

EVENT GUIDE \$2

VCULTCAMPBEYOURBEST





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USA ULTIMATE

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WELCOME

Hello Teams,

Congratulations on making it to the 2015 USA Ultimate High School Western Regional Championships! On behalf of USA Ultimate, Corvallis Ultimate and the community of Corvallis, Ore., welcome! Corvallis is home to Oregon State University, the only public university in the country to hold Land-, Sea-, Sun-, and Space-Grant designations, with a student population of 24,000. While you are here, visit our unique downtown along the riverfront and take a stroll through the OSU campus for a taste of our beautiful, friendly community.

This year we have 30 teams, many returning from previous years, along with a few new teams. The tournament takes place at the Crystal Lake Sports Fields, a fantastic facility with great fields and a tradition of hosting high-quality 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 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.

Player food will be provided each morning in your team packs, and food concessions will be on site for lunch and additional options throughout the day. A variety of food choices including burgers, chicken wraps, vegetarian options and healthy snacks will be offered. The Saturday-night social event will be held after the games on the field next to Tournament Headquarters with a catered meal of Mexican food.

This type of event only happens because lots of people volunteer their time. They will be keeping score, running the social event and performing many other tasks around the fields. Be sure to acknowledge their hard work. Say "Thanks!" to a volunteer when you see one.

We wish you the very best of luck in the competition. Good luck, play hard and may the best teams win!

Brian Boggess Tournament Director





FRIDAY, MAY 29, AT HOLIDAY INN EXPRESS CORVALLIS - ON THE RIVER 7:00pm - 9:00pm: Team Registration

SATURDAY, MAY 30, AT CRYSTAL LAKE SPORTS COMPLEX - CORVALLIS, OR

Concessions will be available (cash only) from 9:00am until about 4:30pm 8:00am: Captains' meeting 9:00am – 4:00pm: Pool Play 4:30pm – 6:30pm: Dinner Served for Athletes, Coaches and Chaperones 4:45pm – 6:00pm: Boys' Pre-Quarters & Girls' A Pool Play

SUNDAY, MAY 31, AT CRYSTAL LAKE SPORTS COMPLEX - CORVALLIS, OR

Concessions will be available (cash only) from 9:00am until about 4:30pm 8:30am - 2:00pm: Bracket & Placement Play 2:30pm: Finals & Remaining Placement Games Post Finals: Award Ceremony. Immediately following the finals, awards will be presented to first-

Post Finals: Award Ceremony. Immediately following the finals, awards will be presented to firstand second-place teams in each division and Individual and Team Spirit Award winners.

EVENT STAFF

Tournament staff members will be wearing volunteer/staff t-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 - Brian Boggess Volunteer Coordinator - Ben Maxon Head Scorekeeper - B.J. Philmus Water & Waste Coordinators - Dan Vega, Ayrril Boggess, Ammie Burleson Hospitality Coordinators - Melissa Sales, Zak Weigand Corvallis Ultimate Liaison - Dana Loso Fields Advisor - Andrew Buermeyer

USA ULTIMATE STAFF

Manager - Competition & Athlete Programs - Connor Maloney Manager - Events - David Raflo

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COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- Halftime is five 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.

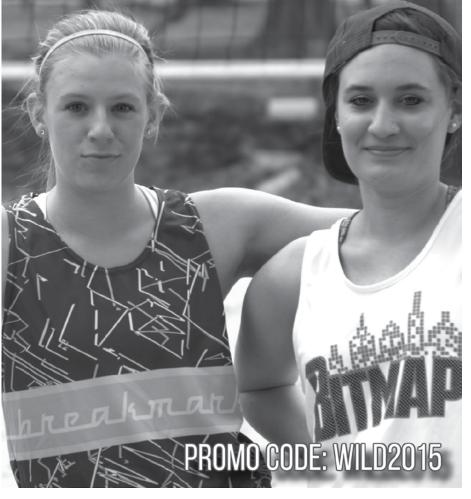
SITE RULES

- NO ALCOHOL OR TOBACCO! Facility staff, 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.
- 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 event and overall a family environment. Please keep this in mind.

breakmark

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\$20 DOLLAR TEAM SPOT SUB TANKS JUST IN TIME FOR WILDWOOD.



DIRECTIONS

Crystal Lake Sports Fields (1000 Southeast Fischer Lane, Corvallis, OR 97333) to the Good Samaritan Regional Medical Center (3600 Northwest Samaritan Drive, Corvallis, OR 97330)

- 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 the medical center will be on the left.

SHOOTING PHOTOS/VIDEO

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 can be found online at usaultimate.org/about/usaultimate/ media_policies.aspx or may be obtained from the USA Ultimate staff at your event.

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 Manager of Communications & Publications Stacey Waldrup at stacey@ hq.usaultimate.org.



× Poys team

ATASCADERO HIGH SCHOOL MUD PIT GLADIATORS Atascadero, CA

Coach: Josiah Mort Website: facebook.com/mpgultimate



The Mud Pit Gladiators rose to power in the year 2011. The name "Mud Pit" comes from the Spanish meaning of Atascadero, a small town where dreams to construct a team of high school players became a reality for former Coach Sean Sommerville. Mud Pit quickly became a competitor to all

opponents. Last year, placing second at the California State Championships and defeating teams like Lone Peak (Utah) and Seattle Fryz was a great achievement! In 2015, with more than four years of experience, Mud Pit looks to crank things up a notch! Highly spirited and highly athletic, be prepared for the game of your life!

ROSTER 0

0	Jason Pappas	Sr	5'11"
1	Juan Murillo	Jr	5'6"
3	Pi Thammasathit	Sr	5'8"
5	Jordan Hewitt	Jr	6'0"
7	Reba Dufour	Sr	5'3"
10	Alijah Brooks	Jr	5'10"
11	Isaac Mort	Sr	5'11"
12	Chris Farris	Jr	5'10"
16	Nick Lopez	So	5'11
18	Dawson Cruz	Sr	6'0"
21	Noah DeVries	So	5'11"
32	Christian Baker	Fr	5'10"
49	David Aguirre	Sr	5'10
56	Jonathan Figg	So	5'9"
80	Ryan Mort	So	5'11"

Boys' Teams

BERKELEY HIGH SCHOOL

COUP Berkelev, CA Coaches: Kyle McBard, James Sheridan, Jake Hartman-Kenzler



Berkeley High School's ultimate program began in 2007 with a fledgling crew and has since grown to include more than 75 active players. In recent years, Berkeley High Coup (Haiku) has won BADA's Spaghetti Westerns and the California State Championships

and finished second at Westerns. The Coup has stormed into the local collegiate scene as well, frequenting local college tournaments and hosting competitive scrimmages against local universities. Berkeley High also strives to help lead youth development in the Bay, working with other local teams to scrimmage and participating in local leagues. Many players compete at YCC and self-organize to send youth-led teams to local hat tournaments. There are usually even one (or two) youth teams to be seen at the club series in the fall. We are excited once again to see all of the friends we have made over the last few years up here in Corvallis!

