



**EVENT GUIDE \$2**

# MAKING ULTIMATE STRONGER

Our mission is to support ultimate, and good coaches are an integral part of the development of the sport.

So take a moment to appreciate the coaches. Heck, take a plenty of moments! We really can't thank them enough for the work they do.



Five Ultimate is proud to sponsor the 2013 USA Ultimate Coaching Development Program.

**PLAY HARD. HAVE FUN.**  
**FIVEULTIMATE**

[Team@FiveUltimate.com](mailto:Team@FiveUltimate.com)



# TABLE OF CONTENTS

Welcome Letter/Weekend Overview .....	2
Competition Rules/Site Rules.....	3
Shooting Photos and Video .....	4
Spirit Awards and Spirit Ratings.....	5
Health and Safety .....	6-7
Field Map.....	9
Directions .....	11
Girls Schedule and Brackets .....	12
Open Schedule and Brackets .....	13
Girls Team Information/Rosters.....	14-16
Open Team Information/Rosters .....	18-24
10 Things You Need to Know about Spirit of the Game .....	25-26
USA Ultimate Spirit of Coaching.....	27
Coaching Certification Information .....	28

## STAFF

Tournament staff will be wearing 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 - Andrew Buermeyer  
Assistant Tournament Director/Local Media Coordinator - Bob Maxon  
Volunteer Coordinator/Head Scorekeeper - Emily Jacobson  
Head Statkeeper - Emily Flock  
Assistant Head Scorekeeper - Aaron Adamson  
Social Coordinator - Nan Link  
Corvallis Ultimate Liaison - Dana Loso

### USA ULTIMATE

Manager - Education & Youth Programs - Baker Pratt  
Manger - Events - David Raflø

# WELCOME

Hello Teams,

Congratulations on making it to the 2013 USA Ultimate High School Western Regional Championships, and welcome to sunny Corvallis in the mid-Willamette river valley in Oregon! We're very excited to be able to host this event at the Crystal Lake Sports Fields, a fantastic facility with great fields and a great history and tradition of hosting ultimate tournaments. Corvallis was host to the High School Championships in 2004, the last year the tournament was a national event, and has since hosted multiple state and regional championships and qualifying events in all divisions of competitive play (high school, college and club). We've done our absolute best to plan for Westerns this year and have the staff in place to take care of everything and ensure you have a great time. Food will be provided each morning in your team packs, and we have vendors on site for lunch and additional options throughout the day. Water stations are located at the ends of each field, and athletic trainers are available in the medical tent at tournament headquarters. All you need to do is focus on playing the best you can and having a great time. Then stick around after the games on Saturday for some music, food and fun by tournament headquarters, hosted by tournament merchandiser Five Ultimate. On behalf of Corvallis Ultimate and all the staff and volunteers, we wish you the very best of luck in the competition!

Good luck, play hard and may the best teams win!

Andrew Buermeyer

Tournament Director, 2013 USA Ultimate High School Western Regional Championships

## WEEKEND OVERVIEW

### **FRIDAY, MAY 31 AT PHOENIX INN SUITES - ALBANY, OR**

8:00pm - 9:00pm: Team registration

### **SATURDAY, JUNE 1 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, JUNE 2 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 Award 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 A & C Pools 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 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 or 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 TENT STAKES!**
- **DOGS MUST BE LEASHED AT ALL TIMES!**
- **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.

# 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 submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Manager of Communications and Publications Stacey Waldrup at [stacey@hq.usultimate.org](mailto:stacey@hq.usultimate.org)

**NIKE**   
**ULTIMATE**  
**C A M P S**



**YOUTH ULTIMATE  
SUMMER CAMPS**

**USSportsCamps.com | 1-800-NIKE-CAMP**

# 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 unflinching played fairly and with an excellent attitude.

**4:** Respect shown throughout the game towards opponents, officials and spectators. For the level of play, showed above average knowledge of the rules and abided by them throughout the game. Any conflicts were resolved favorably and without incident. Opposing team's conduct did not detract from our enjoyment of the game. The opposing team played fairly and with a good attitude.

**3:** Generally exhibited respect towards opponents, officials and spectators. For the level of play, showed adequate knowledge of the rules and abided by them during the game. Any conflicts were resolved plainly and without incident. Opposing team's conduct generally did not detract from our enjoyment of the game. The opposing team generally played fairly and with a decent attitude.

**2:** Exhibited a lack of respect towards opponents, officials and/or spectators. For the level of play, showed a lack of knowledge of, or disregard for, the rules at points during the game. Any conflicts were resolved heatedly or led to contentious incidents. Opposing team's conduct detracted somewhat from our enjoyment of the game. The opposing team played unfairly and/or with a poor attitude.

**1:** Exhibited a major lack of respect towards opponents, officials and/or spectators. For the level of play, exhibited no knowledge of the rules or blatantly disregarded them during the game. Conflicts were resolved acrimoniously or led directly to contentious incidents. Opposing team's conduct made the game basically unenjoyable. The opposing team played unfairly, and their attitude was abysmal.

## 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 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.
- Any blows to the head must be seen by a medical professional and evaluated for concussion symptoms before the athlete can return to play. 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 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, 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.

