

HIGH SCHOOL



CHAMPIONSHIPS



CORVALLIS, OR, MAY 14 - 15, 2011

EVENT GUIDE



\$1

MAKING ULTIMATE STRONGER

Youth ultimate is on the rise and Five Ultimate wants to give youth players a lift. That's why Five offers discounts to every youth team who orders team jerseys or trucker hats.



Five Ultimate also proudly sponsors the USA Ultimate Coaching Development Program. Making stronger coaches, making stronger players, making stronger teams, making ultimate stronger.

**Play Hard
Have Fun
Five Ultimate**

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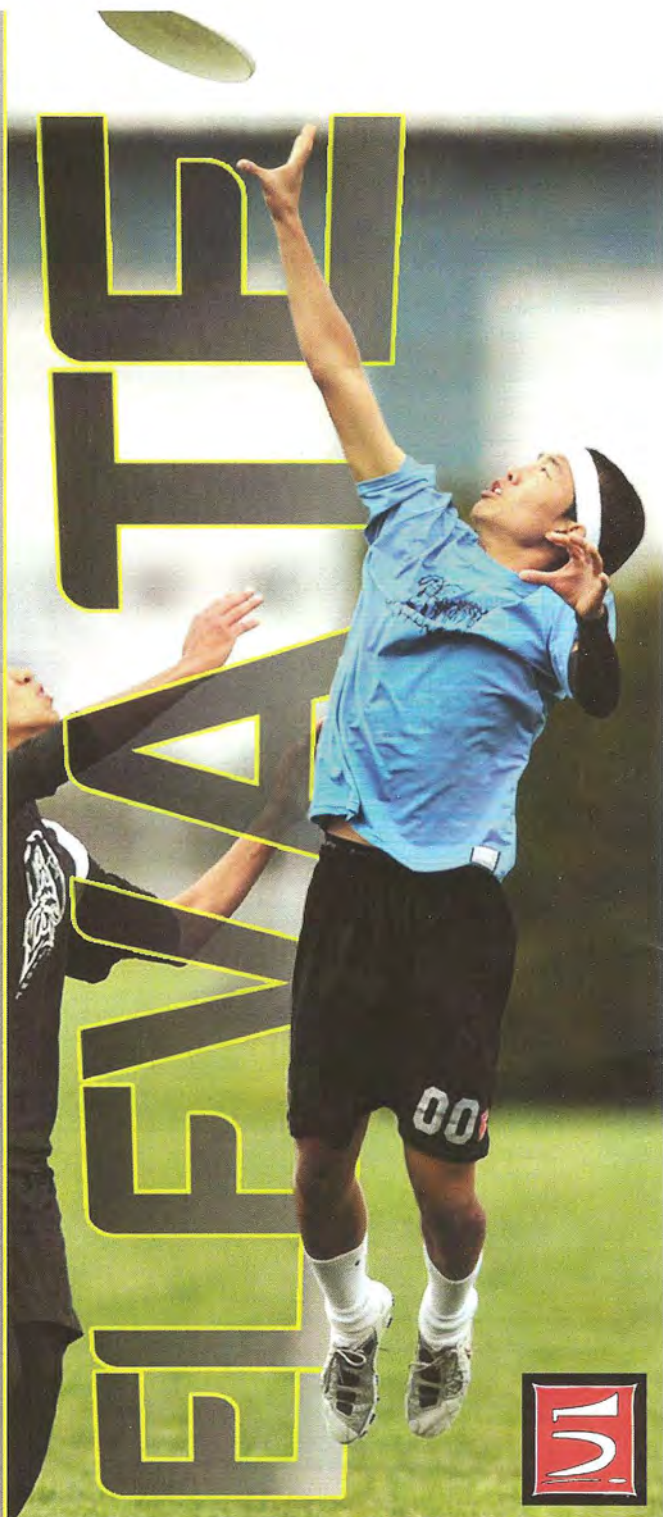


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STAFF

TOURNAMENT STAFF will be wearing white 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 – Betsy Brown
Volunteer Coordinator – Wynne Scherf
Head Scorekeeper – Sarah Koznek
Media Contact – William Bartram

USA Ultimate

Manager – Education & Youth Programs – Baker Pratt
Manager – Competition & Athlete Programs – Byron Hicks
Chief Executive Officer – Dr. Tom Crawford



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WELCOME

Welcome to the 2011 USA Ultimate High School Western Championships! The Oregon youth Ultimate scene is blossoming and the beautiful Crystal Lake Sports Fields have hosted more than 15 USA Ultimate events in the last 10 years. DiscNW and our partners in the Corvallis, Portland, and Eugene Ultimate communities are thrilled to work with USA Ultimate in 2011 to bring this premiere youth tournament back to Corvallis for the first time since the 2004 High School Championships.

The competition will feature some of the highest levels of high school Ultimate in the world. Both 2010 USA Ultimate High School Western Champions are returning to defend their titles. On the Open side, Oregon's own South Eugene is back after defeating Seattle's Northwest School, who also returns in 2010 to avenge its loss. For the Girls, Seattle's Northwest School returns after defeating Cathedral in 2010. In total, eight top girls' teams from Washington and Oregon, and 15 top boys' teams from Washington, Oregon, California, Colorado, Kansas, Minnesota, and Louisiana will play their hearts out to prove that they are the best high school girls' and open teams in the west.

On Saturday night, after cheering on the best human disc athletes in the west, you'll have an opportunity to enjoy your free pizza dinner while observing some of the best canine disc athletes in the west, the Flying Disc dogs of Oregon (FLYDO).

Rumor has it they may even allow some of our athletes to throw for their athletes! Throughout the weekend, make sure to stop by the Five Ultimate tent for fun, games, antics, and of course, sweet merchandise and souvenirs. Off the field, take a moment to enjoy the splendor of Corvallis' wilderness and more. Learn more about what Corvallis has to offer at www.visitcorvallis.com.

A tournament of this caliber could not happen without a wealth of volunteer support. Special thanks to our local supporters and co-tournament coordinators from Corvallis (Jay Sexton and USA Ultimate Oregon State Youth Coordinator Andrew Buermeyer) and from Portland (David Dreher and Rowdy Webb). Seattle volunteer Sarah Koznek deserves recognition for her special contributions to this event. Last, but certainly not least, each and every one of the volunteers working furiously at the fields this weekend deserve a word of thanks from our participants, so make sure to give them a smile and a high five.

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!

