

CHAMPIONSHIPS Corvallis, OR - June 4/5, 2016





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WELCOME

Hello Teams.

Congratulations on making it to the 2016 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 24 teams, many returning from previous years. 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.

Food carts will be on site throughout the day offering a variety of choices for breakfast and lunch including sandwiches, wraps, vegetarian options and healthy snacks. First Alternative Co-op will offer coffee, tea and baked goods from the co-op kitchen. The Saturday night meal will be held after the games on the field next to Tournament Headquarters and will be a catered pasta dinner.

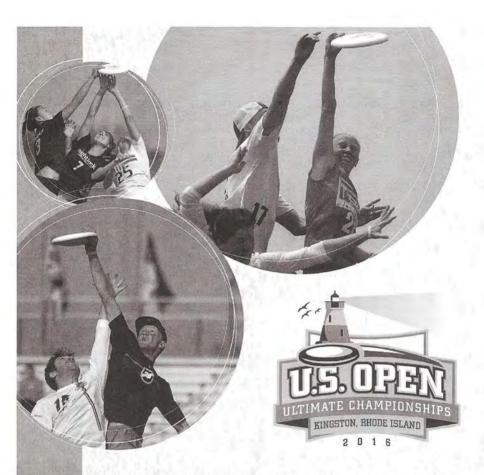
This type of event only happens because lots of people volunteer their time. They will be keeping score, filling water coolers, collecting trash, and performing many other tasks around the fields to make sure your tournament is a great experience. Be sure to acknowledge their hard work. Say thanks to a volunteer when you see one.

We wish you the very best of luck in the competition. Play hard, have fun, and may the best teams win!

Ayrril Boggess

Tournament Director





Join USA Ultimate and the international ultimate community July 1-4, 2016 in Kingston, R.I., for the fifth annual U.S. Open Ultimate Championships & Convention.

A celebration of character, community and competition.

3 DIVISIONS, 3 CHAMPIONS, 34 OF THE WORLD'S BEST TEAMS





ESFIT 3

WEEKEND OVERVIEW

FRIDAY, JUNE 3, AT DAYS INN CORVALLIS

7:00pm - 9:00pm: Team Registration

SATURDAY, JUNE 4, AT CRYSTAL LAKE SPORTS COMPLEX - CORVALLIS, OR

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' Pool Play

SUNDAY, JUNE 5, AT CRYSTAL LAKE SPORTS COMPLEX - CORVALLIS, OR

8:30am - 2:00pm: Bracket & Placement Play

12:30pm: Finals & Remaining Placement Games

Post Finals: Award Ceremony. Immediately following the finals, awards will be pre-

sented to first- and 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 - Avrril Boggess

Volunteer Coordinator & Corvallis Ultimate Liaison - Dana Loso

Head Scorekeeper - Ben Maxon

Assistant Scorekeepers - B.J. Philmus, Jessica Nakasingh

Water & Waste Coordinators - Chris Poklemba, Dan Vega, Ammie Burleson

Hospitality Coordinators - Melissa Sales, Zak Weigand

Fields Advisor - Andrew Buermeyer

Local Media Coordinator - Brian Boggess

USA ULTIMATE STAFF

Manager - Competition & Athlete Programs - Connor Maloney

Manager - Events - David Raflo



DON'T TELL YOUR FRIENDS HOW GOOD YOU ARE SHOW THEM



COMPETITION RULES

- · USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - o 20 yard end zones
 - o "contact" marking violation call
- All games to 13, point cap at 15 except Boys' Pools A and C games are to 15/17.
- · 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, 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.

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 2016 USA Ultimate Coaching Development Program.





ULTIMATE IN 10 SIMPLE RULES

- 1. THE FIELD: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.
- 2. INITIATE PLAY: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws ("pulls") the disc to the offense. A regulation game has seven players per team.
- 3. SCORING: Each time the offense completes a pass in the defense's end zone, the offense scores a point. Play is initiated after each score.
- 4. MOVEMENT OF THE DISC: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc ("thrower") has ten seconds to throw the disc. The defender guarding the thrower ("marker") counts out the stall count.
- 5. CHANGE OF POSSESSION: When a pass in not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.
- **6. SUBSTITUTIONS:** Players not in the game may replace players in the game after a score and during an injury timeout.
- 7. NON-CONTACT: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.
- 8. FOULS: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.
- SELF-OFFICIATING: Players are responsible for their own foul and line calls. Players resolve their own disputes.
- 10. SPIRIT OF THE GAME: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.



BERKELEY HIGH SCHOOL COUP

BERKELEY, CA

Coaches: James Sheridan, Kyle McBard, Jake

Hartman-Kenzler

Captains: Colby Chuck, Emmet Holton, Jonah Taylor @BHSCoup



Beginning in 2007 with only a handful of players (including current coaches Kyle McBard and Jake Hartman-Kenzler), Berkeley High Coup has grown, now boasting over 80 athletes spread across three

separate teams. A pun on traditional Japanese poetry, the High Coup competes across all levels: frequenting college tournaments and hosting competitive scrimmages against local universities as well as participating in local youth 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!