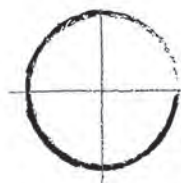
OFFICIAL PHOTOGRAPHY  
for  
U S A U l t i m a t e



A full service creative company

photography graphic design

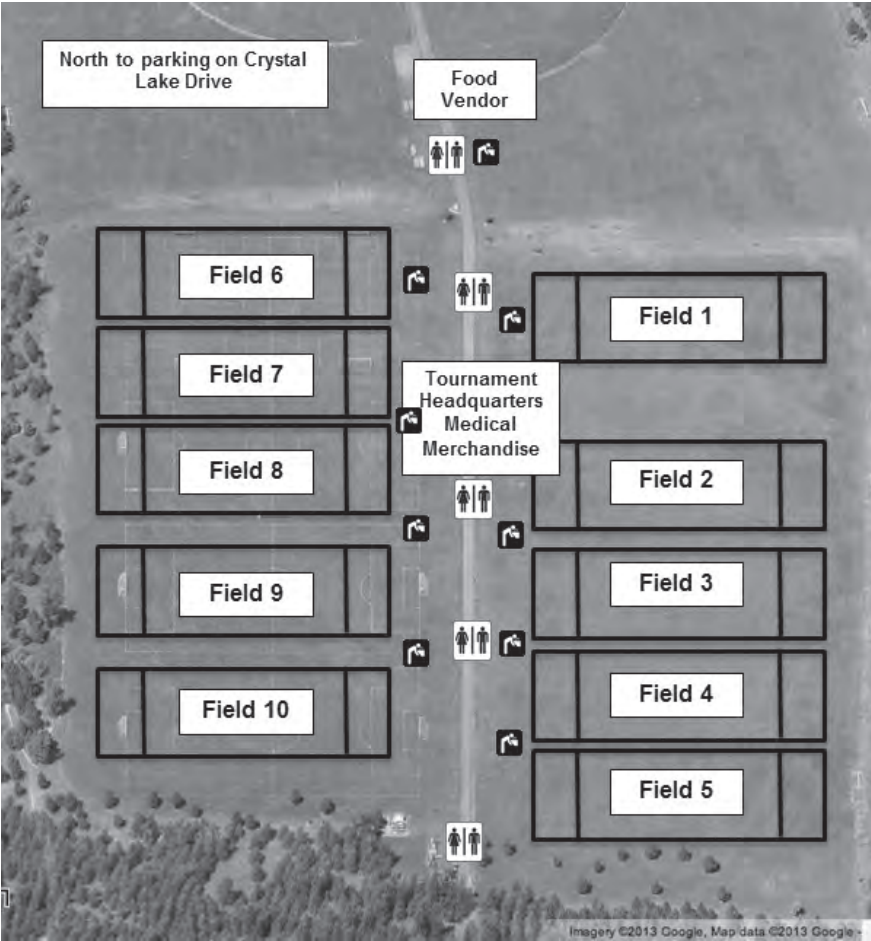
website design video



[ultimatefrisbeephotos.com](http://ultimatefrisbeephotos.com)



# FIELD MAP



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# 1000009286 to receive the discount!

© 2006 Wyndham

WYNDHAM  
HOTELS AND RESORTS

WYNDHAM  
GRAND COLLECTION

WINGATE

HAWTHORN  
SUITES BY WYNDHAM

RAMADA  
RESORTS

Days Inn

Super 8

BAYMONT  
INN & SUITES

Microtel  
INN & 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 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.

# DIRECTIONS

## IMPORTANT ADDRESSES

- **PHOENIX INN SUITES ALBANY** - 3410 Spicer Drive, Southeast, Albany, OR 97322
- **CRYSTAL LAKE SPORTS FIELDS** - 1000 Southeast Fischer Lane, Corvallis, OR 97333
- **GOOD SAMARITAN REGIONAL MEDICAL CENTER** - 3600 Northwest Samaritan Drive, Corvallis, OR 97330

### PHOENIX INN SUITES ALBANY TO CRYSTAL LAKE PARK

- Head west on Southeast Spicer Road toward Fescue Street Southeast for 344 feet
- Turn right onto Fescue Street Southeast for 492 feet
- Turn left onto US-20 West for 0.2 mile
- Turn left to merge onto I-5 S toward Eugene for 4.9 miles
- Take exit 228 for Oregon 34 toward Lebanon/Corvallis for 0.3 mile
- Turn right onto Oregon 34 West for 9.6 miles
- Turn left onto Oregon 34 Bypass West/Corvallis-Newport Highway/Newport-Corvallis Highway for 0.7 mile
- Slight right to merge onto Oregon 99 W South/Southwest 3rd Street/Southwest 4th Street/Southwest Twin Oaks Circle toward Junction City/South Corvallis for 0.6 mile
- Turn left onto Crystal Lake Drive for 0.5 mile
- Take the second left onto Southeast Fischer Lane for 0.1 mile and Sports Fields will be on the left

### CRYSTAL LAKE PARK TO THE GOOD SAMARITAN REGIONAL MEDICAL CENTER

- Head southwest on Crystal Lake Drive toward Southwest 3rd Street for 0.1 mile
- Take the first right onto OR-99 W North/Southwest 3rd Street
- Continue to follow OR-99W North for 3.5 miles
- Turn left onto Northwest Elks Drive for 289 feet
- Take the first right onto Northwest Samaritan Drive for 0.5 mile and medical center will be on the left