Warm Regards,

The DiscNW Local Organizing Committee

*Betsy Brown, Operations Manager
Wynne Scherf, Director of Youth Operations
William Bartram, Executive Director*

WEEKEND OVERVIEW

FRIDAY, MAY 13 AT BEST WESTERN GRAND MANOR INN – CORVALLIS, OR

6:00 – 10:00pm: Team registration

SATURDAY, MAY 14 AT CRYSTAL LAKE SPORTS COMPLEX – CORVALLIS, OR

8:00am: Captains' meeting

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

6:15pm: Social event

SUNDAY, MAY 15 AT CRYSTAL LAKE SPORTS COMPLEX – CORVALLIS, OR

8:30am – 2:00pm: Pool play (Girls), elimination and placement games (Girls, Open)

2:30pm: Finals (Girls, Open)

Post Finals: Award Ceremony. Immediately following the finals, awards will be presented to first and second place teams in each division, and individual and team Spirit winners.

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point-cap at 15. (*Open Division C Pool will play 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 13 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap goes on at twenty minutes before the scheduled end of the round. 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 20 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

USA Ultimate appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of events hosted by USA Ultimate. Anyone wishing to record USA Ultimate events for commercial purposes (as defined in the agreement) is required to sign the USA Ultimate 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 USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate 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 USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Director of Marketing and Communications Andy Lee at andy@hq.usultimate.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 USA Ultimate 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.

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

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.



DIRECTIONS

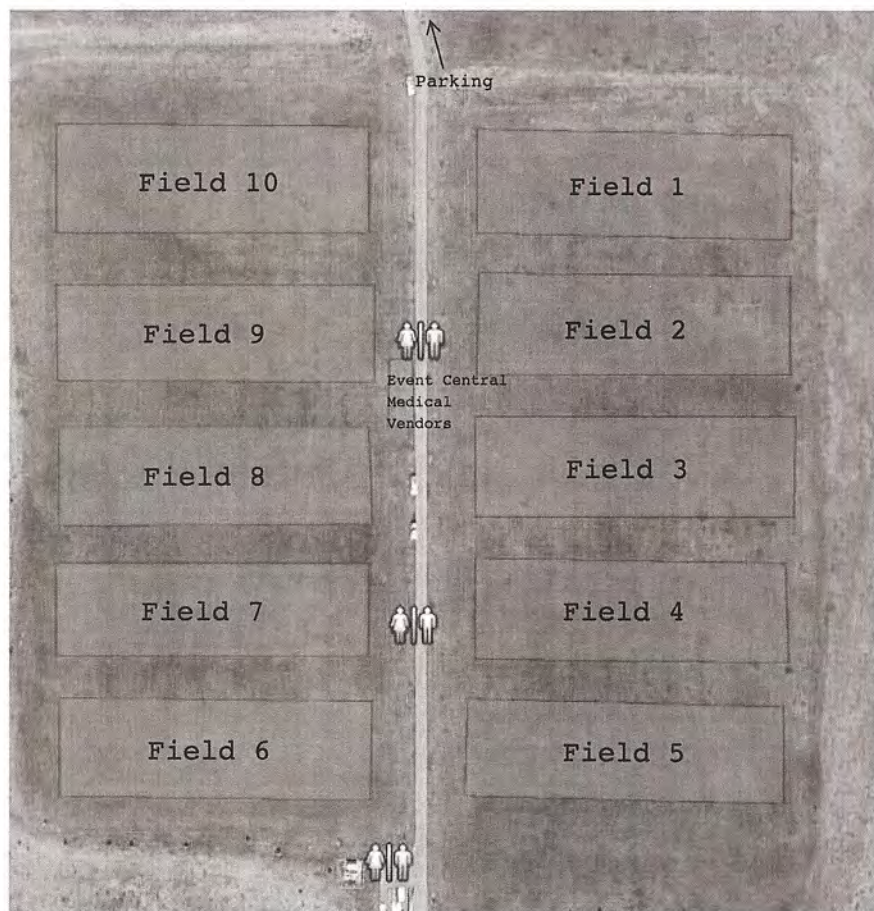
BEST WESTERN GRAND MANOR INN TO CRYSTAL LAKE PARK

- Head east on NW Garfield Ave toward NW 9th St.
- Turn right onto NW 9th St.
- Turn left onto NW Van Buren Ave.
- Turn right on NW 4th St (Hwy 99W)
- Continue south on Hwy 99W/SW 3rd St.
- Turn left on Crystal Lake Dr.
- Turn left on SE Fischer Ln. to Crystal Lake Sports Fields

CRYSTAL LAKE PARK TO THE GOOD SAMARITAN REGIONAL MEDICAL CENTER

- (3600 NW Samaritan Dr., Corvallis, OR)
- Turn right on SE Crystal Lake Dr.
 - Turn right on Hwy 99W/SW 3rd St.
 - Continue north on Hwy 99W/4th St.
 - Turn left on NW Elks Dr to Good Samaritan Regional Medical Center

FIELD MAP



2011 USAU High School Western Championships - Girls Division

Saturday, May 14, 2011

	Pool A				Pool B			
	A1	A2	A3	A4	B1	B2	B3	B4
All Games to 13 Cap at 15	Northwest School (1)	Nathan Hale (3)	Franklin (6)	Summit (8)	Seattle Academy (2)	Bush (4)	Lakeside (5)	Roosevelt (7)
	F#	Score	F#	Score	F#	Score	F#	Score
9:00 - 10:15	A1 v A3	1 -	A2 v A4	2 -	B1 v B3	10 -	B2 v B4	9 -
10:45 - 12:00	A1 v A4	1 -	A2 v A3	2 -	B1 v B4	10 -	B2 v B3	9 -
1:00 - 2:15								
2:45 - 4:00	A1 v A2	1 -	A3 v A4	2 -	B1 v B2	10 -	B3 v B4	9 -