ROSTER

	ODILL		
0 2 3	Emmet Holton	So	5'9" 5'8"
2	Harlan Brawer		
3	Conor Schofield Cal Poly - SLO	Sr	5'8"
4	Nolan Stangl Berkeley City Coll	Sr	5'6"
6	Dylan Villeneuve	Jr	6'1"
9			5"11"
	Jeremy Dolezal-N Cal Poly - SLO	gor	2.11
10	Efe Ustenci Cal Poly - SLO	Sr	5'9"
11	Skylar Johnson	Sr	6'2"
11	Berkeley City Coll		02
12	Ethan Nikcevich	So	6'0"
16	Blake Johnson	Sr	5'10"
1	Carleton College	4.	4144
17	Max Tomsick	Jr	6'0"
19	Colby Chuck Oregon	Sr	5'6"
21	Nikhil Bhatia-Lin	Sr	6'0"
23	Tufts Finn Collom	Sr	6'0"
23	Wesleyan	91	00
24	Tycho Yacub	Sr	5'10"
	California-Davis		
36	Kori Suzuki	Jr	5'4"
38	Jonah Taylor	Sr	5'9"
41	Orr Goldberg	Jr	5'7"
48	Zach Loran	Jr.	5'8"
70	Laun Loran	31	3.0

CLEVELAND HIGH SCHOOL CLEVELAND ULTIMATE

SEATTLE, WA

Coaches: Clay Dewey-Valentine, Jayvier Cooley Captains: Amanze Oleru, Ronnie Estoque, Cornelius

Cambronero



Founded nine years ago, Cleveland Ultimate has grown from a program with one coed team of nine players to five teams with over 75 players total.

ROSTER

Sam Morris

Wyatt Berreman

1	Stephan Keo	Sr	5'1"	
2 3	Gio Nicolas	Fr	5'6"	
3	Dante Lopez-Escarez		5'8"	
4	Angel Martin	Sr	5'10"	
5	Tai Luu	So	5'5"	
6	Austin Saelee	So	5'5"	
7	Justin Sia	Jr	5'10"	
8	Carlos Cura	Fr	5'5"	
9	Duy Ly	Jr	5'4'	
10		Jr	5'9"	
11	Mohamed Dhagane	Jr .	6'0"	
12	Hai Trang	Jr	5'6"	
13	Kenzo Yoshitomi	Jr	5'7"	
15	Kaloni Sadettanh	So	5'7"	
16	Kenny Tong	So	5'7"	
19	Cornelius Cambro			
		Jr	5'6"	
21	Sulayman Batchilly	Jr	5'10"	
22	Amanze Oleru	Jr	5'10"	
23		Jr	5'4"	
24	Vu Huynh	Jr	5'6"	



CORVALLIS HIGH SCHOOL SPARTAN FORCE

CORVALLIS, OR

Coaches: Colin Sexton, Cody Gillman Captains: Kit Tyler, Andrew Lewis



The Corvallis Spartan Force is attending Westerns for the fourth time. We have a team comprised mostly of seniors and a few juniors and underclassmen. We have a growing program with both boys' JV and variety teams for the past two years. We hope this will continue. Our mascot is a combination of a spartan and a stormtrooper—thus the name, Spartan Force.

ROSTER

0	Levi Ebersole Goshen College	Sr	6'3"
1	Carson Boggess Puget Sound	Sr	5'11"
5	Jonathan Haberma	n Sr	6'3"
6	Mohammed Shakil		
		Sr	5'10"
7	Jonathan He	Sr	5'10"
12	Andrew Lewis Embry Riddle	Sr	6'0"
14	Theo Gorchels Oregon State	Sr	6'1"
15	Nash Bauder	Jr	6'1"
15	Cooper Johnson	Fr	6'0"
21	Max Brune	So	5'11"
33	Nicholas Shank	So	5'10"
39	Max Bluhm	Fr	5'9"
43	Leo Sproles	So	6'3"
49	Alden West	Fr	6'1"
55	Adain Bartron	Sr	6'1"
64	Jeremy King	Sr	6'1"
72	Alexander Sales	Jr	5'11"
77	Kit Tyler Oregon	Sr	6'0"
83	Wyatt Denue	Sr	6'0"
97	Max Brewer	Jr	6'0"

CRESCENT VALLEY HIGH SCHOOL RAIDERS

CORVALLIS, OR

Head Coach: Andrew Buermeyer Assistant Coach: Benjamin Dearduff cyraidersultimate.weebly.com



GARFIELD HIGH SCHOOL PURPLE HAZE

SEATTLE, WA

Coaches: Rusty Brown, Kavik Frol, Homer Aalfs Captains: Morgan Higgins, Tony Goss @GHSUltimate ghsultimate.org



Garfield High School has had a boys' program for over eight years now. Prior to that, we played coed exclusively. We were one of the first Seattle public high schools with an ultimate program. We are called Purple Haze after Jimi Hendrix, one of our school's alums. We pride ourselves on dedication, passion and commitment as well as upholding Spirit of the Game.

ROSTER

2	Ben Kass-Mullet	So	5'7"
3	Yonatan Tadesse	Sr	6'0"
2	Washington		200
5	Morgan Higgins	Sr	6'0"
	Western Washington	1	
7	Spencer Cook	Sr	6'1"
	Hawaii - Manoa	12.17	
8	Isaiah Schneeweis-I		
	Lancer Land	So	5'6"
12	David Engel	So	5'7"
13	Tony Ngo	Jr	5'11"
15	August Keller	Sr	5'11"
19	Matthew Liu	Jr	5'8"
20	Tony Goss	Jr	5'11"
21	Peter Lenz	So	6'2"
25	Niko Butt	Fr	5'8"
28	Atkin Arnstein	Fr	5'8"
33	Quinn Edgerton	So	6'2"
42	Oskar Abian	Sr	6'1"
43	Elias Baldwin	Jr	5'10"
52	Soren Dahl	Fr	6'2"
64	Cameron Crawford	Jr	6'0"
68	Will Ojemann	Jr	6'1"

GUNN HIGH SCHOOL CONTROL

PALO ALTO, CA

Coaches: John Ortberg, David Abrams Captains: Ken Noh, Nikhil Bhansali, Joseph Lai



Gunn Ultimate began in 2014 when two cliques that played each other in pickup ultimate after school decided to join forces and play competitively. When it came time to name the team, their new coach said, "Call it Control, so when people say our full name they have to say 'Gunn Control'." He was joking, but the name stuck.

