

USA
ULTIMATE



NATIONAL CHAMPIONSHIPS

OCT. 17-20, 2013 FRISCO, TX



EVENT GUIDE \$2

HOW BADLY DO YOU WANT IT?



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USA Ultimate
4730 Table Mesa Drive, Unit I-200 C
Boulder, CO 80305
P: 303-447-3472 / F: 303-447-3483
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EVENT STAFF

Event staff will be wearing red "Event Staff" shirts. If they can't answer your questions, they can point you to one of the following people in light blue to help you out:

LOCAL ORGANIZING COMMITTEE STAFF

Tournament Director - Jeff Jordan
Volunteer Coordinator - Melissa Battis
Hospitality Coordinator -
Becky Burnside
Local Media Coordinator -
Kirk Wooldridge
Head Scorekeeper - Kristen Burt
Head Statkeeper - Mark Graham
Youth Programs Liaison -
Michelle Walters
Admissions Coordinator -
Michael Frederick

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Dr. Tom Crawford
Managing Director, Competition and
Athlete Programs - Will Deaver
Manager, Competition and Athlete
Programs - Byron Hicks
Manager, Competition and Athlete
Programs - Baker Pratt
Manager, Education and Youth
Programs - Mike Lovinguth
Manager, Events - David Raflo
Director, Membership and Sport
Development - Melanie Byrd
Manager, Membership and Sport
Development - Anna Schott
Manager, Membership Development -
Ryan Gorman
Director, Finance and Development -
Julia Lee
Director, Marketing and
Communications - Andy Lee
Manager, New Media -
Matthew Bourland
Manager, Communications and
Publications - Stacey Waldrup
National Men's Director - Adam Goff
National Mixed Director - Dave Klink
National Women's Director -
Remy Schor

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Henry Thorne - At-Large
Representative
Greg Downey - At-Large
Representative
Mary Clare Brennan - At-Large
Representative
Sandy Park - At-Large Representative

OBSERVERS

Greg Connelly (Head Observer), Brian
Bradburn, Andrew Buermeyer, Hank
Cary, Kyle Christoph, Joshua Cooper,
Mitch Dengler, Kyle DeVries, Janna
Hamaker, Steve Haynes, Stephen
Hubbard, Kai Hudek, Alex Kinsey, Lina
Kudo, Wally Kwong, Colin McIntyre,
Laura Meyer, Jonathan Moore, Julie
Morris, Ben Murphy, Shiellah Quintos,
Jon Rothman, Aaron Shelton, Keith
Temple, Bradley Tinney, Chris Vanni,
Steve Wang, Kate Williamson, Anne-
Marie Wissman, Sam Wood

SPECIAL THANKS

Dallas Ultimate Association, Discraft,
ESPN, FC Dallas, Frisco Convention &
Visitors Bureau, Frisco Independent
School District, Ultiworld, VC Ultimate,
all regional and sectional coordinators
and tournament volunteers

WELCOME

CONGRATULATIONS ON QUALIFYING FOR THE 2013 NATIONAL CHAMPIONSHIPS!

The Dallas Ultimate Association (DUA) is proud to partner with USA Ultimate to bring you the National Championships. The DUA has existed for over fifteen years running multiple leagues year round and we also help local ultimate players & teams to compete. Dallas area club, league, college, and high school players will be working hard as volunteers to help you enjoy a great tournament experience.

The Championships will be held at two sites. Most of pool play will be played at the FC Dallas Sport Complex in Frisco, Texas, the premiere field location in North Texas and home of Dallas's Major League Soccer team. The semifinals and finals will be played in Frisco Memorial Stadium and its accompanying Cooley field. Bring footwear to support both natural and artificial turf, and expect lows in the 50s and highs in the 70s. Memorial Stadium is a perfect setting to play and for ESPN to film the semi-finals and finals games.

The FC Dallas Sport Complex is one mile away from Memorial Stadium and is surrounded by restaurants within walking distance and close to many more. We'll supply you with details on area restaurants and nightlife, including those that offer discounts to competitors. If you have some spare time, we'll also give you a visitor guide for area sight-seeing.

All of our volunteers, without whom this event would not be possible, are eager to assist you with any tournament needs, so please let us know how we can help.

WE WISH YOU THE BEST OF LUCK!

Melissa Battis
Volunteer Coordinator

Kirk Wooldridge
Media & Sponsorship Coordinator

Jeff "JJ" Jordan
Tournament Director

DALLAS ULTIMATE ASSOCIATION

<http://www.dallasultimate.org>



SITE RULES

Facility, event staff and security will be checking to make sure people are following the site rules. If you are caught violating these rules, you will risk expulsion from the event, disqualification for your team and potential ramifications outside of the event. Thank you!

TOYOTA SOCCER CENTER AT FC DALLAS

- Stakes longer than six inches may not be driven into the ground to hold up tents, team flags, etc. All tents must be free standing using sandbags unless approved by FC Dallas Staff.
- Do not dig holes, tear up grass, disrupt landscaping, rip turf or participate in any other activities that are destructive toward our facility.
- Fighting, cursing, loitering and any other behaviors deemed inappropriate are prohibited and are grounds for removal from the facility or possible arrest.
- Drugs, alcohol and smoking are strictly prohibited.
- Children should not be left unattended.
- Pets of any kind are prohibited within the fenced-in area of the soccer complex.
- Firearms and/or concealed weapons are strictly prohibited.
- Spectators and equipment must stay at least three yards away from sidelines. Where there are buffer lines, stay behind them. Where there are not buffer lines, stay back at least three yards.
- Trash and Recycling - Place recyclables in the recycling receptacles, and place trash in the trash containers.

FISD COMPLEX, MEMORIAL STADIUM & COOLEY FIELD

- Dogs: No dogs at either stadium.
- No Food: There will be no food allowed on the track or field.
- No Alcohol: This goes for both fields and in the parking lots. There will be event staff and security checking to make sure people are not drinking alcoholic beverages. The stadium is at a Frisco ISD school where, of course, alcohol is prohibited. Please abide by these rules. If you are caught with alcohol, you will risk disqualification for your team as well as other potential disciplinary action.
- No Tobacco. USA Ultimate and Frisco ISD have a no tobacco policy. There should be no smoking anywhere on the premises, including the parking lots.
- Field Access: Spectators should stay in the stands at all times. The only people on the fields are players, coaches, trainers and authorized personnel.
- Trash: Place all trash in trash receptacles, and please clean up around you.

WEEKEND OVERVIEW

FOOD AND BEVERAGE CONCESSIONS:

Food will be available for purchase at the fields Thursday and Friday and outside Memorial Stadium on Saturday and Sunday.

WEDNESDAY, OCTOBER 16

AT THE RIVER CLUB BY WINSTAR WORLD CASINO AT TOYOTA (FC DALLAS) STADIUM

- 5:00-8:00pm - Discraft Welcome Reception
- 7:00-8:00pm - Captain's Meeting

THURSDAY, OCTOBER 17

AT TOYOTA SOCCER CENTER (FC DALLAS)

- 9:00am-7:45pm - Pool Play

FRIDAY, OCTOBER 18

AT TOYOTA SOCCER CENTER (FC DALLAS)

- 9:30am-8:15pm - Bracket Play

SATURDAY, OCTOBER 19

AT MEMORIAL AND COOLEY

- 10:00-11:30am Learn to Play!

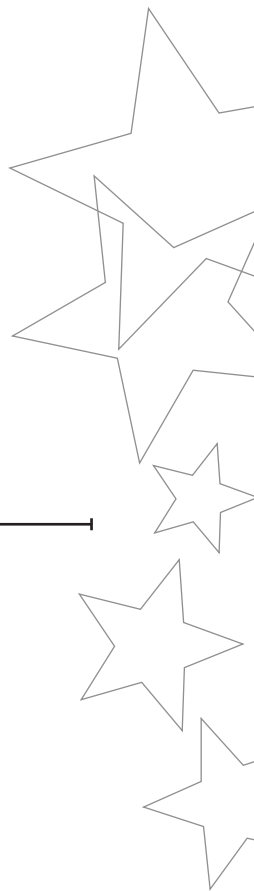
Practice field by Memorial Stadium - All ages welcome. Come learn how to play from some of the best players and coaches in the world. Registered clinic participants and volunteers receive free admission to the Championships. Check in at the USA Ultimate Info Tent for location of program.

- 10:30am-12:15pm - Men's 7th Place Game at Cooley Stadium
- 12:00-1:45pm - Mixed Semifinal at Memorial Stadium
- 1:00-2:45pm - Mixed Semifinal at Cooley Stadium
- 2:30-4:15pm - Women's Semifinal at Memorial Stadium
 - After First Women's Semifinal
 - Individual Spirit Awards (Men's Division)
 - Peter Farricker Spirit of the Game Award (Men's Division)
- 5:00-7:30pm - Participant Dinner at Memorial Stadium
- 3:30-5:15pm - Women's Semifinal at Cooley Stadium
- 5:30-7:15pm - Men's Semifinal at Memorial Stadium & Mixed 7th Place Game at Cooley Stadium
 - Halftime of Men's Semifinal
 - World Games Team Recognition
- 8:00-9:45pm - Men's Semifinal at Memorial Stadium & Women's 7th Place Game at Cooley Stadium

SUNDAY, OCTOBER 20

AT MEMORIAL AND COOLEY

- 11:00am-12:45pm – Mixed Final at Memorial Stadium
 - Halftime
 - Team & Individual Spirit Awards (Mixed Division)
 - Post-game
 - Hall of Fame Inductee Introductions
 - Team 2nd and 1st Place Awards (Mixed Division)
 - 11:00am-12:45pm – Women’s 3rd Place Game at Cooley Stadium
 - 1:30-3:15pm – Women’s Final at Memorial Stadium
 - Halftime
 - Team Spirit Award (Women’s Division)
 - Post-game
 - Individual Spirit Awards (Women’s Division)
 - Kathy Pufahl Spirit of the Game Award (Women’s Division)
 - Team 2nd and 1st Place Awards (Women’s Division)
 - 1:30-3:15pm – Men’s 3rd Place Game at Cooley Stadium
 - 4:00-5:45pm – Men’s Final at Memorial Stadium
 - Halftime
 - Team Spirit Award (Men’s Division)
 - Post-game
 - Team 2nd and 1st Place Awards (Men’s Division)
 - 4:00-5:45pm – Mixed 3rd Place Game at Cooley Stadium
-





2013 Alumni
Hall of Fame
Weekend

Frisco, Texas
October 18-20, 2013

FRIDAY EVENING: ARRIVE AND UNWIND

- Event Registration
Westin Stonebriar
- Discraft Welcome Reception for Alumni, Hall of Fame and Family
Westin Stonebriar – Terrace Overlooking the Pool
- Time with Friends and Family
Ernie's Bar

SATURDAY: SPEND TIME WITH FAMILY AND OLD FRIENDS

- Event Registration
Westin Stonebriar
- Fun and Games (Including Pickup Ultimate!)
Warren Sports Complex
- Women's Semifinal Game
FISD Memorial Stadium – Discraft VIP Suite for All Alumni, Hall of Fame Members, Family and Friends



SATURDAY NIGHT: HONORING OUR PEERS

- Appetizers & Mingling with Alumni, Hall of Fame Attendees and Their Families, Followed by Dinner
Westin Stonebriar – Cypress Room
- Dinner & Discraft Ultimate Hall of Fame Induction Ceremony
Westin Stonebriar – Town & Country Ballroom
Introduction by Tom Crawford, USA Ultimate CEO, on the Future of Ultimate in the U.S.
Special Production Honoring the Current Ultimate Hall of Fame Inductees – Classes of 2009, 2010, 2011, 2012 and 2013. Created by Dennis Warsen, 2012 Hall of Fame Class and producer, Flatball, the movie
- Social Time and Dancing
Westin Stonebriar – Cypress Room

SUNDAY: CELEBRATING OLD FRIENDS & MAKING NEW ONES

- Finals and Third-Place Games for Worlds Qualification
FISD Memorial Stadium – Discraft VIP Suite
- Ultimate Hall of Fame Inductee Introductions

Presented by USA Ultimate and the Ultimate Hall of Fame Committee, in conjunction with the

2013 USA Ultimate National Championships

To register for these events, contact Julia Lee at julia@hq.usultimate.org or 404-594-9259.

LOCATION INFO

IMPORTANT ADDRESSES

Toyota Soccer Center at FC Dallas: 6000 Main Street, Frisco, TX 75034
Memorial Stadium/Cooley Stadium: 6950 Coon Lane, Frisco, TX 75034
Baylor Medical Center at Frisco: 5601 Warren Parkway, Frisco, TX 75034

DIRECTIONS

TO MEDICAL CENTER FROM TOYOTA SOCCER CENTER

- Head South toward Main Street
- Turn Right onto Main Street
- Turn Left onto Legacy Drive for 3.5 miles
- Turn Left onto Warren Parkway. Medical Center is 0.2 mile down Warren Parkway on the Right

TO MEDICAL CENTER FROM MEMORIAL STADIUM/COOLEY STADIUM

- Head South on First Street
- Turn Left onto Main Street for 0.3 mile
- Turn Right onto South 5th Street/Parkwood Drive for 1.2 miles
- Turn Right onto Stonebrook Parkway for 0.3 mile
- Turn Left onto Dallas Parkway for 1.8 miles
- Turn Right onto Warren Parkway. Medical Center is 0.8 mile down Warrant Parkway on the Left



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SPIRIT AWARDS

TEAM AWARDS

Following every game, each team will be asked to rate its opponent on a scale of 1-5, with 5 being the highest level of sportsmanship. These ratings will be averaged, and the team in each division with the highest rating will be awarded the Team Spirit Award.

USA ULTIMATE SPIRIT RATINGS GUIDELINES

The ratings are ordered from 5 (indicating the highest level of spirit) through 1 (the lowest level of spirit):

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

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, prize disc (courtesy of DISCRAFT).

THANKS TO DISCRAFT FOR THEIR SUPPORT OF ULTIMATE AND SPIRIT OF THE GAME!

PETER FARRICKER SPIRIT OF THE GAME AWARD

The spirit award in the men's division is named for Peter Farricker, a player who embodied Spirit of the Game to those who played with or against him. This award is given to a player in the men's division of the USA Ultimate Championship Series deemed to have exhibited personal responsibility, integrity and fairness combined with a high standard of playing ability. Each qualifying men's team nominates one player from its roster who best represents the Spirit of the Game. Each nominee is honored with a disc and a pin or set of Mardi Gras beads. The goal is that those wearing the Mardi Gras beads will be connected to Pete, each other and the Spirit of the Game, and become role models for their teammates and opponents. A selection committee selects one of the four semifinal nominees as the winner. Previous winners include Moses Rifkin, Andy Crews, Damien Scott, Jeff Eastham-Anderson, Allan Cowan, Chase Sparling-Beckley, Josh McCarthy, Robbie Cahill, Bart Watson, Matt Rebolz and Martin Cochran.

KATHY PUFAHL SPIRIT OF THE GAME AWARD

The women's division spirit award builds upon the foundations of Spirit of the Game that are reflected in the Farricker Spirit Award: ability, fairness and integrity. The Kathy Pufahl Spirit Award also recognizes those individuals who give back to our sport and is presented to the player deemed to have exhibited personal responsibility, integrity and selfless contribution to ultimate, combined with a high standard of playing ability. Each qualifying women's team nominates one player from its roster as the person who best represents the Spirit of the Game and has contributed in a substantial way to their ultimate community. At the National Championships, each of the 16 nominees is honored with a memento reflective of Kathy's love of horticulture. A vote of the qualifying teams will determine the recipient of the Pufahl Award, which will be presented after the women's final. Previous winners include Vida Towne, Kati Halmos, Kristine Gill, Deanna Ball, Allison Boyd, Jody Dozono, Michelle Ng, Gwen Ambler and Lauren Casey.

LEARN TO PLAY



USA Ultimate will offer Texas area youth chance to Learn to Play Ultimate at this fall's Club Championships

USA Ultimate's National Championships hosts the world's best teams competing for the most prestigious title in ultimate. To take advantage of the excitement and interest generated by the Club Championships, the Dallas Ultimate Association and USA Ultimate are partnering to offer a youth-focused celebration through USA Ultimate's

"Learn to Play Ultimate" initiative. Boys and girls from 12-18 are invited to attend, learn to play and try out ultimate, the fastest-growing team sport in the country. The event is free to the public and registered participants also receive free admission to the Championships. This is a great opportunity to learn from the best coaches and players in the country.

The Championships feature 48 of the best ultimate teams from the U.S. and Canada, crowning three teams as champions. High school-aged participation in ultimate has soared in recent years across the United States, and more and more middle schools are joining the fray. The Texas State Championships boast more than 20 school-based teams each year from Austin, Dallas, San Antonio and Houston.

COME AND LEARN TO PLAY ULTIMATE FROM 10-11:30AM ON SATURDAY, OCTOBER 19. Registration is located at www.dallasultimate.org under the USAU National championships tab. Click "Youth Clinics" or stop by the USA Ultimate Info Tent for registration information.

FOLLOW THE ACTION



USAULTIMATE.ORG

Check out the USA Ultimate homepage for daily recaps, photo galleries and player statistics.

EVENT INFO



TWITTER

@TripleCrownTour
@USAUltimate
#NationalsTX

TWITTER LISTS

Can't watch every game you'd like to see? Follow along in each division with the teams' Twitter accounts, all combined in one convenient feed.