Re-seed teams within each pool for Saturday quarterfinals



GIRLS SCHEDULE



Consolation Bracket
Sunday, May 15, 2011



Consolation games to 13 cap 15

Championship Bracket

Saturday, May 14, 2011

Sunday, May 15, 2011



Consolation games to 13 cap 15

2011 USAU High School Western Championships - Open Division

Saturday, May 14, 2011

Pool A,B,D Games to 13 Cap 15 Pool C Games to 15 Cap 17	Pool A				Pool B				Pool C				Pool D									
	A1	South Eugene (1)			B1	The Northwest School (2)			C1	Franklin (3)			D1	Nathan Hale (4)								
	A2	Lakeside (8)			B2	Garfield (7)			C2	Catholic (6)			D2	Hopkins (5)								
	A3	Monarch (11)			B3	Wichita East (12)			C3	Churchill (9)			D3	Summit (10)								
	A4	Roosevelt (14)			B4	Sheldon (13)							D4	Berkeley (15)								
Saturday		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score		F#	Score	
9:00 - 10:15																						
10:45 - 12:00	A1 v A3	8	-	A2 v A4	3	-	B1 v B3	3	-	B2 v B4	4	-	C1 v C3	6	-		D1 v D3	5	-	D2 v D4	7	-
1:00 - 2:15	A1 v A4	8	-	A2 v A3	5	-	B1 v B4	3	-	B2 v B3	4	-	C2 v C3	6	-		D1 v D4	5	-	D2 v D3	7	-
2:45 - 4:00	A1 v A2	8	-	A3 v A4	6	-	B1 v B2	3	-	B3 v B4	4	-	C1 v C2	6	-		D1 v D2	5	-	D3 v D4	7	-
Re-seed teams 1-4 within each pool																						
4:45 - 6:00	A1 v C1	8	-	B1 v D1	3	-	C2 v A3	6	-	D2 v B3	5	-	A2 v C3	4	-	B2 v D3	7	-				

Re-seed teams 1-4 within each pool

4:45 - 6:00	A1 v C1	8	-	B1 v D1	3	-	C2 v A3	6	-	D2 v B3	5	-	A2 v C3	4	-	B2 v D3	7	-				
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DISCRAFT

Placement Brackets
Sunday, May 15, 2011

Loser A2vC3

Game (1)
Sun 8:30-10:00am
Field # 4

Loser D2vB3

Sun 10:30-12:00am
Field # 4

Loser C2vA3

Game (2)
Sun 8:30-10:00am
Field # 5

Loser B2vD3

Loser Game (1)

Sun 10:30-12:00pm
Field # 5

Loser Game (2)

9th Place

11th Place

Round Robin for 13th-15th

Sunday	F#	Score
8:30 - 10:00am	B4 v D4	6 -
10:30am - 12:00pm	A4 v D4	6 -
12:30 - 2:00pm	B4 v A4	6 -

USA
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Loser Game (3)

Sun 12:30 - 2:00pm
Field # 9

Loser Game (4)

Loser Game (5)

Sun 12:30 - 2:00pm
Field # 7

Loser Game (6)

5th Place (tie)

5th Place (tie)

Championship Bracket
Sunday, May 15, 2011

DISCRAFT

Following Saturday, the top 8 teams are re-seeded in the following order for the Championship Bracket:

- 1) Winner of A1vC1
- 2) Winner of B1vD1
- 3) Loser of A1vC1
- 4) Loser of B1vD1
- 5) Winner of C2vA3 IF A1 won the A1vC1 game, otherwise winner of A2vC3
- 6) Winner of D2vB3 IF B1 won the B1vD1 game, otherwise winner of B2vD3
- 7) Winner of A2vC3 IF A1 won the A1vC1 game, otherwise winner of C2vA3
- 8) Winner of B2vD3 IF B1 won the B1vD1 game, otherwise winner of D2vB3

Game (3)
Sun 10:30 - 12:00pm
Field # 10

1

8

Semi #1
Sun 12:30 - 2:00pm
Field # 10Game (4)
Sun 10:30 - 12:00pm
Field # 9

5

4

Final
Sun 2:30 - 4:00pm
Field # 10

Champion

Game (5)
Sun 10:30 - 12:00pm
Field # 7

3

6

Semi #2
Sun 12:30 - 2:00pm
Field # 8Game (6)
Sun 10:30 - 12:00pm
Field # 8

7

2

USA
ULTIMATE

GIRLS TEAMS

THE BUSH SCHOOL

Seattle, Washington

Team Name: Blazers

Coach: Kate Kingery

This is the first year the Bush school has had a Girls Varsity Team! It is only the second year the school has had single-gender teams at all. Bush has fielded many co-ed teams over the years, but we've just started devoting practice time to single-gender teams and we're thrilled to have our Girls' team playing at Westerns. In recent years, almost 20% of the kids in this small high school have chosen to play Ultimate as their spring sport, which shows how much the kids at Bush love Ultimate! This has also enabled us to begin to build a strong program with much appreciated support from the athletic department. Bush teams are always loaded with zany, overcommitted passionate kids who enjoy raucous cheers and spirit games.

ROSTER

2	Emma Roberts	So
3	Rosie Bleck	Sr
11	Anna Bitners	Jr
12	Galen Voorhees	So
13	Chloe Cross	Sr
15	Coco Harlan	Jr
16	Amelia Keyser-Gibson	Fr
17	Sarah Gunderson	Jr
21	Michelle Hanneman	Jr
22	Jillian Gerke	Jr
23	Lina Davidson	So
25	Carolyn Kraft	Fr
41	Isabel Jamerson	Fr
44	Wendy Motulsky	Sr
48	Natasha Daviduke	So
99	Tessa Bertozzi	Sr

FRANKLIN HIGH SCHOOL

Seattle, Washington

Team Name: Quakers

Coaches: Hana Kawai, Lisa Nieman

In the spring of 2010, a tumultuous group of athletes stepped onto the field to form Franklin Girls' Varsity. Enduring the wind and rain, they refined their abilities under the guidance of Coaches Lisa Niemann and Hana Kawai. From there the girls played with determination and charisma that spurred their rapid improvement as a team. Unfortunately, the team pulled through the first season without a single victory. Franklin Girls' Varsity truly stepped up in the spring of 2011. They held their own against teams twice their size and had no problems radiating the spirit and determination needed to dominate. In addition to being the rising underdogs, the team claimed the "Catdaddy" as their official dance and never hesitated to show their moves during games. As a result of the insane chemistry, Franklin Girls' Varsity, which was founded on the love of Ultimate, emerged as a family.



ROSTER

1	Lynda Hoang	So	5'2"
2	Briana Sims	Sr	5'4"
3	Regine Reliciano	So	5'
4	Airmie Le	Jr	4'11"
5	Tiff Phan	So	5'
6	Helen Ngo	So	5'3"
8	Kay Duro	So	5'1"
9	Amanda Somvilay	So	5'1"
10	Sally Luong	Sr	5'1"
17	Alyssa Belo	So	5'2"
21	Claire Dang	So	5'
28	Gabby Balanon	Fr	4'10"
50	Wendy Caoagdan	So	4'10"
55	Lynn Dang	Sr	5'
94	Autumn Nguyen	So	4'11"

GIRLS TEAMS

LAKE SIDE HIGH SCHOOL

Seattle, Washington

Team Name: Lakeside Girls

Coach: Jinny Eun

The Lakeside Girls Frisbee Team is atypical of the majority of programs within the Seattle area. At Lakeside, Frisbee is considered a club, and is not affiliated with the athletics program, which means that it's predominantly run by the students and a faculty advisor. It also means that students are able to participate in another spring sport. Since the club began, around eight years ago, we have experienced sustained interest and have had great support from students, despite continually chaotic schedules.