K	JOIEK		
7	Dylan Latham McGraw Andrew Chin	Jr Sr	6'1" 5'8"
10	Washington Nikhil Bhansali	Sr	5'8"
11	Michigan David Schwardt Cornell	Sr	5'11"
12	Will Liu	Jr	5'9"
13	Chester Ngyuen	Sr	5'9"
	Case Western Reserv	e	
14	Raymond Wu	Jr	5'7"
15	Joseph Lai	Jr	5'8"
17	Kian Hoosmand California	Sr	5'10"
23	Ryden Secor	Fr	5'11"
24	Elliot Eve	Jr	5'10"
47			5'10"
41	Ethan Davis University of the Pac	Sr	3 10
49	Dandy Win	Jr	5'10"
	Randy Wu		5'8"
50	John Yee San Jose State	Sr	2.0
64		1.	5'5"
	Abraham Rhyzik	Jr	
70	Kevin Burks	Jr	6'0"
72	Leonard Wong	Jr	5'7"
73	Thanh Nguyen	Jr	5'8"
80	Khoa Nguyen	Sr	5'7"
	Washington Universit	y	2012
88	Ken Noh	Sr	5'9"
	Rrnwn		



INGRAHAM HIGH SCHOOL INGRAHAM RAMS ULTIMATE

SEATTLE, WA

Coaches: Kelly Donovan, Jesse Hunter, Chuck Gargaly Captains: Alex Brettmann, Noah Coolman, Dennis Igawa



Ingraham High School's ultimate program stretches back to Seattle's first interscholastic game with Ballard High School in 1977. While the ultimate tradition continued at Ingraham without formal coaching for many years, the program acquired a full-time coaching staff in

the 2014-2015 season. The team showed up at Westerns last year with an underclassmen-heavy team and had a solid showing at the tournament. This spring, the Rams established a reputation as one of the best spirited mixed teams in Seattle's ultimate community. The entire boys' team (minus two graduating seniors) is back at Westerns this year with more freshman talent and a whole year of experience under their belt.

ROSTER

4	nimitake inoue	11	2.0
8	Drew Palmer	So	6'2"
11	Cristian Arriola	Jr	5'10"
12	Dennis Igawa	Sr	6'0"
15	Christopher Holt	So	6'1"
23	Zabel Toby	Sr	5'7"
24	Schooley Cylas	So	5'11"
27	Vinay Keefe	Jr	6'0"
31	Sam D'Ambrosia	Jr	5'9"
35	Quintin Serrano	Jr	5'10"
35 37	Conner Walsh	Jr	6'0"
39	Will Marek	So	5'8"
43	Kai Durvasula	Fr	6'1"
49	Nathan Davis	Jr	5'10"
54	Owen Donnelly	Sr	6'1"
59	Noah Coolman	Sr	6'0"
22		01	
69	Mitchell Ewbank	Sr	5'10"
85	Alex Brettmann	Sr	6'1"
94	Ethan Major	So	5'11"
99	Jasper Palmer	Fr	5'9"

LAKEWOOD HIGH SCHOOL DEEP

LAKEWOOD, CO

Coaches: Hannah Jones, Lisa Kornblith, Ethan Parrish Captains: Logan Rice and Grayson Parrish lakewoodultimate.ultimatecentral.com



Lakewood High School has had an ultimate team since 2003. In 2011, the team took another step towards development and has grown in both size and experience. Today, the team is officially recognized as a school club, and players have the opportunity to get a varsity letter in ultimate.

Last fall, Lakewood's mixed team won the Colorado High School State Championship. Lakewood was able to turn on the intensity in the State Championship finals, winning on double-game point.

1	Lucas Parnell	Jr	5'8"
2	Virgilio San Andres	Jr	6'0"
6	Mason Kiefer Colorado State	Sr	6'2"
9	Logan Rice Montana State	Sr	6'3"
11	Erik Danielson CO Air National Gua	Sr	6'2"
14	Andrew Stiller	So	5'10"
22	Grayson Parrish Red Rocks	Sr	6'2"
26	Joe Russell	So	5'10"
31	Tyler Bloom Colorado	Sr	5'7"
32	Sean Duong	Sr	5'9"
33	Haven Dick-Neal	Jr	6'2"
41	Clark Yarbrough	Sr	6'0"
49	Sebastian Gralla	Jr	5'8"
73	Jack Girard	Jr	6'2"
75	Ethan Wood	Jr	6'0"
77	Holt Crawford	So	5'8"



MONARCH HIGH SCHOOL COYOTES

LOUISVILLE, CO

Coaches: Katie Patterson, Finlay Waugh

Captains: Sean Connelly, Alex Kennedy, Michael

Fruge, Sam Cast @Mohiult



The three goals of Monarch Ultimate are 1) have fun; 2) learn skills; and 3) have fun. Over the years, 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 nearly 100 players spread over four teams. As a whole, the program has won 11 Colorado state titles, with the Monarch boys taking the trophy in 2013, 2014, and 2015. More

important than the titles are the lifelong friendships the players make, both with their teammates and opponents. The Monarch boys have competed at Westerns four times before, finishing ninth in 2011, fifth in 2012, fifth in 2013 and third in 2015. Monarch is thrilled to be competing at Westerns for a fifth time! Most of all, we are looking forward to jumping in the river.

