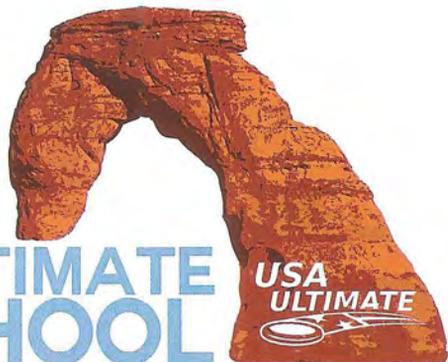

2012 USA ULTIMATE
HIGH SCHOOL



USA
ULTIMATE

WESTERN

JUNE 2&3
OREM, UT

CHAMPIONSHIPS

EVENT GUIDE \$2

MAKING ULTIMATE STRONGER

Five Ultimate is proud to sponsor the 2012 USA Ultimate Coaching Development Program. We are honored to support those individuals who work hard every day to make ultimate stronger.



Youth Ultimate is the future of our sport, and Five Ultimate supports youth programs by offering discounts on all youth team orders.

You love Ultimate?
We love Ultimate.
Let's talk.

**PLAY HARD
HAVE FUN
FIVEULTIMATE**

team@fiveultimate.com

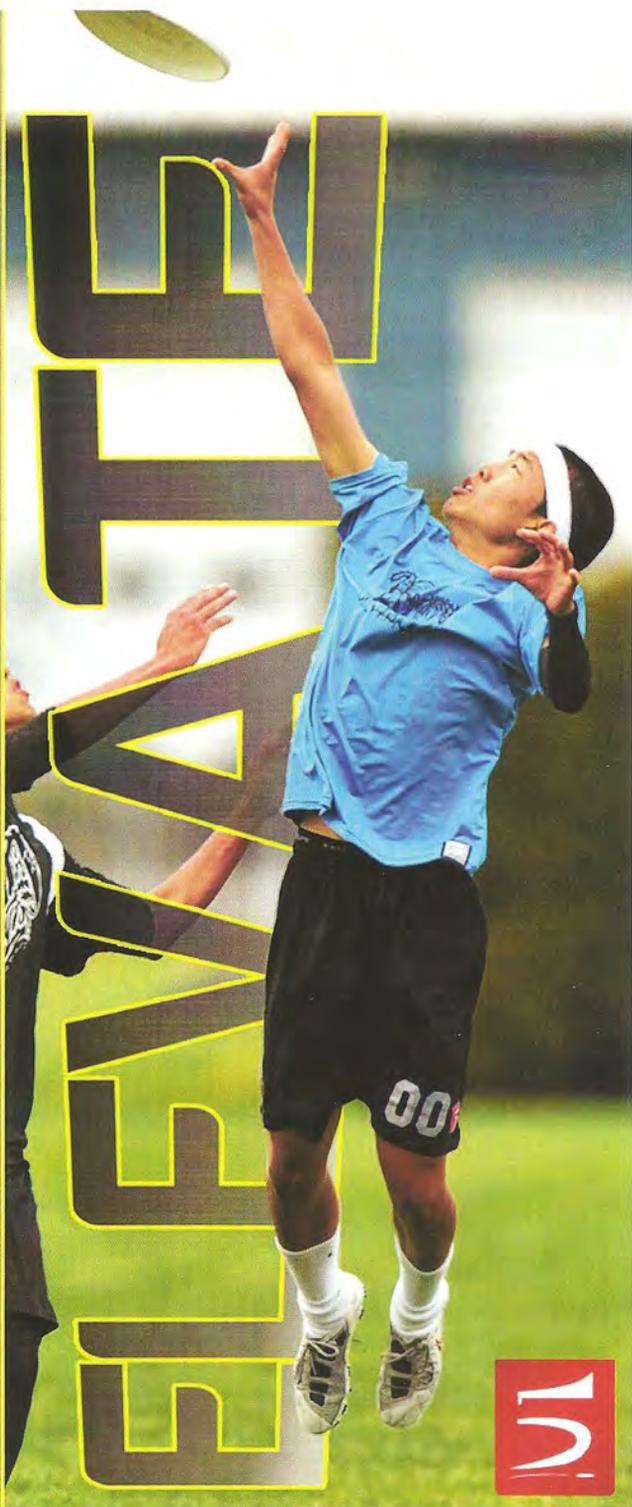


TABLE OF CONTENTS

Welcome Letter, Weekend Overview	2
Competition Rules, Site Rules	3
Spirit Awards	4
Health & Safety, Field Map, Directions	5-7
Open Schedule and Brackets	8
Open Team Rosters	9-11
10 Things You Should Know about Spirit of the Gam	12-13
Spirit of Coaching	15
USA Ultimate Coaching Certification Information, Shooting Photos & Video	16

STAFF

Tournament staff members will be wearing steel event shirts. If they can't answer your questions, they will point you to one of the following people for further assistance:

EVENT STAFF

Tournament Director – Ryan Segal
Volunteer Coordinator – Stacey Collet
Head Scorekeeper – Owen Lewis
Assistant Scorekeeper – Ryan “Solo” Hahn
Head Stat-keeper – Melissa “Scooter” Connolly
Local Media Coordinator – Katherine Greenwald
Social Event Coordinator – Tess Young

USA ULTIMATE STAFF

Manager, Youth & Education Programs – Mike Lovinguth
Manager, Events – David Raflo



USA Ultimate
4730 Table Mesa Drive Unit I-200 C
Boulder, CO 80305
Tel: 303-447-3472 Fax: 303-447-3483
Web: www.usultimate.org
Email: info@usultimate.org

WELCOME

On behalf of USA Ultimate & the Utah Ultimate Disc Association, I welcome you to the Eighth Annual USA Ultimate High School Western Championships.