2	Ari Ball-Burak	Sr	5'9"	
3	Conor Schofield	Jr	5'9"	
4	Nolan Stangl	Jr	5'6"	
6	Dylan Villeneuve	So	5'11"	
9	Jeremy Dolezal-Ng	Jr	5'11"	
10	Efejon Ustenci	Jr	5'8"	
11	Skylar Johnson	Jr	6'3"	
16	Blake Johnson	Jr	5'10"	
17	Chris Orman	Sr	6'2"	
	Cal Poly-SLO			
	Ethan Ostrow	Jr	5'8"	S
19		Jr	5'6"	D
21	Nikhil Bhatia-Lin	Jr	5'11"	I
23	Finn Collom	Jr	6'0"	O
24	Tycho Yacub	Jr	5'9"	1
27	Casey Hopkins	Sr	5'4"	2
36	Kori Suzuki	So	5'4"	2
37	Harlan Brawer	So	5'8"	¥
38	Jonah Taylor	Jr	5'8"	~
51	Maxwell Tomsick	So	6'0"	>
66	Alex Orebic	So	5'8"	
98	Wyatt Berreman	Jr	6'0"	SPECTATOR INFO

5'9"

Fr

BALLARD HIGH SCHOOL

BUF Seattle, WA Coaches: Ben Goldfarb, Kenny Lane, Marty Kenny



When the history of Seattle youth ultimate is written, it will begin with its very first interscholastic game: Ballard v. Ingraham in spring 1977. Ever since, the Ballard Ultimate Family (BUF) has been a prominent participant in Seattle's high school leagues. While Ballard has won its share of league championships, it is proudest of its successes at Spring Reign.

The modern era of Ballard Ultimate began with a mixed team in 2002 coached by Roger Crafts. The BUF moniker was acquired some years later and aptly captures our team's community culture. BUF wears #24 on our sleeves in memory of team founder and former captain Sarah Plants who was also a beloved middle school coach and captain of Washington Element.

BUF alumni have gone on to play on elite college and club teams and also continue to give back as youth coaches.

We are proud to represent our school and feel privileged to take the field at Westerns with all the great teams.

ROSTER

00	Axel Anderson	Sr	5'10"
2	Corbin Atack	Fr	5'6"
5	Simon Gibson Penrose	Sr	5'10"
7	Sean Voelk	Sr	5'10"
8	Christoph Suhr	Sr	5'10"
9	Mike Severin	So	5'10"
10	Liam Moore-Tobiason	Jr	6'2"
13	Percy Boyle	Jr	5'10"
15	Brian Pitre	Fr	5'11"
21	Coleman Andersen	Sr	6'2"
29		Fr	5'9"
32	Spencer Gaffin	Jr	5'9"
	Cian McGinn	Fr	5'10"
	Tor Randolph	Sr	6'1"
37	Joe Severin	Sr	5'9"
42	Jack Volk	Sr	5 9 6'2"
	lan Allen	Jr	0 Z 6'1"
64	Morgan Thompson	So Er	6'0"
88	Elijah Nobis	Fr	5'10"
94	Henry Weigand	Sr	6'1"
99	Wayke Hill	Fr	5'8"

CLEVELAND HIGH SCHOOL CLEVELAND ULTIMATE Seattle, WA

Coach: Steve Pratt



Cleveland Ultimate. founded eight years ago, has grown from a program with one mixed team of nine players to now four singlegender teams with at least 15 plavers each.

R	0	S	Т	Е	R

ROSTER

0

Emmet Holton

1 2	Ronnie Estoque Vu Huynh	So So	5'4" 5'5"
3	Dante Lopez-Escarez	Fr	5'5"
4	Charlie Dahlstrom	So	5'8"
5	Sulayman Batchilly	So	5'6"
6	Austin Saelee	So	5'4"
8	Angel Martin	Jr	5'10'
9	Tai Luu	Fr	5'5"
10	Sok Ro	So	5'7"
11	Aldrin Carbonell	Sr	5'4"
	Washington		
12	Hai Trang	So	5'6"
15	Abdoulie Batchilly	Sr	5'10'
	Western Washington		
16	Cedrix Tello	Fr	5'4"
17	Amanze Oleru	So	5'9"
18	Justin Sia	So	5'8"
19	Cornelius Cambronero	So	5'6"
20	Kelvin Nguyen	Jr	5'6"
	2,7		

🗕 Boys' team

CORVALLIS HIGH SCHOOL **SPARTAN FORCE** Corvallis. OR

Coaches: Kenny Faase, Colin Sexton



This is the third season for the Corvallis High School Spartan boys' team. They have been a growing and developing team and have now reached a more competitive level. They are still comprised of a younger set, mostly iuniors, sophomores and freshmen, with only one senior. This will be a team to watch this year.

ROSTER

5

12

19 20 32

33

36

42

55

64

69

72

77

84 99

Levi Ebersole	Jr	6'4"
Carson Boggess	Jr	5'11
Jonathan Haberman	Jr	6'3"
Jonathan He	Jr	5'11'
Andrew Lewis	Jr	6'0"
Seth Javorsky	So	5'11
Payton Lommers	So	5'10'
Nolan Wironen	So	6'0"
Nicholas Shank	Fr	5'7"
Jake Hammack	Fr	5'11'
Alasdair Padman	So	6'0"
Adain Bartron	Jr	6'1"
Jeremy King	Jr	5'11
Julian Whitton	Sr	6'0"
Alexander Sales	So	5'10'
Kit Tyler	Jr	5'11
Clark Shimeall	So	6'1"
Aaron Lewis	Fr	5'10



FRANKLIN HIGH SCHOOL **QUAKERS**

Seattle, WA Coaches: Hana Kawai, Sam Harkness



We are the Franklin High School Quakers. We've placed fifth at every Westerns tournament we've entered. We placed second at the DiscNW Washington State Championships the previous two years, but last year, we won the USA Ultimate State Championships.

2	Joshua Robancho	So
3	Ivan Lee	So
5	Ernie Mina	Sr
7	Devin Cropp	Fr
11	Marc Munoz	Fr
12	Le'Trell Paris	Fr
15	Abraham Gebreyesus	Fr
16	Thien Nguyen	Jr
17	GilJohn Feliciano	Fr
18	Hoang Pham	Jr
21	Evander Tugade	Jr
22	Tremont Miller	Jr
23	Jhay'ar Pacleb	Fr
25	Bukhari Salayman	Sr
28	Jason Luangrath	So
29	Noel Antonio	Fr
30	Tommy Phan	Sr
31	Yu Wen Chen	Sr
33	Eugene Ruff	Jr
35	Alonzo Tugade	Jr
41	Sam Tudor-Hidy	Jr

CRESCENT VALLEY HIGH SCHOOL RAIDERS

Corvallis. OR Coaches: Andrew Buermeyer, Benji Deardurff, Dana Loso Website: cvraidersultimate.weebly.com



The Crescent Valley High School Raiders got their start in the early 2000s. After strong initial growth and success as a club team named Tribe, including a fifth-place finish at Westerns in 2006. the team graduated most of its players and went into a significant rebuilding period. With a new head coach starting

in 2008-2009, Tribe recruited, worked hard and helped grow playing opportunities locally and regionally, ultimately becoming a school-sponsored varsity sport in 2012-2013. In recognition of our sponsorship, we changed our name to match the school mascot and became the Crescent Valley Raiders. As the Raiders in 2014, we won our first Oregon State Championship (mixed), placed second in boys and fifth at Westerns. We hope to build on that recent success as we continue to work hard and strive to be better by embodying the spirit of Raider Pride.