MEN'S DIVISION TEAMS:

twitter.com/TripleCrownTour/lists/nats13men



MIXED DIVISION TEAMS:

twitter.com/TripleCrownTour/lists/nats13mixed



WOMEN'S DIVISION TEAMS:

twitter.com/TripleCrownTour/lists/nats13women



HAVE EVENT QUESTIONS BUT CAN'T MAKE IT TO THE INFO TENT?

Tweet @TripleCrownTour for help.



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ultimate



USA ULTIMATE INFORMATION TENT

Stop by the USA Ultimate Information Tent if you have any questions about the event or about USA Ultimate! During all rounds from Thursday through Sunday, there will be a USA Ultimate representative available to answer your questions. In addition, Event Guides and other USA Ultimate gear will be available for purchase at the tent (as well as some free giveaways all weekend!). Please let us know what you think of the event, talk to us about the new Triple Crown Tour, and learn about our outreach programs! If you are not a player but want to get involved with USA Ultimate (parents, fans, spectators, etc.), you can sign up for a USA Ultimate Friends & Family membership. You'll receive membership benefits including our quarterly magazine, merchandise discounts, and more! Finally, parents and kids can get more information about the Learn-to-Play session being offered on Saturday morning (Oct. 19) at 10:00am.

Can't make it over to the tent but still have questions? Send your tweets to @TripleCrownTour for help.

SHOOTING PHOTOS & VIDEOS

USA Ultimate appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of events hosted by USA Ultimate. Anyone wishing to record USA Ultimate events for commercial purposes (as defined in the agreement) is required to sign the USA Ultimate Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood. The agreement is intended to protect USA Ultimate's rights as an event organizer as well as to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Manager of Communications and Publications Stacey Waldrup at stacey@hq.usultimate.org.

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 is 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.
- 9. 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.

COMMON ULTIMATE TERMS

BREAKMARK - a throw made to other side of the field from what is being forced by the marker

BRICK - the spot where play may be initiated when a pull lands out of bounds, typically 15 or 20 yards from the front of the offense's end zone and in the center of the field (yardage varies based on individual tournament rules); players have the option of making this call or taking the disc on the sideline closest to where it lands

CALLAHAN - a defensive score, occurs when a defender catches the disc in the end zone he or she is attacking

CUP - the wall of defenders that surround the thrower in a zone defense; the wall typically consists of 3 players, but variations with 2 or 4 defenders are also common

FLICK - forehand, thrown outside, away from the handler's body

FORCE - side of the field to which throws should be contained; the marker will attempt to take away throws to one part of the field and is said to be "forcing" throws to go up in a certain direction

GREATEST - a jump, throw, catch combination that occurs when the disc is out-of-bounds, but a player jumps from in-bounds, catches the disc and successfully throws it back in-bounds to a teammate

HAMMER - an overhead throw that starts above the shoulders where the disc turns over in the air and lands upside-down

HUCK - a long throw

POACH - a defensive decision to leave a designated one-on-one matchup, usually temporarily, to clog a cutting lane or help defend a player other than the original

PULL - the "kick-off" of each point in which the defensive team throws the disc from their own end zone down the field toward the offensive team

STALL - the 10-second count for which a player is allowed to maintain possession of the disc; the opposing, defensive player must count the 10-seconds aloud; a "stall" occurs if the disc is held for more than the 10-second count

STRIP - occurs when a disc is knocked out of a player's hands after they have stopped rotation and achieved possession



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.



MEN'S TEAMS

★ CHAIN LIGHTNING



ATLANTA, GA

Captains: Andrew Hollingworth, Mark Poole,
Frank Wooten

Coach: Martin Aguilera

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@ATLchain

chainlightning.com

ROSTER

1	Jack Krieger	5'10"
2	Matt Bailey	6'0"
3	Andrew Hollingworth	5'11"
5	Elliott Erickson	5'8"
6	Max Leonard	6'0"
7	Jay Clark	6'2"
8	Byron Liu	5'9"
9	Will Lokke	5'11"
10	Tyler Conger	6'0"
11	Joel Wooten	6'5"
12	Frank Wooten	6'5"
13	Jared Inselmann	6'3"
14	John Stubbs	5'9"
15	Michael Spear	5'11"
16	Russell Snow	5'9"
18	Greg Swanson	6'1"
19	Mark Poole	5'10"
24	Christian Olsen	5'9"
32	Andy Stringer	6'0"
36	Nicky Spiva	6'1"
47	Asa Wilson	5'10"
55	Blake Hannah	6'0"
60	Jolian Dahl	6'2"
62	Michael Arenson	6'2"
78	Dylan Tunnell	6'3"
87	Trenton Spinks	6'3"
98	Jonathan Monforti	5'8"

★ CONDORS



SANTA BARBARA, CA

Captains: Tyler Bacon, Maxwell
Shteir-Dunn

Coach: Steve Dugan

The Santa Barbara Condors are one of the most storied teams in the history of ultimate. Tom Kennedy, who was intricately involved in the formation of the Ultimate Players Association, founded the Condors in 1974. A few years later, in 1977, the Condors became the first National Champions in the sport. Since then, the Condors have won four National Championships and became Club World Champions in 2002. While success has varied, the Condors have always remained competitive. With two Club Nationals appearances in the past three seasons, the Condors are gearing up to return to their historic form.

The Condors' rich history has inevitably formed an extensive and supportive player network. This season, a board of directors was created to ensure the future success of not only the Condors, but also the development of the sport in Santa Barbara. Led and funded by Greg Sharp, a former Condor, the board has supported and guided the Condors in numerous ways. Their knowledge and love of the sport played an important role in the development of this year's team and has left a lasting impact on the team's future success.

@CondorsUltimate

facebook.com/SantaBarbaraCondors

ROSTER

1	Michael Kiyoi	5'10"	27
2	Dan Bellinger	5'9"	30
3	Blake Robillard	5'9"	24
4	Mark Elbogen	6'3"	25
6	Ian Meyer	6'2"	27
7	Eric Brach	5'9"	31
8	Peter Raines	6'1"	23
9	Jeff Silverman	5'9"	27
10	Scott Perry	5'10"	29
11	John Gallo	5'11"	23
12	Keith Reschke	5'11"	26
13	Andrew Pebley	5'9"	24
14	Will Turner	5'11"	19
15	Nate Young	5'9"	28
17	Hunter Corbett	6'2"	20
21	Maxwell Shteir-Dunn	5'11"	26
22	Ian Chiles	5'10"	22
23	Paul Van		
	Bloemen Waanders	6'0"	26
25	Nick Larusso	6'2"	30
27	Collin Gall	5'11"	23
33	Noah Hopton	5'9"	25
42	Johnny Walker	5'11"	26
55	Tyler Bacon	5'8"	27
80	Adam Bolenbaugh	6'2"	22
83	Greg Husak	6'2"	39
87	Aaron Weaver	6'0"	24
91	Grant Boyd	5'10"	29

MEN'S TEAMS



★ DOUBLEWIDE



AUSTIN, TX

Captains: Jeff Loskorn, Valley
Renshaw, Jerrod Wolfe
Coach: Kurt Dahlenberg

Hearts of gold encased in pecs of steel.

@doublewidetx
dw-tx.com

ROSTER

2	Alex Thorne	5'8"	22
4	Max Cook	5'7"	32
5	Jeff Loskorn	6'1"	26
6	Michael Matthis	5'10"	21
7	Kurt Gibson	6'2"	27
9	Ethan Pollack	6'6"	24
10	Steven Darroh	6'0"	27
11	Trey LaMastres	6'0"	23
12	Andrew Walch	6'1"	27
13	Dalton Smith	6'0"	20
14	Michael Cramer	6'2"	26
15	Daniel Poindexter	6'0"	28
16	Kiran Thomas	5'10"	29
17	Jacob Anderson	6'3"	28
18	Michael Natenberg	6'1"	32
19	Kevin Richardson	6'3"	27
20	Jerrod Wolfe	5'11"	29
21	Will Driscoll	6'3"	22
22	Jason Schafer	5'10"	28
24	Rory Orloff	5'9"	27
25	Kevin Christian	5'10"	22
28	Dan Emmons	6'5"	25
42	Ryan Bigley	6'3"	27
49	Caleb Denecour	5'9"	25
81	Tyler DeGirolamo	6'3"	23
85	Valley Renshaw	6'2"	34

SPECTATOR INFO

★ FLORIDA UNITED



JACKSONVILLE, FL

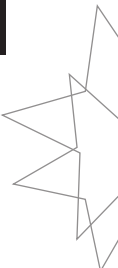
Captains: Alton Gaines, Cyle Van Auken
Coach: Morgan Bambace

Established in 2012 by a core of veteran Floridian ultimate players who believed in their potential to play at a higher level, Florida United is comprised of the most talented and driven players the Sunshine State has to offer. Having improved immeasurably during their short existence, the team is proud to have earned a chance to compete on the national stage but remains hungry to prove that they belong among the top programs in the country. The USA Ultimate National Championships represent another opportunity for the team to grow, and they are United by a desire to rise to the occasion. "Enough is enough. We are Florida United."

@FloridaUnited
facebook.com/FloridaUnited

ROSTER

2	Jeremy Langdon	6'2"	21
3	James Dahl	5'10"	21
4	Joe Crinkley	6'0"	28
5	Brandon Perales	5'9"	31
7	Danny Bumgarner	6'2"	29
8	Bennett Wachob	5'11"	23
9	Bobby Ley	5'10"	21
10	Paul Rabaut	6'4"	30
12	Travis Catron	6'4"	24
13	Alton Gaines	6'2"	25
14	Cole Sullivan	6'2"	25
15	Dustin Travaglini	5'9"	26
18	Chris Larocque	6'2"	21
22	Cyle Van Auken	6'0"	31
23	Rob Kern	6'2"	23
24	Stephen Ierardi	6'0"	26
30	Chris Gibson	6'2"	26
32	Andrew Roca	6'2"	26
33	John Best	5'11"	21
39	Jordan Huston	5'9"	22
41	Will Moore	5'10"	29
45	Daniel Petronio	5'10"	26
54	Nick Fletcher	6'2"	26
55	Quint Wharton	6'1"	23
57	Jimmy Price	5'8"	41
75	Ryan Chard	6'1"	27
80	Phil Stokes	5'11"	27



MEN'S TEAMS

★ FURIOUS GEORGE



VANCOUVER, BC

Captains: Morgan Hibbert,
Oscar Pottinger

Coach: Andrew Lugsdin

Headquartered in Vancouver, British Columbia, Furious George stands among the oldest ultimate teams in Canada. Established in 1995, the club has garnered 10 Canadian Ultimate Championship titles, three USA Ultimate titles and three world championship titles whilst representing Canada. Their mascot is Furious George, the focused, determined and consummate angry monkey.

— @FuriousUltimate

furiousultimate.com

ROSTER

1	William Vu	6'1"	19
2	Seb Toth	6'0"	29
6	Andre Gailits	6'0"	25
7	Bobo Eyrich	6'2"	25
8	Morgan Hibbert	6'3"	31
10	Gagan Chatha	6'1"	20
11	Kevin Greer	6'3"	22
17	Max Hunter	6'0"	27
18	Nick Menzies	5'10"	29
20	Nathan Dandurand	5'8"	26
21	Aaron Loach	6'4"	25
22	Matthew Berezan	6'5"	27
23	Fred Lam	6'1"	21
24	Peter Yu	5'7"	20
25	Oscar Pottinger	5'9"	30
27	Alex Davis	6'2"	31
28	Keane Knapp	6'0"	21
37	Myles Sinclair	5'11"	22
43	Kevin Tian	5'6"	20
45	Allan Cowan	5'10"	37
47	Ryan Kreamsater	5'11"	21
66	Gyorgy Aponte	5'8"	31
69	Francisco Mogollon	6'0"	29
75	Joel Bellavance	5'11"	24
89	Kevin Underhill	6'1"	23
91	Jon Hayduk	6'4"	35
98	Brendan Wong	6'0"	31

★ GOAT



TORONTO, ON

Captains: Jon Martin, Jeff Lindquist, Mark Lloyd,
Phil Watanabe, Anatoly Vasilyev, David Janssen

Coach: Scott Hastie

GOAT was formed in 2002 and this is the seventh time the Herd is competing at the USA Ultimate Championships. GOAT is based out of Toronto but also draws players from Ottawa, Winnipeg and beyond. GOAT is proud to represent Toronto's three-tiered club system that also includes GT and Roy. GOAT sends a shout out to members of the Herd that are not making the trip this time around and appreciate their past, present and future contributions to the team.

— @GOATultimate

goatultimate.com

ROSTER

2	Mike Jones	6'2"	26
3	Andrew Carroll	5'11"	23
4	Derek Alexander	5'10"	29
7	Karl Loiseau	5'10"	25
8	David Janssen	6'0"	40
9	Scotty Nicholls	5'8"	29
12	Remi Ojo	6'3"	23
13	Jonathan Martin	6'1"	28
14	Calum Mackenzie	6'0"	23
16	Phil Watanabe	6'0"	42
17	Isaiah Masek-Kelly	6'4"	23
18	Anatoly Vasilyev	6'0"	30
19	Thomson McKnight	6'2"	26
20	Jeff Lindquist	6'1"	29
21	Geoff Powell	6'0"	25
23	Trevor Henry	5'10"	24
28	Justin Foord	6'0"	26
41	Gord Harrison	6'2"	27
43	Andrew Ouchterlony	6'3"	36
45	David Hochhalter	6'1"	23
55	Aaron Neal	6'1"	23
61	Sachin Raina	6'0"	29
66	Luca Miglioretto	5'8"	24
74	Ricky Szeto	5'8"	23
81	Adrian Yearwood	5'10"	23
89	Mark Lloyd	6'3"	24
91	Cam Harris	6'3"	24

MEN'S TEAMS

★ IRONSIDE



BOSTON, MA

Captains: Matt Rebholz, George Stubbs,
Russell Wallack

Coach: Josh McCarthy

Following a transition year for Boston Ultimate in 2007, in the wake of the merger of historic Death or Glory with upstart Metal Ultimate, Ironside was officially founded in 2008. The crew has enjoyed a successful run since its inception, capturing numerous regular-season tournament championships and reaching the semifinals or finals of the Club Championships in each of the past five years. However, in three trips to the championship game, the squad has come up short each time in its efforts to bring an elusive title back home to Boston. Though only two members of the original 2007 transitional team (Danny Clark and Teddy Browar-Jarus) remain rostered, the 2013 edition of Ironside features 22 returners (out of a possible 27) from last year's squad, including nine members of its veteran O line. In addition, a handful of recent graduates from New England area schools have set sail this summer on the Boat as newly charged midshipmen first class. As always, the team has targeted late October to peak after making it through the varied challenges of the inaugural Triple Crown Tour. #Frisco-disco #Ready2dance

— @Boston_Ironsides
bostonironsides.com

ROSTER

00	Jacob Taylor	6'4"	26
1	Teddy Browar-Jarus	6'2"	29
2	Seth Reinhardt	6'3"	27
3	George Stubbs	6'0"	24
4	Matt Rebholz	6'3"	28
5	Josh Markette	5'8"	34
7	Will Neff	6'4"	27
8	Peter Prial	6'3"	26
9	Misha Sidorsky	5'10"	27
10	Rusty Ingold-Smith	5'10"	26
11	Christian Foster	5'10"	25
12	Alex Simmons	5'9"	24
13	Brandon Malecek	5'10"	29
14	Miles Montgomery-Butler	6'1"	28
16	Jamie Quella	6'0"	25
17	Alex Cooper	5'10"	23
18	Jim Foster	6'2"	26
21	Misha Herscu	5'11"	22
23	Ryan Holmes	6'0"	23
25	Matthew McDonnell	6'0"	24
27	Jack Hatchett	6'0"	23
33	Russell Wallack	5'11"	24
35	Piers MacNaughton	5'9"	23
38	Adrian Banerji	5'11"	23
77	Danny Clark	6'1"	32
84	Alex Kapinos	6'4"	25
88	Robin Meyers	5'10"	25

SPECTATOR INFO

★ JOHNNY BRAVO



DENVER, CO

Captains: Josh Ackley, Ryan Farrell,
Jack McShane

Coach: Bob Krier

Johnny Bravo has existed for longer than any of its current members can remember. And those aren't the only memories that don't exist. Jimmy Mickle has never heard of Idris Nolan, who we agree, after hearing a few stories, seems quite imagined. Jack McShane thinks Jeff Cruikshank was Michael Keaton's nemesis in "Batman." I saw Jim Parinella once, just like, walking around on the sideline. The truth is, we don't even know who we are. In fact, we're pretty sure that we aren't anyone at all. And that's exactly why we're going to Frisco: in pursuit of that evasive moment when everything comes together in such a way that you'll never forget, in such a way that it won't matter who doesn't remember.

— @BravoUltimate
bravoultimate.org

ROSTER

0	Joe Durst	6'0"	27
2	Eric Johnson	6'0"	23
3	Jesse Roehm	6'2"	27
4	Andrew Mangan	6'1"	29
5	Jack McShane	6'0"	25
6	Bart Watson	6'1"	32
7	Hidde Snieder	6'2"	22
8	Austin Gregersen	6'3"	28
11	Nick Lance	5'10"	23
12	Tim Morrissy	5'11"	22
13	Matty Zemel	5'10"	25
14	Craig Forshee	6'1"	29
15	Dennison Bechis	6'0"	22
16	Ryan Farrell	5'11"	29
18	Phil Sun	5'10"	22
20	Josh Ackley	5'11"	31
21	Evan Padget	5'11"	26
22	Stanley Peterson	6'1"	21
23	Jimmy Mickle	6'3"	22
24	Jackson Kloor	6'0"	23
26	Owen Westbrook	6'1"	28
28	Hylke Snieder	6'3"	27
30	Clark Bishop	6'0"	29
34	Henry Konker	6'0"	26
38	Matt Farrell	5'10"	25
56	Jake Juszak	6'2"	23
63	James Mitchell	6'1"	23

MEN'S TEAMS

★ MACHINE



CHICAGO, IL

Captains: Andy Neilsen, Walden Nelson,
Craig Poepelman, Geoff Serednesky

Machine is making its eighth consecutive trip to the Club Championships on the back of its third regional championship in four seasons. After being the first Chicago men's team to make quarters since 1997 last year, Machine looks to improve on that finish with a team that is younger, tougher and more talented than ever.