This year we have six talented Open teams from all over this exciting Western region. You should expect lots of highly competitive and exciting Ultimate.

The tournament takes place at the Lakeside Sports Complex in Orem, Utah. The fields are top notch and the site is a wonderful location for Ultimate. I am proud to have the tournament at this location and look forward to seeing your Spirit and effort out on the fields.

There will be a dinner served at the fields after games on Saturday conclude. The Saturday night social event will be held here at the fields following the dinner. We will be doing some wacky relays and a photo scavenger hunt. Winners will take home prizes from Five Ultimate! As the social event winds down, we have snow-cones for everyone to enjoy.

If you are still not ready to call it a night, located near the fields and tourney hotel is a family entertainment center named "Trafalga" (168 South, 1200 West, Orem) head there for some mini-golf or go-carts if you need to expend some more post match energy.

Westerns is made possible by lots of local volunteers. They will be keeping score, running the social event and running many other errands around the fields. Be sure to acknowledge their hard work. Say "Thanks!" to a volunteer when you see one.

Have a great Tournament!

Ryan Segal, Tournament Director

WEEKEND OVERVIEW

FRIDAY, JUNE 1 AT HOLIDAY INN EXPRESS

7:00 – 9:00pm: Team Registration

SATURDAY, JUNE 2 AT LAKESIDE SPORTS COMPLEX

8:00am: Captain's Meeting

9:00am – 4:00pm: Pool Play

4:00pm – 6:00pm: Food & Fun

SUNDAY, JUNE 3 AT LAKESIDE SPORTS COMPLEX

8:30am – 9:45am: Completion of Pool Play

10:15am – 11:45am: Semifinals and 5th Place Game

12:15pm – 1:45pm: Championship Game

Post-Finals: Award Ceremony. Immediately following the finals, awards will be presented to the champions and second-place team, as well as Team Spirit award winner and Individual Spirit Award winners.

