

EVENT GUIDE

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83
GOAT



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STAFF

TOURNAMENT STAFF will be wearing red 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 – William Bartram

Volunteer Coordinator – Wynne Scherf

Head Scorekeeper – Sarah Koznek

Media Contact – William Bartram

UPA Championships Series Manager – Byron Hicks

UPA Youth Development Director – Meredith Tosta

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WELCOME

Welcome to the 2010 UPA Westerns High School Ultimate Championship! Whether you're a participant, parent, fan, or coach, we hope you fully enjoy the unique spirit and community that Ultimate fosters. DiscNW is proud to be the sponsoring local organization for this event!

The competition will feature some of the highest levels of high school Ultimate in the world. Both 2009 Western UPA HS Champions are returning to defend their titles. Nathan Hale High School girls edged out The Northwest School girls by the score of 12-11 for the win, and on the open side, Hopkins High School is back after defeating South Eugene High School in 2009. While both teams aspire to repeat their championship runs, a field of 18 other top teams from California, Minnesota, Missouri, Oregon, and Washington will play their hearts out to prove that they are the best high school girls' and open teams in the West.

In addition to some of the best high school Ultimate in the country, the UPA Western HS Championship will feature a thrilling showcase of adult club talent in the mixed Sockeye-Riot showcase game, not to mention awesome merchandise from VC Ultimate to commemorate the weekend. After you leave the fields, enjoy yourselves in the Seattle metropolitan area. We are home to many world-famous spots like the Pike Place Market, the Experience Music Project, and of course the Space Needle. Grab a latte, eat some salmon, and catch a show at a local venue. Seattle has it all!

Above all, enjoy yourselves; play with spirit--win or lose; and be respectful in everything you do on and off the field. Have a great weekend!

WEEKEND OVERVIEW

FRIDAY MAY 7TH AT BEST WESTERN COTTON TREE INN, MT. VERNON, WA

6:00 – 10:00pm Team Registration

SATURDAY MAY 8TH AT SKAGIT RIVER PARK

8:00am Captain's Meeting

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

6:15pm Social Event – Dinner and showcase game featuring Seattle teams Sockeye and Riot

SUNDAY MAY 9TH AT SKAGIT RIVER PARK

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.
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g. In a game to 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.

SITE RULES

- No alcohol.
- No dogs.
- Spectators and equipment must stay at least 3 meters away from sidelines.
- Please place trash and recycling in the appropriate receptacles.



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 the event and would like submit them to the UPA for possible use in the Summer issue of the UPA magazine, *USA Ultimate*, please contact UPA Director of Marketing and Communications Andy Lee at andy@hq.upa.org.



SPIRIT AWARDS

Ultimate has traditionally relied upon the spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules of the game, or the basic joy of play. — 11th Edition 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 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) through 1 (the lowest level of spirit):

- 5: Highest level of respect shown throughout the game towards opponents, officials, and spectators. For the level of play, showed excellent knowledge of the rules and abided by them throughout the game. Any conflicts were resolved amicably and without incident. Opposing team's conduct added to our enjoyment of the game. The opposing team unfailingly 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 throughout 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, and 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 when body cooling by evaporation is limited. Sweating depletes the body's salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include a change in a 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, and oranges). Sodium is also important (good sources include: sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels crackers, 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, he or she should inform Event Staff and should refrain from playing until satisfied that safe conditions have been established.
- The UPA and Event Staff reserve the right to move or remove objects or spectators 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.



2010 UPA High School Western Championships - Girls Division

Saturday, May 8, 2010



Pool A Games to 15 Cap at 17 Pool B	Pool A				Pool B			
	A1 A2 A3	Northwest School (1) Cathedral (3) Lakeside School (6)			B1 B2 B3	Nathan Hale (2) Seattle Academy (4) Alameda (5)		
Saturday		F#	Score	F#	Score	F#	Score	
9:00 - 10:15	A2 v A3	7	-			B2 v B3	8	-
10:45 - 12:00	A1 v A3	7	-			B1 v B3	8	-
1:00 - 2:15	A1 v A2	7	-			B1 v B2	8	-
2:45 - 4:00	Bye					Bye		
Re-seed teams within each pool								
4:00 - 5:15	A1 v B2	7	-	B1 v A2	8	A3 v B3	9	-



