



# EVENT GUIDE



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## EVENT STAFF

Bruce Mebust .....	Tournament Director
Dave Gregg .....	Volunteer Coordinator
Seth Grossinger.....	Head Scorekeeper
John Sandahl.....	Event Media Chair
Dave Gregg .....	Web Design
Will Deaver .....	UPA Championship Director
Kyle Weisbrod.....	UPA Youth Director
Ryan John .....	UPA Communications Director



# WELCOME



On behalf of the Ultimate Players Association, the Minnesota High School Ultimate League and the wider Twin Cities Ultimate community I take great pleasure in welcoming you to the 2nd Annual UPA Youth Club Championships.

This year's tournament has grown to 19 teams from last year's 17. Again this year, the tournament takes place at the National Sports Center in Blaine, Minnesota. This year, the fields will be in a different location at the NSC and all grouped in the same area to make it easier for players and fans to watch other games. Two other major events are happening at the NSC this weekend so parking will be tight. Be sure to pick up parking permits for each of your team's vehicles.

Minnesota is the "Land of 10,000 Lakes" and while the number is actually over 15,000 we try to be humble. The Twin Cities owe their existence to the Mississippi River. St Paul was once the head of navigation on the river and still has a very active port. Minneapolis grew up around the Falls of St. Anthony which provided power for lumber mills and then flour mills. If you have the time and like history, visit Mill Ruins Park in downtown Minneapolis. Another famous Minnesota landmark is the Mall of America reachable from downtown Minneapolis on the Hiawatha Line of the Twin Cities new light rail system.

Competition should be excellent this year. Many of the teams are returning from last year including last year's Open and Girls champions from the Disc Northwest Youth Spring League of Seattle, WA.

Events like the YCC only happen with lots of volunteers. They will be keeping score, running the social event and running many other errands around the fields. Be sure to acknowledge their hard work. Hug a volunteer!

Have a great weekend!

Bruce Mebust

Tournament Director

## WEEKEND OVERVIEW

**Friday Aug 4th – Holiday Inn St. Paul North**

6:00pm-10:00pm – Team Registration

**Saturday Aug 5th at National Sports Center (NSC)**

8:00am-4:00pm – Pool play.

5:00pm – (Sports Hall at NSC) Food and games.

6:00pm – (Exhibition Field U2 at NSC) Exhibition Game

*- Coaches vs Team Captains!*

**Sunday Aug 6th at National Sports Center (NSC)**

8:30am – Championship and Consolation play.

2:30pm – Finals (Open, Girls, Mixed)

Post-Finals – Award Ceremony. Immediately following the finals, awards will be presented to 1st and 2nd place teams in each division, Spirit Award teams, and Spirit Award individuals (one from each team).

# COMPETITION RULES



- All games to 15, cap at 17.
- Half-time is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total, and the winning score will exceed said game total. (e.g. In a game to 15 goals, overtime occurs when the score reaches 14-14 and the minimum winning score is determined to be 16.)
- Time-cap goes on at end of round time on schedule. Add two points to higher score after first score after time-cap. Play to that total. No more win by two.
- **The time-cap does not affect timeouts.**

## SPIRIT AWARDS

*Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player himself. Highly competitive play is encouraged, but never at the expense of the bond of mutual respect between players, adherence to the agreed-upon rules of the game, or the basic joy of play.*

- UPA 10th Edition Rules of Ultimate

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

**Individual Awards** - Teams will be each be asked to nominate a player from their own team who they feel displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of sportsmanship, leadership, perseverance, fire, etc. Choose the person whose attitude you wish other people on your team would emulate and who other players off your team admire. Individual spirit winners will receive a medal and prize disc (courtesy of DISCRAFT). Thanks to Discraft for their support of Ultimate and Spirit of the Game!