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point cap at 15.
- 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 will not be used.
- Hard time-cap goes on at end of round time on schedule. 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 OR TOBACCO:** Facility, event staff, and security will be checking to make sure people are not drinking or smoking. There will also be lots of moms, dads, and kids watching the action. Please abide by these rules. If you are caught with alcohol/tobacco at the field site you will risk disqualification for your team as well as potential ramifications outside of the event for breaking the field regulations. Thank you!
- **NO GLASS OR METAL BOTTLE CAPS**
- **NO DOGS**
- **SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 YARDS AWAY FROM SIDELINES:** Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- **TRASH AND RECYCLING:** Place recyclables in the recycling receptacles and place trash in the trash...keep your sidelines clean.
- **LANGUAGE:** This is a Youth Facility and overall a family environment. Please keep this in mind when doing team cheers etc.
- **GUESTS AND SPECTATORS:** You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.

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.

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 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.

INDIVIDUAL AWARDS: Teams are asked to nominate a player from their own team who displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of respect, sportsmanship, leadership, perseverance, intensity, etc. Teams are asked to choose the player whose attitude should be emulated by teammates and admired by opponents. Individual spirit winners will receive a medal and prize disc (courtesy of DISCRAFT). Thanks to Discraft for their support of Ultimate and Spirit of the Game!

HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies, and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape/bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff. If there is an injury on a field that needs medical attention, inform a field marshal and he/she will radio to the trainers. If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields by 7:30 a.m. each day. 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 athlete see a medical professional. Medical staff members are on hand 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 changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.
- Prevention and treatment of heat illness
- Avoid alcohol, caffeine, and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase risk for heat illness. Avoid them if possible.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
- Know your body – Be honest! Are you fit enough to perform under current conditions?
- 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,

Joshua Armitage

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 and 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

- Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform Event Staff and refrain from playing until he or she is satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of USA Ultimate or Event Staff, unsafe for players, staff or spectators.

LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via PA system, and through field marshals equipped with radios, if there is a lightning danger. Play then 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 crouched 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

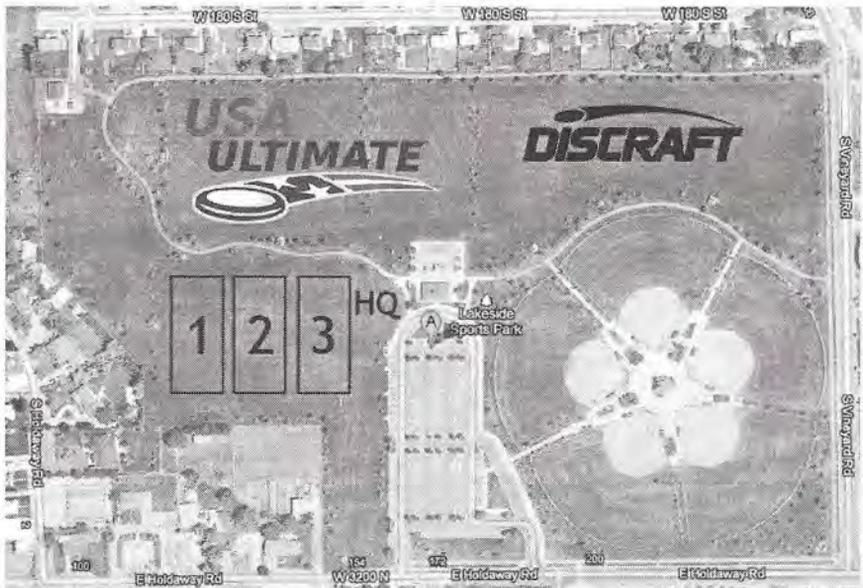
HOLIDAY INN EXPRESS is located at 1290 West University Parkway, Orem, UT 84058 and the phone number there is (801) 655-1515.

LAKESIDE SPORTS COMPLEX is located at 400 South 1850 West, Orem, UT 84058.

DIRECTIONS FROM LAKESIDE SPORTS COMPLEX (400 South 1850 West, Orem, UT 84058) TO OREM COMMUNITY HOSPITAL (331 North 400 West, Orem, UT 84057, phone # (801) 224-4080)

- Start out going south on South 1850 West toward West 180 South.
- Turn left onto West 180 South.
- Turn right onto South Vineyard Road.
- Turn left onto East Holdaway Road/West 400 South.
- Turn left onto South Geneva Road/UT-114.
- Turn right onto West Center Street.
- Turn left onto North 400 West.