# GIRLS SCHEDULE

2013 USA Ultimate High School Western Championships - Girls' Division										
Saturday, June 1 continuing Sunday, June 2, 2013										
All Games are to 13 Cap at 15	Pool A									
	A1	Monarch								
	A2	Summit								
	A3	Roosevelt								
	A4	Corvallis								
	A5	South Eugene								
A6	Garfield									
Saturday			F#	Score		F#	Score		F#	Score
9:00 - 10:15		A1 v A3	8	-	A2 v A5	9	-	A4 v A6	10	-
10:45 - 12:00		A1 v A2	8	-	A3 v A4	9	-	A5 v A6	10	-
1:00 - 2:15		A1 v A4	8	-	A2 v A6	9	-	A3 v A5	10	-
2:45 - 4:00		A1 v A6	8	-	A2 v A3	9	-	A4 v A5	10	-
Sunday										
8:45-10:00		A1 v A5	1	-	A2 v A4	6	-	A3 v A6	7	-
Re-seed teams within each pool for bracket play										
<div><div><div>1A</div><div>10:30am-12:00pm Field # 1</div><div>4A</div></div><div>2:30pm-4:00pm Field # 1</div><div><div>3A</div><div>10:30am-12:00pm Field # 6</div><div>2A</div></div><div>Champion</div></div> <div><div>5A</div><div>10:30pm-12:00pm Field # 7</div><div>6A</div></div> <div>5th Place</div> <div><div>L 1v4</div><div>12:30pm-2:00pm Field # 1</div><div>L 3v2</div></div> <div>3rd Place</div>										

# OPEN SCHEDULE

[illegible]

# GIRLS TEAMS

## CRESCENT VALLEY/ CORVALLIS HIGH SCHOOL

### CORVALLIS LADIES ULTIMATE (CLU) CORVALLIS, OR

COACH: ANDREW BUERMAYER

Corvallis Ladies Ultimate (CLU) is a young team, only in its second year of existence. The team is a combined club team with girls representing the two high schools in Corvallis. Many of the girls played together in middle school, including as a mixed team in a successful trip to Spring Reign in 2012. The team competed for the first time in the 2012 USA Ultimate Oregon State Championships, placing second out of four teams. CLU is very excited to represent Corvallis for the first time ever as a girls' team at Westerns. With more than half the team still in their first year or two of high school, we are definitely looking forward to continued growth in girls ultimate locally and regionally.



### ROSTER

2	Molly Buermeyer	Jr	5'5"
3	Eleanor Daniels	So	5'2"
7	Maddy Otto	So	5'5"
12	Clea Poklemba	Fr	5'4"
13	Bethany Llewellyn	Fr	5'5"
14	Tomena Flatt	Sr	5'7"
16	Wyndser Peterson	So	5'6"
18	Makayla Wahaus	Fr	5'0"
20	Caitlyn Schuetze	Sr	5'2"
21	Ellie VanDevellder	Fr	5'6"
25	Mckenzie Huso	Sr	5'6"
27	Ellen Buford	So	5'8"
31	Lauren Stalford	Sr	5'4"

## GARFIELD HIGH SCHOOL

### PURPLE HAZE SEATTLE, WA

COACHES: EMILY DOUBT, JANELLE WORTMAN,  
KAVIK FROL

Currently in its first year, the Purple Haze girls ultimate squad is a mix of students primarily from Seattle's Garfield High School and other area schools. The team name is a tribute to Jimi Hendrix who attended Garfield in the late 1960s. The base of girl's ultimate at Garfield has already experienced dramatic growth over the last few years; the 15 committed players on this year's squad number twice as many as the girls on the coed team in recent seasons. While the team is comprised mostly of young players relatively new to competitive ultimate, the Garfield team has a strong base of athleticism and a work ethic that have led them to make dramatic strides in Frisbee skills and knowledge. Above all else, the Purple Haze squad is bonded like a team playing together for years and simply enjoys being together on the field.



### ROSTER

1	Kylin Sandstrom	Sr	6'0"
	<i>University of Washington</i>		
2	Molly McAuliffe	So	5'7"
7	Eva Power	Jr	5'9"
11	Alexandria Chuang	Fr	5'4"
13	Juliana Lee	Fr	5'5"
14	Mira Klein	Sr	6'4"
	<i>Wesleyan</i>		
15	Brita McAuliffe	So	5'7"
17	Any Meleshuk	Fr	5'4"
22	Sophie Morada	Fr	5'4"
27	Alexis Gilbert	Jr	5'6"
39	Hannah Ditty	Sr	5'7"
49	Galen Chuang	Sr	5'5"
88	Ella Wood	Fr	4'1"

# GIRLS TEAMS

## MONARCH HIGH SCHOOL

### MONARCH LOUISVILLE, CO

COACHES: LAUREN BOYLE,  
BRENNAN MCMILLAN

The team started nine years ago, in 2004. We didn't win many games over the first few years as the team grew and developed. Monarch won its first state title in 2008 (Mixed Division).

Our girls' team has gone undefeated in Colorado over the last three years, winning state titles each year. Our girls also made it to the semifinals of the Amherst Invite earlier this spring.

Over the last three years, our Mixed team has finished second once and first twice in the State Championships. We currently have 29 girls.



We are undefeated in league play during the weather-shortened spring season. We won all our games by wide margins, including at Colorado's big mid-season tournament and season-end State Championship tournament.

