northwest School Boys won the Washington State Championship and finished 2nd at the UPA High School Championships. In 2005-2007 Northwest won UPA Westerns and repeated as Washington State Champions. Northwest School has contributed numerous players to YCC teams from Seattle and has contributed three players to the US Junior National Team for 2006 and four players to the US Junior National Team for 2008. Northwest School does not officially have a mascot though the school logo looks like a school house so the "House" has become our de facto mascot over the years.



Season re-cap: 4-1 league record. 4-1 at States, finishing 2nd to Lakeside in the finals

Roster

00	OJ Berkes	Sr	5'10"
1	Marco Scheuer	Jr	5'9"
2	Austin Killien	Sr	5'11"
3	Kilian Marsh	So	5'8"
4	Olin Olmstead	Jr	6'3"
5	Louis Cohen	So	5'8"
10	Graham Sutherland	Sr	5'9"
13	Will Beyer	Sr	6'2"
14	Jesse Bolton	Fr	5'9"
16	Cooper Schumacher	Jr	6'3"
20	Kyle Kurokawa	Sr	6'0"
22	Logan Greenfield	Jr	5'9"
23	Jordan Anacker	Sr	6'3"
28	Chris Trinh	Fr	5'10"
30	Casey MacPhee	Sr	5'8"
37	Max Sutton	Jr	5'10"
39	Khalif El-Salaam	Fr	5'8"
40	Aryeh Cohen	Sr	5'7"
41	Alex Roper	Sr	5'7"
69	Martin Merz	Sr	6'0"

Roosevelt HS

Team Name: Roosevelt

"If we stand idly by, if we seek merely swollen, slothful ease and ignoble peace, if we shrink from the hard contests where men must win at hazard of their lives and at the risk of all they hold dear, then the bolder and stronger peoples will pass us by, and will win for themselves the domination of the world."

--Theodore Roosevelt, U S President 1901-1909

Roster

1	John Macfadden	Jr	6'2"
2	Craig Macomber	Sr	6'1"
3	Tristan Huber	Jr	6'0"
6	Colin Featherston	Jr	6'1"
7	Matthew Nichols	Sr	6'1"
10	Andrew Featherston	Jr	6'1"
11	Aimie Kawai	Jr	5'10"
15	Lewis Townsend	Fr	5'10"
17	Dominic Cavalero	Jr	5'11"
25	Eric Pang	Jr	6'0"
31	Matthew Rehder	Sr	5'4"
50	Nick Gillingham	Sr	6'0"

OPEN TEAMS

Seattle Academy

Team Name: Cardinals

Coach: Roger Crafts

The Seattle Academy Ultimate Program is now a known 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 two high school teams in Seattle to enter the single gender league. 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 have practiced and played with the Seattle Moho Youth Ultimate program. The Cardinal name and mascot are traditional symbols of Seattle Academy.

After losing several contributing seniors and switching many players into brand new roles, this year got off to a fairly slow start. But with an early season loss, the team regained its focus and renewed its drive toward competing at the State and Western Championships. Several solid wins later, the team came ready for States and narrowly missed winning in semi-finals in a golden goal, capped game. The Cardinals were proud of their 3rd place finish, but were not fully satisfied and will continue to work toward a peak in Minnesota.



Roster

3	Peter Bender	Sr	5'11"
	<i>Univ of Montana</i>		
5	Peter Sprugel	Fr	5'10"
7	Eli Mauksch	Jr	5'9"
8	Alex Saar	Sr	6'0"
	<i>School of the Art Insti Of Chicago</i>		
9	Simon Montague	Sr	6'2"
	<i>Carleton</i>		
10	John Reynolds	So	5'9"
13	Chris Van Dusen	Jr	5'9"
17	Austin Easter	Jr	5'11"
20	Julian Yuh-Coleman	Jr	6'0"
22	Michael Revelas	Sr	5'11"
25	Alex Smith	Sr	5'11"
	<i>Univ of Arizona</i>		
93	Justin Lim	Fr	5'7"
99	Kyle Terriere	Sr	5'11"
	<i>Univ of Oregon</i>		

South Eugene HS

Team Name: Axemen

After forming a team in 2002, South Eugene quickly established a name for themselves at High School Nationals in 2004 with a semifinal appearance. Since the establishment of UPA High School Westerns, South finished 3rd in 2005, 5th in 2006, 2nd in 2007 and had a disappointing 8th place finish at last year's Westerns. The team name, the Axemen, is the school's mascot and originated from the logging industry in Eugene in the 1920's.

After splitting into our Open Varsity team in November we played in Ofudg, the University of Oregon's college invitational in November. We played 7 games and went 3-4 in the tournament including playing in the Championship bracket on Sunday. We played in two tournaments this spring placing 7th at Grover Madness, a B level college tournament in Portland in March. At Grover, we went 3-0 on Saturday including a 10-2 victory over Churchill high school. Sunday, we took Humbolt State to universe point in the quarters. Our other major tournament was PLU BBQ, also a B level college tournament later in March in Tacoma, WA. We went 3-1 on Sunday beating Lewis and Clark and losing to Reed college. Sunday morning after defeating Central Washington we lost to Gonzaga's A team 12-10 at cap. We also played Churchill high school once since then and won 14-11.