# DIRECTIONS



## **Airport to the Headquarters Hotel**

- Exit the airport towards St. Paul on MN-5 E (3.95 MI)
- Turn on to I-35E N (9.61 MI)
- Exit onto US-10 W via EXIT 113 on the LEFT (3.43 MI)
- Take the LEXINGTON AVE exit, EXIT 43A (0.3 MI)
- Turn LEFT onto LEXINGTON AVE N/CR-51 (0.18 MI)

## **Headquarters Hotel to the National Sports Center**

- Start out going EAST on W COUNTY ROAD E/CR-15 (<0.1 MI)
- Turn LEFT on LEXINGTON AVE N/CR-51 (0.7 MI)
- Merge onto I-694 W via ramp on LEFT (1.7 MI)
- Merge onto I-35W N via EXIT 41B (5.28 MI)
- Take 95TH AVE EXIT for National Sports Center
- Turn RIGHT onto 95TH AVE NE (2.35 MI)
- Follow curve to RIGHT as it turns into Radisson Rd NE
- Turn LEFT on 105TH AVE NE/CR-87 (0.62 MI)

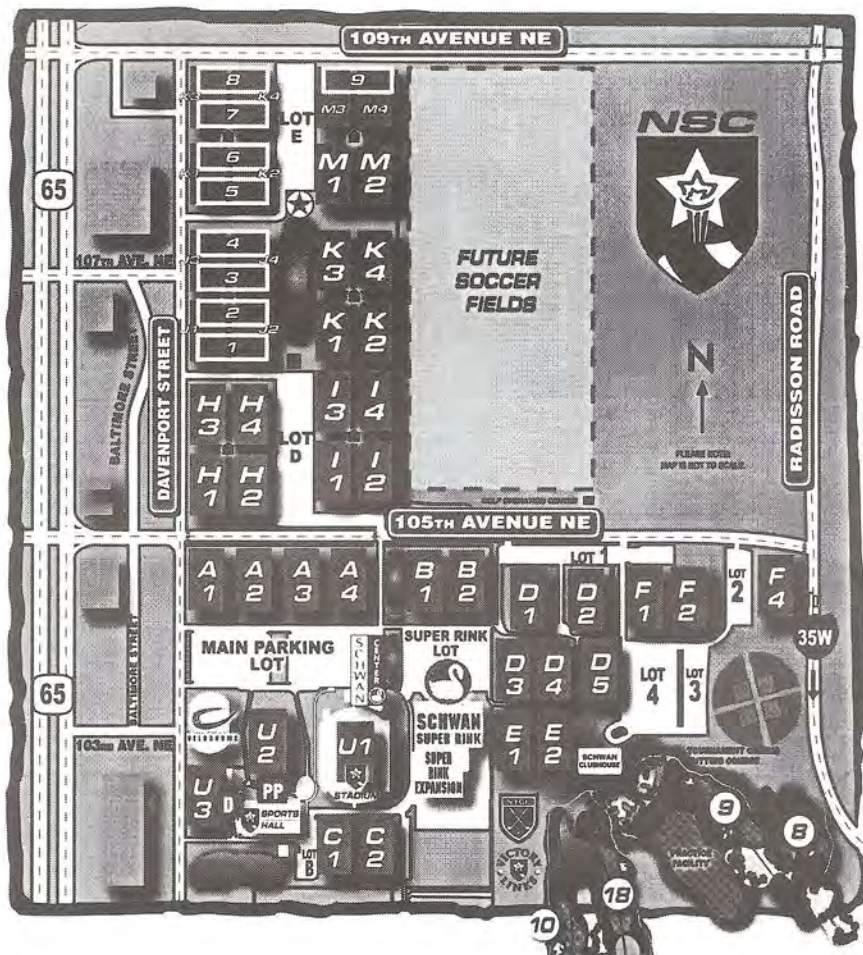
## **National Sports Center to Mercy Hospital (Coon Rapids, Minn.)**

- Exit the NSC on 105<sup>th</sup> Ave. NE
- Turn RIGHT on MN Rt. 65 (Central Ave. NE)
- After 2.5 miles, turn LEFT on MN Rt. 242 (Main St. NE)
- After 6 miles turn LEFT on Round Lake Blvd. NW
- Make a RIGHT turn onto Coon Rapids Blvd. NW and the hospital will be on your LEFT