### ROSTER

3	Nhi Nguyen	Sr	5'5"
	<i>Colorado</i>		
9	Jackie Turner	Sr	5'3"
	<i>Colorado</i>		
12	Ally Meyer	Sr	5'2"
	<i>Clemson University</i>		
13	Jessie Chesnut	Jr	5'5"
23	Hannah Brown	Sr	5'7"
	<i>Colorado State</i>		
27	Laura Schreck	Sr	5'11"
	<i>Colorado State</i>		
31	Meredith		
	<i>Krautler-Klemme</i>	Sr	5'4"
	<i>Gonzaga</i>		
32	Katie Cigalo	Sr	5'6"
	<i>Carleton College</i>		
44	Natalie Forman	Sr	5'7"
	<i>American University</i>		
51	Caitlyn Lee	So	5'5"
59	Kaci Cessna	Sr	5'8"
74	Abby Goossen	So	5'8"
77	Alana Chen	Sr	5'8"
	<i>Colorado</i>		
80	Evie Godec	Sr	5'2"
	<i>Colorado-Colorado Springs</i>		
90	Megan Henderson	Sr	5'5"
99	Kelsey Bennett	Sr	5'5"
	<i>Colorado</i>		

## ROOSEVELT HIGH SCHOOL

### ROOSEVELT HIGH SCHOOL SEATTLE, WA

COACHES: JO LEADER, ELLE BURSTEIN, ROHRE  
TITCOMB, XTEHN TITCOMB

The Roosevelt High School ultimate program is in a developing stage. We have a very young team with no seniors and a majority of sophomores or juniors. This year, we are working hard on growing and expanding the program. We are starting the season with more rostered players than in the past five years and want to continue this increasing trend. Based on our partnership with teams like Riot, Sockeye and the Rainmakers, we are attracting more young players and working on skill development that will build a strong program in the future. Our team name is the same as the name of our high school with our mascot being the Rough Rider.



### ROSTER

2	Elli Moon	So	5'7"
5	Zoe Kaatz	Jr	4'11"
6	Josie Gillett	So	5'8"
7	Frances Gellert	So	5'7"
9	Miyo McGinn	So	5'4"
10	Anna Wysen	So	5'9"
13	Jasmine Emery	Fr	5'0"
14	Katy Snyder	Jr	5'7"
15	Ellen Pattinson	So	5'8"
22	Maja Barnouw	So	5'8"
31	Mika McCracken	Jr	5'6"
42	Grace Trautman	Jr	5'9"
52	Sarah Bowen	Jr	5'2"

# GIRLS TEAMS

## SOUTH EUGENE HIGH SCHOOL

### REBEL ULTIMATE EUGENE, OR

COACH: DANIELLE HIRSCH, ASSISTANT COACH:  
CHRIS BRONSON

REBEL Ultimate hails from South Eugene High School, which is by far one of the best places to play ultimate in the world. We love to have a (flat) ball with each other on the field while growing women's ultimate in our community.

As one of the premier high school girls teams in the state, REBEL has also made an impact out of state by taking sixth place at the prestigious Seattle Invite. REBEL has been looking forward to Westerns for the last three years and is thrilled to take the field together for the final tournament of the season in Corvallis.



### ROSTER

1	Cyan Marsh	So	5'5"
2	Sujin Kay	So	5'1"
3	Kasia Holley	So	5'3"
4	Mary Brunson	So	5'5"
5	Rachel Kalnbach	Sr	5'6"
7	Melanie Hock	So	5'3"
8	Jessica Duong	So	5'4"
11	Raina Kamrat	So	5'4"
13	Ana Sebastiani-Bankel	Sr	5'8"
14	Saige Tessler	Sr	6'0"
15	Izzy Dean	So	5'2"
16	Hope Zima	Sr	5'6"
17	Kaya Trepp	Jr	5'5"
18	Gabrielle Aufderheide	Sr	6'0"
22	Anna Fleming	Jr	5'1"
25	Mary Vertulfo	Sr	5'10"
31	Hayley Wahlroos	Sr	5'6"
34	Maia Watkins	Sr	5'10"

## SUMMIT HIGH SCHOOL

### SUMMIT STORM BEND, OR

COACH: CHRISTINA SCHUELER

Summit Storm Women have competed in the state championships as single gender since 2008. The pinnacle, or "Summit" of success was a state title in 2011. Playing with only seven girls, they held off a team of combined Crescent Valley, South, Sheldon, Churchill and Corvallis players en route to the third leg of the epic 2011 sweep.

The Summit Storm women have been on the upswing during their short spring season. With early season losses behind them and wins against competitive teams while playing with their male counterparts, Summit is looking to make a name for themselves and their short, yet productive and intense, season.



### ROSTER

3	Emma Malmquist	Jr	5'6"
4	Erin Burk	Sr	5'6"
7	Kaiyana Petrus	Fr	5'2"
8	Jaydra Rotolante	Jr	5'2"
9	Laura Robson	Jr	5'8"
10	Morgan Caldwell	Jr	5'6"
11	Brittni Weber	Fr	5'6"
12	Madeleine Barrett	Jr	5'6"
13	Kaitlyn Hickmann	Jr	5'9"
17	Piper Tozer	So	5'4"
19	Mickel Allred	So	5'2"
20	Emily Howard	So	5'3"
21	Anne Jarvis	So	5'6"
97	Amity Fisher	So	5'6"

# FIVEULTIMATE

## 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



# OPEN TEAMS

## ATASCADERO HIGH SCHOOL

### MUD PIT GLADIATORS ATASCADERO, CA

COACH: SEAN SOMMERVILLE

We have a shorter history than most as this is our second year as a team. I found most of the players at a local pick-up where I mistook them for members of a college team. Once I discovered their age, the team was formed! Our team name is derived from our town. Atascadero is loosely translated from Spanish as "Mud Pit" or "Sinkhole." We figured we would do it some much needed justice by throwing in the Gladiator, who never shirked from certain death. Let's hope we continue to fare better.