Roster

2	Charlie Wilson-Moses	Sr	6'1"
	<i>Central Oregon Community College</i>		
9	Jack Carol	So	5'7"
10	Dylan Freechild	Jr	5'11"
11	Jeff Leeson	Jr	6'
12	Vinh Bui	Fr	5'10"
17	Carter Thallon	So	5'10"
18	Evan Turner	Sr	6'3"
	<i>Howard Univ</i>		
20	Jordan Trepp	Fr	5'11"
22	Ben Dotters-Katz	Jr	6'0"
23	Tom Duke	Sr	5'11"
	<i>Univ of British Columbia</i>		
24	Aaron Honn	So	6'3"
81	Kelly Vigil	Sr	6'0"
	<i>Univ of Oregon</i>		

OPEN TEAMS

White Bear Lake

Team Name: Bears

Coach: Jeff Hagen

The Bears are in their fourth year. Perennially one of the largest programs in the state, this years White Bear Lake program has 64 student athletes on three separate teams. Bears is the school mascot, which pays tribute to a native American legend about a Sioux hunter who kills a white bear on Manitou Island and whose spirit lives on the island still.

As with all Minnesota teams, season start is determined by snow melt. White Bear Lake is excited to take part in this years UPA High School Western Ultimate Championships, one of five tournaments this season for the Bears.



Roster

00	Brooke Johnson	Jr	5'7"
3	Brent Buchanan	Sr	5'10"
	<i>Univ of Minnesota</i>		
8	Brian Franson	Sr	6'1"
	<i>Univ of Wisconsin - Eau Claire</i>		
9	Joe Held	Sr	6'0"
	<i>Bethel Univ</i>		
10	Jon Steen	Sr	5'9"
	<i>Bethel Univ</i>		
13	Travis Donatelli	Sr	5'8"
	<i>Saint Cloud State Univ</i>		
15	Ben Cammack	Sr	5'9"
	<i>Univ of Minnesota Duluth</i>		
19	Colin O'Keefe	Sr	5'11"
	<i>Univ of Minnesota Duluth</i>		
30	Curtis Cammack	So	5'7"
33	Eric Chapin	Sr	6'0"
	<i>Bethel Univ</i>		
36	John LaFavor	Sr	6'4"
	<i>Milwaukee School of Engineering</i>		
39	Dan Hamann	So	5'9"
42	Brett Gefre	Sr	5'8"
	<i>Univ of Saint Thomas</i>		
44	Andrew Bartling	Sr	5'11"
	<i>Univ of Wisconsin - Madison</i>		
56	Bryan Wallin	Jr	5'11"
	<i>Bethel Univ</i>		
57	Charlie Olson	Sr	6'3"
	<i>Augsburg College</i>		
92	Shane Och	Sr	6'1"
	<i>Univ of Minnesota</i>		
94	Matt Moertel	Sr	6'1"
	<i>Univ of Wisconsin - Madison</i>		

Wichita HS East

Team Name: Beast Aces

Coach: Steve Maack

We have had Ultimate informally at Wichita East since 2004, but the Beast Aces weren't formed for competition until 2007. The Wichita East mascot has been the Flying Ace for as long as anyone can remember, and in 2007, the Ultimate team added a "B" to the East Aces to become the Beast Aces. The "Beast" characterizes our ferocious intensity.

The only consistent state competitor we've had at the high school level has been Junction City High School. We beat them for the first time in 2008 to qualify for Western Nationals. We hosted our own high school tournament in October of 2008, and we have also competed at numerous college tournaments in 2008 and 2009. In April of 2009, we went undefeated in an unexpectedly snowy tournament hosted by Sterling College in Sterling, KS. We beat both Sterling College and McPherson College to win the Sterling tournament.



Roster

00	Erik Shook	So	5'10"
1	Jesse Parker	So	5'11"
3	Abby Lewis	So	5'5"
4	Christian Kaufman	Jr	6'0"
5	Matthew Heck	Sr	5'7"
	<i>Swarthmore College</i>		
6	Cody McIntyre	Jr	6'2"
7	Rachel Cross	So	5'7"
13	Daniel Overholt	Sr	6'2"
	<i>Northpark Univ</i>		
14	Ryan Claybrooks	Fr	6'1"
24	Andrew Lowe	Sr	5'9"
	<i>Univ of Tulsa</i>		
25	Michael Gurley	Sr	5'9"
	<i>Univ of Kansas</i>		
84	Stephen Lowe	So	6'3"



TEN THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT

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

3. HECKLING AND TAUNTING ARE DIFFERENT

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY

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

5. DON'T "GIVE AS YOU GOT"

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

6. BREATHE

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

7. WHEN YOU DO THE RIGHT THING, PEOPLE NOTICE

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

8. BE GENEROUS WITH PRAISE

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

9. IMPRESSIONS LINGER

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

10. HAVE FUN

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

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



PHOTO BY: MICHAEL SCHUMACHER

UPA 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.

2009 UPA COACHING CERTIFICATION INFORMATION

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

For more information on the UPA's Spirit of Coaching or Coaching Certification Requirements, please contact UPA Director of Youth Development Meredith Tosta at this event, via email at Meredith@hq.upa.org or visit the UPA web site at: www.upa.org/coaches/coaching.



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