FIELD MAP



OPEN SCHEDULE

2012 USA Ultimate High School Western Championships - Open Division

Saturday, June 2, 2012 continuing Sunday, June 3, 2012

All Games are to 13 Cap at 15	Pool A	
	A1	(1)
	A2	(2)
	A3	(3)
	A4	(4)
	A5	(5)
	A6	(6)

Saturday		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A1 v A3	3	-	A2 v A5	2	-	A4 v A6	1	-
10:45 - 12:00	A1 v A2	3	-	A3 v A4	2	-	A5 v A6	1	-
1:00 - 2:15	A1 v A4	3	-	A2 v A6	2	-	A3 v A5	1	-
2:45 - 4:00	A1 v A6	3	-	A2 v A3	2	-	A4 v A5	1	-

Sunday

8:30-9:45	A1 v A5	3	-	A2 v A4	2	-	A3 v A6	1	-
-----------	---------	---	---	---------	---	---	---------	---	---

Re-seed teams within each pool for bracket play



OPEN TEAMS

ROSTER

00	Bao Nguyen	SO	5'6"
1	Maxim Guzman	FR	5'10"
2	Ari BallBurack	FR	5'8"
3	Daniel Anderson	FR	5'10"
5	Casey FonsecaJensen	SO	6'1"
5	Sam Johnson	SO	5'11"
8	Oliver Levitch	SO	5'6"
9	Nathan Pettyjohn	SO	5'9"
11	Jack Bauman	FR	5'8"
13	Ian Sweeney	SO	6'1"
14	Rae Dallett	SO	6'3"
15	Julian Halperin	FR	5'11"
18	Julian Ludewigt	SR	5'10"
22	Adonay Bahta	SO	6'1"
27	John MacKay	FR	5'10"
30	Nick Fox	JR	5'8"
33	Ryan Dickerhoff	JR	5'10"
36	Nathaniel Solley	JR	5'9"
36	Josh RowenKeren	FR	5'9"
44	Watson Berreman	JR	5'8"
47	Sequoya Daniels	SO	5'11"
49	Jarett King	JR	5'9"
55	Jacob Wert	JR	5'10"
57	Caleb Irvine	SR	5'10"
66	Rio Chuck	JR	5'5"
85	Chris Orman	FR	6'0"
89	Sebastian Hoholm	FR	6'0"
97	Dylan Owens	SO	5'11"

BERKELEY HIGH SCHOOL

Coup

Berkeley, Calif.

Coaches: Jordan Rose, Kyle McBard, Heather Buckley, Jordan Stone

The Coup started in 2007 when we decided to do a haiku for the post game cheer for the other team. One thing led to another, and what started as the Berkeley Haiku changed into Berkeley High Coup in a matter of minutes as the team realized the wonders of the double entendre. That's when we embarked on the long road ahead; manifesting a non-violent takeover of bay area high school ultimate. As of this date, we've made great strides, and though the mission remains incomplete, we're much closer to that goal this season than ever before. We play hard and have fun!

We've come to win, but
We'll write you a new haiku
Even if we don't



ROSTER

00	Sawyer Gilbert	Jr	5'11"
6	Josh Armitage	Sr	5'10"
8	Nate Mankovich	Sr	5'5"
9	Dylan Hamilton	Sr	5'10"
10	Jean-Philippe Millard	Sr	6'
12	Nate Dana	Jr	5'11"
14	Henry Martinez	Jr	5'8"
15	Bryson Leach	Sr	5'11"
16	Ben Van Court	Sr	6'1"
20	Will Nelson	Fr	5'
21	Graham Buhse	Jr	5'9"
26	Dann Indermill	So	6'4"
27	Eric Miller	Sr	6'
28	Oak Nelson	Sr	6'
29	Zach Baumann	Fr	5'7"
36	Jonathan Stirk	Sr	6'
44	Henry Miller	Sr	6'2"
56	Riley Carpenter	Sr	5'10"
72	Kevin McGuire	Sr	5'9"
79	Joe Kase	Sr	6'6"
81	Ugljesa Janjic	Sr	6'2"
97	Blaine Heller	Sr	6'

BOULDER HIGH SCHOOL

Hula

Boulder, Colo.