ROSTER

4	Sammy McGanney	So	5'7"
5	Grace Noah	Jr	5'6"
7	Hannah Rinearson	Fr	5'3"
8	Claire Revere	So	5'4"
10	Meredith McCormack-Majer	Jr	5'5"
11	Thanh-Tran Nguyen	So	5'3"
12	Rebecca Ramos	So	5'5"
16	Hannah Baek	Jr	5'8"
20	Kathleen Malloch	Fr	5'9"
21	Jill Rosok	Jr	5'5"
22	Jessica Badgeley	Sr	5'7"
25	Tess Rinearson	Sr	5'7"
26	Eileen Bates	So	5'6"
55	Danielle Estell	Jr	5'9"
62	Jordan Palmer	Jr	5'3"
64	Claire Stolz	Sr	5'9"
77	Lucia Childs-Walker	Sr	5'6"
83	Clarkie Hussey	Sr	5'7"

NATHAN HALE HIGH SCHOOL

Seattle, Washington

Team Name: Raiders

Coaches: Chris "Fozz" Forsberg, Zina Hurd, Amanda Kostic, Sam Harkness, Joe Sefton, Andrew Takahashi

The Nathan Hale Raiders are a varsity program from Seattle. 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 lost a semifinal match to their rivals Northwest, though they later avenged that defeat in the Washington State Championship game. 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. Welcome to Hale.



ROSTER

00	Emma Prang	Fr	5'4"
1	Victoria Yuen	Sr	5'4"
4	Kelsey Radwick	Sr	5'4"
6	Jesse Thoreson	So	5'5"
7	Michaela Koke	Sr	5'4"
13	Celeste Endlich	Sr	5'6"
14	Emma LeValley	Sr	5'6"
15	Crystal Eng	Sr	5'5"
18	Tallis Radwick	Jr	5'3"
24	Naomi Price-Lazarus	Fr	5'8"
29	Samantha Hing	Sr	5'5"
33	Margo Heffron	So	5'11"
44	Kia Sutter	Sr	5'10"
55	Sophia Brandon	Sr	5'6"
66	Zoe Karpelowitz	So	5'4"
72	Esther Daranciang	So	5'4"
81	Lena Easton-Calabria	Sr	5'8"
97	Emma Toyoda	Fr	5'4"

GIRLS TEAMS

THE NORTHWEST SCHOOL

Seattle, Washington

Team Name: Northwest Varsity Girls

Coaches: Heidi-Marie Clemens, Miles Montgomery-Butler

The Northwest School has had a varsity high school program since 1996. We have won our share of State and Western titles as well as placed numerous players on U.S. National Teams.



ROSTER

1	Camille Coonrod	Sr	5'4"
2	Michaela Yaman	Fr	5'0"
3	Soriya Ton	Jr	5'2"
5	Emily Buckner	Sr	5'11"
6	Jocelyn Foley	Sr	5'3"
7	Julia Bladin	Sr	5'6"
8	Selene Canter	Fr	5'4"
9	Addy Borges	Fr	5'8"
11	Katherine Fallon	Fr	5'7"
15	Rosemary Traylor	Sr	5'6"
16	Toril Pascual	Fr	5'4"
17	Mariah Webb	Fr	5'10"
19	Ghislaine Pages	Fr	5'9"
20	Lani Nguyen	Jr	5'2"
23	Harper Loveless	Jr	5'6"
25	Camille Canter	Jr	5'6"
26	Adrie Cvitkovic	Jr	5'6"
29	Mia Bladin	Fr	5'7"
33	Nina Job	Fr	5'7"
73	Teata Nanpooya	Fr	5'9"

ROOSEVELT HIGH SCHOOL

Seattle, Washington

Team Name: Rough Riders

Coach: Rohre Titcomb

The Roosevelt Ultimate team has been a growing program at our High School for more than four years. Only recently have we grown in numbers, transitioning from a 15-player, co-ed program two years ago to more than 50 players this year, split into Boys and Girls teams. We now have four teams playing in four different leagues to develop our players' individual skills and our team dynamic.

We have also been gaining support and resources from our school and from a growing coaching staff. Thankfully, we have five coaches to help support the influx of new players! A high percentage of the players are playing for the first time. We've been cultivating their fundamentals, all while teaching them complex strategies. We're a young team, but fierce nonetheless.



ROSTER

2	Nikki Bruce	So	5'2"
4	Morelle Arian	Sr	5'7"
5	Zoe Kaatz	Fr	4'11"
6	Camilla Senter	Sr	5'2"
8	Elena Harriss-Bauer	Fr	5'9"
10	Katy Snyder	Fr	5'6"
12	Nadine Philip	So	5'5"
13	Anna Jeszeck	Sr	5'7"
19	Nancyrose Houston	Sr	5'4"
20	Nastassya West	So	5'3"
21	Kelsey Walker	Sr	5'7"
23	Becky Shelton	So	5'6"
27	Vy Nguyen	So	5'6"
31	Mika McCracken	Fr	5'4"
39	Sonja Khan	Sr	5'7"
62	Stephanie Vogeli	Sr	5'8"
77	Elizabeth Hiner	Sr	5'7"
88	Sarah Bowen	Fr	5'3"

GIRLS TEAMS

SEATTLE ACADEMY

Seattle, Washington

Team Name: Cardinals

Coach: Miranda Roth

Seattle Academy Women's Ultimate is a mix of all ages and experience levels. The Cardinal team is a group of Ultimate-loving women who all enjoy coming together on the field. The women's team has attended Westerns since 2004 and our players have traveled to Minnesota, Burlington, and Missouri. Some of the players play year-round and others turn out for their first year. All players are dedicated to the team and completely trust the players on the field even though some players are rookies. The Seattle Academy women's team has historically been in the top five at Westerns and at the Washington State Championships since 2004. The Cardinals are all excited for Westerns in Corvallis and for the opportunity to play with teams from across the western U.S. The Cardinals are a great mix of year-round fanatics and new players who come together purely for the love of the game.