Every Tuesday night, we take on the toughest pick-up group in the West at San Luis Obispo's own Damon Garcia Fields. These guys are as rough as they come and always give us a great run. We have played two Saturday tournaments this season and went 3-1 at both. The team that beat us at the first we beat at the second. We took both the Boy's and Girl's MVP slots in this year's Bay Area Spring League. We look forward to what lies ahead.



### ROSTER

1	Caleb Ferguson	Sr	6'2"
7	Joey Hewitt	Sr	5'10"
10	Josiah Mort	Sr	6'1"
11	Isaac Mort	So	5'10"
13	Brandon Brooks	So	5'11"
23	Leah Farris	Jr	5'9"
29	Kylen Fleishman	So	5'10"
42	Jeremy Grigsby	So	5'9"
44	Vincent Moreno	So	5'7"
61	Josh Figg	Sr	5'9"
73	Tyler Eigenhuis	So	6'2"
89	Jordan Hewitt	Fr	5'9"
98	Alijah Brooks	Fr	5'8"

## BERKELEY HIGH SCHOOL

### COUP BERKELEY, CA

COACHES: JORDAN ROSE, KYLE MCBARD,  
JAMES SHERIDAN

The Coup started in 2007, and the name came to us when we decided to do a haiku for the post-game cheer for the opposing 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. We are the Berkeley High Coup, and we have a haiku for you.

We split into A and B teams in February, and since then, the A team has had a very successful season, going about 15-3 in league play, including winning Spaghetti Westerns after experiencing our first losses of the season. Our B team is about 10-12 in league play, often beating older teams with our depth and experience. It's been a fun year for us



### ROSTER

0	Jeremy Dolezal-Ng	Fr	5'10"
1	Maxim Guzman	So	5'11"
2	Ari Ball-Burack	So	5'8"
6	Sam Johnson	Jr	6'1"
7	Eli Fischberg-Robinson	Fr	5'8"
9	Nathan Pettyjohn	Jr	5'10"
12	Max Orland	Fr	5'9"
13	Ian Sweeney	Jr	6'1"
14	Rae Dallett	Fr	6'5"
16	Blake Johnson	Jr	5'8"
19	Colby Chuck	Fr	5'5"
21	Dylan Owens	Jr	5'11"
22	Adonay Bahta	Jr	6'1"
23	Finn Collom	Fr	5'11"
24	Tycho Yacub	Fr	5'9"
26	Hannah Wells	Fr	5'4"
30	Nick Fox	Sr	5'8"
	<i>UC-Santa Cruz</i>		
32	Bao Nguyen	Jr	5'4"
38	Jonah Taylor	Fr	5'6"
39	Nolan Stangl	Fr	5'5"
47	Sequoya Daniels	Jr	5'11"
48	Conor Schofield	Fr	5'2"
49	Jarett King	Sr	5'9"
	<i>UCLA</i>		
55	Efejon Ustenci	Fr	5'7"
61	Skylar Johnson	Fr	6'1"
62	Jean-Luc Vidal	Fr	5'7"
64	Chloe Carothers-Liske	Fr	5'5"
66	Rio Chuck	Sr	5'5"
	<i>Puget Sound</i>		
69	Nikhil Bhatia-Lin	Fr	5'0"
85	Chris Orman	So	6'0"
88	David Woodfin	So	5'9"
98	Wyatt Berreman	Fr	5'10"

# OPEN TEAMS

## CORVALLIS HIGH SCHOOL

### SPARTAN FORCE CORVALLIS, OR

COACHES: KENNY FAASE, COLLEEN LLEWELLYN

Corvallis Spartan Force had its debut season as an official school-sponsored athletic organization. The team chose to use the Corvallis High School official mascot – the Spartan – with a blending of the pop icon the Storm Trooper.

The team took third place in a mixed tournament last fall held at Oregon State University. They continued to do well at Spring Reign this year, placing tenth in the top division (out of 50 teams). At the Oregon State Mixed Championship, the team placed fourth. The open team has played in only one tournament early in the season, significantly understaffed, and went 0-3. The team will graduate four seniors this year and leave a strong group of freshmen who will carry tremendous future potential for the team.



### ROSTER

1	Kevin Plissner	Sr	6'1"
4	Seattle University		
4	Ryan Johnson	Sr	6'0"
5	Mohammed		
	Shakibnia	Fr	5'6"
7	Jonathan He	Fr	5'10"
12	Andrew Lewis	Fr	5'9"
13	Phineas		
	Brownsanders	Fr	6'2"
15	Michael Chambers	Fr	5'8"
16	Nathaniel Seagren	Sr	6'0"
	Corban College		
17	Justin Whitton	Sr	5'11"
22	Levi Ebersole	Fr	6'2"
23	Jeremy King	Fr	5'9"
42	Jonathan Haberman	Fr	6'2"
93	Mike Kruzich	Sr	5'9"

## CRESCENT VALLEY HIGH SCHOOL

### TRIBE CORVALLIS, OR

COACHES: ANDREW BUERMAYER, DANA LOSO, BENJI DEARDRUFF, PATRICK BUERMAYER

Crescent Valley Tribe was established in 2002. After several years of good success leading to a fifth place finish at Westerns in 2006, the team underwent significant turnover over the next few years with graduations and the retirement of their coach. Reorganized in 2009 with a new coach, the team has been building steadily ever since. We are excited to be returning to Westerns for the first time since 2007. Our eyes are ever on the future and the continued growth of ultimate locally, regionally, nationally and internationally. We are "One Tribe."