ROSTER

3	Drew Peterschmidt	Jr	6'3"
4	Nick Hartwig	Jr	5'8"
8	Daniel Kneeland	Jr	5'11"
10	Matthew Kwak	Fr	5'8"
11	Ben Pederson	So	5'6"
12	Sam Sneller	So	5'9"
13	Alex Tovar	Sr	5'10"
15	Elliot Hartwig	Jr	5'8"
17	Parker Lewis	Sr	5'9"
24	Craig Still	Sr	5'11"
28	Michael Hunter	Sr	6'1"
29	Kye Hunter	So	5'11"
35	lan Bogley	Jr	5'9"
42	Evy Greenwood	So	5'8"
52	Aaron Celeste	Sr	6'2"
61	John Capilla	Fr	5'11"
62	Quinn Buermeyer	Jr	5'10"

GARFIELD HIGH SCHOOL PURPLE HAZE Seattle, WA

Coaches: Rusty Brown, Khalif El-salaam, Kavik Frol Twitter: @GHSUltimate Website: ghsultimate.org



Purple Haze - Derived from the famous Jimi Hendrix who attended Garfield High School. Our program is one of the oldest ultimate programs in Seattle high schools. It began in the early 90s and includes such illustrious alumnae as Jimmy

Chu and Alex Nord. Our program has had a boys' singlegender team since 2009, and we have grown to have two JV teams in addition to the varsity squad.

ROSTER

0 2 3 5 8	Markell Thorton Ben Kass-Mullet Yonatan Tadesse Morgan Higgins Isaiah	So Fr Jr Jr	6'1" 5'9" 6'2" 6'0"
0	Schneeweis-LaRene	Fr	5'8"
11	Xiao Dong Liu	Sr	5'10'
12		Sr	5'10'
13	Tony Ngo	So	5'9"
15	August Keller	Jr	6'0"
16	Tyler Bui	Sr	5'9"
17	Jeff Nguyen	Jr	5'8"
18		Jr	5'8"
19	Matthew Liu	So	5'9"
20	Tony Goss	So	5'7"
21	Peter Lenz	Fr	6'1"
22	Page Lavin	Sr	5'11'
26	Ethan Kim-Shinn	Fr	5'8"
31	Khoi Nguyen	Sr	5'7"
33	Quinn Edgerton	Fr	5'11'
42	Oskar Abian	Jr	5'10'
43	Elias Baldwin	So	5'10'
64	Cameron Crawford	So	6'0"
68		So	6'2"
73		Sr	6'2"
96	Viktor Freshley-Hess	Jr	5'11'



SPECTATOR INFO

🔶 Boys' Tea*n*

GUNN HIGH SCHOOL CONTROL Palo Alto, CA **Coach: John Ortberg**



As pickup ultimate grew in size and popularity at Gunn, a committed few emerged from the cleat-less, lazy afternoon games that wanted to do more with the sport. Lucas Munro and Victor Kao (now captains) began

inviting these players to practices outside of pickup games where they worked on throwing and cutting drills. Eventually they entered their first (beach) tournament under the name "Victorious Secret," which was about the time they asked John Ortberg to join as their coach (puppet). After a strong 3-1 showing at the tournament against some experienced teams, the team had enough talent and desire amongst the players to make an official team.

One day after practice, trying to think of a new name, Coach Ortberg thought it would be funny to name the team "Control," because then the full name would be Gunn Control. It was a joke, but the name won in a landslide

INGRAHAM HIGH SCHOOL					
RAMS Seattle, WA Coaches: Spencer Wilkerson, Denny Porter, Xuny Haley, Angela Parisi					
	After	going	un-coached	for	



several years, this year, the Rams decided they would take charge and start to turn the program around to return to their former glory as one of Seattle's top teams. We hired a coach, recruited heavily and came out ready to play hard and be as spirited as possible.

ROSTER

1	Lucas Munro <i>Cal Poly-SLO</i>	Sr	5'9"
2	Joseph Lai	So	5'8"
7	Jesse Carlson	Sr	6'0"
	Chapman		
9	Nikhil Bhansali	Jr	5'7"
10	Victor Kao	Sr	5'8"
	NYU		
12	Arik Singh	Sr	5'11"
10	California-San Diego	~	
13	Alex Matthys	Sr	5'10"
15	<i>Pennsylvania</i> Mark Farid	Sr	5'11"
15	Georgia Tech	21	511
16		Sr	6'0"
	Stanford		
17	Gabriel Alon	Sr	5'5"
	California-Santa Cruz		
21	David Zou	Jr	5'11"
24		Sr	6'3"
	California-Santa Cruz		
	Ken Noh	Jr	5'8"
99	Randy Wu	So	5'9"

ROSTER 3 Noah Coolman 8 Drew Palmer 11 (

•	Bron r annor		
11	Cristian Arriola	So	5'9"
15	Chris Holt	Fr	6'0"
22	Jonah Zuckerman	Fr	5'5"
24	Cylas Schooley	Fr	5'9"
35	Quintin Serrano	So	5'10"
39	Will Marek	Fr	5'5"
49	Nathan Davis	So	5'9"
64	Colin Derrig	Fr	5'9"
69	Mitchell Ewbank	Jr	5'9"
85	Alex Brettmann	Jr	6'1"
96	Julien Butwin	Sr	5'10"

5'9" lr

Fr 6'0"

boys' teams

MONARCH HIGH SCHOOL MONARCH ULTIMATE Louisville, CO

Coaches: Katie Patterson, Fin Waugh, Scott Zeman



The three goals of Monarch Ultimate are 1) have fun; 2) learn skills; and 3) have fun. Over the last seven vears (since the high school open division first existed in Colorado), the team has succeeded in meeting those goals, as shown by the size of the current program. The Monarch

boys are part of a larger Monarch Ultimate program that includes more than 100 players spread over six teams. As a whole, the program has won eight Colorado state titles, with the Monarch boys taking the trophy in 2013 and 2014. More important than the titles are the lifelong friendships the players make, both with their teammates and with opponents. The Monarch boys have competed at Westerns three times before, finishing ninth in 2011, fifth in 2012 and fifth in 2013. Monarch is thrilled to be competing at Westerns for a fourth time!