Consolation Bracket
Sunday, May 9, 2010



Championship Bracket
Sunday, May 9, 2010



Consolation games to 15 cap 17



Championship games to 15 cap 17

girls schedule

2010 UPA High School Western Championships - Open Division

Saturday, May 8, 2010

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



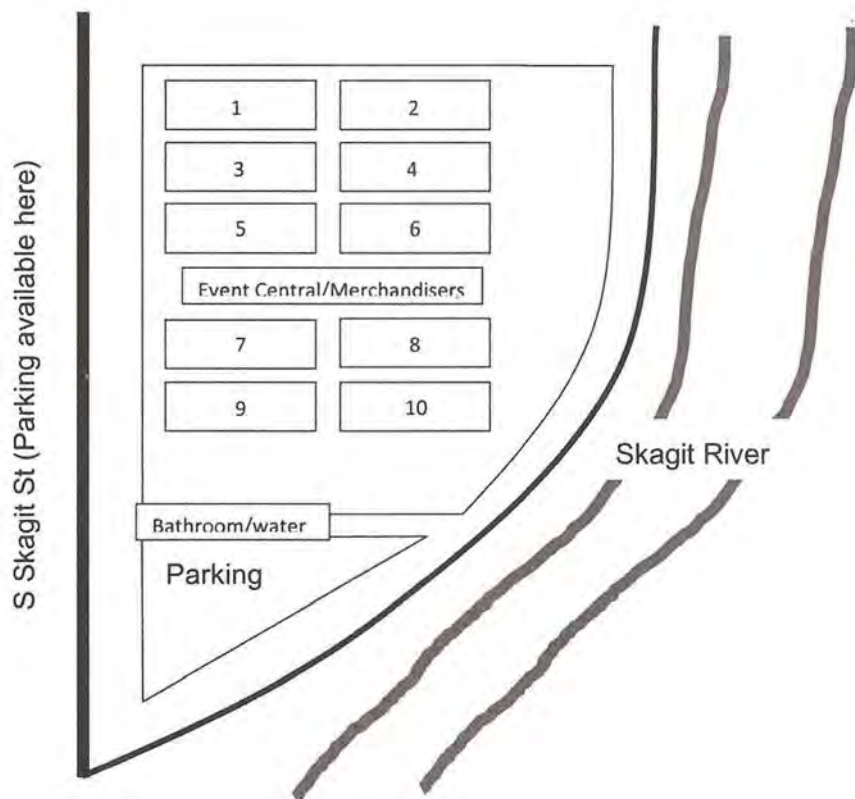
Consolation Bracket
Sunday, May 9, 2010

Consolation games to 15 cap 17

Championship Bracket
Sunday, May 9, 2010

Championship games to 15 cap 17

FIELD Map



DIRECTIONS

SEATTLE-TACOMA INTERNATIONAL AIRPORT TO BEST WESTERN COTTON TREE INN

(2300 Market St, Mount Vernon, WA)

- From the airport, head North on I-5
- Exit #227 (College Way), Turn Right
- Turn Left on Market St.
- Best Western Cotton Tree Inn is at 2300 Market St.

BEST WESTERN COTTON TREE INN TO SKAGIT RIVER PARK

- Head South on Market St.
- Take first Left onto Pacific Place
- Turn Left on Riverside Dr.
- Turn Right on Pease Rd.
- Turn Right on E. Whitmarsh Rd.
- Make first Left towards S. Skagit St.
- Take first Left onto S. Skagit St.

SKAGIT RIVER PARK TO SEATTLE/TACOMA INTERNATIONAL AIRPORT

- Head South on S. Skagit St.
- Turn Right towards E. Whitmarsh Rd.
- Turn Right on E. Whitmarsh Rd.
- Turn Left on Pease Rd.
- Turn Left on S. Burlington Blvd.
- Turn Right on George Hopper Rd.
- Take 1-5 South, exit Sea-Tac Airport

SKAGIT RIVER PARK TO SKAGIT VALLEY HOSPITAL

(1415 East Kincaid St, Mount Vernon, WA)

- Head South on S. Skagit St.
- Turn Right towards E. Whitmarsh Rd.
- Turn Right on E. Whitmarsh Rd.
- Turn Left on Pease Rd.
- Turn Left on S. Burlington Blvd.
- Turn Right on George Hopper Rd.
- Take 1-5 South, ext Kincaid St. (Hwy 536 East)
- Turn Left onto Kincaid St. (Kincaid turns into Broad St.)
- Turn Left on S. 11th St.
- Turn Right on E. Kincaid St.



GIRLS TEAMS

Alameda High School

Team Name: Sweet Meat
Coach: Jessica Korich

Ultimate began in Alameda in 2003. The team was started when a group of boys asked teacher Mike DeSousa how to play. Sweet Meat began and was named when enough girls had an interest in the sport in 2005. The girls decided to split off into their own team. While they wanted to start fresh, they still had ties to Dark Meat so they came up with the new name of Sweet Meat.