2013 has been a good year for Tribe. For the first time ever, we became a school-sponsored sport. The highlight of the season to date is our third-place finish in the USA Ultimate Oregon State Championships, finishing the tournament with a record of 5-1. The tournament featured a win over Sheldon High School for

third place after a close loss to Summit High School in the semifinals. Our season also featured five wins and one loss after playing in the Disc of Gold tournament in Corvallis, Ore., and games against Corvallis High School and Summit High School.



### ROSTER

1	Aaron Peterschmidt	Sr	6'1"
	Oregon State University		
3	Drew Peterschmidt	Fr	6'1"
4	Daniel Jones	Sr	5'9"
	Oregon State University		
6	Cedar Kaplenk	Jr	5'10"
8	Daniel Kneeland	Fr	5'11"
15	Elliot Hartwig	Fr	5'8"
21	Ian Bogley	Fr	5'7"
24	Craig Still	So	5'9"
26	Michael Hunter	Fr	6'2"
33	Noah Schuetze	So	5'6"
62	Quinn Buermeyer	Fr	5'8"
77	Nick Hartwig	Fr	5'7"
82	Thomas Kneeland	Jr	6'2"

# OPEN TEAMS

## FAIRVIEW HIGH SCHOOL

### KNIGHTS BOULDER, CO

COACHES: DAVID BARNES, JACKSON KLOOR

Fairview Ultimate was founded in 2003 and has been consistently competitive since its inception. Fairview has been particularly dominant in the past four years, winning the Colorado State Open Championship in 2010 and 2012, placing second in 2013 and third in 2011. The "Knight" is the mascot of Fairview High School.

Fairview had a dominant 2013 season, with its only loss being in the Colorado State Championship game. Fairview won the Denver East Invitational Tournament, winning the championship game by a score of 13-2, and later went on to make the Colorado State Championship final, which they lost to Monarch High School in a hard-fought game 15-12.



### ROSTER

3	Sam Black	Sr	5'10"
4	Johns Hopkins Aaron Kennedy	Sr	6'1"
7	Colorado Aaron Perley	Sr	5'11"
10	Carnegie Mellon David Sachs	So	6'1"
11	Maclean Freund	Sr	5'10"
17	Colorado State Abhisaar Yadav	Sr	6'3"
18	Chicago Ben Krahenbuhl	Sr	5'11"
21	UCLA Scotty Davids	Sr	5'11"
22	Navy Owen Martin	Sr	6'1"
27	Tufts Tom Bonan	Sr	6'0"
44	Bucknell Girish Narayanswamy	Jr	6'1"
49	Matt Shepherd	So	6'1"
77	Chris Wagers	Fr	5'6"

## FRANKLIN HIGH SCHOOL

### QUAKERS SEATTLE, WA

COACHES: FRANK NAM, MAX SUTTON

Franklin High School has existed before in different iterations, but the current program is now in its fifth year. Franklin High School is a part of Seattle Public Schools.

In 2012, FHS participated in the Fall Open League in Seattle. We finished first in the Seattle Public School division, second at The Seattle Invite tournament and second in the Washington State Open High School Championships.



### ROSTER

1	Dennis Casio	Sr	5'7"
6	Western Washington University EJ Mina	So	5'5"
7	Trey Miller	Fr	5'9"
9	Jaz Smith	Sr	5'10"
10	Seattle Central Community College Rodel Santos	Sr	5'11"
11	Seattle Central Community College CJ Yumang	Jr	6'1"
15	Mark Sampayan	Sr	5'6"
17	Bellevue College David Ngo	Sr	5'4"
20	University of Washington Bothell Di'Andre Davis	Jr	5'11"
21	Henry Phan	Sr	5'7"
23	Miko Bagaosian	Sr	5'4"
24	Seattle Central Community College Miguel Sheets	Sr	5'7"
25	Seattle Central Community College Bukhari Salayman	So	5'10"
26	Eric Soria-Patrick	Sr	6'0"
30	Seattle University Reggie Eng	Sr	5'6"
31	Western Washington University Yu Wen Chen	So	5'6"
33	Eugene Ruff	Fr	5'3"
34	David Alveno	Sr	5'8"
35	University of Washington Bothell Alonzo Tugade	Fr	5'7"
45	Jayvier Cooley	Sr	5'9"
46	The Art Institute of Seattle Mahki Sanders	Jr	5'9"

# OPEN TEAMS

## GARFIELD HIGH SCHOOL

### PURPLE HAZE SEATTLE, WA

COACHES: RUSTY BROWN, PETER KAPOSTASY, KAVIK FROL, KHALIF EL-SALAAM, HARRISON MARTIN

Currently in its fifth year, the Purple Haze boy's ultimate squad is excited to return to Westerns after a year's hiatus. The team name is a tribute to Jimi Hendrix who attended Garfield in the late 1960s. While the team is comprised of both JV and Varsity players, the Garfield team has been training hard throughout the spring (their off season) and has developed a strong base of athleticism and work ethic. The boys know that hard work alone will not be enough to be crowned best in the west and hope that with some luck to balance their skill they can make a run for the Westerns title.