## **National Sports Center to Airport**

- Head west from 105th Ave NE - go 0.4 mi
- Turn LEFT at MN-65 S - go 1.3 mi
- Continue on Central Ave NE - go 0.6 mi
- Take the US-10 E ramp - go 2.5 mi
- Take the I-35W S ramp to Minneapolis/St Paul - go 5.5 mi
- Take the MN-88 exit 25B - go 0.2 mi
- Bear RIGHT at CR-88 S - go 1.3 mi
- Continue on New BRIGHTon Blvd - go 1.9 mi
- Turn RIGHT into the I-35W S entry ramp - go 220 ft
- Bear LEFT onto the I-35W S ramp - go 2.7 mi
- Take the MN-55 exit 17A - go 0.5 mi
- Bear RIGHT at Hiawatha Ave - go 4.2 mi
- Continue on MN-55 E - go 0.3 mi
- Continue on Hiawatha Ave - go 0.9 mi
- Take the MN-55 E ramp - go 0.9 mi
- Take the MN-5 W ramp to Int'l Airport - go 0.9 mi
- Take the exit to Lindbergh Terminal - go 0.3 mi
- Bear RIGHT at Glumack Dr - go 350 ft

# FIELD MAP



**Game Fields**



**Tournament Central**

- Check-In
- Information
- Vendors
- Media
- Scoring
- Medical



**Dorms (Next to Field U3)**



**Saturday Night Player Party  
(Sports Hall/Field U2)**



Medical staff (trainer and EMT) will be available through the event at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness.

Directions to the local hospital can be found in the "Directions" section of this program.

## Heat, Nutrition and Hydration

- Heat-related illness occurs where 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 change in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased urine output and change in color.
- 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?
  - Drink and eat – 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, 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

- Players and spectators should make every effort to keep objects, including but not limited to bags, strollers, chairs, coolers and tents, as far away from the playing field as possible.
- If a player feels that an object on the sideline is not safe, s/he should inform Event Staff and should refrain from playing until s/he is satisfied that safe conditions have been established.
- The UPA 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 the UPA or Event Staff, unsafe for players, staff, or spectators.

## Lightning Guidelines

- Event staff will communicate with players and spectators via PA system and field marshals equipped with radios that there is a lightning danger, play will be stopped, and everyone should seek shelter.
- Safe Shelter for players and spectators at the NSC includes the Schwan Center, Sports Hall, other building, or any fully enclosed 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 crouch 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.

All Games to 15 Cap at 17	Pool A					
	A1	Seattle				
	A2	Pittsburgh				
	A3	Madison				
	A4	Texas				
Saturday		F#	Score		F#	Score
8:00-9:30	A1 v A3	1	-	A2 v A4	2	-
10:00-11:30	A1 v A4	1	-	A2 v A3	2	-
12:00-1:30						
2:00-3:30	A1 v A2	1	-	A3 v A4	2	-
Re-seed teams within each pool for Sunday play						

## Consolation Bracket Sunday, Aug 6, 2006



Consolation games to 15 cap 17

# GAME SCHEDULE



All Games to 15 Cap at 17	Pool B					
	B1	New England				
	B2	Philadelphia				
	B3	Minneapolis				
	B4	Denver				
Saturday		F#	Score		F#	Score
8:00-9:30	B1 v B3	3	-	B2 v B4	4	-
10:00-11:30	B1 v B4	3	-	B2 v B3	4	-
12:00-1:30	B1 v B2	3	-	B3 v B4	4	-
2:00-3:30						
Re-seed teams within each pool for Sunday play						

## Championship Bracket Sunday, Aug 6, 2006



Championship games to 15 cap 17

# OPEN TEAM INFO



## **Austin & Houston High School Leagues Team Texas**

### **Austin/Houston, Texas**

**Coaches:** Barbara Denison, Bill Marriott,  
Brian Thomas, Sean Douglass



TEAM TEXAS is a name coined by Mark Stadnyk, last year's captain of the team traveling from Texas to participate in the first YCC Tournament. It was the first tournament EVER for many of those players. In Blaine, we swore to "NOT GET SHUT-OUT". We met that goal and earned the prestigious Team Spirit Award.

This year, tryouts were held in several Texas cities and players were awarded the honor of committing to a rigorous practice and fundraising schedule. Our team hosts a roster of 21 players representing Ultimate teams who participated in City leagues in Austin and Houston. Players are from 11 different schools (public and private) in Houston and Austin. TEAM TEXAS is proud to play Ultimate with a commitment to personal fitness, Ultimate skill and an individual attitude representative of the true "Spirit" of the LONE STAR STATE.