ROSTER

6	Kalia Chan	Sr
9	Natalie McKee	So
10	Natalie Maxwell So	
11	Kaila Pollart	Sr
13	Marisa Rafter	Jr
14	Sarfina Angstadt-Leto	So
19	Mikana Camacho	Sr
21	Fiona McIntosh	So
30	Elizabeth (Annie)	
	Paulukonis	Sr
34	Marisel Nyrop	Sr
40	Madeline Heaps	Fr
49	Francesca Nannizzi	Sr
71	Alison Mathews	Fr

alameda california

Cathedral High School

Team Name: Crusaders
Coach: Quinn McCloughan

The Cathedral Girls' Ultimate Team began as an intramural mixed team in 1993. They played with area college teams, as there were no high school teams in the region. The team folded a few years later. In 2003, the team re-formed as a girls' team and slowly grew in size and skill. At their first Westerns competition (2007 - Seattle) they placed near the bottom of the tourney. In the 2008 Westerns (Missouri) they celebrated a few wins. In 2009, the team came into its own, with play that was consistent, tempered and competitive. They claimed 1st place in the Granite City Classic, the Hopkins Hustle and the Minnesota State Tourney.



ROSTER

1	Katie Torborg	Sr	5'2"
3	Grace Balfanz	Sr	5'5"
4	Courtney Jones	Fr	5'5"
7	Ella Hackett-Reicher	So	5'5"
9	Natasha Pulliam	So	5'5"
10	Hanna Detra	So	5'3"
11	Brianna Backes	Sr	5'2"
12	Kelsey Jackson	Sr	5'6"
13	Kari Neutzling	Sr	5'6"
16	Cami Nelson	Sr	5'7"
17	Maggie Jackson	Fr	5'4"
18	Kaylyn Leither	Sr	5'7"
19	Anne Johnson	8th	5'7"
21	Alycia Lenzen-Hammerel	Sr	5'3"
24	Anna Torborg	Sr	5'7"
25	Katelin Kelash	Fr	5'4"
33	Allison Lenzmeier	Fr	5'3"
34	Samantha Meyer	So	5'10"

st. cloud minnesota

GIRLS TEAMS

Lakeside High School

Team Name: Lions

Coaches: Jinny Eun & Kathryn Lawson

The Lakeside Loins come from a small school in north Seattle. The name "Loins" is a play on the school mascot, Lions. Because Ultimate Frisbee is considered a club sport and officially unaffiliated with the school's athletic department, the team is unable to share its schools mascot. However, we consider "loins" to be much more representative of our team spirit and attitude towards Ultimate. We're a fairly young team when it comes to experience. Many of our players are new to the game, and this season has been a fun one, getting to know each other and the game. Add the competitive and ferocious spirit of a lion to the silliness of a loin, and here we are!



ROSTER

0	Xuny Haley	Sr	5'7"
2	Sammy McGanney	Fr	5'6"
3	Catherine Roseman	Sr	5'6"
4	Molly Frassler	Sr	5'2"
	<i>Scripps College</i>		
6	Katie Rodihan	Sr	5'2"
	<i>Claremont McKenna College</i>		
8	Claire Revere	Fr	5'0"
9	Thanh Tran Nguyen	Fr	5'11"
10	Meredith McCormack-Mager	So	5'5"
11	Annie Doubleday	Sr	5'7"
12	Moriel Behar	So	5'8"
13	Adriana Hiestand-Salgado	Sr	5'7"
	<i>Emory University</i>		
14	Kyra Ray	Sr	5'10"
21	Jill Rosok	So	5'4"
22	Jessica Badgeley	Jr	5'4"
24	Grace Joah	So	5'6"
25	Tess Rinearson	Jr	5'8"
27	Claire Soltz	Jr	5'9"
28	Lucia Childs-Walker	Jr	5'4"
33	Zoe Furlong	Sr	5'4"
	<i>Dartmouth College</i>		
42	Rebecca Ramos	Fr	5'4"
55	Danielle Estell	So	5'9"
73	Hannah Baek	So	5'8"
85	Tsechi Sokpo	Sr	5'3"
	<i>Mount Holyoke College</i>		
88	Jordan Palmer	So	5'10"
89	Avalon Igawa	Fr	5'5"
90	Jeany Larsen	Sr	5'5"
	<i>Scripps College</i>		
91	Jennifer Schmidt	Sr	5'7"
93	Bryn Scharenberg	So	5'4"

seattle washington

Nathan Hale High School

Team Name: Raiders

Coaches: Chris "Fozz" Forsberg, Drew Johnson, Zina Hurd, Tucker Jackson, Liz Duffy & Hans Frederick

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, 2006, and 2009. Last year the Raiders won an exciting Finals game over their rivals Northwest. Several major contributors from that Hale team graduated, but a strong core returned and has been supplemented by a group of talented and athletic newcomers. The Raiders entered the 2010 season determined to make another strong showing at Westerns.