— @MachineUltimate
chicago-machine.com

ROSTER

00	Jonathan Helton	6'0"	29
1	Craig Poepelman	5'8"	26
2	Mike Shiel	5'11"	33
4	Bob Liu	5'9"	26
6	Bill Finn	6'3"	31
8	Stephan Mance	6'1"	24
9	Charlie Hubbard	6'2"	24
10	Brett Kolinek	5'11"	30
11	Geoff Serednesky	6'3"	29
13	Dane Olsen	5'10"	30
15	Andrew Sheehan	5'11"	30
18	Cullen Geppert	6'2"	25
19	Michael Schwenk	6'3"	23
20	Greg Slover	6'2"	27
21	John Kolb	6'6"	29
26	Kevin Kelly	6'4"	26
28	Andy Neilsen	5'10"	29
29	Taylor Kraemer	6'3"	24
31	Walden Nelson	5'10"	26
37	Dan Williams	6'2"	27
47	Jon Hatcher	5'9"	24
51	A.J. Nelson	6'4"	24
64	Neal Phelps	6'1"	23
79	Ben Rehmann	5'11"	22
85	Mike Stephen	5'10"	29
99	George Hughes-Strange	6'6"	30

★ MADCOW



COLUMBUS, OH

Captains: Phil Cherosky, Mitch Cihon,
Joe Taris

Madcow's inception stretches back to the summer of 2000, when a group of players from Ohio State's "Leadbelly" founded the team, along with a few pickups from the Columbus club scene. Originally intended to be a means to keep younger players in shape for the next college season, Madcow has now emerged as the premier club team in the state of Ohio, with this season culminating in the team's third Nationals bid in five years. The club has built itself up through the years on the hard work and dedication of talented players from all over the state - and a few beyond - who sacrificed the convenience of playing with smaller local teams to build a program that could compete with the elite clubs on a national level.

Heading into the 2013 season, Madcow faced a challenging road. With 12 new faces, all-new leadership and only eight remaining players from the team's last Club Championships berth, the question was: would 'Cow have enough experience to compete on an elite level? After an up-and-down season with plenty of growing pains, Madcow is coming together at the right time.

Long Story Short... Moo

— @madcowultimate
madcowultimate@gmail.com

ROSTER

1	Danny Olson	6'2"	24
2	Joe Taris	6'2"	27
3	Justin Baumann	6'1"	24
4	Nick Hamilton	6'1"	27
5	Kieran Kelly	6'2"	21
6	Kevin Hanzel	6'0"	24
7	Mark Fedorenko	6'3"	21
8	Jesse Wohl	6'2"	24
9	Michael Meilstrup	5'6"	23
10	David Bentrovato	6'1"	22
12	Mitch Cihon	5'11"	23
14	Hamza Dodo	5'11"	22
15	Logan Kruger	5'10"	21
16	Mark Hritz	5'8"	23
17	Nate Botti	6'0"	25
20	Eliot Alexander	6'0"	26
21	Dan Latz	5'6"	21
22	Jordan Rhyne	6'1"	22
24	John Wilder	5'11"	27
27	Brandon Thomas	6'2"	29
30	Josh Swanson	6'2"	31
33	Matt Olson	6'4"	20
37	Rodger Oakes	6'1"	33
45	Kevin Baumann	6'1"	24
47	Phil Cherosky	5'10"	25
66	Zach Ford	6'2"	22
99	Kevin Ryan	6'0"	32

MEN'S TEAMS

★ PONY



NEW YORK, NY

Captains: Jack Marsh, Milo Snyder, David Vuckovich

The year was 2005. Noah's pleasure barge crash landed on the idyllic shores of the East River. The only creatures to survive were the lions, stallions, and naturally the rats. 2013. The PoNY menagerie has matured, or at least embraced the digital age, by adopting a simple mantra – you're either a One or a Zero; be a One. Employing such defensive looks as Rat King, Psych Machine and Baby Rat Brains and using offensive plays originally jotted onto Red Lobster napkins stained by Endless Shrimp Scampi, PoNY aims to freak out the "competish." PoNY got a taste of that sweet, sweet cash after winning Terminus. Now, PoNY is looking for some mo' (it would really help us out of a few binds). Hot off a tender, post-Regionals kiss circle, PoNY hopes to do well; otherwise, these 2013 NATIONALS CHAMPION tattoos are going to look pretty dumb. So ladle yourself a heaping bowl of paella, it's time to get weird.

@PrideofNY

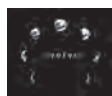
pony-ultimate.com

ROSTER

0	Austin Raymond	6'1"	25
1	Markian Kuzmowyc	5'7"	26
3	Jon Cox	5'10"	24
4	Michael Hennessy	6'1"	30
5	Mike Sender	5'8"	22
6	Christopher Mazur	6'1"	27
7	Kevin Riley	6'0"	28
8	Chris Neitzey	6'0"	25
9	Andrew Wilkes	6'0"	24
10	Ryan Morgan	6'1"	31
12	Jesse Brauner	6'2"	23
13	Albert Alarcon	6'0"	21
14	David Vuckovich	6'0"	27
16	Sam Taylor	6'0"	26
17	Luke Wolckenbauer	6'10"	30
20	Isaiah Bryant	5'11"	28
21	David Ferraro	5'11"	25
22	Jack Marsh	5'11"	29
24	Dan Glatt	6'0"	25
26	Andrew Bosco	5'10"	28
28	Robert Baker	6'1"	24
33	Jake Herman	5'10"	25
34	Nick Judson	6'3"	29
43	Josue Alorro	5'9"	21
44	Robbie Gillies	6'3"	31
50	Milo Snyder	5'9"	24
83	Tim MacGougan	6'0"	30

SPECTATOR INFO

★ REVOLVER



SAN FRANCISCO, CA

Captains: Ashlin Joye, Cassidy Rasmussen, Nick Schlag, Ryo Kawaoka
Coach: Mike Payne

Revolver was established in 2006 when Nick Handler, Chris McManus and Marc Weinberger came together to build a new Bay Area ultimate program from scratch. The captains sought to develop a team-first mentality, build strong team chemistry and use the values of intensity, humility and discipline to define the team ethic. Since then, Revolver has continued striving to demonstrate these values.

In its inaugural season in 2006, the team claimed a surprise fifth-place finish at Nationals, continuing to grow and develop through its first finals appearance in 2009. In 2010, Revolver captured a double-championship, winning a Worlds gold medal at WUGC and a USA Ultimate gold in Florida thereafter. In 2011, Revolver repeated as champions and earned the right to wear the jersey of Team USA at WUGC in Japan, where it won gold again – the first USA Open Gold since 2000.

After finishing as the runner up in 2012, Revolver has spent 2013 refocusing on its core values – the pillars of the program's success. Reinigorated by a large new crop of young talent, Revolver has instilled these values in a new generation of players. Revolver comes to Frisco hungry to return to the top.

Rise.

@revolverult

revolverultimate.com

ROSTER

0	Devon Anderson	5'11"	24
2	Taylor Lahey	5'10"	25
3	Tom James	5'11"	28
4	Jon Levy	6'1"	29
5	Martin Cochran	6'2"	31
6	Josh Wiseman	5'8"	30
7	Russell Wynne	5'11"	25
8	Patrick Baylis	5'9"	27
9	Cassidy Rasmussen	5'9"	24
11	Zach Travis	6'2"	25
12	Sam Kanner	6'0"	25
14	Alexander Brammer	6'3"	24
15	Joel Schlachet	5'8"	26
18	Eric Greenwood	5'6"	28
19	Ryo Kawaoka	5'8"	32
20	Nick Schlag	5'10"	27
21	Andrew Hagen	5'11"	24
22	Marcelo Sanchez	6'1"	22
23	Jordan Jeffery	6'1"	24
27	Ashlin Joye	6'0"	24
28	Nathan White	6'4"	21
32	Jordan Marcy	5'10"	21
34	Evan Boucher	5'9"	27
35	Lucas Dallman	5'11"	26
40	Mac Taylor	6'2"	27
50	Beau Kittredge	6'2"	30
99	Tim Gilligan	5'10"	24

MEN'S TEAMS

★ RING OF FIRE



RALEIGH, NC

Captains: Taylor Pope, Brian Casey,
Noah Saul

Brotherhood, Tradition and Commitment to the Grind describe the legacy and attitude of Ring of Fire. A gritty, gut-it-out style of ultimate branded in the blazing summers of North Carolina bind this year's cast of 10-year-plus veterans and young guns and have them primed for another run at a championship. They honor the code of Johnny Cash and don the Man in Black as homage to those who laid the foundation for this team and as a symbol to those who will be their brothers in the future. Twenty-four years of steady grinding and the longest consecutive streak of Nationals appearances are testament to the program that has made Ring of Fire competitive year in and year out. Will this be the year they finally break through for the title...

— @ringultimate

ringultimate.org

ROSTER

00	Ken Porter	5'10"	25
1	Justin Allen	6'2"	22
2	Tuba Benson-Jaja	6'0"	34
3	Josh Mullen	5'10"	33
5	Taylor Pope	6'3"	33
6	Tommy Lamar	6'4"	23
7	Thomas Ward	6'0"	27
8	Michael Gastaldo	6'3"	33
9	Ian Toner	5'11"	23
10	Jarrett Bowen	5'11"	25
11	Dennis Tarasi	6'0"	25
13	Bryan Conklin	6'6"	26
15	Matt King	5'9"	25
17	Josh Torell	6'3"	27
21	Jon Nethercutt	6'2"	21
22	Brian Casey	5'11"	26
24	Noah Saul	6'0"	24
29	Christian Johnson	6'2"	21
32	Josh Berkowitz	6'1"	30
33	Roy Matthews	6'2"	28
34	Tristan Green	5'8"	22
44	Eric Olivier	6'1"	26
45	Brett Matzuka	5'8"	28
47	Andrew Ryan	6'2"	27
50	Josh Norris	5'10"	28
54	Stephen Bender	5'11"	26
99	Paul Weeks	6'0"	25

★ SOCKEYE



SEATTLE, WA

Captains: Danny Karlinsky, Tyler Kinley,
Spencer Wallis
Coach: Roger Crafts

Hailing from Seattle, Wash., Sockeye has been one of the strongest ultimate clubs in the last decade. Since 2000, the team has qualified for the USA Ultimate Club Championships 12 times, where they've appeared in 11 quarterfinals, 7 semi-finals, and 4 finals and have won 3 championships. In 2013, captains Danny Karlinsky, Tyler Kinley and Spencer Wallis and coach Roger Crafts have led the Fish to top-four finishes at Terminus, West Coast Cup and the Pro Flight Finale. After a convincing victory at Northwest Regionals, Sockeye is primed to swim upstream for a national championship in Frisco.

— @SockeyeUltimate

seattlesockeye.org

ROSTER

1	Donnie Clark	5'10"	26
2	Tyler Kinley	5'7"	31
3	Jacob Speidel	6'2"	28
4	Aly Lenon	5'7"	29
5	Vehro Titcomb	6'0"	27
6	Phil Murray	6'0"	24
7	Mario O'Brien	5'11"	30
8	Xtehn Titcomb	5'9"	29
9	Sam Harkness	5'10"	27
10	Adam Simon	5'9"	30
11	Reid Koss	6'0"	30
12	Tim Gehret	5'10"	30
13	Matt Sewell	5'9"	36
14	Matt Rehder	6'3"	22
15	Nate Castine	5'10"	26
16	Mark Burton	5'11"	27
19	Chris Kosednar	5'10"	26
20	Michael Caldwell	6'2"	37
22	Spencer Wallis	5'10"	28
23	Danny Karlinsky	5'8"	28
24	Joe Sefton	6'1"	27
25	Frank Devin Barich	6'3"	28
28	Duncan Linn	5'6"	24
35	Erik Doesburg	6'6"	24
40	Adam Holt	6'0"	31
70	Julian Hausman	6'3"	24

MEN'S TEAMS

★ SUB ZERO



MINNEAPOLIS, MN

Captains: Thomas Murray,
Grant Lindsley
Coach: Phil Bowen

Minneapolis Sub Zero is excited to continue their game of Nationals blackout after finishing 15th and tied for 13th the past two years. Our fingers are crossed that the Great Nationals bingo ball machine doesn't pop out 15 or 13. You may find us donning dark blue with comically large snowmen; their size compensates for our light blue throwback Minneapolis Lakers inspired design envied by hoopsters throughout the land.

A List of Recent Accolades:

2009-2010: Maybe Sectionals Champions? Oops

2011-2013: Regional Champions

2012, 2013: Media Choice Award: Most Envied Twitter Feed (@SubZeroUltimate), credit to Wired Online

2012: Media Choice Award: Most likely to lose a game with defense earning 6+ breaks, credit to GQ Magazine

2013: Media Choice Award: Most bipolar regular season results, credit to Ultiworld.com

2013: Created sister website SlingsingRopes.com

2013: Self-proclaimed favorite to win Nationals, credit to Subzeroultimate.com & SlingsingRopes.com

Now that we can no longer stage any pool play upsets while still missing out on pre-quarters, we may just try to win the entire tournament. NO DISC. NO LIFE.

@SubZeroUltimate

subzeroultimate.com

ROSTER

0	Drew Mahowald	6'2"	28
1	Trent Cooper	5'7"	23
2	Ben Feldman	5'10"	25
3	James Adams	6'2"	30
4	Jon Gaynor	6'0"	27
5	Danny Miesen	6'0"	24
6	Grayson Pangburn	5'10"	24
8	Thomas Murray	5'11"	27
9	Simon Montague	6'2"	22
10	Julian Childs-Walker	5'10"	22
11	Dan McAdam	5'11"	27
12	Harper Garvey	5'10"	19
13	Alex Evangelides	6'1"	27
14	Justin Lim	5'10"	20
17	Logan Weiss	5'11"	24
20	Matt Young	5'3"	42
22	Sam O'Brien	5'8"	33
24	Charles Reznikoff	5'11"	38
25	Grant Lindsley	5'10"	25
27	Ben Kofoed	5'10"	24
29	Nick Stuart	6'4"	22
55	Josh Klane	5'10"	21
66	Jason Tschida	5'6"	21
71	Nick Simonelli	5'11"	23
88	Pat Jensen	6'5"	26
93	Kyle Gill	6'0"	30
99	Andrew Moore	6'0"	21

SPECTATOR INFO

★ TRUCK STOP



WASHINGTON, DC

Captains: Sean Keegan, Brent
Bellinger, Jeff Wodatch
Coach: Will Smolinski

On October 1, the federal government shut down. The National Zoo's Panda Cam switched off, Mars Curiosity Rover ground to a halt, 800,000 government employees stayed home, national parks and monuments closed their gates, and Truck Stop quietly continued its preparation for Nationals.

In lieu of the anger, factionalism, complacency and other negative conditions which seem to plague The District, Truck Stop has maintained a focus on passion, accountability and unity throughout the 2013 campaign.

Over the course of the season, Truck has retooled. New parts were ordered from Philadelphia, Pittsburgh and Germany to complement those installed from Baltimore, D.C. and Arlington. Our new dispatcher, Will Smolinski, skillfully guided us throughout the course of the season. Freight was hauled, wood was chopped and water was carried from D.C. to Poolesville by way of Atlanta, Denver and Leesburg.

Now headed down the last leg of the trip, 450 horsepower is hauling 55,000 pounds of freedom to Frisco, Texas – to prove there's at least one thing in D.C. that won't stop.

Chop wood; carry water.

@TruckStopUlti

truckstopultimate.org

ROSTER

1	Daniel Kantor	5'10"	27
2	Sean Keegan	5'11"	26
3	Keven Moldenhauer	5'11"	37
4	David Boylan-Kolchin	6'1"	31
5	David Cranston	6'2"	25
6	Bobby Gordon	5'10"	30
7	Ben Feng	5'10"	24
8	Philipp Haas	6'0"	25
9	Tom Doi	5'10"	29
11	Jonathan Neeley	5'11"	26
12	Brent Bellinger	6'0"	29
14	Ryan Thompson	5'10"	24
17	Eric Miner	6'5"	26
21	Rob Dulabon	6'2"	27
22	Brian Marshall	6'0"	24
24	Ben Fleming	6'1"	22
25	Matt Gordon	5'10"	30
27	Chip Cobb	6'1"	24
33	Mark Lin	5'10"	20
38	Cody Johnston	6'0"	21
45	Jeff Wodatch	6'1"	26
55	Trey Katzenbach	6'0"	43
61	Erik Salmi	5'11"	30
77	Ben Snell	6'3"	21
90	Markham Shofner	6'0"	24
99	Alan Kolick	5'10"	26

MIXED TEAMS

★ 7 EXPRESS



NEW YORK, NY

Captains: Matthew Auletta, Shaun Krieger, Ashley Snyder, Dennis Murphy, Joe Santosus

7 Express was founded in 2000 as a unification of former high school ultimate players from across the NYC area, including schools such as Bronx Science, Stuyvesant and Brooklyn Tech. The number 7 train was often the preferred mode of transportation for many members of the team and was quickly adopted as a moniker.