ROSTER

0	Sam Cast	Sr
2	Luke Barnocky	So
0	Alex Kennedy	Sr
7	Colorado	01
7	Zac Tomlinson	Sr
17	Matt Keenan	Jr
12 13	Michael Harris	Sr
16	Michael Fruge	Sr
10	Colorado	31
17	Trevor Schneider	Jr.
20	Marcus Cassar	Jr.
23	Garet Villars	So
26	Jonathan Olavarria	Jr
30	Frank Dalle-Molle	Jr
35	Ethan Adams	So
36	Blake Dancy	Sr
45	Raphael Preston	Sr
50	Connor Healy	Jr
54	Corbin Mills	Sr
55	Sean Connolly	Sr
,,,	Coe College	01
35	Trevor Isaacson	Jr
69	Austin Sehnert	Sr
	lowa State	
75	Owen Christie	Jr

NATHAN HALE HIGH SCHOOL RAIDERS

SEATTLE, WA

Coaches: Mike Heffron, Dominic Cavalero, Dongyang Chen Captains: Will McDonald, Derek Mourad, Gabe Port @HaleUltimate

hometeamsonline.com/teams/default.asp?u=BOOSTER-BOYSULTIMATEFRISBEE

NATHAN HALE The Nathan Hale Raiders are named after the American hero and patriot Nathan Hale who spoke the famous quote. "I only regret that I have but one life to lose for my country" just before he was executed by the British for spying during the Revolutionary War. It is in that spirit that we try to give our full effort for our team whenever we play, although we do not condone dying for ultimate.

Nathan Hale's first coed club team formed in 1998, and the school recognized our single-gender teams as varsity sports in 2005. We have had many alumni go on to play college and club ultimate as well as coach. Several players on the roster are past or current YCC participants. The boys' team won the DiscNW State Championship in 2014 and the USAU State Championship in 2015.

2	Zach Airth	Sr	
4	Washington Conrad Landa	Fr	
5	Xavier Fahndrich	Fr	
5	Will McDonald	Sr	
1	Colorado State	OI.	
9	Nat Evans	Jr	
10	Jasper Dean	Fr	
12	Joseph Louie	So	
15	Derek Mourad	Sr	
10	Washington	31	
18	Zach Heffron	So	
21	Evan Steiner	Sr	
21	Colorado State	21	
23	Connor Voelk	So	
24	Tony Venneri	Fr	
25	George Drumheller	So	
29	Yuval Arian	Sr	
29		21	
33	Western Washington	0.	
00	Sam Huston Whitman	Sr	
24	Pan Parkal	0.	
34	Ben Perkel	So	
	Joey Baxter	Fr	
48	Colm Aron	Jr.	
50	Spencer Land	Fr	
77	Gabe Port	So	
99	Ben Duyker	So	



ROOSEVELT HIGH SCHOOL ROUGH RIDERS

SEATTLE, WA

Coaches: Khalif El-Salaam, Eric Huygen, Craig Fleck Captains: Conor Courtney, Noah Kregenow, Kai Marcus



We are the Roosevelt Rough Riders, and we are so named because the name of our school is dedicated to Teddy Roosevelt who, among other things, was famous for his cavalry unit known as the Rough Riders.

ROSTER

00	Joshua Kutz Connor Ryan	So So	5'10" 6'0"
7	Benjamin Jones	Sr	5'11"
8	Zain Wedemeyer	So	6'0"
9	Simon Senter	Sr	6'0"
10	Quinn Marshall	So	5'11"
11	Glenn Wysen	Jr	6'2"
16	Silas Collins	Sr	6'2"
17		Jr	5'10"
24	Oliver Fox	Jr	6'2"
25	Thomas Symons	Jr	6'3"
27	Caleb Dinino-Childers		5'11"
29	Michael Buyco	Sr	5'10"
	Washington	-	
41	Max Sorensen	So	5'9"
42	Conor Courtney	Sr	6'1"
	Washington	-	
44	Noah Kregenow	Sr	6'0"
	Washington	-	
50	Graham Whealan	So	5'10"
57	Colin Dinino-Childers		6'0"
66	Dylan Baker	Fr	5'7"
77	Coen DeMaranville	Fr	5'6"
97	Kai Marcus	Sr	6'1"
-	North Carolina	71	
99	Peter Johnson	Jr	6'4"

SHELDON HIGH SCHOOL HUCK O' THE IRISH

EUGENE, OR

Coaches: Natalie Green, Nina Herbst

Captains: Ryan Ayala, Ayla Bussel, Davis Glazebrook



Sheldon has had an ultimate program for 14 years. We've won some championships, played a lot of tourneys just for fun and love being part of a sport that does so much good for so many people. Huck-o'-the-Irish is our name, and we're looking for some lucky charms!

ne	JILK		
0 3 13 14 16 20 21 22 33 42 47 55 8	Skyler Mazet Sam Reposa Tyler Madden Ryan Ayala Wiley Peebles Ayla Bussel Jacob Sims Adam Collver Josh Harris Chase Davis Kaleb Adams Davis Glazebrook	ななのななななたしななしない	6'1" 5'9" 6'0" 5'10" 5'8" 6'0" 5'8" 6'4"
58	Caleb Kriz	Ir	5'9"



SOUTH EUGENE HIGH SCHOOL AXEMEN

EUGENE, OR

Coaches: Keith Bucher, Vinh Bui, Jason Simms Captains: Aaron Rogers, Michael Martin, Simon Sjostrom

South Eugene burst onto the national scene in 2004 with a semifinal appearance at the last national 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.