### ROSTER

0	Geramey Evans	Sr	6'0"
	<i>USMC</i>		
3	Yonatan Tadesse	Fr	5'10"
5	Morgan Higgins	Fr	5'9"
12	Adrian Golay	So	5'10"
13	Robin Tu	Sr	5'9"
	<i>University of Washington</i>		
14	Chris Huie	So	5'10"
18	Quin Lagmay	Fr	5'5"
25	Bryan Lee	Sr	5'10"
	<i>University of Washington</i>		
26	Isaac Rubinstein	Jr	5'10"
28	Noah Boudra	Jr	5'7"
31	Khoi Nguyen	So	5'5"
32	Homer Aalfs	Sr	6'0"
	<i>University of Washington</i>		
36	Jason Peacher-Ton	Jr	5'11"
44	Cole Thomas	Jr	5'10"
72	Matthew Goss	Sr	6'1"
	<i>Williams College</i>		
87	Daniel Gray	So	5'11"

## MONARCH HIGH SCHOOL

### MONARCH LOUISVILLE, CO

COACHES: ANDY GUINN, FINLAY WAUGH

The team started nine years ago, in 2004. We didn't win many games over the first few years as the team grew and developed. We won our first state title in 2008 (Mixed Division). Over the last four years, our Open team has finished third twice, second once and first once (2013) in the State Championship.

Over the last three years, our Mixed team has finished second once and first twice in the State Championship. We currently have 50 boys playing on our varsity and JV squads.

We are undefeated in league play during a weather-shortened spring season. We won all our games by wide margins on Saturday at Colorado's big mid-season tourney but lost in the semifinals the next day;

the tournament conflicts with Monarch's prom, and historically we field a much weaker team on Sunday. We went undefeated in the season-end state tournament, winning the state title in the Open Division.



### ROSTER

0	Son Nguyen	Jr	
2	Ben Goossen	Sr	
4	Reed Forman	So	
5	Johnny Cevaal	Sr	
7	Jacob Kershner	Sr	
8	Jacob Oligschlaeger	Jr	
10	Timmy King	So	
14	Sean Anastasi	Jr	
18	Trey Leonard	Sr	
20	Keegan Healy	Sr	
21	Nick Peskind	Jr	
29	Chris Evans	Fr	
30	David Pollicita	Sr	
34	Will Minter	Sr	
49	Tanner France	Jr	
55	Cameron Waugh	Sr	
63	Connor Graves	Sr	
69	Cody Kershner	So	
88	Ryan Bennett	So	

# OPEN TEAMS

## NATHAN HALE HIGH SCHOOL

### RAIDERS SEATTLE, WA

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. 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, knows how to play to the strengths of their teammates and are excited to play with teams from across the western states. Welcome to Hale.



### ROSTER

Anthony Bencivengo  
Calum Houston  
Liam Bateman  
Manny Eckert  
Zach Jackson  
Tyler Ung  
Yuval Arian  
David Duyker  
John George  
Natan Lee-Engel  
Jordon Lim  
Daniel Mah  
Lucas Rabins  
Aaron Silverstein  
Michael Ton  
Riley Worthington

## ROOSEVELT HIGH SCHOOL

### RIDERS SEATTLE, WA

COACHES: XTEHN TITCOMB, BIL ELSINGER,  
MAT MARCUS

This past season, the Roosevelt Riders had some great wins and heartbreaking losses. Just like the teams we competed against, many games ended in universe point wins. In the district playoffs, we placed second behind Franklin High School. In the state playoffs, we tied for fifth.



### ROSTER

1	Eli Savelle	Sr	5'10"
7	Jacob Mayer	Sr	5'10"
8	Joe D'Ambrosia	So	5'8"
9	Simon Senter	Fr	5'7"
11	Jonathan Shuster	Sr	5'11"
16	Silas Collins	Fr	5'7"
18	Jesse Katz	Sr	6'1"
20	Nathaniel Stevens	Fr	5'11"
24	Henry Bermet	Sr	5'5"
26	Eric Huynh	Jr	5'8"
27	Caleb DiNino	Fr	6'0"
28	Connor Hanify	Jr	5'9"
29	Michael Buyco	Fr	5'8"
35	Camas Collins	Sr	6'2"
36	Ethan Katz	Sr	6'3"
37	Brian Huynh	Sr	5'11"
44	Noah Kregenow	Fr	6'0"
47	Colin DiNino	Fr	5'11"
68	Brian Walker	So	5'10"
72	Max Reichert	Fr	6'2"
97	Kai Marcus	So	6'0"

# OPEN TEAMS

## SHELDON HIGH SCHOOL

### IRISH EUGENE, OR

COACHES: NINA HERBST, SAM JERVEY

Once upon a time, in a land far away, there was a group of Sheldon Irish with no sport to play. One day, while looking for pots of gold, they came upon a white plastic disc at the end of the rainbow. When they picked it up, an entire field of four-leafed clovers sprouted up and turned the surrounding hills a breathtaking green color. A leprechaun appeared and told the Irish that if they played the magical game of ultimate using this newly found disc, they would be lucky for life, making new friends and defeating injustice throughout the world.