Over 175 different players have suited up and worn a 7 on their chest. With a proud and longstanding tradition of excellence and camaraderie, 7x is the longest-running team to call New York home and, with 13 seasons and counting, one of the oldest teams in the mixed division.

Today the team draws significant talent from NYC, Long Island, Connecticut and Northern New Jersey. Alumni of Delaware, Hofstra and various SUNY schools make up close to half of the roster. Above all else, the team is a unified group of friends and family working together to build up an outstanding program and take it to the next level.

This is the team's first National Championships appearance.

— @7ExpressNY

facebook.com/7Express

ROSTER

1	Naomi Brender	5'4"	27
3	Travis Richards	6'1"	26
4	Shaun Krieger	6'0"	25
5	Joe Santosus	5'10"	24
6	Jake Cook	5'10"	25
7	Andy Fine	6'0"	25
9	Samantha Peletier	5'8"	22
11	Alison Main	5'7"	26
12	Joseph Babbino	5'8"	24
13	Erin Ivers	5'7"	23
14	Gina Stees	5'4"	23
15	Mike Drost	6'1"	24
16	Ashley Snyder	5'5"	26
17	Matthew Auletta	5'9"	28
19	Ben Ivers	6'0"	24
20	Laura Markham	5'8"	25
22	Ruozhou Ye	6'0"	21
26	Dennis Murphy	6'2"	28
27	Lizzy Cook	5'11"	24
33	Elly Sullivan	5'4"	29
45	Brenton Hard	6'1"	28
46	Jesse Moskowitz	5'7"	22
50	Amelia Ni	5'5"	22
77	Joe Ouellette	5'11"	26
80	Ryan Drost	6'1"	24
81	Ryan Delaney	5'11"	26
99	Kara Neaton	5'11"	27

★ 7 FIGURES



LOS ANGELES, CA

Captains: Lisa Kanner, Daniel Walton, Matt Welsh

The fourth season for 7 Figures Golf and Polo Club brings us to our third consecutive Nationals. We are proud to represent the glamour, wealth and wonderful ultimate community found in Hollywood, Calif. and its environs.

Nine new figures bring their dapper threads, refined games and high-end passion to the club. The returning club members are confident that the move away from Sarasota's Polo Fields, our home away from home, changes not our emphasis on the finer things in life such as speaking interesting English, enjoying a smashing game of Guess Whom or chasing destiny in the form of ultimate. We cavort with swimming pools and movie stars.

For whom will we ball until we fall?

FOR THE CLUB!

— @la7figures

ROSTER

0	Orin Moore	5'10"	35
2	Dan Oettinger	6'3"	28
3	Erika Swanson	5'6"	28
4	Matt Hennessy	6'1"	27
5	Joe Forbes	5'10"	26
6	Travis Ladd	5'5"	26
7	Ariane Johnson	5'3"	29
8	Gary Molano	6'0"	25
9	Lisa Kanner	5'6"	31
10	Emma Frankel	5'5"	23
11	Aaron Jacobs	6'2"	36
12	Scott Mahr	5'10"	28
14	Nils Clauson	5'10"	19
15	Wendy Copeland	5'2"	28
16	Michael Tucker	5'11"	29
18	Caitlin Rugg	5'5"	25
21	Sophie Hines	5'10"	24
22	Chris Feeney	6'1"	33
23	Connie Wang	5'0"	24
25	Radka Dancikova	5'3"	22
30	Russell Gaskamp	5'10"	30
32	Daniel Walton	6'0"	28
35	Alison Webster	5'8"	23
60	Sam Regnier	5'8"	30
77	Kaily Smitson	5'7"	29
84	Matt Welsh	6'0"	30
88	Josh Wiensch	6'2"	25

MIXED TEAMS

★ AMBIGUOUS GREY



WASHINGTON, DC

Captains: Peter MacArthur,
Jackson Schreiber

Coach: Braden Paynter

Ambiguous Grey began as a team in the local Washington Area Frisbee Club, and after several years of dominating league play, the team decided to aim higher. AG became a club team in 2011 and has been throwing hucks and fighting bears ever since. This is our first year at Nationals after falling just short in 2011 and 2012, and we plan to make the most of it in a decidedly ambiguous fashion.

@ambiguouslygrey

sites.google.com/site/ambiguouslygreyultimate/

ROSTER

1	Jordan Kwok	5'7"	28
2	Karin Rafiels	5'5"	31
3	Alanna Tievsky	5'3"	28
4	Alice Hwang	5'5"	29
5	Rachel Thaw	5'9"	24
7	Peter MacArthur	5'9"	32
9	Jarnail Bajwa	5'6"	28
11	Jackson Schreiber	6'0"	30
12	Andrew Allen	6'3"	28
13	Mallory Meiser	5'7"	23
14	Michael Chirlin	5'6"	29
16	Bernadette Hsu	5'3"	23
17	Charles Scott	6'1"	26
18	Riki Cullingford	5'6"	29
22	Jason Fortner	5'10"	27
23	Knute Svenson	6'1"	25
24	John Agan	5'11"	31
25	Daniel Yi	5'10"	29
26	Matt Greytak	6'0"	31
27	Katharine Sullivan	5'7"	24
28	Paul Winkler	5'10"	29
29	Zack Thompson	5'10"	28
37	Jessica Grabowski	5'1"	23
40	Adam Sigelman	5'11"	30
42	Ellen McRae	5'5"	30
80	Paul Grabowski	5'10"	22
88	Calvin Oung	5'11"	33

SPECTATOR INFO

★ AMP



PHILADELPHIA, PA

Captains: Melissa Devlin,
Jill Furfari, Kevin McCormick,
Patrick Sherlock

AMP's made progress again! Meeting physical ambitions, mastering planks and maneuvering past all Mid-Atlantic predicted adversaries, making postseason annual migration pattern.

Aggressive marking positions and magnificent plays are making people afraid. Meanwhile, Princess and Miggs [pseudonyms] are match-up problems, and Michael Panna a major pickup, adding more potent attacks. Mustached Purifico assaults molded plastic, Andrea's most passionate and Melissa's perfect at motivating players. Adept Melanie preserves AMP's major possessions, and Maddie, Pelleg and Matt Paparone are massive performers. Alex's mammoth pulls and magical point-blocks always mystify people.

Allowing momentary pause, all members prepare and meticulously plan a merciless push. After mental preparation and much practicing, another mighty pool awaits mixed Philadelphians. AMP's mission plan: attack, make plays, achieve maximum pleasure and modern prominence.

@PhillyAMP

phillyamp.com

ROSTER

00	Melissa Devlin	5'6"	24
1	Alex Peters	6'0"	28
2	Matt Zumbrum	6'3"	29
3	Nicholas Michael Purifico	5'9"	30
4	Raha Mozaffari	5'4"	27
5	Patrick Sherlock	5'9"	30
6	Jill Furfari	5'6"	33
7	Nick Hirannet	5'9"	27
8	Dan Furfari	5'10"	34
9	Andrea DeSabato	5'6"	27
10	Kelly Nye	5'4"	26
11	Diana Cornell	5'11"	28
12	Melanie Berlin	5'4"	30
13	Stacy Huffstetler	5'10"	30
15	Ben Johnson	5'9"	25
16	Madeline Kreider Carlson	5'7"	24
17	Justin Illuzzi	6'2"	28
18	Matt Satell	6'2"	27
20	Ben Pelleg	5'11"	26
21	Kevin McCormick	5'10"	31
22	Michael Panna	5'9"	26
26	Katie Erikson	5'8"	23
28	Bill Schrecker	6'1"	31
40	Jessie Morris	5'4"	28
44	Andrew Bail	5'10"	27
55	Matthew Paparone	6'0"	24
81	Alex Grintsveyg	6'0"	26

MIXED TEAMS

★ CAHOOTS



CAHOOTS

ASHEVILLE, NC

Captains: Timmy Murray,
Juliette McNamara

In the hollers of the Blue Ridge Mountains of Western North Carolina, drainage from the Smokies collects in a high valley. Mingling with the spillage of dozens of local breweries and swirled in the eddies of the French Broad River, this primordial stew feeds into a sparkling cesspool called Asheville. Anyone who knows this town will correctly presume its rich ultimate tradition. But it wasn't until three years ago that locals successfully incubated a peculiar pink and purple egg, from which hatched the first generation of Cahoots arriving in a massive way.

That year, the insular owls won their section and secured an unearned first seed in the region. After significant evolution last year, Cahoots fell just short in the game-to-go. Now in its third year, the species has grown a brilliant plumage of individual feathers bound by passions for growing local and chasing the disc. Mid-summer Raleigh and Seattle visits spawned a peculiar development of bat-like features and batfacts. Necessities for owls headed to Texas.

With players now hailing from across the region, ornithologists and fans alike are keeping their eyes peeled for the first migration in October of 2013...Who cooks for you?

→ @cahootsultimate

ROSTER

00	Kennedy Wolfe	5'3"	24
1	Jason Rector	5'11"	37
2	Timmy Murray	6'0"	36
3	Lucia Derks	5'4"	27
4	Juliette McNamara	5'7"	27
5	Chris Cosgrove	5'11"	26
6	Pete Wentz	6'1"	29
7	Nell McCallum	5'8"	27
8	Matt Glenn	6'2"	29
9	Ryan Sittler	5'9"	27
10	Ann Araps	5'1"	25
11	Matt Bergin	5'10"	25
12	Mark Strazzer	6'2"	34
13	Bud Yackey	6'2"	29
16	Ryan Bell	6'0"	32
17	Cate Yackey	5'5"	29
20	Jill Simmerman	5'8"	26
21	Steph Soule	5'2"	23
22	Harris Woody	6'1"	28
23	Amy Allen	5'5"	24
25	Kyle Silva	5'11"	26
31	Josh Lowell	5'9"	25
42	Britta Jones	5'8"	26
59	Ethan Burns	6'1"	30
74	Melissa Gannon	5'7"	23
77	Beth Harrington	5'6"	27
88	Sam Fontaine	5'11"	21

★ THE CHAD LARSON EXPERIENCE



AMES, IA

Captains: Neal Hanke, Kevin Seiler

2013 is the 10th anniversary of the founding of The Chad Larson Experience. Over the years, we've placed second twice (2004, 2009), tied for third twice (2005, 2010), and seventh twice (2011, 2012). Twice we've not attended Club Nationals (2003 failure to qualify, 2006 turned down bid to attend Club Worlds). We had a two-year hiatus in 2007 and 2008. We've twice represented the U.S. at Club Worlds, finishing 10th in Perth, Australia in 2006 and first in Prague, Czech Republic in 2010. We look forward to competing for our first club championship and another bid to Club Worlds. We thank our families, friends and old teammates for their roles in making CLX what it is.

→ @clxbttf

ROSTER

1	Kevin Seiler	5'11"	34
4	Kate Lyons	5'11"	28
7	John Misra	5'9"	28
8	Magon Liu	5'4"	22
9	Rachel Derscheid	5'6"	32
11	Joe Nickels	5'11"	29
12	Rachel Goldbach	5'3"	31
13	Dan Kresowik	6'1"	33
16	Cami Nelson	5'9"	21
19	Jasmine Draper	5'3"	26
20	Neal Hanke	6'0"	24
21	Amy Sheldahl	5'3"	34
22	Dan Brennan	6'0"	25
23	Melissa Gibbs	5'7"	27
25	Joe Brisbois	6'0"	28
28	Jessy Erickson	5'9"	25
31	Doug Jacobs	6'1"	32
32	Barrett Davis	6'0"	32
45	Jon Staron	5'10"	30
47	Rebecca Miller	5'4"	22
49	Steph Jacobs	5'6"	30
50	Blake Larson	6'0"	29
54	Chris Mayne	6'4"	32
70	Andrew Wimer	5'10"	30
75	Nick Turco	6'2"	32
77	Kurt Brorsen	6'3"	29
97	Sarah Pesch	5'10"	22

MIXED TEAMS

★ COSA NOSTRA



AUSTIN, TX

Captains: Charlie Stavlo, Joe Iannacone, Casey Hogg, Emily Scholten
Coach: Jay Lane

Cosa Nostra is a third-year team based mostly out of Austin, Texas, and we are excited to be going to Nationals in our great state. This is La Famiglia's second trip to Nationals, and this time around, we are glad to have seen some of the competition during the regular season at Philly Invite and Labor Day. As always though, we are just happy to be here. Let's goooooo!

— @CosaNostraFris

ROSTER

1	Casey Hogg	5'11"	32
4	Stephanie Redfern	5'3"	27
5	Matthew Bierschen	5'6"	27
8	Elizabeth Cassel	5'8"	30
9	Rebecca Smith	5'6"	31
10	David Reinhardt	6'3"	26
12	Charlie Stavlo	5'9"	32
13	John Grzywinski	5'11"	39
14	Alexe Klein	5'3"	23
15	Emily Scholten	5'7"	29
16	Sharon Tsao	5'5"	21
17	Brady Stoll	5'7"	25
20	Kimberly Hyde	5'10"	22
21	Chase Cunningham	6'3"	21
22	Ben Hamilton	5'10"	24
23	Ryan Pickens	5'9"	32
24	Matt Khosh	6'4"	28
25	Dave Street	6'3"	35
26	Joe Iannacone	5'11"	34
27	Aaron Saylor	6'0"	23
29	Michelle Arceneaux	5'9"	24
33	Erin Schran	5'3"	30
34	Ryan Piersall	5'11"	24
40	Alan Janzen	6'2"	31
42	Amy Kendziorski	5'5"	28
60	Erec Hillis	6'1"	25
64	Ben Garrett	6'0"	27

SPECTATOR INFO

★ THE D'OH! ABIDES



SEATTLE, WA

Captains: Gabriel Pedersen, Hall Walker

D'oh! returns to Nationals!

Reassembled as The D'oh! Abides, we refocused as an ultimate community to overcome the past three seasons of futility. Rededicating ourselves to track workouts and intense practices, D'oh! emerged from the Northwest region for the first time since 2009. Bringing back a mix of veterans and young playmakers, D'oh! is excited about the opportunity to go big in Frisco! Believing in an everyone-plays philosophy that keeps us fresh and spirited, D'oh! is always calmer than you are.

— @DohAbides

ROSTER

2	Cassy Fok	5'3"	29
3	Anthony Cacallori	5'11"	30
4	Drew Sifer	6'0"	30
5	Doug Kawasaki	5'8"	34
6	Allan Laviolette	5'9"	24
7	Kerry Chang	5'9"	23
8	Barbara Hoover	5'9"	22
9	Claire Horan	5'6"	28
10	Joshua Lang	6'0"	32
11	Rory Gallagher	5'11"	30
12	Erica Petru	5'3"	24
16	Dean Stevens	6'0"	35
17	Chrissie Seilie	5'5"	24
18	Ray Illian	6'2"	31
19	Mark Sivka	5'10"	34
20	Gabriel Pedersen	6'0"	31
21	Kim Morgan	5'7"	32
22	Sean Sears	6'1"	26
23	Hall Walker	6'0"	32
29	Jimmy Hooper	5'11"	23
31	Linc Verlander	6'0"	28
36	Scott Causey	5'9"	34
37	Jackie Williams	5'2"	30
48	Erin Gallagher	5'7"	35
53	Roberta Abbott	5'6"	24

MIXED TEAMS

★ DRAG'N THRUST



MINNEAPOLIS, MN

Captains: Josh Hemmesch, Patty King,
Austin Lien

Coach: Jake Henderson

On July 25, 2009, Drag'n Thrust attended its first official tournament in Maple Plain, Minn. After posting a 6-1 record and losing by only one to the Canadian National Champions, Drag'n Thrust has accelerated from its humble beginnings into the top level of mixed competition. Coming off of two third-place finishes at Nationals in the last three years, Drag'n Thrust is looking to achieve what it set out to do four years earlier – compete for and win a national championship. With a core group of returners and a talented incoming class, Drag'n Thrust has the skills to succeed at the top level. Staying true to the team's on-field values of work ethic, respect and friendship, Drag'n Thrust is looking to improve on its results from last year's Club Championships and finish this season by doing what Drag'ns do best – breathing fire!

@dragNthrust

dragnthrust.com

ROSTER

00	Alicia Carr	5'6"	28
1	Jeff Trosvig	6'0"	26
2	Tom Bomberg	5'10"	28
3	Pat Niles	5'10"	29
4	Erica Baken	5'7"	23
6	Jake McKean	5'11"	28
7	David Shirley	6'2"	29
8	Claire Oakley	5'8"	25
9	Jay Drescher	5'9"	24
10	Martha Harris	5'2"	25
11	Andrea Crumrine	5'1"	22
12	Eric Olson	5'10"	26
13	Anna Hettler	5'5"	26
14	Austin Lien	5'8"	24
15	Patty King	5'4"	26
16	Brian Schoenrock	6'1"	23
17	James Hron	6'3"	25
19	Pete Carr	6'1"	28
21	Dave Klink	6'0"	31
23	Mike Petersen	6'1"	31
24	Jess Haller	5'6"	25
31	Josh Hemmesch	5'10"	30
33	Jaime Glader	5'1"	27
39	Tallis Boyd	6'5"	24
40	Jordan Hupp	5'11"	24
44	Sarah Meckstroth	5'8"	21
53	Jane Lucas	5'3"	23

★ THE GHOSTS



BOSTON, MA

Captains: Jeff Graham, Ryan Scribner

Coach: Jason Adams

The Ghosts have been winning the Northeast Region and then losing in the quarterfinals to San Francisco since 2011.