ROSTER

	JILIX		
1 2 3	Simon Sjostrom Tyler MacMaster Tomer Vagner Oregon	Sr Jr Sr	5'8" 5'9" 5'7"
5	Noah Schlossberg Michael Martin Southern Utah	Jr Sr	5'10" 5'10"
6 7 9	Abi Goldberg Cole Eustis Robert Kalnbach	So So Sr	6'3" 5'9" 5'9"
10 13 15	Coast Guard Benjamin Liu-May Chase Matthews Raven Miller-Berg	Jr Jr Sr	5'10" 5'10" 6'2"
17 19	Oregon Alec Chapin-Jones Aaron Rogers	Sr Sr	5'9" 5'10"
20	Oregon State Max Meyers Oregon	Sr	5'9"
21 22 23 33 42	Mikael Murphy Mikhail EllerChubb Kite Wilder Seth Pinckney Noah Lunger	So Fr So Jr Sr	5'7" 6'0" 5'9" 5'8" 5'10"
47	Asher Paules-Bronet	Sr Sr	5'10"
50 62 88	Oregon Kellen Murray Noah Jessup-Varnum Greyson Miyaguchi	So Jr So	5'9" 6'4" 5'5"

SUMMIT HIGH SCHOOL STORM

BEND, OR

Head Coach: Aaron Switzer Assistant Coaches: Dylan Darling, Aaron Talbot summitultimate.com facebook.com/summitultimate







BERKELEY HIGH SCHOOL CALIFORNIA ROLL

BERKELEY, CA

Coaches: Lindi Salasko, Heather Buckley Captains: Hannah Wells, Chloe Carothers-Liske



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 that traveled to Westerns 2014 was in the boys' division and had only two girls, one of whom could not play because she did not attend Berkeley High.

These two girls decided to reach out to other female high school and middle school players in the Bay Area to form a girls' team. They organized practices each week and succeeded in entering and playing as the only California girls' team at Westerns 2014. Based on their success, they continued to play, including Westerns 2015 and the 2015 and 2016 Davis Ultimate Invites. The girls on the 2014 team brainstormed, voted and chose the name "California Roll" to represent the entire San Francisco Bay Area.

ROSTER

	OJ I EIK		
2	Tanya Bearson Thalia Ward	Fr	5'5" 5'6"
6	Courtney Hartjoy Michelle Slaughter	Jr.	5'10'
	California-Santa C	ruz	
9	Logan Gade	Fr	5'7"
10	Athena Lynch	So	5'7"
11	Lilly Baker	Fr	5'9"
13	Meka Jannali	Fr	
18	Angelina Truong	Sr	5'1"
26	California-Santa C Hannah Wells	Sr	5'6"
20	Tufts	OI	20
30	Desiree Minkler	Jr	5'5"
31	Lauren Carothers-Liske	So	5'9"
32	Maytal Bach	So	5'1"
33	Tuul Chuluunsukh	Jr	5'3"
34	Eliza Paneru	Jr	5'5"
39	Emmy Curtiss	Jr	5'4"
40	Wen Ma	Jr	5'2"
49	Anna Reed	So	5'5"
54	Emily Levenson	So	5'6"
62	Cara Burks	Fr	5'4"
63	Allyn Suzuki	Fr	5'2"
64	Chloe Carothers-Liske	Sr	5'5"
75	Maria Fong	Jr	5'4"
88	Yui Sasajima	Sr	5'2"
	Washington		

CORVALLIS HIGH SCHOOL SPARTAN FORCE

CORVALLIS, OR

Coaches: Colleen Llewellyn, Nat Seagren Captains: Bethany Llewellyn, Makayla Wahaus, Clea Poklemba



The Corvallis Spartan Force is attending Westerns for the fourth time, but only the second time with a team that is solely from Corvallis High School. We have a growing program. Our girls' team is comprised of seven seniors and few juniors and sophomores and several freshmen and eighth graders. Our team mascot is a combination of a spartan

and a stormtrooper, thus the name Spartan Force.

K	JSIEK		
2	Clea Poklemba	Sr	5'5"
3	Makayla Wahaus	Sr	5'0"
	Rensselaer Polytechn		
4	Ivy McClure	Jr	5'6"
6	Gabi Garza	Sr	4'11"
	Oregon State		
7	Katie Moreno	Sr	5'5"
	Southern California		
10	Natalie LaFevre	Jr	5'7"
13	Bethany Llewellyn	Sr	5'4"
	Whitman		
15	Cassandra Brooks	Fr	5'6"
18	Rachael Vega	Sr	5'9"
	Oregon State		
20	Daniela Dursch-Smith	8th	5'10"
21	Kimberly Muth	So	5'5"
23	Kimberly Harding	8th	5'8"
27	Emmy Formiga	8th	5'5"
37	Laura Ely	Sr	5'10"
	Oregon State		
43	Ari Knight	Fr	5'6"
47	Julia Frothingham	Fr	5'5"
71	Allyson Bomber	8th	5'3"
	Contract of the Contract of th		