NATHAN HALE HIGH SCHOOL RAIDERS

Seattle, WA

Coaches: Julian Peterson, Callie Mah Twitter: @HaleUltimate



The Nathan Hale High School Raiders have been an established program for more than 10 years. The 2014 season has been built on a strong foundation of believing in what we can do, loving who we are and playing with fire in our hearts.

We strive to learn something new at every practice and after every game, and we are always working to make our teammates better. This program is all about creating good players and good people, and the team comes first. The bond that is forged with every step on the field has brought this program success in many forms. We are one team, a family, Believe, Love, Fire,

ROSTER

0	Sam Cast	Jr
1	Brandon Ashbaugh	Jr
2	Luke Barnocky	Fr
3	Alex Kennedy	Sr
4	Reed Forman	Sr
7	Zac Tomlinson	Jr
10	Timmy King	Sr
13	Michael Harris	Jr
16	Michael Fruge	Jr
17	Trevor Schneider	So
21	Jonathan Olivarria	So
23	Garet Villars	Fr
30	Frank Dalle-Molle	So
36	Blake Dancy	Jr
37	Jake Schellenberg	So
50	Connor Healy	So
51	Johnny McKenna	So
55	Sean Connolly	Jr
58	Cody Kershner	Sr
65	Trevor Isaacson	So
75	Owen Christie	So
77	Daniel Garcia	Jr
85	Tanner Wilson	Sr
88	Ryan Bennett	Sr
98	Nick Hettmansperger	Jr

ROSTER

1	Manny Eckert	Sr	6'2"
	Washington		
2	Zach Airth	Jr	6'0"
4	John Dan George	Sr	5'9"
	Shoreline CC		
7	Will McDonald	Jr	5'10'
12	Joseph Louie	Fr	5'9"
15	Derek Mourad	Jr	5'10'
17	Evan Steiner	Jr	6'3"
18	Zach Heffron	Fr	6'0"
23	Connor Voelk	Fr	5'8"
24	Daniel Mah	Sr	5'11'
	Western Washington		
32	Zach Jackson	Sr	5'9"
34	Ben Perkel	Fr	5'8"
42	Connor Vidmar	Sr	5'9"
	Washington		
48	Colm Aron	So	5'8"
77	Gabe Port	Fr	5'8"
80	Liam Bateman	Sr	
99	Ben Duyker	Fr	5'10'



🗕 Boys Tea M

NORTHWEST SCHOOL NORTHWEST SCHOOL **BOYS ULTIMATE** Seattle, WA

Coach: Reid Koss



We are the House. We are a team of players that embrace the idea of working together, playing together and having fun together. This year's team looks to build on the history of the past Northwest School champions and win one of their own.

2	Sam Cook	Sr	6'1"
3	Xander Rota	Jr	6'6"
7	Marco Schugurensky	Sr	6'2"
9	Carson Turner	So	5'10"
10	Harrison Chotzen	Sr	5'10"
11	Eli Conard	Jr	6'1"
12	Gabe McGill	Sr	6'0"
14	Seb Job	Fr	6'0"
16	Turner Malatos	Sr	5'11"
20	Henry Freed	Sr	6'0"
21	Nick Marsh	So	6'1"
22	Morgan Temkin	Jr	5'10"
23	Sam Packard	Sr	6'0"
24	Xander Cuizon-Tice	Sr	5'10"
25	Max Deckman	Sr	6'0"
26	Ben Bishop	Jr	5'10"
27	Eric Folsom	Fr	6'0"
28	Vincent Mougin	Sr	6'3"
29	John Leslie	Sr	6'1"

Boys' teams

SOUTH EUGENE HIGH SCHOOL **AXEMEN**

Eugene, OR **Coaches: Keith Bucher, Lewis Mikkelson**



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 2013 while making multiple finals appearances throughout the decade. Many Axemen alumni have gone on to have storied college and club careers, including Dusty Becker, Jacob Janin, Aaron Honn and Callahan Award winners Eli Friedman and Dylan Freechild.

1	Simon Sjöström	Jr	5'10'
2	Tyler MacMaster	So	5'8"
3	Tomer Vagner	Jr	5'6"
4	Noah Schlossberg	So	5'9"
5	Michael Martin	Jr	5'10"
9	Robert Kalnbach	Jr	5'10"
10	Benjamin Liu-May	So	5'8"
12	Brooks Mikkelsen	Sr	5'9"
13	Chase Matthews	So	5'8"
15	Raven Miller-Berg	Jr	6'1"
17	Greyson Miyaguchi	Fr	5'3"
19	Aaron Rogers	Jr	5'8"
20	Max Meyers	Jr	5'8"
21	Mikael Mur	Fr	5'6"
23	Forrest Peck	Fr	6'0"
40	Harrison Kleiner	Jr	6'4"
41	Darius Bunce	Jr	6'0"
42	Eli Calalang-LaCroix	So	5'9"
44	Johnathan Quillin	Fr	5'10"
47	Asher Paules-Bronet	Jr	5'7"
50	Kellen Murran	Fr	5'8"
57	Noah Jessup-Varnum	So	6'2"

SPECTATOR INFO

5'8"

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ROOSEVELT HIGH SCHOOL ROUGH RIDERS Seattle, WA

Coaches: Bil Elsinger, Mat Marcus



We are the Roosevelt Rough Riders. Last vear, we tied for seventh at Westerns and almost upset the Northwest School (the overall one seed and eventual champion), losing by two points. After losing only two seniors at the end of last vear, we are a more mature, experienced and cohesive team. We are looking to seeing our hard work pay off in the championship.

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0	Joshua Kutz	Fr	5'8"
2	Connor Ryan	Fr	5'10"
4	Connor Donegan	Jr	5'7"
6	Peter Johnson	So	6'4"
9	Simon Senter	Jr	5'10"
11	Glenn Wysen	So	6'0"
21	Isaac Deppen	Sr	6'1"
24	Oliver Fox	So	5'10"
25	Thomas Symons	So	6'1"
27	Caleb Dinino-Childers	Jr	6'0"
29	Michael Buyco	Jr	5'10"
33	Nick Hirning	Sr	6'4"
42	Conor Courtney	Jr	6'0"
44	Noah Kregenow	Jr	6'0"
57	Colin Dinino-Childers	Jr	5'11"
68	Brian Walker	Sr	5'7"
97	Kai Marcus	Jr	5'11"

SUMMIT HIGH SCHOOL

STORM Bend. OR

Coaches: Aaron Switzer, Dylan Darling Website: summitultimate.com



Summit Storm Ultimate has been around for over a decade. As the only team east of the Cascade Mountains. our program has progressed steadily and currently serves 65+ players and consistently fields separate boys' varsity and JV teams. After many years of success on the field, ultimate is now a varsity sport at Summit High School!