@TheGhosts_

ROSTER

1	Mat Packard	5'10"	30
2	Seth Crockford	5'10"	32
5	Courtney Moores	5'1"	27
6	Eric Dion	5'6"	34
7	Mike Wiseman	5'10"	32
8	Casey Terp	6'4"	25
9	Chelsey Burrows	5'6"	24
10	Ben Faust	6'2"	32
11	Mathieu Bordeleau	6'1"	33
12	Ben Kleaveland	6'0"	34
14	Mei Bruist	5'6"	20
17	Marika Austin	5'7"	25
19	Chrissy Dobson	5'10"	32
20	Kate Flood	5'7"	22
21	Jeff Graham	5'11"	33
22	Rana Kannan	5'3"	30
24	Misha Horowitz	6'0"	31
25	Amelia Murphy	5'7"	24
29	Eric Stevens	5'11"	30
31	Beth Nakamura	5'8"	30
32	Anne Lightbody	5'7"	36
34	Brian Stout	6'4"	31
43	Jon Hirschberger	6'5"	25
51	Ryan Scribner	6'0"	34
55	Tim Cobbett	5'9"	36
75	Paul Batten	5'6"	32
62	Jess Blanton	5'3"	30

MIXED TEAMS

★ MISCHIEF



SAN FRANCISCO, CA

Captains: Kevin Smith, Matt West,
Preeti Nalavade

Mischief. It means trickery, chicanery and spirited fun. It means winning games with our legs and, when our legs can't run any more, going the last mile with heart. It means always having more in the tank. It means putting everything on the line for your team, feeling the high of every victory, the heartbreak of every loss and bouncing back stronger than ever. It means making superheroes out of ordinary people. It means rewarding the fans for sticking with us 'til the very end.

Old hands and fresh faces make this 11th-year team a Bay Area staple and a force to be reckoned with. We have qualified for Nationals seven out of the last nine years, including winning the championship in 2006. Mischief strives for consistency, not only year after year, but point after point. We work hard all summer, build lifelong friendships and have some of the best times of our lives. If you've never joined us for a game of SuperLame, we invite you to meet us at the pool; we'll be there.

— @mischief_nation
mischiefultimate.com

ROSTER

00	Matt West	5'8"	30
1	Warren Schechter	6'1"	33
2	Adam Brown	5'9"	32
3	Chris Doyle	5'10"	36
4	Ethan Brown	6'4"	28
5	Matt Crawford	6'1"	26
6	Lori Eich	5'6"	31
7	Chuck Cao	6'0"	21
8	Jess Madding	5'9"	24
9	Preet Nalavade	5'6"	26
10	Brett Petersen	5'9"	21
11	Deanna Bjorkquist	5'5"	24
12	Candice Tse	5'1"	29
13	Tyler Grant	6'1"	33
14	Kirk Willmarth	5'10"	27
15	Sean Ham	6'0"	27
19	Shirley Wu	5'2"	30
20	Jenny Wang	5'2"	24
23	Kate Pearson	5'9"	22
24	Adam Leventhal	6'1"	33
29	Eric Shaw	5'8"	29
32	Astrid Manning	6'1"	31
36	Matt Heffernan	5'10"	28
77	Beth Liebert	5'10"	29
80	Kevin Smith	6'0"	29
88	Linh Hoang	5'0"	26
99	Andrew Berry	6'1"	31

SPECTATOR INFO

★ ODYSSEE



MONTREAL, QC

Captains: Christian Mathieu, Jean-Lévy
Champagne, Caroline Cadotte, Philippe
Camiré

This is the third year of existence of Odyssee. It all started with a dream and a passion; we wanted to regroup the best players from Montreal (with a few outsiders of course) to win the 2011 Canadian Nationals and represent our country at the WUGC 2012 in Japan. Unfortunately, we fell short and lost in the finals, but...

We had so much fun and attended so many great tournaments that we made the decision to keep the team together. Our goals for the 2013 season were to earn a place for the Club Worlds in Italy next year and qualify for the USA Ultimate Championships in Texas. We had the chance to fly to North Carolina and play against the top teams in the U.S.A. at the U.S. Open. We are happy to say that we brought back the gold!

We had a rough road this year at our Nationals. But our regionals in Boston were an awakening; we saw the real Odyssee at the end of the tournament and grabbed the last spot for the Texas. Now we are pumped and ready to play against the best!

— @OdysseeUltimate
odysseeultimate.com

ROSTER

00	Julie Tremblay	5'8"	37
1	Gustavo Castano	5'5"	33
3	Raynald Nemours	5'9"	34
4	Julie Beaulac	5'5"	34
6	Philippe Camiré	5'10"	31
11	Yoland Cabot	5'10"	26
12	Philippe Thivierge	5'11"	33
13	Claudie Turcotte	5'4"	34
14	Isabelle		
19	Aschah-Coallier	5'7"	30
20	Pierpaul Maillé	5'8"	26
21	Nicolas Brochu	6'2"	33
28	Gabriel Monfette	5'8"	23
23	Hugo Lefrancois	5'11"	34
26	Caroline Cadotte	5'7"	32
28	Janique Arsenault	5'8"	31
49	Felix-Antoine Daigle	6'0"	26
50	Jean-Lévy Champagne	6'3"	32
80	Kevin Groulx	6'2"	20
82	Anne-Marie Jubinville	5'5"	30
86	Jean-Philippe Riopel	5'11"	32
88	Christian Mathieu	6'0"	33
93	Yan Bouchard	5'8"	35

MIXED TEAMS

★ POLAR BEARS



SAN FRANCISCO, CA

Captains: Greg Marliave, An-Chi Tsou

How much does a Polar Bear weigh? Anywhere from about 95 to 200 pounds, according to this team. Polar Bears ultimate is proud to be in their fourth year in the mixed club division, enjoying a deep roster with a fun mix of wily veterans and eager rookies. Though the faces are mostly new, the bears are hungry to return to form. In their first three years of existence, the Polar Bears have advanced to the championship game every year, winning once in 2010.

After falling short in the semifinals of the U.S. Open this year, the Polar Bears strung together tournament wins at the Pro Flight Finale and Southwest Regionals. They will hope to build on that momentum as they make the short hop across the bay to Frisco hop on the plane to Frisco, Texas.

@PBRawr
pbrawr.com

ROSTER

1	Scott Roeder	5'9"	26
2	Kevin Cocks	5'9"	24
3	Alex Nord	6'5"	34
6	Meeri Chang	5'2"	21
8	Rebekah Sexton	5'8"	33
9	Greg Marliave	6'1"	29
10	Sonny Zaccaro	5'10"	22
11	Clay Miller	5'10"	26
12	Casey Ikeda	5'6"	24
16	AJ Shankar	5'9"	33
17	Natasha Won	5'3"	23
18	Thomas Li	5'11"	23
20	Alexa Kirkland	5'4"	29
21	Dulcy Docken	5'7"	26
22	Matty Sung	5'9"	25
25	Daniel Naruo	5'9"	28
27	Morgan Paulson	5'5"	23
29	Tamiko Younge	5'1"	26
40	Simon Higgins	6'4"	20
50	Josh Wardle	5'10"	29
58	Paige Kercher	5'6"	25
71	Palak Shah	5'11"	24
74	Ben Hubbard	6'5"	24
76	Adam Raty	6'2"	28
82	An-Chi Tsou	5'3"	31
97	Bianca Sievers	5'9"	23
99	Kevin Liantono	5'9"	20

★ SLOW WHITE



BOSTON, MA

Captains: Meriden D'Arcy, Alex Trahey

Coaches: Marshall Goff, Steve Sullivan

Alright chums, let's do this...hmm

What if everything you ever wanted, came-in-a-ROCKET-CAN...nope

Now, dear reader...eh, it's been done.

Do you know the difference between a weak bio and a bio that has strength...ugh, not again.

What's the worst thing about making Nationals nine times in a row? Running out of ideas for funny team bios. #eliteteamproblems. By now, you know the drill. We are Slow White, and please, call us Slow White (Mr. White is our father). We've been playing mixed since before it was cool, and we're such a staple at Nationals that we bought our tickets to Sarasota last November (whoops). In 2013, we're 50 shades J-er; we believe in the power of fun, fitness and friendship; we've read our #stubb facts; and we've eaten our fair share of Whopper Jrs. One band, one sound.

@SlowWhite_

ROSTER

2	Cassidy Edwards	5'9"	28
3	Chuck McBride	6'2"	24
4	Dave Truesdale	5'11"	31
5	Meriden D'Arcy	5'5"	31
6	Jasper Hoitsma	5'10"	30
7	Rosie Ano	5'6"	31
8	Ryan Richardson	5'10"	28
9	Jeff Smith	5'10"	28
10	Michael Miller	5'8"	31
11	Evan Patisteas	6'1"	30
12	Chris Waite	6'0"	28
13	Dan Patisteas	6'1"	30
14	Rachel Poore	5'3"	34
15	Kim Sabo	5'5"	27
17	Kirsten Lundquist	5'5"	24
20	India Stubbs	5'8"	20
23	Eddie Peters	6'1"	25
24	Andy Schachter	5'10"	25
25	Alex Trahey	6'4"	25
28	Vicki Chang	5'5"	23
36	Lindsay Neubecker	5'6"	30
37	Nick Poore	5'9"	35
42	Mary Glickman	5'6"	29
55	Todd Herman	6'4"	29
69	Adrienne Altobelli	5'7"	26
71	Julie Sussman	5'3"	32
84	Shaun Doherty	5'11"	24

MIXED TEAMS

★ STEAMBOAT

STEAMBOAT



CINCINNATI, OH

Captains: Eddie Mack, Kate McInerney,
Joe Mozloom, Jr.

Steamboat Ultimate was founded in 2008, marking Cincinnati, Ohio as their home port. Over the past six years, this mixed team has grown into a Great Lakes Regional mainstay. The Boat crew ranges from 19 to 38 years old and has six original crew members on the 2013 deck.

Steamboat's players coach high school and college teams; run clinics, leagues, local tournaments; and serve on the board of the local ultimate organization, Cincinnati Ultimate Players Association (CUPA). Off the field, team gatherings like potluck dinners, book club, dancing and game nights are just some of the activities that foster a fun, close-knit group year-round. Board the ship and challenge them to a game of pok-y or gibbons, but beware, you might find yourself walking the plank!

Steamboat sincerely thanks sponsors Danya International, Inc. and CUPA, as well as all practice players, former players and captains at the helm, family and fans for the tremendous support. If you're boating and you know it, say toot, toot!

@cincysfb

steamboatultimate.com

ROSTER

1	Ashley Messina	5'4"	20
3	Edward Mack	5'7"	30
4	Nicholas Wetzel	5'11"	24
5	Ryan Gorman	6'3"	26
6	Steph Mack	5'5"	29
8	Aaron Schwartz	5'9"	23
10	Jennifer Golan	5'8"	28
11	John Siemer	6'3"	22
12	Kendalyn Paulin	5'6"	25
13	Kate McInerney	5'10"	27
14	William Huffer	6'1"	22
15	Aaron Bacon	6'1"	25
17	Chris Clements	6'0"	38
18	Kelsey Gibboney	5'6"	19
22	Brittany Winner	5'10"	28
28	Jeff Haney	5'11"	26
29	Jason Conrad	5'10"	35
33	Aaron Armbruster	6'5"	26
38	Joe Mozloom, Jr.	5'11"	25
40	John Richey	5'8"	26
41	Michael Lyrenmann	6'3"	24
44	Jason Mickey	6'3"	26
46	Isaac Jeffries	5'9"	27
54	Lindsey Cencula	5'9"	30
55	Emily Wallace	5'4"	25
99	Kristi Schmeling	5'2"	32

SPECTATOR INFO

★ WILD CARD



BOSTON, MA

Captains: Matt Mackey, Ian Engler,
Lauren McNamara

Coaches: Mike MacKenzie, Alex Crew,
Jackie Bourgeois

Born in 2012 from the idea that diverse talent with focused, hard work can achieve great things, Wild Card has again delivered on its promise with a return to Nationals in 2013. After finishing 15th last year as a young team of 27 first-timers to the Club Championships, the team strengthened its hand with new recruits and a coaching staff and has seen steady improvement all season long. Touring in the Elite Flight has seasoned youth and indomitable energy with a resilience and never-say-die attitude that can only be learned with continual challenge. This Boston team comes to Texas with its deck stacked and ready to play and is eager to leave its mark in Frisco.

@wildcardult

ROSTER

2	Hannah Baranes	5'5"	23
3	Ian Engler	6'1"	23
4	Dan Rosengard	6'1"	22
5	Lee-or		
	Ankori-Karlinsky	5'11"	23
7	Aly Heath	5'11"	26
8	Laura McFeely	5'7"	22
10	Lauren McNamara	5'6"	25
11	Lloyd Olson	6'0"	24
12	Denis Agniel	6'0"	28
13	Matt Mackey	5'7"	26
14	Eliza Chang	5'5"	19
15	Sam Dinning	6'2"	26
16	Vincenzo Vitiello	5'10"	22
17	Thomas		
	Sayre-McCord	6'4"	23
18	Anna Chute	5'4"	24
19	Lily Steponaitis	5'11"	23
21	Lee Farnsworth	6'2"	23
22	Gabe Colton	5'7"	22
23	Katie Meehan	5'3"	22
26	Amy Broome	5'7"	24
27	Peter Schmidt	5'11"	27
33	Scott Gatto	5'9"	25
34	Luke DiOrio	5'11"	21
35	Cody McInnis	5'11"	23
42	Eva Petzinger	5'10"	20
44	Kara Hammer	5'9"	23
76	Dang Khoa Dang	5'9"	30

WOMEN'S TEAMS

★ BENT



NEW YORK, NY

Captains: Cara Brown, Elizabeth Middleton,
Cassandra Wong

Coach: Adam Goff

"BENT Goes to Nationals 3" is the most fun you'll have at the movies this fall. Fresh faces join a familiar cast to bring you a mad-cap adventure that the whole family can enjoy. Follow 25 women and their kooky coach as they leave the comforts of the Times Square Olive Garden and navigate fun new experiences like seeing the sky and breathing air.

— @BentUltimateNYC

bentultimate.weebly.com

ROSTER

00	Brittany Kaplan	5'2"	26
1	Lexi Zalk	5'9"	23
2	Karen Chalif	5'5"	22
3	Judy Jarvis	5'10"	28
5	Katherine Cole	5'6"	24
6	Ashley Daly	5'7"	29
7	Elizabeth Middleton	5'3"	29
8	Marisa Wilson	5'5"	30
12	Rebekah		
	Souder- Russo	5'7"	25
13	Rebecca Tucker	5'4"	31
14	Kerry Beyrer	5'7"	28
15	Diana DeLeo	5'4"	31
16	Emily Cho	5'2"	29
17	Angel Li	5'8"	21
18	Kendra Frederick	5'9"	33
19	Megan Randall	5'4"	28
21	Cara Brown	5'1"	34
22	Anna Membrino	5'2"	24
25	Emma Kahle	5'4"	21
27	Akina Younge	5'3"	23
41	Katie Talay	5'9"	21
47	Anne Silver	5'6"	25
71	Cassandra Wong	5'3"	25
77	Minerva Muzquiz	5'2"	28
88	Kelly Hyland	5'4"	25

★ BRUTE SQUAD



BOSTON, MA

Captains: Becky Malinowski, Courtney Kiesow,
Emily Baecher

Coaches: Christina Cianfrani, Mike Zalisk

Formed in 2002 and developed alongside the once-dominant Godiva, Brute Squad has since become the top team in the Boston area. Brute has qualified for Nationals every season, with two appearances in quarterfinals, three in semis and one in the finals. Under the direction of coaches Mike Zalisk and Chris Cianfrani, Brute Squad returns for its 11th run at the Club Championships, adding new offensive resilience to match the stifling pressure of its seasoned defense.

Brute Squad 2013. It's not a cat, it's a team of friends. And THIS is our rules.

— @100percentBS

brutesquadultimate.com

ROSTER

1	Kelly Tidwell	5'3"	25
2	Courtney Kiesow	5'8"	28
3	Sara Jacobi	5'5"	28
4	Betsy Calkins	5'4"	32
5	Blake Spitz	5'6"	31
6	Claudia Tajima	5'6"	22
7	Lauren Nelson	5'7"	27
9	Julie Malecek	5'9"	22
10	Amber Sinicrope	5'4"	24
11	Christie Kim	5'4"	27
12	Dory Ziperstein	5'7"	25
13	Becky Malinowski	5'10"	24
16	Shelly Peyton	5'4"	33
18	Leila Tunnell	5'9"	25
19	Hailey Alm	5'9"	22
20	Sarah Cook	5'4"	34
22	Vicky Negus	5'8"	23
23	Emily Baecher	5'7"	26
25	Shira Klane	5'4"	25
26	Elana Schwam	5'4"	26
27	Lauren Baecher	5'7"	22
29	V.Y. Chow	5'6"	38
32	Michaela Fallon	5'11"	21
33	Laura Bitterman	5'3"	25
44	Jackie Booth	5'9"	24
77	Mia Greenwald	5'7"	21

WOMEN'S TEAMS



★ CAPITALS



TORONTO, ON

Captains: Malissa Lundgren, Kathryn Pohran, Darcy Drummond

The Capitals started in 2005 with a combination of players from across Ontario to compete in the USA Ultimate Series and to hopefully represent Canada at the WUGC. Since inception, the Capitals have made the top eight at USA Ultimate Nationals each year except for 2008 where they finished ninth. In their eight-year history, the Capitals have broken into the semifinals twice, 2009 and 2011, and the finals in 2010 where they lost to Fury 15-9. The Capitals fell short to fellow Canadian team Traffic in 2007 in an attempt to compete at WUGC. However, the Capitals captured the honour of representing Canada at WUGC 2012 where they finished third and won the Spirit of the Game award.