CRESCENT VALLEY HIGH SCHOOL RAIDERS

CORVALLIS, OR

Head Coach: Andrew Buermeyer Assistant Coaches: Benjamin Deardurff, Dana Loso cvraidersultimate, weebly.com

ROSTER

GARFIELD HIGH SCHOOL PURPLE HAZE

SEATTLE, WA

Coaches: Lili Gu, Sophie Scofield-Selby Captains: Anya Meleshuk, Bella Rowland-Reid, Ella Wood, Juliana Lee @GHSUltimate ghsultimate.org



Garfield Purple Haze, named after the well-known song by famous Garfield alum Jimi Hendrix, is the current incarnation of an ultimate club that has existed in some form since 1996. Garfield was, in fact, one of the first public high schools to have an ultimate team! The girls' team is in its fourth year, and though still relatively new, has seen leaps in growth every year and is becoming a

leaps in growth every year and is becoming a well-established program in the Seattle Public School League.

POSTER

RU	SIEK	
0	East Rex	Fr
1	Jessica Woon	Sc
2	Tien Hoang	Fr
4	Bella Rowland-Reid	Jr
5	Monica Monda	Si
	Seattle University	
6	Emily Aoki Yamashita	Si
	Washington	
7	Elena Stark	Sc
8	Deegii Ariunbileg	Fr
9	Freya Wiedemann	Fr
10	Natalie Wheeler	Sr
	Boston University	
12	Anika Thomas-Toth	Sr
	Carleton College	- 3
13	Juliana Lee	St
15.0	Western Washington	
17	Anya Meleshuk	S
	Washington	
18	Catrin Do	Fr
20	Isabelle Tarbox	F
22	Olivia Goss	Fr
24	Jaya Duckworth	Fr
25	Amanda Ho	Fr
26	Rabiya Robele	S
	Marymount University	
28	Larkin Hobart Dimeff	FI
30	Thanh Nguyen	Si
	Princeton	
34	Rehana Hassan	SI
- 1	Seattle Central CC	
35	Reiko Grant	Sc
36	Michelle Nguyen	S
46	Josie Oleson	Jr
50	Hazel Borden	F

Tori Ziukovic Western Washington



INGRAHAM HIGH SCHOOL RAMS

SEATTLE. WA

Coaches: Heather Ann Brauer, Simon Pollock, Charlie

Mercer

Captains: Kaia Roast, Cameron Jewett, Evelyn Reding



After many seasons with only a mixed team, the Ingraham High School Rams launched their first girls' team last year, competing to make it all the way to the DiscNW quarterfinals and finishing second at the Washington State High School

Championships. This year, the Ingraham girls' team is excited to greet the challenge of our second year at Westerns and compete against the next level of high school girls' ultimate. With such a young team, we are stoked to see our level of play continue to grow and improve over this season while looking forward to the years ahead. This year, our team has built itself around three key process goals - confidence, c'mon get strong, and celebrate! We are the Rams. We are ready to work, and we are ready to play.

ROSTER

0	Lauren noizman	LI	04
10	Evelyn Reding	So	5'5"
14	Cameron Jewett	So	5'7"
15	Lindsey Hauck	So	5'7"
17	Kaja Roast	So	5'10"
18	Winter Wells	So	5'7"
19	Maddie Rutter	So	5'8"
20	Sarah Stoev	So	5'7"
24	Kaley Joss	So	5'5"
30	Amelia Schlemmer		5'5"
31	Juliette Green	So	5'6"
52	Claire Hodges	So	5'6"
57	Ellie Stuphen	So	5'5"
73	Toko Weaver	So	5'7"
76	Annie Joss	So	5'5"
77	Soumya Keefe	Fr	5'8"
88	Felicity 7hang	So	515"

MONARCH HIGH SCHOOL MONARCH

LOUISVILLE, CO

Coaches: Michael Richard, Bobby Lee Captains: Ellie Cameron, Jennica Kelm, Jamie Commander

@mohiult



Monarch High School first fielded an ultimate team in 2003. The program was slow to take off and went by many names over the next few years, including Saltines of Fury, Sticky Fingers and Messiah. In 2007, the current girls' head coach played his first year of ultimate at Monarch under the team name

Ri-Disc-ulous. Soon after, the team exploded with popularity and success. Ever since, the team has simply gone by the name of Monarch. The players take pride in their school and need no other name. In recent years, the Monarch girls have enjoyed a lot of success. Since 2012, when the three current captains joined, the Monarch girls have won two of the three Colorado Girls' State Championships, and they took first at Westerns in 2013. Those three captains are now seniors at the head of a strong team excited to revisit Westerns.

R	DSTER		
0	Carmen Connolly	So	5'9"
1	Grace Batey	So	5'2"
5	Madison Bohling	Jr	5'8"
15	Hailley Brendecke	Sr	5'5"
10	Colorado Mesa	0	rion
18	Ellie Stanish	Sr	5'9"
19	Colorado JennicaKelm	Sr	5'8"
15	Pacific Lutheran	31	30
24	Jamie Commander	Sr	5'7"
	Pacific Lutheran		
28	Mitra Kermani	Sr	5'2"
	Ripon College		
33	Ellie Cameron	Sr	5'8"
	Colorado	2	-
40	Mailys Steiblen Colorado-Denver	Sr	5'6"
48	Hannah Gorman	So	5'1"
51	Grace Brown	Fr	5'6"
55	Chole Carlstrom	Jr	5'5"
70	Morgan Coith	Jr	5'2"
94	Mikayla Seaward Colorado	Sr	5'5"
99	Sophia Cox-Wright	Sr	5'5"
	Inno Island University	v Globa	I Callege



NATHAN HALE HIGH SCHOOL RAIDERS

SEATTLE, WA

Coaches: Amanda Kostic, Barbara Hoover, Nora Landri Captains: Becca Stefanich, Maya Powell, Ruby Cassidy @girls hale

NATHAN HALE The Nathan Hale Raiders consist of a spirited group of chumpions who believe in filling it up one field of opportunity at a time! Our last Westerns victory was back in 2009. In 2015, we placed third in the tournament and are hungry for more! Welcome to Hale.