ROSTER

3	Ella Hansen	Fr	5'7"
4	Nina Finely	Jr	5'6"
8	Samia Faour	Fr	5'5"
13	Lena Klarnet	Jr	5'0"
14	Brynn Arborico	So	5'5"
18	Kirstie Barton	Jr	5'7"
21	Rachel Lingenbrink	Fr	5'2"
22	Rebecca Marowitz	So	5'2"
23	Kaya Stitzhal	Fr	6'0"
24	Camille Moniz	Sr	5'7"
26	Ellie Engel	So	5'9"
66	Grace Trautman	Fr	5'7"
73	Alice Edwards	So	5'5"
99	Hannah Montague	So	5'11"

SUMMIT HIGH SCHOOL

Bend, Oregon

You try being the only consistent girls team in Oregon, living in Bend.

ROSTER

1	Lauren Kruger	Sr
2	Taylor Westlund	Sr
3	Taylor Reiter	Sr
4	Sammy Jones	Sr
5	Foley Galvin	Jr
6	Hadlie Plummer	Fr
7	Emma Malmquist	Fr
8	Britt Oliphant	Fr
9	Addison Brooks	Fr
10	Hannah Frazer	Fr
11	Jesse Foster	Jr
12	Morgan Caldwell	Fr
13	Sarah West	Jr
14	Brooke Walsh	Jr
15	Suzie Foster	Jr
16	Lucie Pepper	Jr



OPEN TEAMS

BERKELEY HIGH SCHOOL

Berkeley, California

Team Name: Coup!

Coaches: Jordan Rose, Valerio Iani

When the Coup began
Our goal became clear to us:
Take over the Bay

The Coup started in 2006 with an appearance at the California State Championships, but we didn't gain our name until the next season when I told the team, after their first game of the season, that they needed to do a clever and respectful cheer for our opponent. One of the players, being a poet, decided to do a haiku. Then the team decided right then and there to be the Berkeley Haiku, which changed into *Berkeley High Coup* in a matter of minutes as they realized the wonders of the double entendre. That's when we embarked on the long road ahead of manifesting a non-violent takeover of Bay Area high school Ultimate. As of this date, we have not completed the mission, but we can taste how close it is.



ROSTER

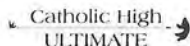
7	Sam Cheyette	Jr	5'-11"
8	Oliver Levitch	Fr	5'-5"
9	Nathan Pettyjohn	Fr	5'-5"
11	Eric Angell	Sr	6'-5"
16	Alex Johnson	Sr	6'-0"
17	Wyatt Pettyjohn	Sr	5'-10"
18	Julian Ludewigt	Jr	5'-9"
36	Nathaniel Solley	So	5'-8"
47	Sequoya Daniels	Fr	5'-9"
57	Caleb Irvine	Jr	5'-11"
84	Noah Rubin-Saika	Fr	5'-8"
97	Dylan Owens	Fr	5'-9"

CATHOLIC HIGH SCHOOL

Baton Rouge, Louisiana

Team Name: Bears

Our team was founded in 2002 as a disc sports club, playing both Ultimate and disc golf. Over the years, our program has grown to be regarded as one of the strongest and most consistent in the state of Louisiana. We've sharpened our focus in the last three years, choosing to dedicate ourselves to the growth of youth Ultimate in Louisiana.



ROSTER

1	Garrett Yetman	Jr	5'11"
2	Wesley Freeburgh	So	5'5"
4	Tyler Bourgeois	Sr	5'7"
5	Spencer Billings	Sr	6'
6	Adam Rosales	Sr	5'10"
7	Mark Graham	So	5'7"
8	Travis Vermaelen	Jr	5'10"
9	Zack Frugé	Jr	6'2"
10	Brian Mart	Jr	6'2"
11	Masyn McReynolds	Jr	5'7"
13	Cody DeSoto	Sr	6'1"
17	Dale Melancon	Jr	5'10"
22	Garrett Baringer	So	5'8"
23	Anthony Domma	Jr	5'8"
26	Ryan McNamara	Jr	5'11"
36	Corey Durand	Jr	5'10"

OPEN TEAMS

CHURCHILL

Eugene, Oregon

Team Name: Lancers

The Lancer Ultimate team was one of the first high school Frisbee teams in Eugene. This year's team is a great deal different than last year's, which had many seasoned players who have since graduated. This is the first year of Ultimate for more than half of the Lancers. Everyone is excited and enthusiastic for this year's tournament.

ROSTER

1	Kenny Bryan	So	5'9"
2	Cameron Parker	Sr	5'8"
3	Will Anderson	Jr	5'9"
4	Kellen Fender	Jr	5'9"
5	Paul Willey	Sr	5'11"
6	Gina Bauer	Sr	5'2"
7	Jack Brainard	Jr	6'0"
8	Jacob Anderson	Sr	5'9"
9	Iao Harrowe	Fr	5'4"
10	Evan Andreason	Sr	5'10"
13	Uriah Doobie	So	5'7"
14	Leif Schwartzwald	Fr	5'6"
16	Emily Brixey	Sr	5'4"
18	Jeremy Henninger	Fr	5'5"
21	Jun Teran	Fr	5'5"
76	Zack Wright	Jr	6'2"

FRANKLIN HIGH SCHOOL

Seattle, Washington

Team Name: Quakers

Coaches: Frank Nam, Doug Sumi

Franklin Ultimate restarted in the spring of 2007 after a four-year hiatus. Since then, the program has grown from 20 players on a co-ed team to a 50-player program supporting Boys Varsity and JV, as well as girls Varsity and JV. Our team is comprised of players who came into high school talented, experienced, and ready to take their game to the next level. We are from the South End of Seattle and we come to play.

ROSTER

0	CJ Yumang	Fr	6'0"
1	Dennis Casio	So	5'5"
3	Mario Lowe	Sr	6'0"
9	Jayvier Cooley	So	5'6"
10	Rodel Santos	So	5'10"
11	Bobby	Fr	5'7"
12	David Jason	Sr	5'10"
14	Anthony Elxman	Fr	5'11"
15	Mark Sampayan	So	5'5"
17	David Ngo	So	5'5"
20	Di'Andre Davis	Fr	5'9"
21	Mahki Sanders	Fr	5'10"
23	Miko Bagoisan	So	5'4"
24	Miguel Sheets	So	5'6"
26	Eric Soria-Patrick	So	6'0"
30	Reggie Eng	So	5'5"
85	Christian Tugade	Jr	5'9"



OPEN TEAMS

GARFIELD HIGH SCHOOL

Seattle, Washington

Team Name: Purple Haze

Coaches: Rusty Brown, Emily Doubt, Patrick Adukonis, Gretchen Fetscher

Our team is in our third year as a single gender team. We also have a co-ed program at the school and hope to add a girls' team next year. The team has been building from a few dedicated seniors and friends, to a more competitive training program with major players at all grade levels. We predicate our program on building the young players so they can quickly contribute to the team as a whole. Our team name is derived from a Jimmy Hendrix theme as he attended Garfield HS while he was a teenager in the Seattle area.