## **Denver Youth Summer League**

### **Colorado White Out**

#### **Denver, Colo.**

**Coaches:** Buzz Ellsworth, Jeff Berget,  
Derek Gottlieb

This is the first year that Colorado will be represented with an Open and a Girls' YCC team from the Denver Youth Ultimate Club. Between the Open and the Girls' sides there are nine Colorado high schools represented. The two teams stem from the Denver Summer Youth Ultimate League (DSYUL) which was founded by Jeff Berget in the summer of 2004.

With a handful of nominated team names to vote on, White Out ended up at the top of the list. Is White Out an optical phenomenon in which the snow-covered ground blends in to a uniformly white sky, greatly reducing ones sense of direction or distance? Or a correctional fluid? We'll know when our shirts are done. See you all at the fields!

## **Disc Northwest**

### **Youth Spring League**

#### **Seattle Sunshine**

##### **Seattle, Wash.**

**Coaches:** Rusty Brown (Head Coach)  
Miranda Roth, Matt Knowles

Our team came together after a brief tryout period where over 50 of the best Seattle had to offer on the Open side competed for a limited number of spots. After selections were made, the team decided upon the name Sunshine to guide them towards the light of YCC Gold. After nine weeks of training, the team hopes to repeat upon their performance from last year and continue to build upon the experience and dedication that junior players are bringing to our sport as a whole.

## **Madison Youth Spring League**

### **Munson**

#### **Madison, Wisc.**

**Coaches:** Dan Raabe and Jason  
Ludden



# OPEN TEAM INFO



## **Minnesota High School Ultimate Superior Twin Cities, Minn.**



**Coaches:** Wayne Roemhildt, Chris Van Holmes, Louis Abramowski, Kyle Gill

Superior is the Minnesota State High School League All-Star team selected from the 20+ teams in the league. At last year's Youth Club Championships the Minnesota team earned 6th place. The team's record is currently 2-5 having just completed it's first competition at MUDL where they entered seeded 15th and broke seed, finishing 13th, against strong Central Region Open competition.

## **New England High School Ultimate League New England New England**



**Coaches:** Josh Seamon, Jesse Seamon

New England was formed this June for the specific purpose of competing in the Youth Club Championships. Our team is made up of players from Massachusetts, Vermont, and Connecticut.

So far this summer we have participated in the Eastern's Open division of the Boston Invitational and will be competing in the open division of the Ow My Knee tournament in Albany, NY in mid July.

## **Philadelphia HS Ultimate Educational League SEPDA Philadelphia, Pa.**



**Coach:** Rob Olson

SEFDA (Southeastern Pennsylvania Disc Authority) includes players from the best Ultimate programs in Philadelphia: Pennsbury, Wissahickon, C.B. East, and Lower Merion. The name is borrowed (with permission, thank you very much...) from SEPTA, Philly's public transportation.

Members of our team have competed in various levels of competition, including the 2004 UPA High School Championship, the 2005 and 2006 UPA Eastern High School Championships, and the Pennsylvania State High School Championship, where we took four of the top five places. We'd like to thank all of the local folks who have helped us out along the way including: Mark Rosser, Jim Brose, and the Philadelphia Ultimate Camp; all of the teams of PHUEL; Jim and Alex Peters; OLD SAG; our parents; and everyone in the PADA and MCUDL families.

## **Pittsburgh High School Ultimate League Impulse Pittsburgh, Pa.**

**Coaches:** Nick Kaczmarek, Ben Banyas

Some form of a Pittsburgh High School All-Star team has been around since 2003, however, the official Pittsburgh Youth Club team, Impulse, formed in 2005. The team finished in 5th place at the inaugural Youth Club Championships.

# OPEN TEAM ROSTERS



## Austin & Houston High School Leagues

No.	Player Name	Age	Height
00	Mitchell Bennett	15	5' 7"
2	Chris Bennett	18	5' 11"
3	Cole Staats	15	5' 9"
4	Will Wilson	18	5' 10"
5	Colin Dismuke	19	5' 11"
7	Andrew Foley	18	6' 2"
8	Trey Posey	18	5' 9"
9	Courtney Thompson	17	5' 2"
10	Kevin McCann	18	5' 9"
11	Travis Maddy	18	6' 2"
12	Chase Weinacht	17	5' 9"
13	Timmy Records	17	6' 1"
15	Ryan Jones	17	5' 11"
17	David Castillo	17	6' 0"
18	Jordan Fox	18	6' 0"
21	Luke Tapsak	17	5' 11"
22	Corey Kleypas	18	5' 8"
23	Woody Douglass	14	5' 8"
31	Doug Shasteen	18	6' 2"
44	Andrew Creel	17	5' 11"
45	Erec Hillis	17	5' 10"