ROSTER

4	Kelsey Radwick	Jr	5'4"
6	Jesse Thoreson	Fr	5'5"
7	Naima Antolin	So	5'5"
11	Cassady Coulter	Sr	5'4"
13	Celeste Endlich	Jr	5'6"
14	Emma LeValley	Jr	5'6"
17	Meredith Carlson	Fr	5'5"
18	Tallis Radwick	So	5'3"
20	Lydia Lippold-Gelb	Sr	5'4"
23	Aida Solomon	Jr	5'4"
24	Barbara Hoover	Sr	5'9"
32	Lisa Hirata	Jr	5'1"
33	Margo Heffron	Fr	5'11"
42	Hannah Veith	Jr	5'10"
44	Kia Sutter	Jr	5'10"
72	Esther Daraciang	Fr	5'4"
77	Olivia Hansen	Fr	5'6"
81	Lena Easton-Calbria	Jr	5'8"
97	Jessica Williams-Jordon	Sr	5'9"
99	SHira Stern	Sr	5'6"

seattle washington

GIRLS TEAMS

Northwest High School

Team Name: Northwest Varsity Girls

Coaches: Vida Towne & Ava Segal

Northwest School Varsity Ultimate started the Spring of 1996. In the Spring of 2004, Northwest changed from co-ed to single gender. That same year the Northwest School Boys won the Washington State Championship and finished 2nd at HS Nationals. From 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 in 2006 and four players to the US Junior National Team in 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.



ROSTER

2	Julia Bladin	Jr	5'8"
3	Lani Nguyen	So	5'4"
4	Camille Canter	So	5'5"
5	Emily Buckner	Jr	5'10"
7	Julia Snyder	Sr	5'7"
8	Sophia Hannaford	Sr	5'3"
9	Addy Borges	Jr	5'8"
10	Alea Christiansen	Sr	5'5"
11	Michaela Fallon	Sr	5'9"
13	Adri Cvitkovic	So	5'8"
14	Ali Johnson	So	5'3"
15	Angie Parisi	Sr	5'4"
16	Anna Downing	So	5'5"
17	Grace Lehman	Sr	5'9"
20	Sophie Erb	So	5'3"
21	Finley Baba	Sr	5'5"
22	Soriya Ton	So	5'4"

seattle washington

Seattle Academy

Team Name: Cardinals

Seattle Academy Ultimate Frisbee has had success on many levels 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 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.

The Cardinals are maturing a strong sophomore class and are led by a fantastic group of seniors. We are blessed with a fun, athletic bunch of rookies who are as kind as they are competitive. Together, the combined efforts of our diverse team have been very competitive in our single gender league. We are doing well toward our goal of having fun all the time, while remembering that winning is pretty darn fun.



ROSTER

3	Zoe Warner	So	5'4"
4	Nina Finley	So	5'6"
6	Grace Alper	Jr	5'8"
7	Talia Shulman	Sr	5'8"
8	Alissa Severson	Sr	5'5"
11	Simone Barley-Greenfield	Sr	5'3"
	<i>Stanford</i>		
14	Ellie Engel	Fr	5'9"
15	Kendall Reingold	So	5'7"
17	Leslie Milliman	Sr	5'9"
	<i>Dickinson</i>		
18	Rachel Warren	Sr	5'5"
	<i>Wesleyan</i>		
19	Lillian Coutts	Sr	5'11"
	<i>UBC</i>		
20	Maddy Berkman	So	5'5"
21	Lydia Vadopalas	So	5'7"
23	Kristie Barton	So	5'7"
24	Camille Moniz	Jr	5'8"
25	Emma Kahle	Sr	5'6"
27	Maria Pagano	Fr	5'6"
73	Alice Edwards	Fr	5'5"
99	Lena Klarnet	Fr	5'5"
--	Natalie Schermer	Sr	5'7"

seattle washington

OPEN TEAMS

Alameda High School

Team Name: Dark Meat

Coaches: Daniel Naruo & Nat Kinsky

Legend says the team name "Dark Meat" began shortly after the program started. It was sometime close to Thanksgiving when at practice someone said as a joke to split into "Dark Meat" and "Light Meat" instead of darks and lights. Ever since then, we have proudly called ourselves Dark Meat.