ROST	ΓER	

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88 Alec Chapin-Jones

ROSTER

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πu	RUJIER				
2 3	George Conlan Cameron Ficher	Jr Sr	5'11" 5'10"		
	Oregon				
4	Ryan Schluter	Sr	5'9"		
5	<i>Western Washington</i> Chad Rogers	Jr	5'7"		
6	Taylor White	Sr	5'11"		
7	<i>Oregon State</i> Scott Nonweiler	Jr	5'11"		
10	Zeb Millslagle	Sr	5 1 1 6'0"		
	Middlebury				
11	Kambel Quatre	So	5'11"		
12	Ryan Smallwood Oregon State	Sr	6'2"		
13	Kyle Switzer	So	6'0"		
14	Santiago Poncy	Sr	6'1"		
15	<i>Central Oregon CC</i> Brandon Cuddihy	Sr	6'1"		
15	British Columbia	51	01		
16	Chris Williams	Sr	5'11"		
18	<i>Colorado</i> Larson Schluter	Sr	5'9"		
10	Oregon	31	33		
19	Matt Hecker	Sr	6'5"		
20	Michigan Nolon Killgoro	Sr	5'11"		
20	Nolan Killgore Oregon State	21	511		
21	Casey Shannon	Sr	6'0"		
23		Sr	6'0"		
24 27	William Worley Massimo Larsen	Jr Jr	6'1" 5'11"		
21		1	0 11		



Cirls' Teams -

BERKELEY HIGH SCHOOL **CALIFORNIA ROLL** Berkelev, CA Coach: Lindi Sabloff



California Roll was formed in spring 2014 because the girls on the Berkeley High team wanted to play ultimate with girls, against girls. The Berkeley High team traveling to 2014 Westerns was in the boys' division and had only two girls, one of whom could not play because she did not attend Berkelev High.

Therefore, the two girls decided to reach out to other female high school and middle school players in the Bay Area and encourage them to form a girls' team. They organized girls' practices each week and succeeded in entering and playing as the only girls' team from California at 2014 Westerns. Based on their success, they continued to play with the goal of again entering the 2015 Western Championships as a club team. The girls themselves came up with the name. They brainstormed, voted and chose "California Roll" to represent the entire Bay Area.

CLEVELAND HIGH SCHOOL LADY EAGLES Seattle, WA

Coaches: Soriya Ton, Kendra Thompson, Katy Craley



Cleveland Ladies Ultimate started about four years ago as one of the few single-gender girls' teams in South Seattle. Though we haven't won any huge ultimate titles as a team, our ladies are determined to make their first appearance at Westerns a fun and enriching experience. Join us for team dance parties after each game - it'll be

ROSTER

ROSTER

Cherry Arcilla

Tracy Saeturn

Robyn Gamboa

Aileen Isla

12 Kelly Nguyen

15 Cathy Le

17 Julie Dinh

21 Linda Chen

13 Ashley Escobar

14 Hewan Mengistu

16 Magdelene Tran

18 Dianne Ciceron

Washington

25 Jessica Gallardo

78 Edmel Ronquillo

89 Sarah Jane Agbavani

69 Elana Willet-Caoagdan Sr

Anita Pham

24 Elvzha Abella

49 Hue Tien

Seattle

Bellevue College

Emily Huynh

Kassie Villars

Ashelv Buenbrazo

Elizha Fulgencio

Washington State

Western Washington

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2	Tanya Bearson	8th	5'5"
3	Jasmine Der	So	5'1"
4	Thalia Ward	So	5'5"
10	Athena Lynch	Fr	5'6"
12	Robin Anthony-Peterson	So	5'5"
21	Shirley Huang	Sr	5'3"
26	Hannah Wells	Jr	5'6"
30	Desiree Minkler	So	5'5"
31	Lauren Carothers-Liske	Fr	5'8"
32	Maytal Bach	So	5'1"
33	Tuul Chuluusukh	So	5'3"
34	Eliza Paneru	So	5'4"
39	Emmy Curtiss	So	5'3"
49	Anna Reed	Fr	5'5"
64	Chloe Carothers-Liske	Jr	5'4"
75	Maria Fong	So	5'4"

5'1"

5'1"

5'7"

5'0"

4'11" So

5'4"

So Fr 5'7"

Fr 5'5"

So 5'1"

Sr 5'1"

Sr

Fr 5'3"

Sr 5'5"

So 5'2"

Sr

So 5'1" Jr

Fr 5'0"

Fr 5'5"

So 5'1"

Sr 5'2"

Fr 5'4"

Jr 5'0"

Jr 5'4"

So 5'5"

So 5'0"

CIRLS' TEAM

CORVALLIS HIGH SCHOOL **SPARTAN FORCE** Corvallis, OR

Coaches: Colleen Llewellyn, Mitchell Barrington



This is the first year that Corvallis High School will send its own team to Westerns, as in the past they have combined with another high school to have enough girls to make a team. This is very exciting for us this year! As a combined team, they took first in the Oregon State Girls'

Championship and second place at Westerns. This year, due to the team split, we have lots of new players but a solid crew of eight girls who are returning from last year.

5'4" Clea Poklemba Jr 5'0" Makayla Wahaus Jr 5'5" Ivv McClure So 5'0" Gabriela Garza Jr Sr 5'10' Annika Gabriel 5'1" Joanna Lyle Sr 10 Natalie LeFevre So 5'6" 5'7" Sr 11 Wyndser Peterson 13 Bethany Llewellyn Jr 5'4" Jr 5'9" 18 Rachael Vega Fr 21 Kimberly Muth 22 Mikayla Pivert Fr 24 Aurora Daniel Jr 25 Manya Mutschler-Aldine So 27 Ellen Buford Sr 29 Eleanor Daniels Sr

88 Isabella Storniolo

ROSTER

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CRESCENT VALLEY HIGH SCHOOL RAIDERS

Corvallis. OR

Coaches: Kathleen Nottingham, Dana Loso, Andrew Buermeyer Website: cvraidersultimate.weebly.com



The Crescent Valley High School Raiders got their start in the early 2000s. Strong initial growth and success as a club team (Tribe) in the open and mixed divisions included a fifth-place finish at Westerns in 2006. with two girls on the roster. After a significant rebuilding period starting

in 2008-2009, Tribe recruited and worked to grow local and regional playing opportunities, ultimately becoming a schoolsponsored varsity sport. With sponsorship, we adopted the school mascot and became the Raiders. Girls from Crescent Valley have competed as a combined girls' team with other players from Corvallis for the past several years, achieving success with an Oregon state title and a second-place finish at Westerns in 2014. This year, the girls represent Crescent Valley for the first time ever. We will continue to work to build our program and strive to be better by embodying the spirit of Raider Pride.