ROSTER

4	Sarah Kidd	5'4"	27
5	Sonia Komenda	5'5"	24
10	Kathryn Pohran	5'7"	25
12	Darcy Drummond	5'7"	33
13	Melissa Dunbar	5'3"	25
15	Jessie Wu	5'7"	27
16	Martha Paterson	5'10"	30
17	Alex Benedict	5'7"	26
22	Sarah Bobak	5'7"	26
23	Marie-Christine Jacques	5'5"	25
24	Michelle Chandler	5'10"	29
25	Emma Seaborn	5'5"	28
27	Stina Thim	5'11"	27
28	Jenn Le Roux	5'11"	31
29	Kirsten Niles	5'9"	31
31	Catherine Pak	5'4"	24
33	Laura Main	5'7"	32
44	Stephanie Mandal	5'1"	23
55	Malissa Lundgren	5'10"	31
56	Carla Di Filippo	5'5"	35
74	Megan Thomas	5'3"	25
77	Hadiya Roderique	5'4"	33
90	Jordan Meron	5'6"	23
92	Janelle Giehl	5'7"	27

SPECTATOR INFO

— @capsultimate

★ FURY



SAN FRANCISCO, CA

Captains: Nancy Sun, Ness Fajardo
Coach: Matt Tsang

From the San Francisco Bay Area, Fury is a team built on the principles of dedication, teamwork, accountability, and respect for our opponents and the game we love. Since being founded in 1997, Fury has won the USA Ultimate National championship nine times and has earned the honor of representing the U.S. at seven World Championships. Led by coach Matty Tsang, we have developed a tradition of excellence in preparation, competition and spirit of the game. Over the years, Fury has been comprised of a diverse group of women, but everyone has shared a common goal: to excel at the sport we love, together.

We are 26 STRONG.

ROSTER

3	Castle Sinicrope	5'5"	29
4	Alex Snyder	5'8"	30
5	Kaela Jorgenson	5'8"	25
6	Alicia Dantzer	5'8"	30
7	Claire Sharman	5'7"	25
8	Nancy Sun	5'6"	30
9	Loryn Kanemaru	5'5"	25
10	Genevieve Laroche	5'8"	34
11	Lauren Casey	5'8"	30
12	Kristie Bowen	5'2"	28
13	Cree Howard	5'8"	26
14	Liz Penny	5'9"	35
15	Alden Fletcher	5'8"	29
16	Michela Meister	5'9"	20
18	Julia Sherwood	5'5"	24
22	Arlie Tsang	5'2"	38
26	Lisa Pitcaithley	5'9"	21
27	Ness Fajardo	5'6"	28
33	Anna Nazarov	5'4"	28
42	Darragh Clancy	5'7"	27
44	Maggie Ruden	5'6"	24
51	Claire Desmond	5'8"	23
66	Lakshmi Narayan	5'7"	29
71	Manisha Daryani	5'4"	30
77	Carolyn Finney	5'3"	25

— @furyultimate
furyultimate.com

WOMEN'S TEAMS

★ HEIST



MADISON, WI

Captains: Georgia Bosscher, Corinne McKittrick, Robyn Wiseman
Coach: Michael Lun

Heist formed in Madison, Wis., to give women the opportunity to play ultimate closer to home, although our players come from Wisconsin, Iowa, Nebraska and Minnesota. In 2012, Heist qualified for the Club Championships, finishing 11th in our first season as a team. We are excited to continue the journey to cultivate opportunities for women's ultimate in the Midwest. Our history continues to be written by 24 selfless, determined and united teammates who have put in the time and dedication to build and grow together.

Who is Heist?

We have an athletic style of play with huge bids and feisty Heist-D. We celebrate every point of every game, every minute of every practice and workout, and see every moment as an opportunity to improve. This season we rally around "Unity, Trust, Fire" and empower each other to be the best possible version of ourselves on and off the field.

We might be a new team, but we're committing to building something bigger than ourselves.

➔ @HeistUltimate

heistultimate.wordpress.com

ROSTER

2	Maria Mahowald	5'7"	26
3	Biz Cook	5'11"	22
4	Jenny Gaynor	5'6"	26
5	Rose Glinka	5'3"	26
8	Julie Chen	5'4"	25
12	Rebecca Enders	5'11"	23
13	Erin Newman	5'7"	22
14	Robyn Wiseman	5'6"	26
17	Kelly Wiese	5'7"	23
18	Kayla Emrick	5'3"	22
19	Georgia Bosscher	5'7"	26
20	Lauren Perucco	5'5"	21
22	Arthi Padmanabhan	5'6"	31
26	Rachael Westgate	5'5"	23
31	Sara Scott	5'5"	22
35	Sarah Hoistad	5'6"	24
39	Sydney Dobkin	5'5"	22
40	Amelia Cuarenta	5'6"	22
44	Corinne McKittrick	5'7"	31
45	Becky LeDonne	5'7"	36
77	Laurel Schmidt	5'5"	24
80	Emily Jenkins	5'6"	27
87	Emily Langland	5'2"	24
88	Maria Signore	5'6"	23

★ MOLLY BROWN



DENVER, CO

Captains: Lindsey Cross, Lauren Boyle
Coach: Catt Wilson, Jeff Berget

A new elite women's team was formed in 2010, in an attempt by Denver/Boulder-area women to put together a superstar roster. After roughly 39,201 lines of Google doc debate, the team name was cemented: a tribute to 20th century Colorado suffragette and survivor, Maggie "Molly" Brown.

The Unsinkable Molly Brown is most well known as a survivor of the Titanic disaster, whose noble (but tragically futile) efforts to return to attempt to save any remaining victims became the stuff of legend. What many don't know is that she also left quite a legacy as a philanthropist, advocate for workers and children, and women's rights activist. Maggie remained committed to advocating for the less fortunate throughout her life, was far ahead of her time on women's rights issues and even ran for political office.

In Molly Brown's inaugural season, we placed ninth at Club Nationals, an impressive start for a fledgling team. In the following years, Molly Brown improved and remained competitive, placing seventh in 2011 and fifth in 2012. In addition to competing at consistently high levels, Molly Brown strives to grow and support the women's and girls' ultimate scene throughout Colorado.

2013 Nationals will prove to be exciting for Molly Brown! Full steam ahead!

➔ @MollyBrownTown

mollybrownultimate.com

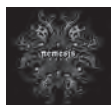
ROSTER

2	Emily Hanson	5'4"	32
3	Maggie Chen	5'6"	25
5	Nhi Nguyen	5'5"	18
7	Paige Applegate	5'7"	22
8	Lisa Doan	5'2"	28
10	Lindsey Cross	5'9"	25
11	Dena Slattery	5'5"	28
12	Claire Henly	5'7"	23
15	Dori Franklin	5'8"	20
16	Megan Cousins	5'8"	21
17	Sophia Herscu	5'4"	25
19	Amanda Good	5'5"	22
20	Emily Stege	5'9"	24
21	Nat Plaza	5'7"	22
22	Kelley Kneib	5'5"	36
23	Lauren Boyle	5'5"	26
24	Tina Snodgrass	5'11"	26
28	Sally Lambert	5'11"	28
29	Anna Updyke		23
39	Tina McDowell	5'6"	24
42	Carolyn Matthews	5'2"	30
49	Kaci Cessna	5'9"	18
55	Leah Borsheim	5'7"	33
88	Brenna Hokanson	5'7"	24

WOMEN'S TEAMS



★ NEMESIS



CHICAGO, IL

Captains: Christine Dube, Laura Moore,
Sara Miller

Coach: Ron Kubalanza

Nemesis is the elite women's ultimate team hailing from the Windy City of Chicago. The team was started in 1984 and has participated in the Club Series nearly every year since then. The team was named Nemesis for the Greek goddess of divine justice and punishment.

ROSTER

0	Laura Moore	5'10"	27
2	Lizzy Shiel	5'4"	29
3	Lien Hoffmann	5'6"	22
4	Sam Cain	5'5"	25
5	Kami Groom	5'5"	23
6	Lindsey Hack	5'9"	32
7	Christine Dube	5'3"	29
8	Becky Moore	5'7"	22
10	Katie Dolara Olsen	5'7"	32
13	Phoebe Shambaugh	5'1"	22
15	Margalit Gould	5'7"	31
18	Marisa Mead	5'6"	25
20	Emilia Garcia	6'0"	25
21	Kelly Johnson	5'5"	26
22	Paula Seville	5'9"	24
23	Emily Hadel	5'4"	26
24	Julia Weinert	5'7"	30
26	Becca Ludford	5'6"	23
32	Carol Li	5'6"	22
37	Servia Rindfleish	5'3"	27
43	Kelly Bolt	5'5"	29
72	Jacqueline Jarik	5'7"	21
77	Sara Miller	5'7"	24
99	Katie Dyer	5'7"	24

SPECTATOR INFO

@ChicagoNemesis

chicagonemesis.com

★ NIGHTLOCK



SAN FRANCISCO, CA

Captains: Katie Barry, Rachel Habbert,
Abby VanMuijen, Heather Waugh

Coach: Peri Kurshan

After a successful first season with a 10th-place finish at Nationals, Nightlock is back and more determined than ever. Mere survival is no longer enough; instead, this team is fighting to be Victors. With skilled, experienced mentors and a batch of hungry new tributes, Nightlock is poised to take the Gamemakers, the Careers, and ultimately the Series, by storm.

ROSTER

1	Sharon Tseng	5'6"	24
2	Marisa Rafter	5'8"	20
3	Michaela Lee	5'2"	20
7	Lyudmila Grigorieva	5'5"	23
8	Rachel Habbert	5'4"	26
11	Kate Schlag	5'6"	24
12	Heather Waugh	5'3"	27
13	Marie Laurenza	5'7"	29
14	Emmy Kolanz	5'5"	21
15	Katie Barry	5'6"	27
16	Jenny Founds	5'6"	26
17	Abby VanMuijen	5'5"	23
18	Shannon Bubb	5'2"	24
20	Briana Cahn	5'6"	24
22	Ashley Black	5'4"	32
23	Lauren Carden	5'4"	28
24	Andrea Romano	5'9"	27
25	Audrey Wei	5'4"	25
27	Lil Berla	5'5"	28
31	Steph Lim	5'4"	21
33	Gabrielle Reedy	5'6"	23
35	Lily Lin	5'4"	23
77	Emily Prader	5'5"	24
88	Alina Kagan	5'5"	25
99	Grace Laidlaw	5'8"	25

@NightlockUlt

nightlockult.com

WOMEN'S TEAMS

★ NOVA



MONTRÉAL, QC

Captains: Catherine Viau, Isabelle Lemay,
Marie-Eve Robert, Audrey St-Arnaud

Nova is a new team from Quebec, Canada, and we have girls from all around the province. Most of our players have played in the women's division (Storm, QUB) and/or in the mixed division (Odyssee, Onyx). Even though the team is still young, many of our players have represented Canada at international tournaments, such as the 2010 WUCC and the 2012 WUGC to name a few. We finished fourth at the Canadian National Championships. We are very excited that we qualified for the USA Ultimate National Championships. We want to compete against the world's best teams, and we'll be served!

— @ NovaUltimate1

ROSTER

4	Suzanne Wavroch	5'10"	34
5	Alexa Lavergne	5'9"	30
7	Alison Fischer	5'2"	36
9	Corine Massé	5'9"	23
10	Jessie Tomas-Grignon	5'7"	24
11	Véronique Riopel	5'5"	26
12	Courtney White	5'4"	36
14	Marie Genest	5'3"	18
16	Marie-Eve Beauchemin	5'4"	23
20	Catherine Crête-D'Avignon	5'5"	26
22	Audrey St-Arnaud	5'5"	25
28	Isabelle Lemay	5'7"	30
31	Catherine Viau	5'7"	37
32	Marie-Eve Robert	5'4"	32
44	Gabrielle Tremblay	5'3"	24
66	Mélissa Barclay	5'9"	34
72	Andréane Bourgeois	5'5"	28
75	Marie-Pier Brousseau	5'8"	27
82	Cathy Janvier	5'7"	42

★ OZONE



ATLANTA, GA

Captains: Alison Douglas, Maureen
McCamley
Coach: Chris Goodson

This is Ozone's 30th season, and as such, we have spent much of this year celebrating our past while also looking forward to our future. Our tradition of excellence and love is exemplified by one of Ozone's founders - Chris O'Cleary - who is being recognized this year as an Ultimate Hall of Fame inductee. Without the influence of Chris and the other early leaders of Ozone, we would not be the team we are today, and this weekend is just another step in our long history as we proudly take the field in Frisco. We began this season by setting higher expectations for our play, ourselves and each other. We rely on every member of our roster, and each person has answered the call in blocks, shut-down D, assists and goals. Some teams have a handful of superstars. We have 24 players who will fight for every point and leave everything we've got on the field because we love what that means, and we love Ozone. Here's to 30 more years!

— @ozoneultimate
ozoneultimate.com

ROSTER

2	Emily Lloyd	5'8"	22
3	Celine Sledge	5'6"	26
4	Alison Stargel	5'7"	27
5	Meredith Leahy	5'5"	33
7	Lane Siedor	5'9"	21
8	Anna Hare	5'5"	31
9	Jinny Eun	5'4"	33
11	Kirsten Shell	5'5"	30
12	Annie Newton	5'3"	29
14	Allison Snow	5'3"	26
16	Maddy Frey	5'7"	34
17	Anna Bucher	5'7"	30
18	Hannah Leathers	5'6"	22
24	Katherine Wooten	5'11"	31
25	Kate Wilson	5'3"	30
27	Maureen McCamley	5'6"	33
28	Meg Harris	5'6"	24
31	Sam Stovall	5'7"	27
32	Haley Reese	5'9"	25
33	Miranda Knowles	5'9"	31
44	Mira Walker	5'5"	26
57	Liz Willetts	5'2"	33
71	Angela Lin	5'6"	36
80	Alison Douglas	5'9"	25

WOMEN'S TEAMS



★ PHOENIX



RALEIGH, NC

Captains: Michelle Ng, Sharon Tucker

Coach: Brian Dobyns

Stronger together. We play for each other.

ROSTER

00	Sharon Tucker	5'4"	29
1	Kate Morrison	5'6"	29
2	Shellie Cohen	5'9"	21
5	Jessi Jones	5'7"	22
7	Elizabeth Longmire	5'9"	23
8	Megan Tarasi	5'3"	25
10	Michelle Ng	5'3"	29
11	Lisa Couper	5'7"	21
12	Erin Wiltgen	5'8"	26
19	Rachel Johnson	5'7"	24
20	Shannon Matzinger	5'6"	31
22	Heather Zimmerman	5'1"	24
24	Judy Winglee	5'2"	27
26	Johannah Sanchez-Adams	5'1"	29
29	Erin Mordecai	5'9"	28
34	Frannie Goodrich	5'9"	39
37	Virginia Conover	5'4"	22
42	Meg Duffy	5'3"	21
44	Katy Harris	5'6"	34
50	Heather Ann Brauer	5'4"	30
52	Claire Chastain	5'5"	23
84	Diana Lam	5'6"	28

SPECTATOR INFO

@PhxUltimate
phoenixultimate.com

★ RIOT



SEATTLE, WA

Captains: Rohre Titcomb, Gwen Ambler

Coaches: Ben Wiggins, Michael Lawler, Andy Lovseth

Since the team's formation in 2000, Riot has become a perennial powerhouse in the women's club division, including earning a world title in 2002 and back-to-back national championships in 2004 and 2005. This season, the team returned most of the silver medalist roster from 2012, while picking up fresh new talent to help fill the gaps that some untimely knee injuries over the off-season had created. For the first time since 2009, Riot also has a head coach: the esteemed and incredibly experienced Ben Wiggins. 2013 has been a steady learning process for the team, where we push ourselves to get 1% better every time we step on the field together, no matter what the score. Channeling the mayhem of our namesake, the 1999 WTO riots in Seattle, we intend to wreak havoc on our opponents with stifling defense and an aggressive offensive attack. All while staying true to our team's core values: Excellence, Trust, Love.

ROSTER

1	Alyssa Weatherford	5'5"	26
2	Elle Burstein	5'5"	23
3	Gwen Ambler	5'10"	31
4	Rohre Titcomb	5'6"	25
5	Kate Kingery	5'6"	34
6	Sarah Griffith	5'5"	27
7	Calise Cardenas	5'4"	26
8	Rachel Bradshaw	5'7"	27
9	Shannon McDowell	5'10"	26
10	Hannah Kreilkamp	5'7"	26
11	Shannon O'Malley	5'5"	26
12	Callie Mah	5'8"	22
13	Heidi-Marie Wiggins	5'4"	31
14	Hana Kawai	5'8"	25
15	Drew Johnson	5'8"	24
16	Shira Stern	5'5"	21
17	Dominique Fontenette	5'8"	38
19	Fiona McKibben	5'4"	23
20	Katy Craley	5'7"	23
21	Molly McKeon	5'5"	26
23	Sabrina Fong	5'6"	23
34	Angelica Boyden	5'8"	23
38	Kathryn Lawson	5'1"	29
55	Nora Carr	5'7"	27
77	Jillian Goodreau	5'11"	24
81	Charlie Mercer	5'8"	25
91	Sarah Davis	5'5"	22

@SeattleRiot
seattleriot.org

WOMEN'S TEAMS

★ SCANDAL



WASHINGTON, DC

Captains: Molly Roy, Octavia Payne
Coaches: Mike LoPresti, Alex Ghesquiere

Scandal is comprised of skilled and driven athletes — including a strong returning base as well as a fresh and fine set of newcomers — and coaches Mike LoPresti and Alex “Dutchy” Ghesquiere. We value positivity, hard work, dedication and team over self, with our team vision set on competing at the highest level the sport has to offer.