ROSTER

1	Jordan Deierling	Jr
2	Sam Kunz	Fr
4	Jordan Wrobel	Fr
10	Zane Little	Sr
12	Elijah Kerns	Sr
17	Simon Higgins	Sr
21	Sutton Murray	Jr
23	Cameron Pollart	So
24	Andrew Fetzer	So
27	Kyle Mathews	Fr
43	Ryan Miyashiro	Sr
72	Ryan Bince	Sr
99	Justin Deierling	Fr

alameda california

Bellevue High School

Team Name: BAM

ROSTER

0	Sam Merritt	Sr	5'5"
	<i>Hawaii</i>		
4	Jacob Bronstein	So	5'7"
5	Ryan Phelps	Jr	6'3"
9	Justin Dellinger	Sr	6'5"
	<i>Washington</i>		
10	Kyle Dellinger	So	6'2"
11	Ian Gordon	Sr	6'7"
	<i>Redlands University</i>		
14	Tim Lindberg	Sr	6'0"
	<i>University of the Pacific</i>		
15	Andrew Barret	Sr	6'1"
17	David Kaplan	Sr	5'10"
21	Tyler Sakraida	Sr	6'0"
	<i>Bellevue College</i>		
23	Brandon Johnson	Sr	6'3"
	<i>Washington State</i>		
40	Ryan Rosell	Jr	5'6"
42	Erik Larson	Jr	5'8"
44	Scot Rowland	Jr	5'10"
60	Abraham Choe	Jr	5'6"
68	Hayden Goudy	Sr	6'8"
	<i>Washington</i>		
69	Conrad Preston	Sr	6'5"
	<i>Colorado</i>		

bellevue washington



OPEN TEAMS

Cathedral High School

Team Name: Crusaders
Coach: Ben Nalezny

The Cathedral Boys team began in 1993, playing intramural ultimate with mixed teams and several local college teams. Dissolving 3 years later, the team came together again in 2003. With each succeeding year, the team grew in size and skill. In the 2007 Westerns (Seattle) the team placed fifth. In 2008, the team took 3rd place at Westerns and captured the Minnesota State Championship. After graduating many key players, 2009 was a formational year for the team. The team sponsors two annual tournaments: The St. Cloud Face-Off (a tourney for B/C and developing teams) and the Granite City Classic, the oldest Ultimate tourney in Minnesota. The team has also been working with St. Cloud Tech High School in the hopes of developing another strong competitor in Central Minnesota



ROSTER

1	Ted Johnson	Fr	5'7"
5	Charlie Schuweiler	8th	5'5"
7	Cody Jones	Jr	5'10"
9	Michael Friebe	Jr	5'10"
11	Jackson Roeder	Sr	6'4"
12	Tyler Croat	Sr	5'11"
13	Caleb Jones	Fr	6'0"
14	Ben Nelson	So	5'10"
17	Will Ellenbecker	Sr	6'2"
23	David Stemper	Sr	6'3"
25	Andy Warzecha	Sr	6'1"
27	Josh Johnson	Sr	5'10"
33	Jordan Palusky	Sr	5'11"
86	Will Harren	Sr	5'11"
91	Kayle Kudak	Sr	5'7"

st. cloud minnesota

Churchill High School

Team Name: Lancers

The Cathedral Girls' Ultimate Team began as an intramural Churchill High School Ultimate was formed around 2002 by some students with a love for the game of ultimate. Through the years the team, as a club sport, has continued to be primarily student driven, with a goal of fun competition. We have always appreciated the friendly rivalry with cross-town opponent, South Eugene High School, which has provided for some lively games.



ROSTER

2	Cameron Parker	Jr	5'8"
3	Trevor Smith	Jr	5'10"
	<i>University of Oregon</i>		
6	Claire Neyman	Sr	5'7"
	<i>Southern Oregon University</i>		
7	Amar Chowdhury Sr	5'10"	
	<i>Lane CC</i>		
10	Evan Andeason	Jr	5'10"
11	Nathan Bofto	Sr	5'10"
	<i>University of Oregon</i>		
12	Jack Brainard	Fr	5'11"
17	Ian Campbell	Sr	5'10"
	<i>University of Oregon</i>		
18	Cale Jafferian	Sr	5'7"
	<i>Lane CC</i>		
28	Kenny Bryan	Fr	5'10"
32	Christian Brantley Sr	6'4"	
	<i>Lane CC</i>		
76	Zack Wright	So	6'3"

eugene oregon

OPEN TEAMS

De Smet Jesuit High School

Team Name: De Smet Ultimate

The De Smet Ultimate Club (DUC) was established nine years ago when a few interested seniors approached Coach Lenzini about the sport. The team has grown significantly since these days of scrimmaging once a week. De Smet Ultimate now has two teams composed of 35 players. The JV Squad prides itself on competing with the 17 other St. Louis area high school clubs. They have finished in the top third of the State Tournament in the last two years. The Varsity Squad is seeking its third straight state title and is competing in Westerns for the first time.