ROSTER

5	Abigail Wenger	So	5'6'
6	Anna Mitchell	Fr	5'0'
7	Maddy Otto	Sr	5'5'
9	Moriah Wenger	Jr	5'1'
14	Anya Wenger	So	5'0'
16	Bethany Wenger	Jr	5'7'
18	AnnMarie Haberman	8th	5'7'
19	Janae Miller	Fr	5'5'
21	Ellie Vandevelder	Jr	5'7'
22	Christy Capilla	Jr	5'5'
26	Lilly Steen	Jr	5'4'
27	Emily Shaw	Sr	5'4'
32	Ruth McCullough	Fr	5'6'

worth it!

* Cirls' teams *

FRANKLIN HIGH SCHOOL QUAKERS Seattle, WA

Coaches: Hana Kawai, Sam Harkness



We are the Franklin High School Quakers. This is the sixth year of our girls' program at Franklin and our fifth year for varsity. We're excited to be attending our third Westerns!

ROSTER

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Susan Garcia	Sr	5'5"
Jhanelle Cadiente	Sr	5'5"
Samantha Patrick	Fr	5'5"
Kennadi Hairston	Fr	5'7"
Samiya Ismail	Sr	5'7"
Theresa Bui	So	5'3"
Orianna Muno	Jr	5'3"
Irene Luong	Jr	5'5"
Andrea Pereyra	Fr	5'5"
Nikka Yagumyum	So	5'3"
Colleen Icalla	So	5'3"
Peixian Rong	Fr	5'3"
Michelle Yee	So	5'9"
Ross Ann Caberto	So	5'5"
Mandy Truong	Sr	5'5"
Maximina Jolly	Sr	5'5"

🔺 GIRLS' TEAMS 🔺

INGRAHAM HIGH SCHOOL

RAMS Seattle, WA Coach: Heather Ann Brauer



After many seasons with only mixed ultimate, the Ingraham High School Rams have expanded to have a girls' team for the 2015 spring season. In our first season, we've transformed from a group of individual players to a cohesive team, finishing second at the Washington State High School

Championships. We're excited for the next level of competition at Westerns and our growth in the years to come. With 17 freshmen, we'll be continuing to grow in the years ahead! Our team has been built with a focus on confidence, community, spirit, gratification and grit. We are Rams with swagger, and we will RAWR!

ROSTER

		_	
1	Miranda O'Keefe	Fr	5'8"
7	Louisa Goss	Sr	5'3"
10	Evelyn Reding	Fr	5'4"
14	Cameron Jewett	Fr	5'6"
17	Kaia Roast	Fr	5'10'
19	Maddie Rutter	Fr	5'7"
20	Sarah Stoev	Fr	5'4"
30	Amelia Schlemmer	Fr	5'3"
31	Juliette Green	Fr	5'5"
52	Claire Hodges	Fr	5'5"
57	Ellie Sutphen	Fr	5'4"
63	Neve Levinson	So	5'4"
65	Julia Rauch	Fr	5'4"
73	Toko Weaver	Fr	5'7"
76	Annie Joss	Fr	5'4"
86	Alison Weber	Fr	5'8"
88	Felicity Zhang	Fr	5'3"

SPECTATOR INFO

GARFIELD HIGH SCHOOL PURPLE HAZE LADIES

Seattle, WA Coaches: Sophie Scofield-Selby, Homer Aalfs Twitter: @GHSUltimate Website: ghsultimate.org



Following in the tradition of all Garfield High School ultimate teams, the Garfield girls' team is named Purple Haze in honor of one of our favorite Garfield alumni, Jimi Hendrix. The Garfield girls' team is a new program, and thus, we try to continuously grow through each

and every game, all the while exhibiting kindness and spirit. Our team, while young overall, has a wide range of skill and experience levels.

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Sr	5'6"
Jr	5'4"
So	5'6"
Jr	5'3"
Fr	5'2"
Jr	5'6"
Jr	5'6"
Jr	5'4"
Sr	5'6"
Jr	5'8"
Jr	5'7"
Sr	5'3"
So	5'5"
Sr	5'6"
Fr	5'6"
So	5'5"
Jr	5'7"
	Jr So Jr Fr Jr Jr Jr Sr So Sr Fr So

LAKESIDE UPPER SCHOOL

LIONS Seattle, WA

Coaches: Andrew Loveseth, Kelly Marshall, Luke Johnson Twitter: @LakesideLionsGU Website: facebook.com/pages/ Lakeside-Ultimate/752157551524160



Lakeside Ultimate is a club sport at the high school level. The students find a faculty sponsor and apply for club status at the beginning of the year. We have been fortunate to have great volunteer coaching throughout the years.

0 3 7	Ethiopia Mengesha Julia Lober Anna Cullen <i>Northeastern</i>	Fr So Sr	5'3" 5'6" 5'9"
8	Aya Bisbee <i>Brown</i>	Sr	5'3"
13	Nariah Sims	S0	5'5"
17	Claire Trop	So	5'6"
19	Natasha Vhugen	So	5'0"
21	Kate Daugherty	So	5'6"
22	Jaclyn Verzuh Dartmouth	Sr	6'0"
36	Lena Joesch-Cohen <i>Brown</i>	Sr	5'4"
42	Katherine Spry Chicago	Sr	5'5"
84		Sr	5'5"



Cirls' teams

NATHAN HALE HIGH SCHOOL

RAIDERS

Seattle, WA Coaches: Sarah Davis, Emma Kahle, Amanda Kostic, Nora Landri Website: halesports.org



The Nathan Hale Rai tenacious group of girls that are ready to bring the juice) at Westerns this yea have been highly successf winning many titles throug history. Hale has been or

at Westerns multiple times and most recently This year, we are a highly motivated and tight-kr has been pushing the pace to get better each on the field. With loads of new talent, veteran strong leadership from our coaches, we are excited to do some work this year at Westerns!

Welcome to it.

	11	Gena Kommavongsa
	14	Ally Constantino
	15	Keara Berlin
	16	Zoe Gluck
ders are a	17	Devon Smith
from Seattle	18	Erin Steiner
e fire (and the	19	Lian Gamble
r! The Raiders	21	Becca Stefanich
ul in the past,	27	Sevonne Hirt
hout our long	30	Rose Beale
n the podium	32	Sophie Yasuda
won in 2009.	37	Liz Chrach
nit squad that	66	Emery Schwartz
time we step	77	Kaila Righi
wisdom and	98	Thea Fanning
i modom dna		-

ROSTER

4	Tina Fahndrich	Jr	5'4"
7	Molly Baer	So	5'7"
8	Maya Powell	Jr	5'10"
10	Ruby Cassidy	Jr	5'8"
11	Gena Kommavongsa	Jr	5'3"
14	Ally Constantino	Fr	5'6"
15	Keara Berlin	So	5'5"
16	Zoe Gluck	Sr	5'8"
17	Devon Smith	Jr	5'5"
18	Erin Steiner	Fr	5'9"
19	Lian Gamble	Jr	5'6"
21	Becca Stefanich	So	5'2"
27	Sevonne Hirt	Fr	5'5"
30	Rose Beale	So	5'1"
32	Sophie Yasuda	So	5'0"
37	Liz Chrach	Fr	5'5"
66	Emery Schwartz	Jr	5'5"
77	Kaila Righi	Fr	5'6"
98	Thea Fanning	So	5'8"

CIRLS' TEAM

RODSEVELT HIGH SCHOOL ROUGH RIDERS Seattle, WA

Coaches: Charlie Eide, Lexi Garrity



Roosevelt High School Rough Riders. Named for President Teddy himself.