The Sheldon Irish ultimate team was established in 2001 as Huck-o-the-Irish.

Our season began with our mixed team going to Spring Reign. We were seeded 13 out of 48 and took fourth overall. Our mixed team took first place at States, narrowly beating Summit in the finals.



### ROSTER

1	Alec Schauer	Sr
2	Cody Milstein	Jr
3	Aaron Thavisack	Jr
6	Stephen Leung	Sr
9	Jordan Reed	Sr
12	Ian McWilliams	Sr
15	Ryan Ayala	Fr
17	Josh Barnes	Sr
19	Bennett Peters	Jr
21	Austin Hamilton	Jr
23	Dorian Ramirez	Jr
24	Jordan Dunteman	Jr
25	Sam Hobbs	Sr
26	Colton Clark	Sr
27	Ryan Fisher	Sr
28	Ian Holman	Sr
34	Wesley LaVassaur	Sr
37	Justin Cheung	Sr
55	Davis Glazebrook	Fr

## SOUTH EUGENE HIGH SCHOOL

### AXEMEN EUGENE, OR

COACHES: KEITH BUCHER

South Eugene burst onto the national scene in 2004 with a semifinal appearance at the last National High School Championship under the leadership of Breeze Strout and Danny Kalman. Since then, the Axemen have been a perennial contender for the Westerns championship. South Eugene captured the title in 2010 and made multiple finals appearances throughout the decade. Many Axemen alumni have gone on to have storied college and club careers, including Dusty Becker, Jacob Janin, Dylan Freechild, Aaron Honn and Callahan Award winner Eli Friedman.



### ROSTER

1	Connor Matthews	Sr	5'10"
	<i>Oregon</i>		
4	Leland Nesbit	So	6'2"
5	Braeden Emrick	Sr	5'10"
	<i>Michigan State</i>		
7	Jinhyun Shin	Sr	5'9"
	<i>Tufts</i>		
9	Sage Holck-Luke	So	6'3"
10	Ryan Rogers	Sr	5'8"
	<i>Oregon State</i>		
11	Sebastian Coslow	Jr	5'10"
12	Brooks Mikkelsen	So	5'9"
13	Jimi DaWalt	Sr	5'10"
	<i>Lane Community College</i>		
14	Bruce Service	Sr	5'10"
	<i>Claremont</i>		
19	Aaron Rogers	Fr	5'6"
20	Max Meyers	Fr	5'8"
22	Zach Meyer	Sr	5'8"
	<i>Oregon</i>		
24	Connor Shirk	Sr	5'10"
	<i>Oregon</i>		
25	Trace Andreason	Jr	5'11"
47	Asher Paules-Bronet	Fr	5'3"
50	Kenzy O'Neill	Jr	6'0"
62	Simon Sjostrom	Fr	5'8"
70	Sungwoo Kay	Jr	5'6"

# OPEN TEAMS

## SUMMIT HIGH SCHOOL

### SUMMIT STORM BEND, OR

COACH: LUKE SMITH

Summit Storm Ultimate has played continuously since 2005.

In what passes for tropical weather around here, Summit's three-month season has only had two days cancelled for snow, occasional single-digit wind chills and actual sun on multiple occasions! Our very young team has improved weekly. With loads of new players, we've mostly been split squads until now. A tough 8-7 loss in the mixed state championships has fueled the fire, and we're hopeful to play our best ultimate of the season at Westerns.



## ROSTER

1	Skyler Kenna	Sr	6'3"
2	Massimo Larsen	Fr	5'8"
3	Cameron Ficher	So	5'8"
4	Ryan Schluter	So	5'8"
5	Walker Sorlie	So	5'8"
6	Carl Akacich	Jr	6'0"
7	Tristan Simoneau	Jr	6'0"
8	Chris Williams	So	5'8"
9	Dahlia Losch	Sr	5'9"
	<i>TCU</i>		
10	Taylor White	So	5'8"
11	Braedon Petrus	Sr	5'8"
	<i>Oregon</i>		
12	Larson Schluter	So	5'8"
14	Matt Hecker	So	6'3"
15	Ian Hecker	Sr	6'3"
	<i>Michigan</i>		
16	Max Millsagle	Sr	5'10"
	<i>Bates</i>		
17	Demetri Hovekamp	Jr	6'3"
18	Zeb Millsagle	So	5'10"
21	Zach Bary	Jr	5'10"
30	Seth Millard	Jr	5'10"
36	Scott Nonweiler		
50	Niko Giannosses	Sr	5'10"
60	Cole Burford	Jr	5'8"

# 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 USA Ultimate 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 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 or 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.

# 2013 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 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](mailto:mike@hq.usultimate.org), or visit the USA Ultimate website at [usultimate.org](http://usultimate.org).



2 0 1 3



Join USA Ultimate and the international ultimate community **July 4-7, 2013 in Raleigh, N.C.**, for the second annual U.S. Open Ultimate Championships & Convention. A celebration of character, community and competition.

**3 DIVISIONS, 3 CHAMPIONS,  
24 OF THE WORLD'S BEST TEAMS**



A CELEBRATION OF CHARACTER, COMMUNITY AND COMPETITION ★

Never stop reaching.



**DISCRAFT**

THE DISCRAFT 175 GRAM  
ULTRA-STAR™ SPORTDISC