Coaches: Shane Skiletz, Calvin Delamere

Boulder High's Hula was founded by Dylan Kluck and Calvin Delamere in 2006, and has been a successful team ever since. Mr. Kluck and Mr. Delamere chose the name "Hula" thinking that "a hula dancer would make a sweet logo." Thus Hula was born. Today's team no longer has a Hula Dancer as a logo, but instead wears a large Hawaiian flower, a symbol that has become a sign of determination and high spirits throughout Colorado.



OPEN TEAMS

BRIGHTON HIGH SCHOOL

ROSTER

Bearcats

Salt Lake City, Utah

Coaches: Craig Howering, Bryce Jensen

Brighton Ultimate has been very strong for the last five years. The club was founded in 2007 by Michael Affleck, Seokhee Burningham, and Bryce Jensen, graduates of 2010. After forming the club, the team started playing other schools and participated in the first high school state championship that year. Since then the team has competed at the USA Ultimate State Championship in Utah, taking second four out of the five years. In 2010 when they competed in the Utah Summer Games, Brighton took first place in the high school division. After the club founders graduated the team lost most of its veteran players and has since gone through a rebuilding phase. This year they are being coached by Craig Howering who has coached them into an organized and competitive team who will be the first from Utah to play at the USA Ultimate High School Western Championships.



0	Adam Whitehead	Sr	5'9"
6	Nick Posselli	Sr	6'0"
7	Jessica Stanley	Sr	5'8"
9	Karl Ericksen	Sr	5'11"
10	Dylan Shilton	Sr	5'8"
13	Heber Jensen	Fr	6'0"
14	Chase Essary	Jr	5'7"
17	Torin Scoffield	Sr	5'9"
19	Oreon Jackson	Sr	5'9"
55	James Dallimore	Jr	5'5"
62	Carter Brown	Fr	5'1"
69	Royce Spiker	Sr	6'4"
80	Kenny Johnson	Sr	6'0"
81	Jordan Boren	Jr	5'6"
89	Sean Roberds	Jr	5'11"

DENVER EAST HIGH SCHOOL

ROSTER

Denver East HS

Denver, Colo.

Coaches: Joseph Durst, William Burke

Denver East started its Ultimate program in 2004. Since then it has grown into a perennial powerhouse appearing in the Colorado Ultimate State Tournament semifinals (or better) for the last five years running. The open team will be looking to build on last year's success as the Colorado Open Division Champions.

0	✓ Anthony Abshire	Jr	5' 10"
1	Alex Bacon	Jr	6' 0"
2	Maxwell Bessesen	Sr	5' 10"
3	Mitch Carson	Sr	5' 10"
4	✓ Conor Curtis	Sr	5' 10"
5	Jaremy Harker	Sr	6' 2"
6	Taylor Ivey	Sr	6' 2"
7	Jordan Lamport	Sr	6' 0"
8	Benjamin Lamport	Sr	6' 2"
9	Micah Levi	Jr	5' 10"
10	✓ Abram Mamet	Jr	6' 0"
11	Andrew Post	Sr	5' 10"
12	Mark Rawls	Sr	5' 10"
13	Alex Shock	Jr	6' 0"
14	✓ Jeremy Snyder	So	5' 10"
15	Samuel Taylor	Jr	6' 0"
16	Bryce Igo	Sr	6' 0"
17	Will Lynn	Jr	6' 0"
18	Mo Scott	So	5' 10"
19	Pierce Vilkus	Sr	6' 2"
20	Steven Pearlman	So	6' 0"