ROSTER

0	Geramey Evans	So	6'4"
1	Brian Quinn	Sr	5'11"
8	Ed Strong	So	5'10"
10	Jack Dunnington	Jr	6'1"
13	Robin Tu	So	5'10"
15	Simon Krauter	Jr	6'0"
17	Cameron Stanish	Fr	5'9"
23	Quang Nguyen	So	5'8"
24	Leonard Hakizimana	Fr	5'8"
25	Bryan Lee	So	5'9"
26	Isaac Rubinstein	Fr	5'10"
28	Jonathan Collins	So	5'10"
30	Augustine Vanden Brulle	Fr	5'8"
33	Conor Eckert	So	6'0"
37	Evan Barley-Greenfield	So	5'11"
41	Jack Petersen	So	5'10"
42	Seth Vanderwilt	So	6'0"
44	Cole Thomas	Fr	5'11"
52	Graham King	Fr	5'11"
55	Robert "Kit" Wesselhoeft	Jr	6'1"
69	Patrick Hoffswell	Fr	5'10"
71	Devon Manber	Sr	6'2"

HOPKINS HIGH SCHOOL

Hopkins, Minnesota

Team Name: Hopkins Hurt

Coaches: Louis Abramowski, Daniel Hunt, Erin Mirocha

Hopkins Hurt was started in 2002 by the legend Justin Berg and his group of friends. With his fire and love for the game, Hopkins Ultimate quickly rose as a national contender in high school Ultimate. Hurt has attended tournaments both nationally and internationally throughout its rich history. Hopkins prides itself on courage and Spirit of the Game which creates one huge unit striving for success. That in essence, is Hurt.



ROSTER

1	Zach Merie	So	6'2"
3	Jake Hoffman	Sr	5'10"
4	Jason Finkelstein	Jr	5'10"
5	Jordan Taylor	Jr	5'11"
8	Eli Leonard	Sr	5'8"
9	Jor-el Ratner	Fr	5'5"
12	Jon Jules Pira	Jr	5'9"
13	Michael Seffren	Jr	5'11"
20	Daniel Raskin	Sr.	5'10"
23	Wyatt Mekler	So	5'11"
24	Zach Mekler	Jr.	5'8"
32	Adam Shapiro	Fr	5'10"
34	Benji Mosow	So	5'6"
37	Dylan Younger	Jr	6'3"
41	Sam Bumsted	Jr	6'0"
42	Jeremy Steinman	Jr	5'8"
53	Benny Greenfield	Jr	5'10"
85	Tyler Perry	Sr	5'11"
87	Aaron Blaser	Jr	5'10"
88	Danny Gollin	Jr	6'0"

OPEN TEAMS

LAKESIDE SCHOOL

Seattle, Washington

Team Name: Loins

Coach: Andrew Lovseth

In the early 2000s, a group of Lakeside students started the Ultimate program from scratch, but couldn't get any support from the school. Since they weren't affiliated with the school, they couldn't use the mascot name of the Lions, so they pulled some magic, switched around a few letters, and ended up with the Loins. This switch-up included the creation of the team logo of a dancing lion wearing nothing but a loincloth. Since then, the Loins have been dancing their way through tournaments and games alike, usually along to our trusty boombox, The GhettoBlaster. We've been to Westerns a few times in the past, and this year we're looking to have a sweet time, pull out some Greatest, and do some work!



ROSTER

00	Vikram Dhawan	Fr	5'6
1	Peter Scott	So	5'11
4	Ross Smith	Sr	5'9
6	Dan Verzuh	So	6'1
7	Sebastian Schneider	Fr	5'4
9	Matthew Pigott	Jr	6'2
11	Max Hopkins	Fr	5'6
12	Peter Schwartz	So	5'8
13	Tim Randolph	Fr	6'2
15	Gus Kitchell	Jr	5'10
17	Joseph Min	Jr	5'9
23	Luke Monroe	Sr	5'10
28	Nat Mayer	Jr	5'11
33	Arun Coumar	So	6'6
42	Ben Schiffer	Sr	6'3
49	Lavran Johnson	So	5'10
64	Peter Lessler	Sr	6'1
69	Preston Ossman	Sr	5'7

MONARCH HIGH SCHOOL

Louisville, Colorado

Team Name: Monarch

Coaches: Andy Guinn, Amy Smith, Lauren Boyle, Fin Waugh, Courtney Verhaalen

Just three years ago a strong Monarch team of seniors took the mixed state title under the guidance of the wise Finlay Waugh. From the ashes of this team was born a new beginning – a group of freshman that battled it out in the open division to a promising 0-15 season. We were the future. The next year rolled around, and once more we fought, once more to lose almost every game. But then came our junior year and the introduction of Jolian Dahl. Under his temporary guidance, and the addition of a Finnish exchange student/baller Ultimate player, Veikko Tikander, we began to flourish. Early-season tournament victories seemed to foreshadow a state title, but a crushing semifinals loss silenced all hope. Monarch's current team is coming off a fall mixed title, refreshed with an amazing new coaching staff and looking to battle it out at Westerns.



ROSTER

2	Ben Goossen	So	5'9"
3	Taylor Andrews	Jr	6'0"
4	Clint Beckner	Sr	6'2"
5	Son Nguyen	Fr	5'6"
8	Eric Norman	Sr	5'11"
9	Spencer Ure	Jr	5'8"
10	Pearson Bensley	Sr	5'10"
11	Logan Tussey	Sr	6'2"
12	Michael Hansen	Sr	5'8.5"
13	Hayden Haun	Jr	5'8"
16	Derek Salinas	Jr	5'11"
18	Marc Hudson	Jr	5'10"
20	Keagan Haley	So	5'7"
22	Don Nguyen	Sr	5'5"
24	Matt Bubernak	Sr	5'9"
27	Andrew Commander	Sr	6'
32	Greg Buttenmiller	Sr	5'11"
34	Zach Hykan	Sr	6'1"
36	Nick Oliver	Sr	5'9"
55	Cam Waugh	So	5'7"
99	Matt Mackenzie	Sr	6'

OPEN TEAMS

NATHAN HALE HIGH SCHOOL

Seattle, Washington

Team Name: Raiders

Coaches: Sam Harkness, Joe Sefton, Hans Frederick, Bryce Kalmbach, Andrew Takahashi, Chris "Fozz" Forsberg

The Nathan Hale Raiders are a varsity program from Seattle. The program has been in existence for nearly a decade, and the team has attended the High School Western Championships since 2004, finishing as semifinalists on two occasions. The Raiders are looking to build from last year's tough loss in the semifinals. They returned many key contributors who have dedicated themselves to improving their team. Joining these returners are several talented and athletic newcomers 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 teammates. Welcome to Hale.