We're DUC because years ago, Billy Marchant was pretty good at drawing ducks, and we could make that work with our school name.



ROSTER

6	Kevin Kramer	Sr	5'11"
13	Andrew Ladage	Jr	5'6"
14	Kick Hermann	Sr	6'0"
16	Christian Wilson	Sr	5'11"
19	Ryan Cronin	Jr	6'0"
21	Eddie Kadlec	Sr	6'2"
25	Mike Hehner	Sr	5'11"
26	Garrett Bruce	Sr	5'9"
34	Kevin Jennewein	Sr	6'2"
44	Christian Powers	Sr	5'11"
47	Matt Silberberg	Sr	6'0"
52	Gus Petersen	Sr	5'10"
77	Ron Rolfes	So	5'10"

st. louis missouri

Garfield High School

Team Name: Dogfathers

Coaches: Rusty Brown, Margo Arnold & Arthur Yang

The team has been primarily a coed program until last year. The program has progressively grown over the last 4 years to include 2 co-ed teams and a boy's team. Last year the boys competed in the Seattle HS single gender league for the first time and took the JV division by storm. Although it was their first states competition they gave more established programs good competition and were set for this year. With a large freshman class the Dogfathers (name derived from the godfathers and Snoop Dogg) are looking to build on last years efforts and perhaps surprise some others at Westerns.



ROSTER

1	Brian Quinn	Jr	5'9"
3	Fred Ness	Sr	5'11"
	<i>U. of Washington</i>		
10	Jackson Dunnington	So	6'0"
13	Robin Tu	Fr	5'10"
24	Devon Manber	Jr	6'1"
28	Jonathan Collins	Jr	5'7"
31	Sam Woestwin	Sr	5'10"
	<i>Tufts</i>		
32	Homer Aalfs	Fr	5'10"
33	Conor Eckert	Fr	5'11"
37	Evan Barley-Greenfield	Fr	5'9"
42	Lucas McCormick	So	5'11"
44	Sam Dunnington	Sr	6'2"
	<i>Whitman</i>		
69	Mike Spearman	So	5'10"
88	Jake Kennelly	So	5'10"
92	Will Luna	So	5'10"
93	Geramey Evans	Fr	6'2"

seattle washington

OPEN TEAMS

Gunn High School

Team Name: Team Rocket

Coaches: David Abram & Thomas Callaghan

Team Rocket was formed during the 2008-09 school year by a group of friends, all of who enjoyed playing Frisbee. Practices were VERY relaxed, lacking a coach or any strong understanding of the game. Some time after winter break, Thomas "Callahan" Callaghan agreed to coach Team Rocket and thus was founded the real "Team Rocket." Under Thomas' trusty command, Team Rocket went on to compete in several tournaments. But Thomas couldn't handle the beast that was "Team Rocket" alone, and so he recruited the help of handler extraordinaire—master of discs, dance, and daffodils—David Abram as a Co-Coach.

ROSTER

0	Nathan White	Sr	6'2"
2	Jon Proctor	Sr	5'9"
	<i>Stanford</i>		
5	Thomas Van Duyne		5'11"
11	David Hwang	Sr	5'7"
	<i>Davis</i>		
13	Michael Norcia	Sr	5'8"
14	Monisha White	So	5'6"
15	Eugenah Chou	Jr	5'8"
21	Kevin Wachs	Jr	5'8"
33	Johnny Lau	Sr	5'7"
	<i>Davis</i>		
34	Boris Lin	Sr	5'10"
	<i>UC</i>		
44	Stephane Carlisle Sr		5'9"
	<i>Berkeley</i>		
77	Victor Kwok	Jr	5'10"
99	Kenji Frahm	Sr	5'9"

palo alto california

Hopkins High School

Team Name: Hopkins Hurt

Coaches: Mike Kinsella & Lou Abramowski

The goal of Hopkins Hurt and HERT Force is to promote the sport of Ultimate within the Twin Cities through participation, 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 the sport of Ultimate.