OPEN TEAMS

ROSTER

0	Son Nguyen	So	5'8"
1	Mikey Snyder	Sr	5'10"
2	Ben Goossen	Jr	6'0"
3	Taylor Andrews	Sr	6'0"
7	Chris Grey	Sr	5'11"
13	Hayden Haun	Sr	5'9"
14	Sean Anastasi	So	6'2"
15	Tyler Gardner	Jr	5'9"
20	Keegan Healy	Jr	5'11"
21	Nick Peskind	So	5'5"
30	David Policita	Jr	5'11"
34	Will Minter	Jr	5'11"
45	Landon Hathaway	Sr	5'10"
49	Tanner France	So	5'8"
55	Cameron Waugh	Jr	5'8"
58	Cody Kershner	Fr	5'11"
69	Derek Salinas	Sr	5'9"
72	Peter Hart	Sr	5'8"
78	William Cordell	So	6'1"
85	Tanner Wilson	Fr	5'10"
88	Ryan Bennett	Fr	5'10"

MONARCH HIGH SCHOOL

Monarch

Louisville, Colo.

Coaches: Andy Guinn, Katie Patterson, Fin Waugh

In the Spring of 2010, a group of talented juniors along with Coach Jolian Dahl, and Finnish exchange student Veikko Tikander, made it to the semifinals of the 2010 Open Division State Championship. As fall approached, that same group of seniors were bolstered by a group of young players. After an 0-4 start, a championship run looked doubtful, but the team came together at the end of the season to win only the second Mixed State Championship in the school's history by defeating rival Denver East 15-11. The team had hopes of winning the Open Division Championship, but this time was beaten by Denver East. The team attended the Western Championships in 2011, finishing ninth, leaving the younger players eager to return to see what they could do. The growing program is glad to be attending Westerns for the second year in a row.

MONARCH



ROSTER

1	Brandon Petrus	Jr	5'7"
2	Tanner Simoneau	sr	5'8"
3	Charizard St Clair	Sr	6'1"
4	Andrew Orlich	Sr	5'10"
5	Hayden Reynolds	Sr	6'2"
6	Gabe Johnson	Jr	5'6"
7	Cole Burford	So	5'6"
8	Dahlia Losch	Jr	5'7"
9	Jake Tomlinson	Jr	5'8"
10	Matt Hecker	Fr	5'7"
11	Ryan Smallwood	Fr	5'6"
12	Larson Schluter	Fr	5'6"
13	Cameron Ficher	Fr	5'6"
14	Grant Parton	Fr	5'6"
15	Ian Hecker	Jr	6'2"
16	Chris William	Fr	5'10"
17	Sean Switzer	Fr	5'10"
18	Taylor White	Fr	5'6"
19	Walker Sorlie	Fr	5'7"
20	Chris Shultz	Sr	5'10"

SUMMIT HIGH SCHOOL

The Summit Storm has been playing since 2004. In our first tournament, we dominated the then, western bound Churchill Lancers, scoring the first two points of the game, and never looked back, as we didn't score another game on Saturday. Since then we've made great strides, moving up to quarters of state, then semis, before finally breaking through last year with wins in boys, girls, and mixed. We pride ourselves in honorable, hard play. We have the simplest offense and defense in the game. And as our players have moved on to play with Ego, Fugue, and Carleton, we trust that our fundamentals first program develops long term love of the sport, and sets players up to enjoy the game for the rest of their lives. Our goal is to play every point like our last. And then celebrate whatever outcome we achieve.



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 his/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 USA Ultimate Executive Committee, March 29, 2005.



FIVE ULTIMATE

AWESOME COMES STANDARD

- FREE ART ASSISTANCE
- FREE SHIPPING ON TEAM GEAR
- NO SETUP FEES, NO HIDDEN COSTS
- TOP NOTCH GEAR DESIGNED BY
ULTIMATE PLAYERS, FOR ULTIMATE
PLAYERS
- THE BEST CUSTOMER SERVICE ON THE
BLOCK
- 100% COMMITMENT TO ULTIMATE



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 foot-blocking).
- 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.

2012 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate Championship events where field access is restricted teams with coaching staffs 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 coaches must pass an NCSI background check, be current coach-level members of USA Ultimate and must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. All other non-player support staff, with player-level or limited field access, 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 Manager of Youth & Education Programs Mike Lovinguth at mike@hq.usultimate.org, or visit the USA Ultimate website at usultimate.org.