@ScandalUltimate
scandalultimate.com

ROSTER

1	Christie Lawry	5'6"	25
3	Amy Wickner	5'9"	29
4	Sarah Itoh	5'7"	27
5	Allison Maddux	5'2"	28
7	Kimberly Beach	5'5"	41
8	Kristin Franke	5'1"	28
9	Octavia Payne	5'5"	24
10	Jenny Fey	5'8"	28
11	Kirsten Unfried	5'9"	35
13	Kath Ratcliff	5'8"	32
14	Samantha McClellan	5'7"	26
16	Leah Tsinajinnie	5'4"	22
17	Shino Yoshen	5'9"	24
18	Crystal Davis	5'6"	29
19	Alicia White	5'7"	31
20	Alika Johnston	5'3"	19
23	Lauren Sadler	5'2"	22
24	Amy Hudson	5'11"	25
37	Sandy Jorgensen	5'9"	26
42	Alisha Kramer	5'4"	23
55	Molly Roy	5'3"	26
71	Sasha Bugler	5'6"	21
77	Quinne Farenwald	5'5"	25
89	Anne Mercier	5'8"	24
91	Jessie O'Connor	5'6"	21

★ SCHWA



PORTLAND, OR

Captains: Bre Austin, Emily Flanders,
Jenny Tibbals
Coaches: Danny Quarrell, Michael Knapp

After forming in 1996, Schwa went to Nationals in nine of its first ten seasons and played for the championship in three of those appearances, helping establish the Northwest as the most formidable region in the women's division. The last few years have seen a period of growth and renewal, with a host of fresh names gracing the Schwa roster. The dedication of our players and coaches combined with the wealth of experiences gained by competing in the Pacific Northwest has helped our young team grow into the team we are today. Schwa returned to the national stage in 2012 after a five-year absence, finishing 16th. Schwa is hungry for more, looking to improve upon their 2012 Nationals finish this year. We are proud to represent the names Schwa, Oregon and the Pacific Northwest.

@SchwaUltimate
pdxultimate.org/schwa/

ROSTER

00	Kathryn Weatherhead	5'4"	24
1	Shahnnn Knox	5'8"	30
2	Kimber Coles	5'3"	23
3	Bre Austin	5'11"	32
4	Tiffany Henderson	5'11"	27
5	Sara York	5'6"	31
6	Chloe Mandell	5'6"	26
7	Beckie Zipp	5'8"	26
9	Emelie McKain	4'11"	24
10	Malina Wiebe	5'4"	24
11	Emily Flanders	5'7"	25
13	Kelly Hansen	6'0"	27
14	Jenny Tibbals	5'8"	26
15	Sarah Read-Brown	5'4"	24
16	Adrienne Bovee	5'7"	22
17	Delia Chiu	5'3"	34
19	Kelsey Colpitts	5'5"	25
20	Alex Ode	5'8"	20
24	Aubri Bishop	5'9"	24
26	Alexa Dix	5'5"	30
28	Meghan Miller	6'0"	26
29	Lora Liegel	5'6"	29
33	Cate Roscoe	5'5"	35
77	Jen Sanderson	5'6"	35
87	Jenica Villamor	5'7"	25

WOMEN'S TEAMS

★ SHOWDOWN



AUSTIN, TX

Captains: Holly Greunke, Katey Forth, Sarah Blyth

Coaches: Tal Tversky, David Melancon, David Belsheim

Founded in 2006, this is Showdown's seventh appearance at Club Nationals. Grind it out defense, quick-moving offense and the right mix of Butch Cassidies and Sundance Kids make this team one to be reckoned with. With the heart, soul and looks of all the toughest canines out there, alls I know is, they are lookin' good, and they aren't fixin to stop neither.

— @txshowdown

ROSTER

2	Lisa Etchison	5'9"	39
3	Becca Shelton	5'7"	27
5	Cara Crouch	5'8"	31
6	Sheila Ogden	5'8"	30
7	Frances Tsukano	5'3"	27
8	Shereen Rabie	5'6"	22
11	Katey Forth	5'6"	38
12	Diana Charrier	5'8"	22
13	Sarah Blyth	5'4"	28
14	Edith Teng	5'5"	23
15	Marjo Poindexter	5'3"	28
16	Sarah Levinn	5'10"	24
17	Enessa Janes	5'6"	30
18	Hannah Murray	5'5"	28
23	Lilly White	5'6"	25
24	Holly Greunke	5'4"	29
25	Tina Woodings	5'8"	30
27	Christina Contreras	5'10"	28
31	Shelby Kuni	5'8"	26
32	Bex Forth	5'6"	38
34	Jess Huynh	5'5"	29
71	Anna Schott	5'7"	29
75	Austine Lin	5'5"	24
77	Rachel Massey	5'3"	25
99	Janel Venzant	5'6"	24

SPECTATOR INFO

★ TRAFFIC



VANCOUVER, BC

Captains: Kira Frew, Betsy Chan, Catherine Hui

Coach: Jeff Cruickshank

Traffic formed in 2007 and has competed in the USA Ultimate Club Championships every year since 2008. This past summer, Candice Chan, Catherine 'Chewy' Hui, Danielle Fortin, Kira Frew and Ashlee Davison were contending to represent Canada at the World Games in Colombia. The Canadian team brought home the bronze. Later in the summer, Traffic won gold at the Canadian Ultimate Championships in Vancouver.

There are a handful of new faces joining the squad this year. Keep an eye out for Carolyn Churchland, Laura Mason and Allie Short. With fresh legs and seasoned veterans, this team is athletic, gritty and excited to take on the competition.

— @traffic_ulti

ROSTER

0	Terri Whitehead	5'6"	30
3	Michelle Ning	5'6"	31
4	Katie Berezan	5'6"	25
5	Ashlee Davison	5'9"	30
6	Betsy Chan	5'0"	28
7	Allie Short	5'11"	23
9	Jessica Rockliff	5'7"	27
11	Eva Cham	5'1"	39
12	Maria Chau	5'4"	24
13	Mira Donaldson	5'9"	19
17	Candice Chan	5'1"	32
18	Kira Frew	5'1"	27
20	Kat Neal	5'3"	32
21	Rena Kawabata	5'6"	23
22	Danielle Fortin	5'4"	27
23	Julie Daviau	5'9"	29
26	Beverley Porter	5'6"	36
27	Sanya Pleshakov	5'11"	35
33	Laura Mason	5'8"	27
37	Tasia Balding	5'10"	34
42	Rachel Moens	5'6"	24
61	Amy Hodgins	5'5"	31
66	Crystal Koo	5'2"	22
77	Jennifer Kwok	5'6"	37
89	Carolyn Churchland	5'8"	28
90	Catherine Hui	5'5"	23
91	Anne-Marie Carey	5'6"	40

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition
 - Modifications: 20-yard end zones; “contact” marking violation call
- All games to 15, point-cap at 17.
- Half-time is 10 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 15 goals, overtime occurs when the score reaches 14-14).
- Soft time cap: Goes on 20 minutes before the hard cap. Add two points to higher score after first score after soft time cap. Game ends when first team reaches new game total or when first team reaches 15 or more ahead by at least two points, whichever comes first.
- 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.

USA ULTIMATE TRIPLE CROWN TOUR

The USA Ultimate Triple Crown Tour is competition structure, introduced in 2013, for the USA Ultimate club season, including the summer regular season and the fall Championship Series for the men’s, mixed and women’s divisions. Teams in this structure qualify into one of four “Flights” based on their finish in the previous year’s Championship Series. Qualification for the 2013 Club Championships means all teams at Nationals have earned their way into one of the two top Flights (Pro or Elite) for 2014. At the 2013 Club Championships, quarterfinalists will earn one of eight spots in the 2014 Pro Flight.* Semifinalists will earn a bid to the 2013 U.S. Open Championships. The bottom eight teams at Nationals will be placed into the Elite Flight for the 2013 Triple Crown Tour*.

** If the regular season champion (AMP, Fury, Revolver) does not make quarterfinals, the teams finishing in the top seven will earn spots in the 2014 Pro Flight, and they will be joined by the regular season champion as the eighth Pro Flight team. Teams finishing 8 through 16 (with the exception of the regular-season champion) would then comprise the 2014 Elite Flight.*

PLACEMENT GAMES

Schedule Clarifications

- 5* through 8* are quarterfinal losers in order of final regular season ranking.
- 9* through 16* are pre-quarters losers in order of final regular season ranking.
- If regular season champion (AMP, Fury, Revolver) loses pre-quarter game, because they have already earned their 2014 Pro Flight status, they enter placement play as 13*.

Detailed rules governing the playing of placement games and their impact on the 2014 season and events for all 3 divisions have been provided in the Competition Rules document, distributed to each team prior to the Club Championships and reviewed at the Captain's Meeting. Please check with your team captain or the Competition Director for questions or clarifications.

2014 WORLD FLYING DISC FEDERATION WORLD ULTIMATE CLUB CHAMPIONSHIPS

- The top three finishing United States teams in each division will qualify for bids to the 2014 WFDF World Ultimate Club Championships.
- The remaining U.S. teams will be placed on a wait list in order of their final finish at the 2013 USA Ultimate National Championships.
 - *If the regular-season champion (AMP, Fury, Revolver) loses their pre-quarter game, they will be placed on the WUCC wait list behind the seventh-place finishing team.

PLAYER INFO

HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape/bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff. If there is an injury on a field that needs medical attention, inform a field marshal and he/she will radio to the trainers. If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields two hours before game time each day. Directions to the local hospital can be found in the "Directions" section of this program.

CONCUSSIONS

1. Concussions are brain injuries that can occur as a result of a blow to the head.
2. Symptoms may include headache, nausea, vision problems, confusion, and balance problems.
3. If you think you or one of your teammates might have a concussion, tell your coach and have the athlete see a medical professional. Medical staff members are on hand at Tournament Central.
4. Athletes who have suspected concussions will not be allowed to return to play without a note from a health professional skilled in concussion management clearing them for healthy participation.

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 scorekeepers 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.

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 have 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 the players understand their own responsibilities as players and teach players how to handle those responsibilities.

GUIDELINES:

1. Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or footblocking).
2. 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 okay at any level.
3. Coaches will not make calls from the sideline nor offer their opinion on a play. Coaches should encourage players to come to a resolution on their own, and if asked during a dispute, coaches may offer rules clarifications. After a dispute, a coach may talk to his or her own player about the dispute and offer opinions.
4. 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.
5. Coaches will teach and give players opportunities to practice knowledge of the rules of ultimate.
6. Coaches will always exhibit respect for opposing players.
7. Coaches will always exhibit respect for other coaches.
8. Coaches will always exhibit respect for observers.
9. 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 in which players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

2013 USA ULTIMATE COACHING CERTIFICATION INFO

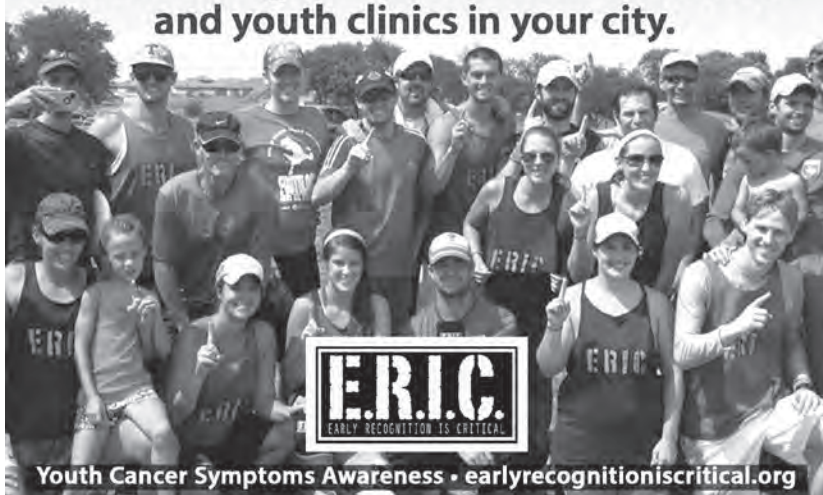
During games at the 2013 National Championships where field access is restricted, sideline access will only be granted to players, coaches and team support staff that are designated by the team and have registered for the event. Coaches must be registered as Coach Members of the organization, which includes a background check and agreement to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. The limit on the number of coaches and team support personnel, all of whom must comply with the above policy, is as follows:

Coaches - 3 (may have player-level access to sidelines/field)

Team Support - 2 (must remain in team tent/bench area during points)

For more information on USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate's Manager of Youth and Education Programs, Mike Lovinguth, via email at mike@hq.usultimate.org or visit the USA Ultimate website.

**Come by the E.R.I.C. Tent to learn more
about having a Huck Cancer tournament
and youth clinics in your city.**



PLAYER
INFO

VC ULTIMATE'S PROJECT REPAT

VC Ultimate is proud to bring you a new initiative from the VC Green Program, in partnership with Project Repat. Project Repat is an organization that takes your old shirts and jerseys and makes them in to custom blankets. Project Repat fits in well with the VC Green Program's core objective of bringing you green initiatives with its focus on recycling (stopping jerseys from hitting the landfill), but also because it promotes the idea of reusing goods and creating new purpose for materials.

Stop by VC's Official Merchandise tent to learn more, and enter to win a FREE blanket from the Project Repat. Visit <http://www.projectrepat.com/> and use code: vculimate to get a 10% discount, courtesy of Project Repat, the VC Green Program and USA Ultimate. A portion of every blanket ordered using this promo code will be donated to a USA Ultimate and VC Green Program grant, to be announced early in the new year.

Have a great tournament, and please remember to recycle responsibly!



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Your Ultimate Events

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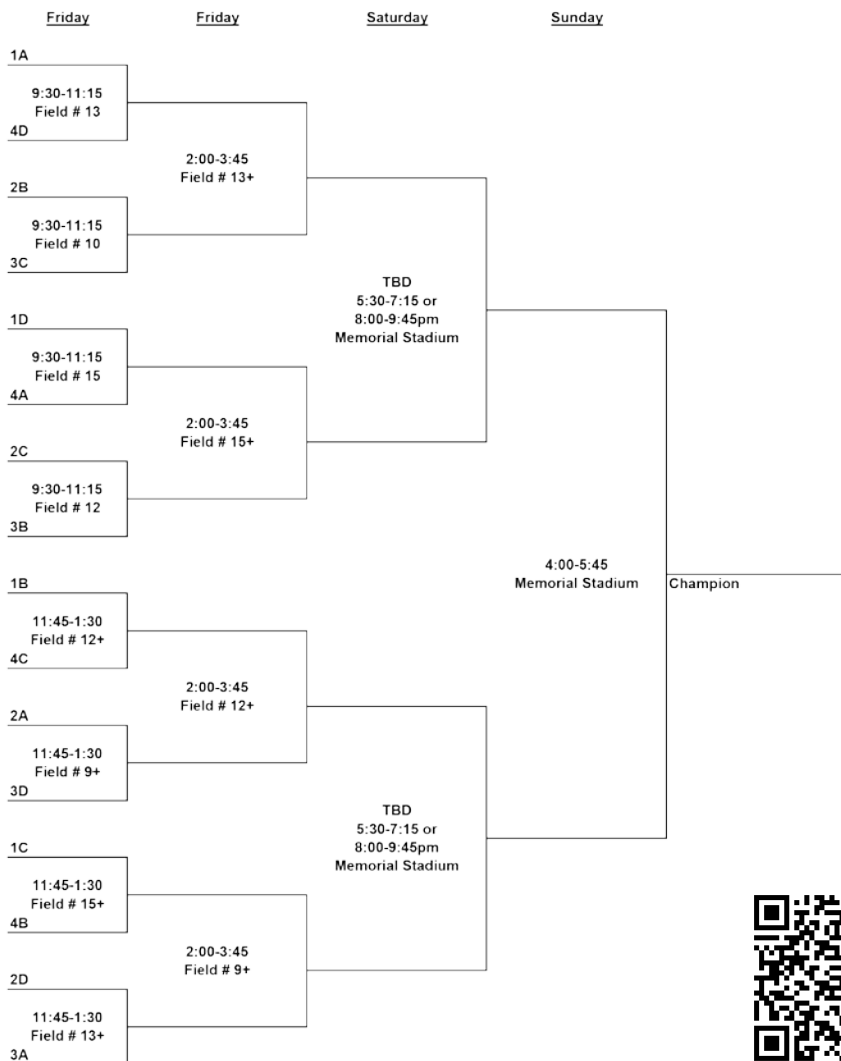
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MEN'S SCHEDULE

2013 USA Ultimate National Championships - Men's Division												
October 17 - 20, 2013												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	Revolver (San Francisco, CA)					B1	GOAT (Ottawa/Toronto, ON)				
	A2	PoNY (New York, NY)					B2	Sockeye (Seattle, WA)				
	A3	Truck Stop (Washington, DC)					B3	Sub Zero (Minneapolis, MN)				
A4	Florida United (Florida)					B4	Madcow (Columbus, OH)					
Thursday		F#	Score		F#	Score		F#	Score		F#	Score
9:00-10:45												
11:15-1:00												
1:30-3:15	A1 v A3	4	-	A2 v A4	3	-	B1 v B3	7	-	B2 v B4	8	-
3:45-5:30	A1 v A4	4	-	A2 v A3	3	-	B1 v B4	7	-	B2 v B3	8	-
6:00-7:45	A1 v A2	4	-	A3 v A4	3	-	B1 v B2	9	-	B3 v B4	8	-