ROSTER

0	Josh Klane	Sr	5'10"
4	Jason Finkelstein	So	5'11"
6	Ethan Rasmussen	Sr	5'10"
8	Eli Leonard	Jr	5'7"
9	Noah Sanders	Jr	5'10"
12	Mike Ruble	Sr	5'11"
14	Grag Cousins	Sr	5'11"
20	Daniel Raskin	Jr	6'0"
23	Wyatt Mekler	Fr	5'7"
24	Zach Melker	So	5'9"
33	Nihal Bhakta	Sr	6'4"
41	Sam Bumsted	So	6'2"
50	Carl Aanestad	Sr	6'3"
75	Jake Hoffman	Jr	5'9"
81	Jordan Taylor	So	6'1"
84	Jack Sussman	Jr	6'3"
88	Evan Fischer	Sr	6'1"



minnetonka minnesota

open TEAMS

Lakeside High School

Team Name: Lakeside Big Cats

Coaches: Aly Lenon & Andy Loveseth

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.



ROSTER

1	Peter Scott	Fr	5'8"
4	Ross Smith	Jr	5'9"
6	Dan Verzuh	Fr	6'0"
7	Remi Schneider	Sr	5'11"
8	Hector Rhodes	Sr	6'2"
9	Matthew Pigott	So	6'1"
12	Peter Schwartz	Fr	5'6"
13	Ben Johnson	Fr	5'10"
14	Daniel Melzer	Sr	6'2"
15	Gus Kitchell	So	5'9"
16	Charlie Hodgman	Sr	5'10"
17	Joseph Min	Fr	5'9"
18	Alexander Isik	Sr	5'9"
23	Luke Monroe	Jr	5'10"
28	Nat Mayer	So	5'10"
30	Nicholas Laurs-Stone		5'9"
33	Arun Coumar	Fr	6'6"
42	Ben Schiffler	Jr	6'1"
44	Quinn McGourtry-Holland	Jr	6'1"
49	Lavran Johnson	Fr	5'8"
51	Kevin McCullough	Sr	6'1"
55	Alexander Antonoff	Sr	5'10"
64	Peter Lessler	Jr	5'11"
69	Preston Ossman	Jr	5'8"
84	Kovas Palunas	So	6'2"
91	Ellis Hazard	Sr	6'2"
93	Andrew Haeger	So	6'5"
94	Jace Lieberman	So	5'11"
99	Noah Harris	Sr	6'2"

seattle washington

Nathan Hale High School

Team Name: Raiders

Team Name: Raiders

Coaches: Tucker Jackson, Chris 'Fozz' Fosberg, Drew Johnson, Zina Hurg, Hans Frederick & Liz Duffy

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 National Championship events since 2004, finishing as semi-finalists on two occasions. The Raiders are looking to build from last year's experience. They returned many key contributors who have dedicated themselves to improving their team. Joining these returners are several talented and athletic new comers who have already impressed their teammates with their skills. This Raiders team is athletic, gritty, and knows how to play to the strengths of their teammate. Welcome to Hale.



ROSTER

1	Zhi Chen	So	5'9"
7	Macfarlan Scheldt	Sr	6'1"
8	Casey Batman	Sr	5'8"
9	Branson Geronimo	Jr	5'9"
14	Clay Patterson	So	6'0"
16	Julian Peterson	Sr	6'2"
17	Isaac Stockdale	Jr	5'10"
18	Toby Callahan	Sr	5'10"
23	Mike Cavanaugh	Jr	5'11"
25	Daniel Hollowell	Fr	5'11"
27	Sequoia Prince-Lazarus	Jr	6'2"
32	Destin Kawaka	So	6'0"
34	Devin Nolet	Jr	6'2"
49	Matt Turner	Jr	6'2"
50	Jared Johnson	Jr	5'6"
77	Tian Chaun Yen	So	5'6"
94	Simon George	So	5'7"
95	Natan Lee-Engel	Fr	5'9"
97	Chris Tran	Sr	6'0"

seattle washington



OPEN TEAMS

Roosevelt High School

Team Name: Roosevelt

We are from Roosevelt High School. Our program has been growing rapidly in the past few years, and we finally have a solid group for years to come.

We've had a good season so far, with 2-1 record right now. Our program is much bigger this year and so we were able to create an A-team roster for the first time.

ROSTER

1	John Macfadden	Sr	6'0"
3	Tristan Huber	Sr	5'10"
6	Colin Featherston	Sr	6'0"
7	Dominic Cavalero	Sr	6'0"
10	Andrew Featherston	Sr	6'0"
11	Aimie Kawai	Sr	5'11"
15	Lewis Townsend	So	5'10"
16	Eli Savelle	Fr	5'10"
17	Ben Fredrickson	Jr	6'0"
21	Brian Tarcea	Sr	5'10"
22	Jake Tull	So	5'9"
25	Eric Pang	Sr	5'10"
33	Gavin Klein	So	5'10"
41	Ethan Katz	Sr	5'10"
99	Spencer Cavalero	Fr	5'9"

seattle washington

Seattle Academy

Team Name: Cardinals

Coaches: Chris Kosedner & Frank Barich

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. Many of the players are two sport athletes and have extensive lists of extracurricular activities. The 2010 team has players that took part in elite team tryouts like Sockeye and Emerald City Ultimate. Two of the players are poised for an appearance at Worlds this summer in Prague. The Cardinal name and mascot are traditional symbols of Seattle Academy.