SHOOTING PHOTOS/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.

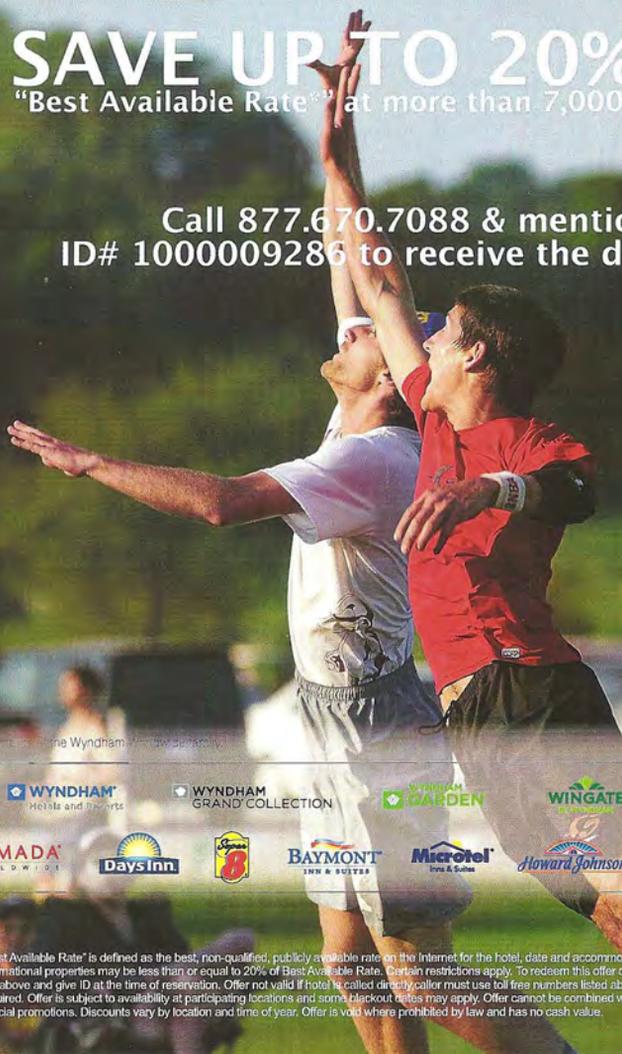
The agreement is intended to protect USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like to submit them 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.

WYNDHAM
HOTEL GROUP

USA
ULTIMATE

SAVE UP TO 20% OFF
"Best Available Rate" at more than 7,000 properties!

Call 877.670.7088 & mention
ID# 100009286 to receive the discount!



©2007 Wyndham Worldwide. Wyndham is a trademark of Wyndham Worldwide.

WYNDHAM
Hotels and Resorts

WYNDHAM
GRAND COLLECTION

WYNDHAM
GARDEN

WINGATE
Hotels

HAWTHORN
Suites by Wyndham

RAMADA
WORLDWIDE

Days Inn

Super 8

BAYMONT
INN & SUITES

Microtel
Inns & Suites

Howard Johnson

Travelodge

Knights Inn

"Best Available Rate" is defined as the best, non-qualified, publicly available rate on the Internet for the hotel, date and accommodations requested. The discount for international properties may be less than or equal to 20% of Best Available Rate. Certain restrictions apply. To redeem this offer call the hotel's brand phone number above and give ID at the time of reservation. Offer not valid if hotel is called directly, caller must use toll free numbers listed above. Advanced reservations are required. Offer is subject to availability at participating locations and some blackout dates may apply. Offer cannot be combined with any other discounts, offers, or special promotions. Discounts vary by location and time of year. Offer is void where prohibited by law and has no cash value.



175
ULTRA-STAR
175
ULTRA-STAR

THIS IS YOUR TIME

 **LIVE HARD**



DISCRAFT

THE DISCRAFT 175 GRAM
ULTRA-STAR™ SPORTDISC

The exclusive championship disc of USA Ultimate since 1991