Jr	5'6"
Fr	5'8"
Fr	5'5"
Fr	5'6"
Fr	5'6"
So	5'6"
Sr	5'8"
So	5'4"
Sr	5'9"
Fr	5'6"
So	5'7"
Jr	5'7"
Fr	5'5"
Sr	5'8"
Jr	5'4"
Fr	5'6"
	Fr Fr Fr So Sr So Sr Fr So Jr Fr Sr Jr

5'6"	S
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5'10"	

Fr

Fr

Fr

So

Jr

47 Olivia Kugiya 80 Margaret Davies

NORTHWEST SCHOOL FEVER OF STINGRAYS Seattle, WA

Coaches: Mark Burton, Cami Canter



We hail from Capitol Hill in downtown Seattle, We are HAUS!

ROSTER

1	Jane Gunnar	Sr
2	Josie Ballew	Fr
3	Audrey Neubauer	Sr
5	Rose Soiffer-Kosins	Sr
7	Catherine Carr	So
8	Ali Prevost-Reilly	So
11	Ray McCann	So
13	Lila Forde	So
14	Emelie Beattie	So
17	Charlotte Whyte	Sr
19	Josephine Gillett	Sr
20	Willa Serling	Jr
23	Ari Nelson	Jr
24	Rowan Foote	Jr
25	Lauren Park	So
26	Molly McCammon	So
28	Carrie Saada	Sr
29	Ada Bowles	So

SOUTH EUGENE HIGH SCHOOL **AXELADY ULTIMATE** Eugene, OR

Coaches: Erin Maloney, Natalie Green



South Eugene Axelady Ultimate started out as a player-captained team more than six years ago and has since grown to incorporate a larger support system of parents and coaches. Eugene has a longstanding and vibrant ultimate community that includes the

non-profit organization Eugene Ultimate Group, adult recreational city leagues, nationally ranking college teams Fugue and Ego at the University of Oregon and competitive Select USA Ultimate club teams Further and Darkstar

ROSTER

ROSTER

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29 Ada Wright

33 Carolyn Jatul

34 Caitlin Peckham

1	Eden Anderson	Jr	5'7"
2	Josefina Hajek	So	5'6"
3	Azara Tilt	Jr	5'4"
4	Margherita Cappellini	Jr	5'5"
5	Emma Thoennes	So	5'9"
8	Jessica Duong	Sr	5'3"
	Oregon		
9	Emma Shortt		5'8"
10	Bri Stowell	Sr	5'4"
	Oregon		
11	Raina Kamrat	Sr	5'2"
	Cornell		
12	Darian Marsonette	Jr	5'8"
13	Julia Ogsbury	Jr	5'4"
15	Anna Laptova	Fr	5'4"
16	Yausi Khajavei	So	5'3"
17	Maia Kosek	Jr	5'10
21	Lauren Johnson	So	5'6"
22	Skylar Roach	Jr	5'4"
35	Oona Leivo	Jr	5'5"
	00110 20110		



cirls' team

SUMMIT HIGH SCHOOL **STORM** Bend, OR

Coaches: Christina Schueler, Jess Schueler Website: summitultimate.com



The Lady Storm of Summit High School has been in central Oregon for more than 10 years. With a consistent showing of girls, Summit Storm has built a team of competitive ladies. Summit girls' ultimate is a talented and committed group of young women holding all-girls practices and attending tournaments throughout Oregon and also into Washington.

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ROSTER

26	Ella Quinn	Fr	5'4"
28	Kaiyana Petrus	Jr	5'4"
29	Shaelynn Davis	Jr	5'4"
30	Isabella Carry-McDonald	So	5'3"
31	Mary Daubenschmidt	So	5'6"
33	Jessica Polli	Sr	5'5"
34	Izzy Barrett	So	5'9"
35	Haydn Quatre	So	5'5"
36	Sarah Schwiebert	Jr	5'7"
37	Kate Nakamura	Sr	5'3"
40	Kathryn Omizo	So	5'9"
41	Emily Hyde	Sr	5'7"
	Dartmouth		
45	Zarina Rogers	So	5'5"



The highest level of competitive ultimate in North America is coming. CHECK IT OUT. EVERYONE IS INVITED USAULTIMATE.ORG/TRIPLECROWNTOUR



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 or bandages and antiinflammatory 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 or 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 two hours prior to game time each day. Directions to the local hospital can be found in prior pages of this program.

CONCUSSIONS

EDUCATION

- USA Ultimate recommends the CDC "Heads Up Safety" program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate's participant waiver includes important information from the CDC regarding concussion safety: usaultimate.org/membership/usa_ultimate_membership_forms.aspx

COACHING REQUIREMENTS

• Coaches at USA Ultimate events are required to have completed a concussion awareness and safety recognition program (like the CDC program above or other local or state-recommended course). Coaches should not submit records of course completion to USA Ultimate, but should maintain records on-site while coaching.

REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
- 1. Remove athlete from play.
- 2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management. Do not try to judge the seriousness of the injury yourself.
- 3. If a minor, inform athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
- 4. Allow athlete to return to play only with permission from an appropriate health care professional.

DOCTOR'S NOTE REQUIREMENT

If, during a USA Ultimate event, an athlete receives care at a hospital, medical clinic or doctor's office, or is referred to a hospital or doctor by event medical staff, the athlete is barred from further competition in that event until he or she provides a doctor's note, on letterhead or prescription pad, to event medical staff stating that the athlete is authorized to return to competition.

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 three 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 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.



SPIRIT OF THE GAME

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.

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.



SPIRIT CIRCLE

Spirit Circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but showed the international community the importance we place on respect for the game and their opponents. But American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the international experience has been the tradition of the post-game spirit circle. While there are a number of ways to do this, here are some quick tips to get your team started:

- Following each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One or two people (often team captains) on each team will talk briefly about the game. Usually the losing team goes first, then the winning team.
- Things to talk about can include how the game went, how your own team played, what the other team did well, who on the other team played well and anything else that might be worth communicating, even if it's something you think could be done better (and don't forget to look in the mirror on this).
- After each team has had a chance to talk, the winning team takes a step into the circle and walks around counter-clockwise to slap hands with the players on the other team.

That's it! It's pretty simple and definitely an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing opponents for what they really are: part of the same community that loves ultimate. Please note that this is not required and is not meant to replace other post-game traditions you may have (e.g., cheers, games, photos, gifts or trading gear). Good luck, and please let USA Ultimate staff and other event organizers how it goes!

SPIRIT 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!



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. 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.