Championship Bracket - All games to 15 cap 17

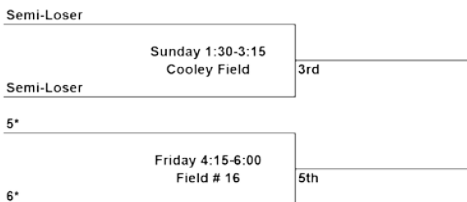


2013 USA Ultimate National Championships - Men's Division

October 17 - 20, 2013

All Games to 15 Cap 17	Pool C					Pool D					
	C1 Doublewide (Austin, TX)						D1 Johnny Bravo (Denver, CO)				
C2 Ironside (Boston, MA)						D2 Machine (Chicago, IL)					
C3 Ring of Fire (Raleigh, NC)						D3 Chain Lightning (Atlanta, GA)					
C4 Condors (Santa Barbara, CA)						D4 Furious George (Vancouver, BC)					
Thursday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	
9:00-10:45											
11:15-1:00											
1:30-3:15	C1 v C3	6 -	C2 v C4	5 -	D1 v D3	9 -	D2 v D4	14 -			
3:45-5:30	C1 v C4	6 -	C2 v C3	5 -	D1 v D4	11 -	D2 v D3	14 -			
6:00-7:45	C1 v C2	6 -	C3 v C4	5 -	D1 v D2	11 -	D3 v D4	14 -			

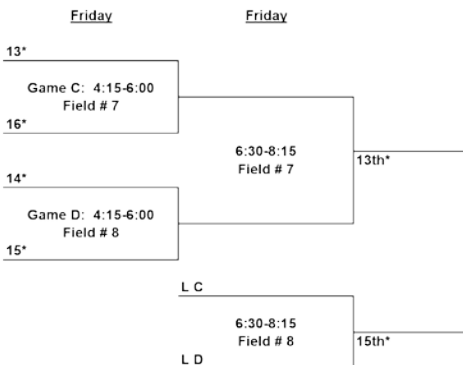
World's Qualification** - All games to 15 cap 17



Pro Flight - All games to 15 cap 17



Placement - All games to 15 cap 17



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SCHEDULES

MIXED SCHEDULE

2013 USA Ultimate National Championships - Mixed Division

October 17 - 20, 2013

All Games to 15 Cap 17	Pool A						Pool B					
	A1 AMP (Philadelphia, PA)	A2 Drag'n Thrust (Minneapolis, MN)	A3 7Express (New York, NY)	A4 Odyssee (Montreal, QC)	B1 Polar Bears (San Francisco, CA)	B2 The D'oh! Abides (Seattle, WA)	B3 Cahoots (Asheville, NC)	B4 Ambiguous Grey (Washington, DC)				
Thursday	F#	Score	F#	Score	F#	Score	F#	Score				
9:00-10:45	A1 v A3	7 -	A2 v A4	6 -	B1 v B3	8 -	B2 v B4	11 -				
11:15-1:00	A1 v A4	7 -	A2 v A3	6 -	B1 v B4	8 -	B2 v B3	9 -				
1:30-3:15												
3:45-5:30			A3 v A4	13 -								
6:00-7:45	A1 v A2	13 -			B1 v B2	7 -	B3 v B4	10 -				

Championship Bracket - All games to 15 cap 17

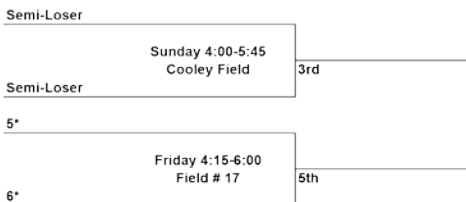


2013 USA Ultimate National Championships - Mixed Division

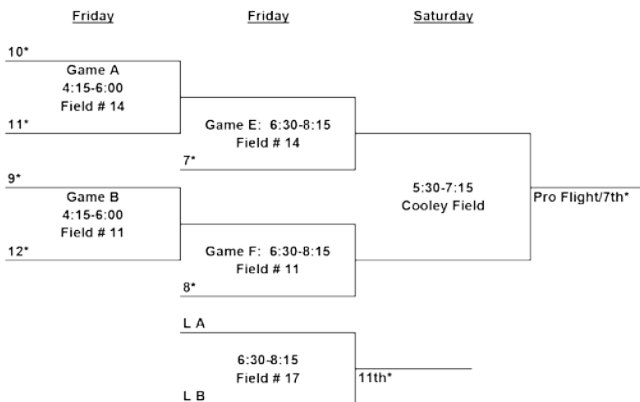
October 17 - 20, 2013

All Games to 15 Cap 17	Pool C						Pool D					
	C1	Chad Larson Experience (Ames, IA)				D1	The Ghosts (Boston, MA)					
	C2	Mischief (San Francisco, CA)				D2	Slow White (Boston, MA)					
	C3	Wild Card (Boston, MA)				D3	Cosa Nostra (Austin, TX)					
	C4	7 Figures (Los Angeles, CA)				D4	Steamboat (Cincinnati, OH)					
Thursday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score		
9:00-10:45	C1 v C3	5	-	C2 v C4	3	-	D1 v D3	4	-			
11:15-1:00	C1 v C4	5	-	C2 v C3	3	-			D2 v D4	4		
1:30-3:15												
3:45-5:30							D1 v D4	16	-	D2 v D3	17	
6:00-7:45	C1 v C2	12	-	C3 v C4	15	-	D1 v D2	16	-	D3 v D4	17	

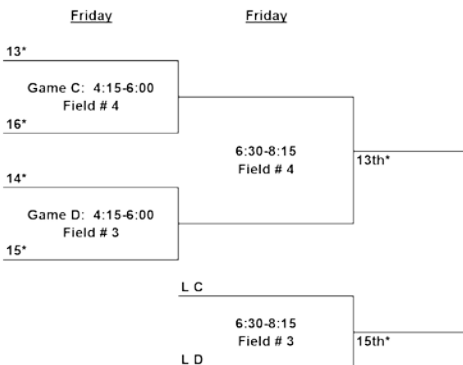
World's Qualification** - All games to 15 cap 17



Pro Flight - All games to 15 cap 17



Placement - All games to 15 cap 17



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SCHEDULES

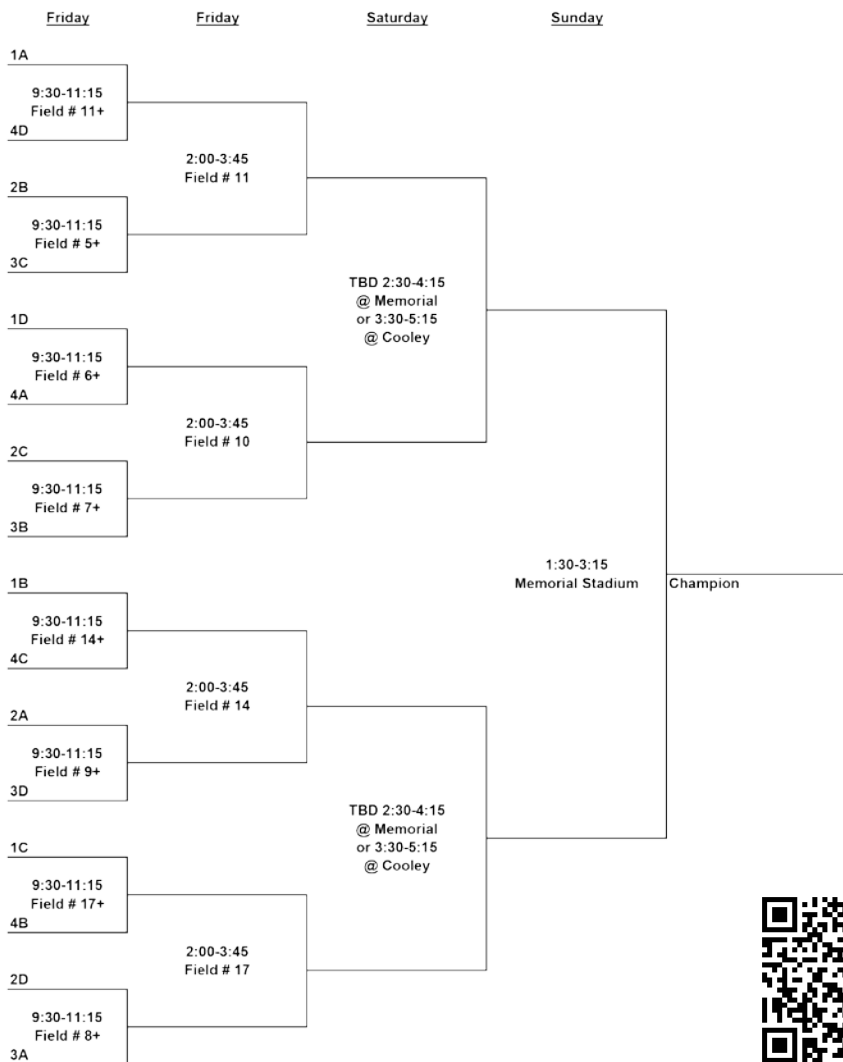
WOMEN'S SCHEDULE

2013 USA Ultimate National Championships - Women's Division

October 17 - 20, 2013

All Games to 15 Cap 17	Pool A						Pool B						
	A1	Fury (San Francisco, CA)						B1	Riot (Seattle, WA)				
A2	Capitals (Ottawa, ON)						B2	Heist (Madison, WI)					
A3	Ozone (Atlanta, GA)						B3	Phoenix (Raleigh, NC)					
A4	Bent (New York, NY)						B4	Nightlock (San Francisco, CA)					
Thursday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score			
9:00-10:45	A1 v A3	12 -	A2 v A4	10 -	B1 v B3	13 -	B2 v B4	16 -					
11:15-1:00	A1 v A4	11 -	A2 v A3	10 -	B1 v B4	13 -	B2 v B3	16 -					
1:30-3:15	A1 v A2	11 -	A3 v A4	10 -									
3:45-5:30					B1 v B2	12 -	B3 v B4	15 -					
6:00-7:45													

Championship Bracket - All games to 15 cap 17

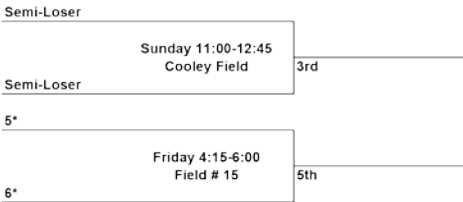


2013 USA Ultimate National Championships - Women's Division

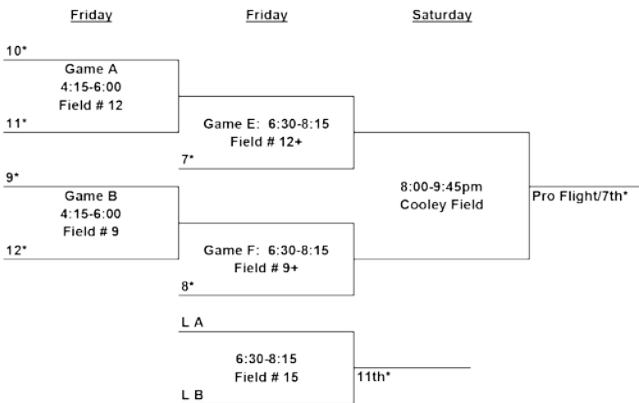
October 17 - 20, 2013

All Games to 15 Cap 17	Pool C						Pool D					
	C1	Scandal (Washington, DC)					D1	Nemesis (Chicago, IL)				
	C2	Brute Squad (Boston, MA)					D2	Traffic (Vancouver, BC)				
	C3	Molly Brown (Denver, CO)					D3	Showdown (Austin, TX)				
	C4	Schwa (Portland, OR)					D4	Nova (Montreal, QC)				
Thursday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score		
9:00-10:45	C1 v C3	17	-	C2 v C4	14	-	D1 v D3	9	-	D2 v D4	15	-
11:15-1:00	C1 v C4	17	-	C2 v C3	14	-	D1 v D4	12	-	D2 v D3	15	-
1:30-3:15							D1 v D2	12	-	D3 v D4	15	-
3:45-5:30	C1 v C2	9	-	C3 v C4	10	-						
6:00-7:45												

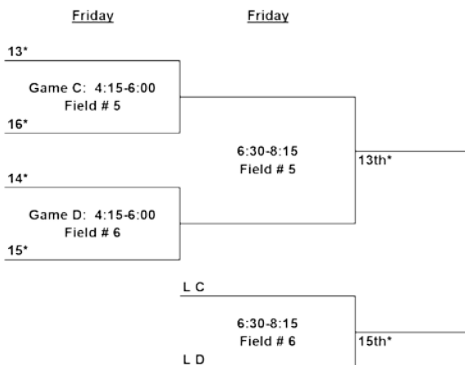
World's Qualification - All games to 15 cap 17**



Pro Flight - All games to 15 cap 17



Placement - All games to 15 cap 17



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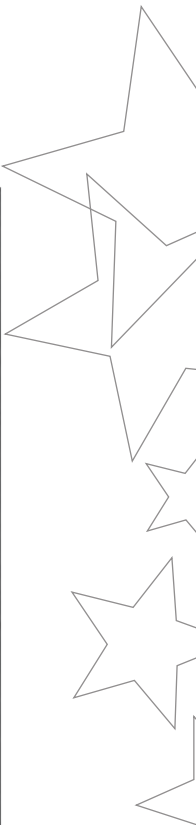
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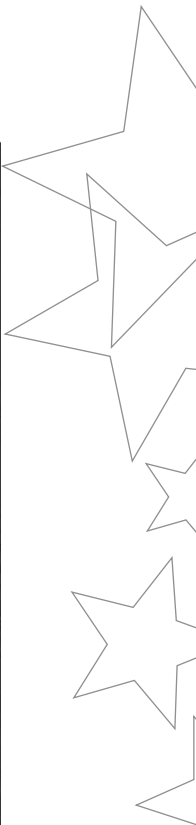
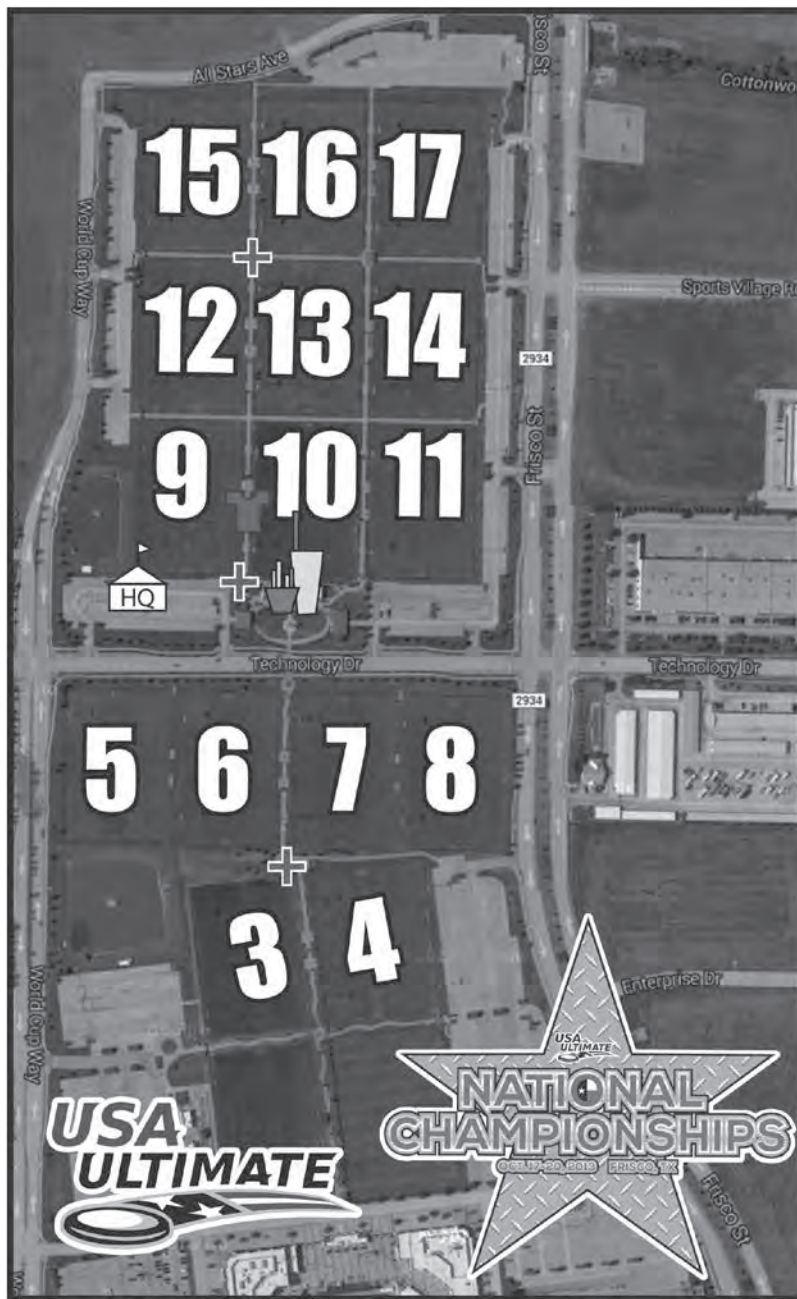


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