ROSTER

1	Zhi Chen	Jr	5'9"
2	Tyler Ung	Fr	5'5"
7	Ben Larson	So	5'11"
9	Brandon Geronimo	Sr	5'9"
10	Tian Chuan Yen	Jr	5'6"
17	Isaac Stockdale	Sr	6'0"
18	Jack McGinn	So	5'7"
23	Mike Cavanaugh	Sr	6'1"
27	Sequoia Price-Lazarus	Sr	6'4"
30	Phillip Patterson	So	5'8"
32	Destin Kawaka	Jr	6'3"
33	Shane Worthington	Jr	6'0"
34	Devin Nolet	Sr	6'2"
36	Lucas Rabins	So	6'0"
47	Yuki Toyoda	Sr	6'0"
49	Matt Turner	Sr	6'2"
50	Jared Johnson	Sr	5'9"
66	Sam Phillips-Corwin	Sr	6'2"
73	Jordan Lim	So	5'6"
81	David Duyker	Fr	5'8"
94	Simon George	Jr	5'7"

THE NORTHWEST SCHOOL

Seattle, Washington

Team Name: Northwest School Boys Ultimate

Coaches: Alex Wells, Reid Koss

The Northwest School has had a varsity high school program since 1996. We have won our share of State and Western titles and have placed numerous players on U.S. National Teams.



ROSTER

1	Khalif El-Salaam	Jr	5'10"
2	Drew Benditt	Sr	5'6"
3	Kilian Marsh	Sr	5'10"
4	Jack Baba	So	5'9"
5	Louis Cohen	Sr	5'10"
7	Tyler Monroe	So	6'
8	Christopher Trinh	Jr	5'11"
9	Joe Brand	Sr	5'10"
10	Diego Najera	So	5'8"
11	Sam Lehman	Fr	6'
12	Eli Kittross-Schnell	Jr	6'
13	John Curry	Sr	6'
14	Christophe Job	Sr	6'3"
16	John Buckner	Fr	6'
18	Gabriel Jacobson	Fr	5'3"
20	Mario Nishio	Jr	5'9"
21	Jesse Bolton	Jr	5'10"
23	Owen Freed	So	6'2"
30	Skyler Burke	Jr	6'
33	Lito Prevost-Reilly	So	6'1"
37	Leland Sutton	Jr	5'8"

OPEN TEAMS

ROOSEVELT HIGH SCHOOL

ROSTER

Seattle, Washington

Team Name: Rough Riders

Coaches: Xtehn Titcomb, Watson Sallay

The Roosevelt Ultimate program has been a growing program at our High School for more than four years. Only recently have we grown in numbers, transitioning from a 15-player, co-ed program two years ago to more than 50 players this year, split into Boys and Girls teams. We now have four teams playing in four different leagues to develop our players' individual skills and team dynamic.

We have also been gaining support and resources from our school and from a growing coaching staff. Thankfully, we have five coaches to help support the influx of new players! The vast majority of Varsity Boys are underclassmen, which makes us a young and energetic team that is only going to get better throughout the upcoming years.



3	Townsend Lewis	Jr	6'2"
11	Shuster Jonathan	So	5'9"
16	Saville Eli	So	5'7"
17	Fredrickson Ben	Sr	6'1"
18	Katz Jesse	So	5'11"
22	Tull Jake	Jr	5'6"
24	Bermet Henry	So	5'1"
29	Huynh Eric	Fr	5'7"
33	Klein Gavin	So	6'0"
35	Collins Camas	So	6'1"
35	Lockett Stuart	Sr	6'1"
36	Katz Ethan	So	6'2"
37	Huynh Brian	So	5'10"
98	Ianelli Peter	Sr	5'10"
99	Cavalero Spencer	So	5'10"

SHELDON HIGH SCHOOL

ROSTER

Eugene, Oregon

Team Name: Huck of the Irish

Coach: Claire Sharman

0	Harrison Jones
5	Kevan Bendt
7	Anthony Glavin
11	Chris Strub
15	Hayley Wahlroos
16	Hope Zima
18	Kenada McVay
24	Michael Ordway
25	Sam Hobbes
26	Colton Clark
42	Aaron Villafone
50	Sora Boyd
55	Dylan Pompel
96	Haley Jones
	Clay Whipp

OPEN TEAMS

SOUTH EUGENE HIGH SCHOOL

Eugene, Oregon

Team Name: Axemen

Coaches: Kevin Minderhout, Eli Friedman, Marcel Schaeffer

South Eugene Ultimate has been around since the early 2000s but put its name on the map in 2005 when the Axemen took third at Nationals, led by superstars Eli Friedman and Marcel Schaeffer. Since the high school championships have been split into Westerns and Easterns, South has never failed to reach the championship bracket. The Axemen took fifth in 2006, second in 2007, eighth in 2008 and second in 2009 before winning its first ever Western Championship in 2010. South's team name, the Axemen, corresponds with the mascot of South Eugene High School. We apologize for our lack of originality.



ROSTER

00	Jinhyun Shin	So	5'8"
1	Connor Matthews	So	5'11"
2	Braeden Emrick	So	5'10"
3	Collin McElroy	Sr	
4	Max Edson	Fr	5'4"
5	Aaron Honn	Sr	6'4"
7	Michael Enseki-Frank	Jr	5'8"
8	Aaron Poor	Fr	5'10"
9	Jack Carol	Sr	5'9"
10	Vinh Bui	Jr	5'11"
11	Sebastian Coslow	Fr	5'9"
12	Hayden Brown	So	5'7"
13	Dylan Wile	Sr	6'2"
15	Michael Stevens	Sr	6'0"
17	Carter Thallon	Sr	5'10"
18	Simon Leach	Sr	5'10"
20	Jordan Trepp	Jr	6'0"
21	Spencer Latarski	Jr	5'9"
22	Zach Meyer	So	5'5"
23	Trevor Merrifield	So	5'8"
25	Trace Andreason	Fr	5'7"
27	Jason Simms	Jr	5'11"
28	Russell Arkin	Sr	6'0"
39	Jacob Cytrynbaum	Fr	5'0"
43	Bruce Coxon	So	6'0"
73	Nathan Harwood	Sr	6'3"
81	Kyle Harriff	Jr	6'0"
88	Noah Stuart	So	5'6"

SUMMIT HIGH SCHOOL

Seattle, Washington

Eight years old. Off to westerns. Never get to practice. Came to play. Summit Storm is our school.