ROSTER

Cauannah Kanie	ca	5'4"
Tina Fahndrich	Sr	5'5"
Vermont		100
Sienna Patton	Fr	5'5"
Molly Baer	Jr	5'5"
Maya Powell	Sr	5'10'
	Sr	5'8"
Western Washington		
Gena Kommavongsa	Sr	5'3'
		ESLA
		5'0"
		5'5"
	Jr.	5'5"
Emma Constantino		5'4"
Lian Gamble	Sr	5'7"
		2000
		5'2"
		5'0"
		5'4"
		5'2"
		5'0
		5'6"
Liz Chrach		5'5"
Kaila Righi		5'5"
Thea Fanning	Jr	5'7"
	Vermont Sienna Patton Molly Baer Maya Powell Carleton College Ruby Cassidy Western Washington Gena Kommavongsa Western Washington Mari Scott Ally Constantino Keara Berlin Emma Constantino	Tina Fahndrich Vermant Sienna Patton Molly Baer Maya Powell Carleton College Ruby Cassidy Western Washington Gena Kommavongsa Western Washington Mari Scott Fr Ally Constantino Keara Berlin Emma Constantino Lian Gamble Whitman Becca Stefanich Hannah Keyes Fr Davis Turner So Rose Beale Jr Phi Yasuda Jr Sevonne Hirt Liz Chrach So Kaila Righi

ROOSEVELT HIGH SCHOOL ROUGH RIDERS

SEATTLE, WA

Coaches: Charlie Eide, Lexi Garrity Captains: Katie Ettl, Olivia Kugiya @R.R girlsulti



ROSTER

Anna Conway

2	Gaya Trejo	So	5'5"
5	Amelia Maass	So	5'7"
6	Jocelyn Ruby	Jr	5'6"
7	Anna Goddu	Fr	5'8"
9	Jvoti Lama	Jr	5'2"
11	Bailey Shigley	So	5'7"
12	Katie Ettl	Jr	5'7"
14	Kendall Barton	So	5'7"
18	Rebecca Nicacio	Sr	5'2"
20	Kate McCoy	So	5'9"
26	Stephanie Phillips	So	5'6"
29	Ada Wright	So	5'5"
33	Carolyn Jatul	So	5'3"
34	Caitlin Peckham	So	5'6"
47	Olivia Kugiya	Jr	5'3"
80	Margaret Davies Montana State	Sr	5'11"
5	Abby Hecko	Fr	5'7"



SOUTH EUGENE HIGH SCHOOL EUGENE LADIES ULTIMATE

EUGENE, OR

Coaches: Erin Maloney, Angela Tocchi Captains: Yausi Khajavei, Skylar Roach @SEHSgirlsulti



This is a consortium of girls' high school players from all over Eugene, Ore. We have players representing three different high schools and are proud to showcase the next generation of Oregon ultimate.

ROSTER

1	Taya Norris	Sr	5'7"
3	Oregon Azara Tilt	Jr	5'6"
	Matilde Puricelli	Jr	5'7"
5	Emma Thoennes	Jr	5'9"
6	Sophie Pierce	So	5'4"
7	Summer Mazet	Jr	5'6"
8	Eden Anderson	Sr	5'9"
	Oregon	127	KARIK
11	Melissa Rice	Sr	5'4"
	Boston College	12.	
13	Julia Ogsbury	Sr	5'6"
15	Anna Laptova	So	5'2"
16	Yausi Khajavei	Jr	5'2"
17	Maia Kosek	Sr	5'10
	Carleton College		
18	Kaitlyn Schauer	Sr	5'0"
22	Skylar Roach	Sr	5'4"
	Oregon State		

SUMMIT HIGH SCHOOL STORM

BEND, OR

Coaches: Christina Schueler, Jess West, Jessica Jeffrey Captains: Shae Davis, Kaiyana Petrus, Sarah

Schwiebert

summitultimate.com

Summit High School Ultimate, founded in 2003, has had a designated women's team since 2013. As a developing team from central Oregon, the Summit ladies have attended competitive regional tournaments since their induction and notably placed third at the Oregon State Championship in 2014. The Summit squad is also regularly recognized for their positive attitude and exemplary spirit.

25	Siri Chotechuang	Fr	5'4"
26	Ella Quinn	So	5'4"
28	Kaiyana Petrus	Sr	5'3"
	Oregon		10.70
29	Shae Davis	Sr	5'6"
.07	Oregon	7	10.0
30	Soleil Haskell	Jr	5'10"
31	Bella Carry-McDonald	Ir	5'5"
33	Lia Leon	Sr	5'2"
34	Izzy Barrett	Jr	5'8"
36	Sarah Schwiebert	Sr	5'7"
	Whitman		
37	Mary Daubenschmidt	Jr	5'6"
38	Gemma Munck	So	5'10"
39	Olivia Cloninger	So	5'10"
41	Madie Bowers	Jr	5'7"
42	Laurel Johnson	Sr	5'6"
44	Stella Hyde	Fr	5'5"
45	Zarina Rogers	Jr	5'7"
48	Kathryn Omizo	Jr	5'11"
En	Claire Borton	te	E'11"

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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 anti-inflammatory drugs, must be provided by teams or may be charged by the training staff.