ROSTER

4	Sam Warren	So	5'6"
5	Peter Sprugel	So	5'10"
7	Eli Mauksch	Sr	5'9"
	<i>Middlebury College</i>		
9	Scott Milliman	Sr	6'0"
	<i>Bennington College</i>		
10	John Reynolds	Jr	5'9"
11	Edward Crawford	Sr	5'11"
	<i>Colorado College</i>		
12	Andrei Saar	So	6'0"
13	Chris Van Dusen	Jr	5'9"
15	Ben Kahle	So	5'8"
17	Austin Easter	Sr	5'11"
	<i>Whitman</i>		
21	Will Greene	Fr	5'7"
23	Nathan Poindexter	Fr	5'11"
27	Jason Code	So	5'10"
33	Kyle Coleman	Sr	6'0"
	<i>Seattle Central</i>		
36	Peter Alexieff	So	5'8"
66	Morgan Gellert	Fr	5'7"
93	Justin Lim	So	5'8"
--	Jordon Lim	Fr	5'5"

seattle washington

OPEN TEAMS

South Eugene High School

Team Name: Axemen
Coach: Breeze Strout

Our team name Axemen matches that of our school South Eugene. South Ultimate has a very strong history dating back several years to a number 3 finish overall at nationals in 200. In 2006 in Colorado we finished tied for 5th. The following year in Burlington we lost to Northwest in the finals leading to a 2nd place finish. In Missouri in 2008 we finished a disappointing 8th place. Last year in Minnesota we fought injury and fatigue to finish 2nd, losing to Hopkins in the final 15-9.

ROSTER

5	Connor Ausland	Jr	6'4"
6	Luke Schwelder	Sr	5'8"
	<i>Oregon</i>		
9	Jack Carol	Jr	5'10"
10	Dylan Freechild	Sr	5'10"
	<i>Oregon</i>		
11	Jeff Leeson	Sr	5'11"
	<i>Oregon</i>		
12	Vinh Bui	So	5'10"
17	Carter Thallon	Jr	6'0"
18	Simon Leach	Jr	5'9"
20	Jordan Trepp	So	5'11"
21	Spencer Latarski	So	5'8"
22	Ben Dotters-Katz	Sr	6'0"
23	Bayunt Ollek	Sr	6'1"
24	Aaron Honn	Jr	6'3"
28	Russel Arkin	Jr	5'10"
32	Sam Jurasevich	Sr	6'1"
	<i>Lane Community College</i>		

eugene oregon

Northwest High School

Team Name: Northwest Varsity Boys
Coaches: Alex Wells & Reid Koss

Northwest School Varsity Ultimate started the Spring of 1996. In the Spring of 2004 Northwest changed from co-ed to single gender. That same year the Northwest School Boys won the Washington State Championship and finished 2nd at HS Nationals. 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.



ROSTER

2	Drew Benditt	Jr	5'6"
3	Kilian Marsh	Jr	5'9"
4	Olin Olmstead	Sr	6'4"
5	Louis Cohen	Jr	5'9"
7	Tyler Monroe	Fr	5'11"
8	Paris Green	Sr	5'11"
9	Joe Brand	Jr	5'11"
10	Marc'Antonio Undeberg	Sr	6'1"
11	Jack Baba	Fr	5'9"
12	Eli Kittross-Schnell	So	5'11"
13	Jordan Temkin	Sr	5'11"
14	Christophe Job	Jr	6'1"
15	Skyler Burke	So	5'11"
16	Cooper Schumacher	Sr	6'3"
17	Jesse Bolton	Sr	5'10"
20	Diego Najera	Fr	5'6"
22	Logan Greenfield	Sr	5'9"
37	Max Sutton	Sr	5'8"
44	Owen Freed	Fr	6'0"
99	Khalif El-Salaam	So	5'9"

seattle washington

10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

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

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

2. CONTROL: SOTG TAKES REAL EFFORT.

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

3. HECKLING AND TAUNTING ARE DIFFERENT.

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

4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

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

5. DON'T "GIVE AS YOU GOT."

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

6. BREATHE.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc;

did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

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

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

8. BE GENEROUS WITH PRAISE.

Compliment an opponent on 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.



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 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.

2010 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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