## Disc Northwest Youth Spring League

No.	Player Name	Age	Height
1	Julian Childs-Walker		5'6"
3	Gray Hoffman		5'6"
5	Alan Lavolette		5'8"
7	Sam Kittross-Schnell		6'3"
8	Ben Vigus		6'3"
10	Manuel Jimenez		5'8"
13	Bijan Shirazi		5'6"
15	Logan Schumacher		6'3"
17	Brian Ferguson		6'1"
21	Donald Cheyette		6'5"
22	Sam Keller		5'9"
23	Jimmy Hooper		5'8"
24	Jeremy Norden		6'1"
27	Nigel Peltier		6'1"
29	Ben Philips		5'11"
31	Matt Rehder		6'1"
33	Chris Hansman		6'2"
34	Riley MacPhee		5'9"
42	Cole Johnson		5'11"
44	Jake Coate		6'2"
50	Milo Snyder		5'8"
99	Drew Rowny		5'10"

## Denver Summer Youth Ultimate

No.	Player Name	Age	Height
00	David Barnes	18	6'1"
1	Jack McShane	18	6'0"
2	Nick Bourguard	18	6'3"
3	Dylan Kluck	17	5'11"
4	Harrison Fast	18	6'0"
5	CT Hongdoxmai	18	5'8"
6	Dale Walker	18	5'7"
7	Mike Turner	18	6'0"
8	Marco Alatorre	17	5'10"
9	Kyle Casey	17	6'2"
10	Hylke Snieder	17	6'5"
11	Jon Grider	18	5'8"
13	James Moses	19	5'10"
14	Dan Power	18	6'2"
15	Ryan Sprackling	18	5'8"
16	Patrick Erley	18	5'11"
17	Eric Matthys	18	5'11"
21	Joe Hand	19	5'10"
23	Alex Hill	17	5'8"
24	Spencer Branson	16	6'2"
28	Kevin Lewis	17	5'7"
33	Alez Sapunov	18	5'11"
44	Daniel Cooper	18	6'0"

## Madison Youth Spring League

No.	Player Name	Age	Height
	Josh Tabek		
	Ben Muller		
	Tallis Boyd		
	Joel Van Haren		
	Dan Park		
	Dayu Liu		
	Topher Kazanski		
	Lars Raeder		
	Stan Wahl		
	Eric Schad		
	Aujus Sirohi		
	CJ Terrell		
	Jon Fok		
	Will Yu		
	John Bergen		
	Andy Holt		

# OPEN TEAM ROSTERS



## Minnesota High School Ultimate

No.	Player Name	Age	Height
00	Carl Peaslee		5'8"
1	Greg Arenson		5'11"
2	Andy Priester		5'9"
3	Kurtis Melby		6'0"
4	Jon Kibort		5'8"
5	Cory Hertog		5'9"
6	Andy Schock		5'9"
7	Justin Gilbert		6'0"
8	Roberto Caballero Jr.		5'10"
9	Joe Sigrin		6'0"
11	Jake Forsman		6'1"
12	Michael Brisbois		6'3"
13	Alex Syverson		6'6"
15	Charlie Randall		6'4"
17	Marty McTigue		6'0"
18	Justin Kaminsky		5'8"
21	Brian Wilson		6'0"
23	Steve Kane		5'7"
24	Nate Petersen		6'2"
25	Austin Juds		6'2"
33	Luke McKee		6'0"
39	Patrick Keys		5'7"
66	Zach Alter		6'2"
89	Craig Tebbe		5'10"
99	Jim Aspholm		6'5"

## New England High School Ultimate League

No.	Player Name	Age	Height
7	Jonah Herscu	14	5'10"
8	Andrew Kiefer	16	5'10"
9	Misha Herscu	15	5'10"
10	Tom Confort	18	5'7"
11	Matt Guild	16	5'10"
12	Jacob Saunders	16	5'6"
13	Adam Salwen	14	5'10"
14	Luke Powers	17	5'9"
15	Dan Poisson	16	5'11"
16	A.J. Hutchins	15	5'10"
18	Michael Lawlor	14	5'10"
21	Max McConaghy	17	5'9"
24	Dan Casey	18	6'5"
27	Kellen Corkill	16	5'9"
31	David Friedman	18	5'10"
42	Ryan Jacobs	18	6'1"