If there is an injury on a field that needs medical attention, inform a field marshal, and he 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 the "Directions" section 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.
 - 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.

- 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 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.



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 CIRCLES

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 or spirit 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.

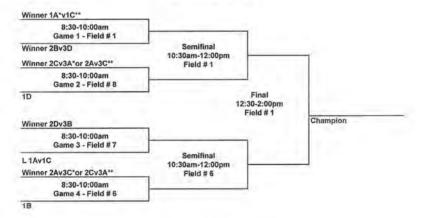
That's it! It's pretty simple and definitely an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing 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!

BOYS' SCHEDULE

	16 USA U	-			_	ne 4, 2016			-			_
4 7 DE SO	_ O ~	_	Po	ol A	y, ou	10 17 2010			Por	ol B		
Pool A/C Games to 15, Cap 17 All other Games to 13, Cap 15	A1 A2 A3	(1) Roosevelt (8) Gunn (11) Corvallis			B1 B2 B3 B4	(7)	Lakewood South E Clevela Ingraha	ugene ind				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	D2 v D4	10	100				B1 v B3	2		B2 v B4	3	100
10:45 - 12:00	A2 v A3	1								D2 v D3	10	-
1:00 - 2:15	A1 v A3	1					B1 v B4	2		B2 v B3	3	
2:45 - 4:00	A1 v A2	1	- 400	D3 v D4	10	100	B1 v B2	2		B3 v B4	3	-
Re-seed teams 1-4	within eacl	n po	ol l									
4:45 - 6:00	1A v 1C	1		2A v 3C	3	-	2B v 3D	2	-	2D v 3B	5	7.4



Championship Bracket Sunday, June 5, 2016







Championship games to 13, cap 15

1:00 - 2:15					Saturda	y, Jur	e 4, 2016				
to 15, Cap 17 All other Games to 13, Cap 15 Saturday S	to 15, Cap 17 All other Games	Pool C							Pool D		
9:00 - 10:15		C2 (6) Nathan Hale						D2 D3	(5) Summit (10) Garfield		
10:45 - 12:00	Saturday		F#	Score		F#	Score				
1:00 - 2:15	9:00 - 10:15				D1 v D3	5		USA ULTIMATE			
2:45 - 4:00	10:45 - 12:00	C2 v C3	4	-	D1 v D4	5	TAT				
Re-seed teams 1-4 within each pool	1:00 - 2:15	C1 v C3	4	4/					OF S		
Re-seed teams 1-4 within each pool 4:45 - 6:00 2C v 3A 4	2:45 - 4:00	C1 v C2	4	_ (4 =)	D1 v D2	5					
4:45 - 6:00 2C v 3A 4	Re-seed teams 1-4	within eacl	h po	ol							
	4:45 - 6:00	2C v 3A	4		+						





GIRLS' SCHEDULE

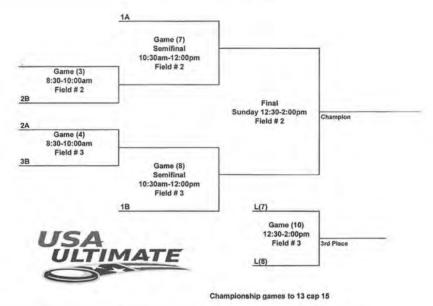
				Sati	urday,	lune 4, 20	016							
		Pool A							Pool B					
Games to 13 Cap at 15	A1 A2 A3 A4 A5		B1 (2) Monarch B2 (4) Eugene B3 (5) Crescent Valley B4 (7) Roosevelt 55 (10) Garfield											
	1	F#	Score	1	F#	Score		F#	Score		F#	Score		
9:00-10:15	A1 v A5	6	-	A2 v A4	7		B1 v B5	8	-	B2 v B4	9	-		
10:45 - 12:00	A1 v A3	6		A4 v A5	7	-	B1 v B3	8		B4 v B5	9			
1:00 - 2:15	A2 v A5	6		A3 v A4	7	-	B2 v B5	8		B3 v B4	9			
2:45 - 4:00	A1 v A4	6		A2 v A3	7		B1 v B4	8		B2 v B3	9	J-134		
4:45 - 6:00	A1 v A2	6		A3 v A5	7	-	B1 v B2	8		B3 v B5	9			



Consolation games to 13 cap 15



Championship Bracket Sunday, June 5, 2016







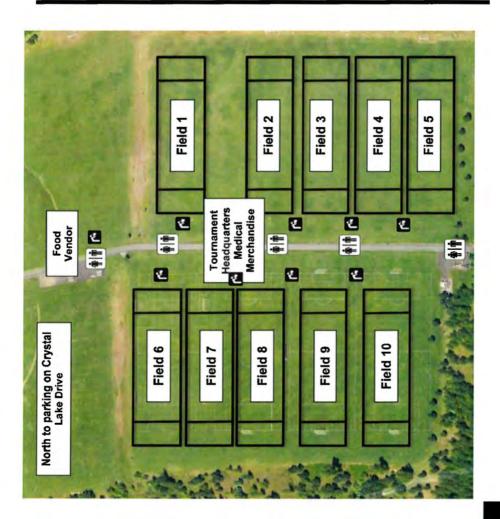












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