2015 USA ULTIMATE COACHING SIDELINE ACCESS 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 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 Coordinator of Youth & Education Programs Sarah Powers at sarah@hq.usaultimate.org, or visit the USA Ultimate website at usaultimate.org.

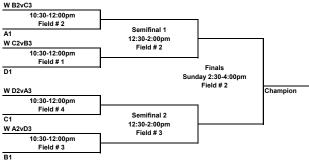


BOYS' SCHEDULE

				Sat	turday, N	lay 30, 20	015					
			Po	ol A					Po	ol B		
All Games	A1	(1) Nath	an Hale				B1	(2) Fran	klin			
to 13	A2	(8) Sum	mit				B2	(7) Roos	sevelt			
Cap 15	A3	(12) Bal	lard				B3	(11) Coi	rvallis			
-	A4	(13) Sou	uth Euge	ne			B4	(14) Gu	nn			
Saturday		F#	Score		F#	Score		F#	Score		F#	Scor
9:00 - 10:15	C2 v C4	7	-	D2 v D4	8	-	B1 v B3	9	-	B2 v B4	10	-
10:45 - 12:00	A1 v A3	7	-	A2 v A4	8	-	C2 v C3	9	-	D2 v D3	10	-
1:00 - 2:15	A1 v A4	7	-	A2 v A3	8	-	B1 v B4	9	-	B2 v B3	10	-
2:45 - 4:00	A1 v A2	7	-	A3 v A4	8	-	B1 v B2	9	-	B3 v B4	10	-
e-seed teams 1	-4 within	each po	ol				-					
4:45 - 6:00	A2 v D3	8	-	B2 v C3	9	-	C2 v B3	11	-	D2 v A3	10	- 1

Championship Bracket Sunday, May 31, 2015







12:30pm-2:00pm Field # 4 5th Place (tie) L D1vA2/D3

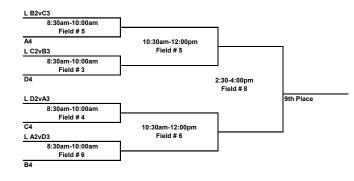
Championship games to 13, cap 15



BOYS' SCHEDULE

				Sat	urday, M	<i>l</i> lay 30, 20	015				
			Po	ol C				Po	ol D		
All Games	C1	(3) Mon	arch				D1	(4) Northwest So	chool		
to 13	C2	(6) Atas	cadero				D2	(5) Crescent Val	ley		
Cap 15	C3	(10) Ga	rfield				D3	(9) Berkeley			
-	C4	(15) Ing	raham				D4	(16) Cleveland			
Saturday		F#	Score		F#	Score	Bye				
9:00 - 10:15	C1 v C3	11	-	D1 v D3	12	-	Pool A	USA	ł		
10:45 - 12:00	C1 v C4	11	-	D1 v D4	12	-	Pool B	ULT	IMAT	E	
1:00 - 2:15	D3 v D4	11	-	D1 v D2	12	-	Pool C	0			
2:45 - 4:00	C1 v C2	11	-	C3 v C4	12	-	Pool D				
e-seed teams 1	-4 within	each po	ol								
4:45 - 6:00	T										

Consolation Bracket Sunday, May 31, 2015



L A4vB2/C3	
12:30-2:00pm	
Field # 5	13th Place (tie)
L D4vC2/B3	_

L C4vD2/A3 12:30-2:00pm Field # 6 L B4vA2/D3 L B4vA2/D3

Consolation games to 13, cap 15

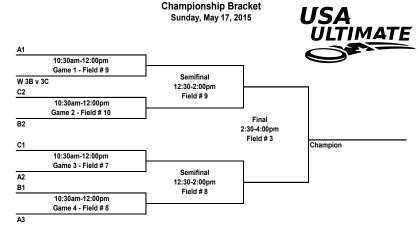


SCHEDULES & MAP

GIRLS' SCHEDULE

	2015 U	SA Ulti	mate Hi	igh Scho	ool Wes	tern Ch	ampion	ships -	Girls' D	ivision			
				Sa	turday, N	/lay 16, 20	015						
All Games to 13 Cap 15	Pool A							Pool B					
	A1 (1) Lakeside							B1 (2) Franklin					
	A2 (6) Roosevelt						B2 (5) Nathan Hale						
	A3	A3 (7) Ingraham						B3 (8) South Eugene					
	A4	A4 (12) Garfield						B4 (11) Cleveland					
	A5 (13) Summit												
Friday		F#	Score		F#	Score		F#	Score		F#	Score	
9:00 - 10:15	A4 v A5	2	-	A2 v A3	1	-	B1 v B3	3	-	B2 v B4	4	-	
10:45 - 12:00	A1 v A3	2	-	A2 v A4	1	-	B1 v B4	3	-	B2 v B3	4	-	
1:00 - 2:15	A1 v A5	2	-	A3 v A4	1	-	B1 v B2	3	-	B3 v B4	4	-	
2:45 - 4:00	A1 v A4	2	•	A2 v A5	1	-				3B v 3C	4	-	
Re-seed teams 1-	e-seed teams 1-4 in pools B and C. Pool A finishes pool play												
4:45-6:00	A1 v A2	2	-	A3 v A5	3	-							

Championship Bracket Sunday, May 17, 2015







Championship games to 13, cap 15

GIRLS' SCHEDULE

	Saturday, May 16, 2015 Pool C									
All Games to 13 Cap 15	C1 C2 C3 C4		hwest	bli	USA ULTIMATE					
Friday		F#	Score		F#	Score	ULIIMAIE			
9:00 - 10:15	C1 v C3	5	-	C2 v C4	6	-				
10:45 - 12:00	C1 v C4	5	-	C2 v C3	6	-				
1:00 - 2:15	C1 v C2	5	-	C3 v C4	6	-				
2:45 - 4:00				4B v 4C	6	-				
4:45-6:00										

Round Robin for 9th - 14th Sunday, May 17, 2015

Sunday		F#	Score		F#	Score
8:30 - 10:00	D4 v D5	11	-	D1 v D2	12	-
10:30 - 12:00	D2 v D4	11	-	D1 v D3	12	-
12:30 - 2:00	D2 v D3	11	-	D1 v D5	12	-
2:30 - 4:00	D3 v D5	9	-			

D1 = Loser of 3B v 3C

D2 = A4

D3 = 4th place pool finisher from the pool of the winner of 3B v 3C D4 = 4th place pool finisher from the pool of the loser of 3B V3C D5 = A5

Consolation teams carry over results from Saturday opponents in pool play, including 4B v 4C. Teams will only play teams from the other two pools. Teams will be ranked 9th through 13th based upon Saturday and Sunday results.

Official Event Photography:



Consolation games to 13, cap 15

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M A K I N G 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 2015 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN. FIVEULTIMATE

Team@FiveUltimate.com



FIELD MAP





DIRECTIONS FOR USE

1. throw 2. generate memories of a lifetime 3. repeat