ROSTER

01	Mario Bundy	Sr	6'0
2	Andy Archer	Sr	5'9
3	Matt Gross	Sr	6'0
4	Mitch Wettig	Sr	6'2
5	Tyler Horton	Sr	6'2
6	Rajan Patel	Sr	5'6
7	Buck Oberto	Sr	5'6
8	Andrew Child	Sr	5'5
9	Hayden Reynolds	Jr	6'2
10	Andrew Orlich	Jr	5'10
11	Chris Schultz	Jr	5'9
12	Tanner Simineau	Jr	5'7
13	Braedon Petrus	So	
14	Luc Bolleau	So	

OPEN TEAMS

WICHITA EAST HIGH SCHOOL

Wichita, Kansas

Team Name: Beast Aces

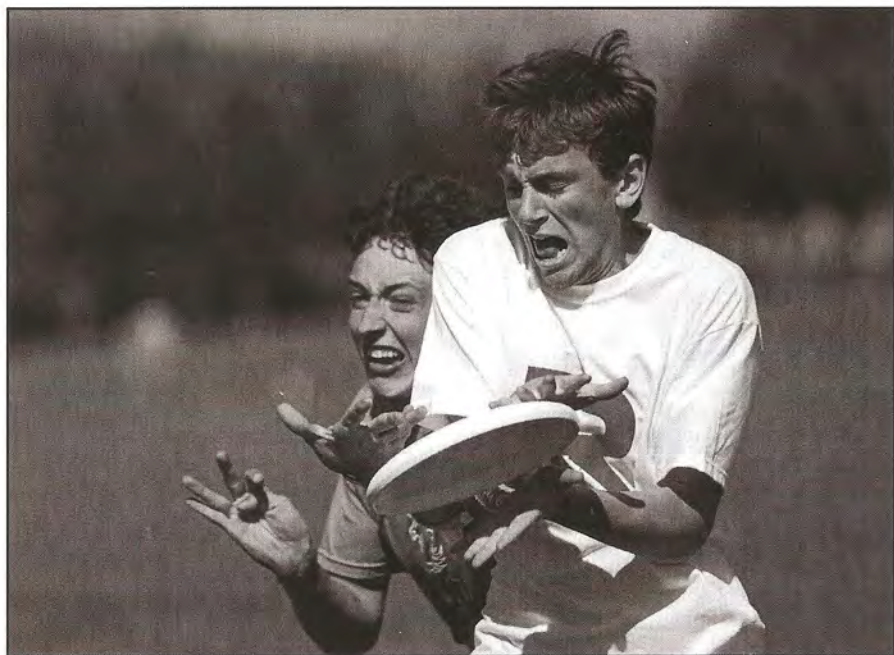
Coach: Steve Maack

The Beast Aces started playing Ultimate informally at Wichita East in 2005 and would also sometimes play with the Wichita State University Ultimate squad. In 2008, we started attending college tournaments and attended the Kansas State tournament as well (and there were only three teams from Kansas). Now we regularly attend college and high school tournaments whenever we can, and we've beat a number of college teams along the way. We have also begun hosting tournaments. We attended the 2009 Western Championships in Minnesota, and we're thrilled to be back at Westerns in 2011.



ROSTER

00	Erik Shook	Sr 5'10"
1	Jesse Parker	Sr 5'10"
3	Abby Lewis	Sr 5'5"
7	Rachel Cross	Sr 5'8"
14	Ryan Claybrooks	Jr 6'3"
15	Zhengwei Ma	So 5'7"
16	Dan Vogel	Sr 5'10"
21	Kristoffer Broadley	Jr 6'1"
27	Alan Wang	So 5'11"
32	Alex James	Sr 6'2"
84	Stephen Lowe	Sr 6'3"
87	Sam Shook	So 5'11"



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.



USA ULTIMATE 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 – has 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 acceptable 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, other coaches and 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.

2011 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate 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 USA Ultimate 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 USA Ultimate 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.

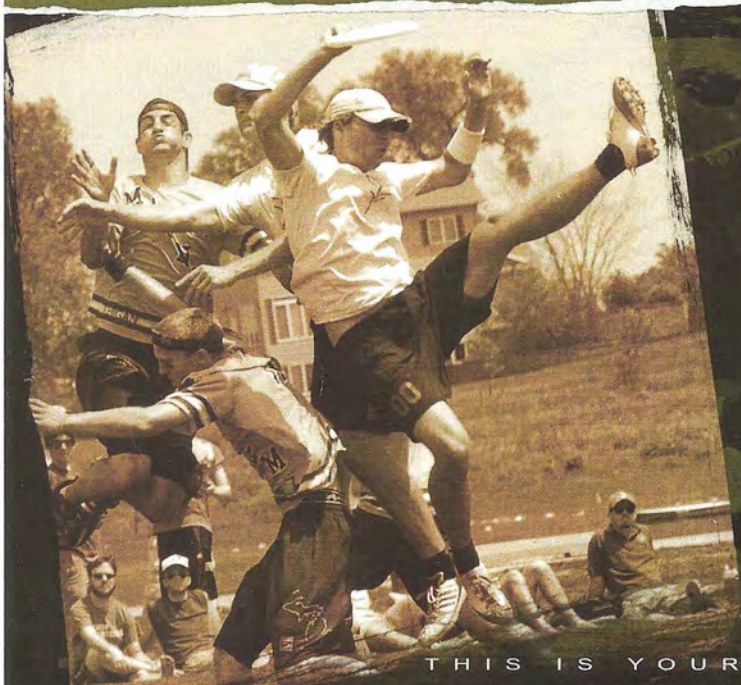
For more information on the USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate Director of Coach & Youth Development Meredith Tosta at meredith@hq.usultimate.org, or visit the USA Ultimate website at usultimate.org.



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