## Philadelphia High School Ultimate

No.	Player Name	Age	Height
2	Aman Nalavade	18	5'9"
3	Mark Dundala	17	5'11"
5	Dave Kelly	18	6'3"
6	Kyle Baynes	18	5'7"
7	Erik Alexander	18	6'2"
9	Max Abrahams	18	5'6"
10	Luke Herrine	18	5'10"
11	Ryan Bleam	18	5'9"
12	Mike Plunkett	17	5'7"
13	Gabe Friedman	18	5'8"
14	Brian Nevison	18	5'6"
16	Art Shull	18	6'2"
18	Chris Vanni	18	5'11"
20	Mike Principe	17	5'10"
23	Eddie Peters	17	6'0"
24	Noah Saul	17	6'0"
28	Aaron Pavitt	17	5'11"
29	Scott Wright	17	5'11"
50	Mike Maio	18	6'0"
55	Frank Harris	18	6'1"
72	Justin Principe	17	5'10"

## Pittsburgh High School Ultimate League

No.	Player Name	Yr.	Height
0	Jeff Olko	16	5'11"
2	Alex Thorne	16	5'4"
3	Brent Shipe	18	6'0"
5	Colin Conner	16	5'10"
6	Brian Nelson	17	5'6"
7	Zach Reinhardt	17	5'8"
8	Jay Huerbin	18	5'10"
9	Chris Lippert	16	6'1"
10	Perry Martin	17	6'2"
11	Jack Gazdik	16	5'9"
13	Zach Ehler	18	5'11"
15	Zack Smith	17	6'4"
19	Ben Funk	16	5'8"
21	Chris Brenenburg	18	6'0"
22	Pete Imler	17	5'10"
24	Dave Macurak	17	6'0"
27	Bennett Washburn	16	5'9"
47	Julian Hausman	17	6'2"
58	Hao Su	18	6'0"
84	Alex Lamers	17	6'1"
91	Griffin Patterson	17	6'1"

# GIRLS' DIVISION GAME SCHEDULE

## Saturday, August 5, 2006

All Games to 15 Cap 17	1	Seattle				
	2	New England				
	3	Minneapolis				
	4	Denver				
	5	Madison				
Saturday		F#	Score		F#	Score
8:00-9:30	1v5	5	-	3v4	6	-
10:00-11:30	1v3	5	-	2v5	6	-
12:00-1:30	1v4	5	-	2v3	6	-
2:00-3:30	1v2	5	-	4v5	6	-

## Sunday, August 6, 2006

Sunday		F#	Score		F#	Score
8:30-10:00	2v4	5	-	3v5	6	-

Re-seed after Round Robin to get 1-5

## Sunday, August 6, 2006



Games to 15 cap 17

# GIRLS' TEAM INFO



## **Denver Youth Summer League**

### ***Colorado White Out***

**Denver, Colo.**

**Coaches:** Carrie Thrasher, Kristin Harding

This is the first year that Colorado will be represented with an Open and a Girls' YCC team from the Denver Youth Ultimate Club. Between the Open and the Girls' sides there are nine Colorado high schools represented. The two teams stem from the Denver Summer Youth Ultimate League (DSYUL) which was founded by Jeff Berget in the summer of 2004.

With a handful of nominated team names to vote on, White Out ended up at the top of the list. Is White Out an optical phenomenon in which the snow-covered ground blends in to a uniformly white sky, greatly reducing ones sense of direction or distance? Or a correctional fluid? We'll know when our shirts are done. See you all at the fields!

## **Disc Northwest Youth Spring**

### **League**

#### ***Seattle***

**Seattle, Wash.**

**Coaches:** Chris 'Fozz' Forsberg, Melina Coogan

This is the 2nd annual YCC team from Seattle. Last year's team was very successful. We are hoping that with hard work and some good luck we can replicate that success this year.

The Seattle High Schools represented the Northwest superbly at the 2006 UPA High School Western Championships. Nathan Hale High School and The Northwest School had a rematch of their State Championship game in the final, while Lakeside and Seattle Academy both made it into the quarterfinals.

## **Madison Youth Spring League**

**Madison, Wisc.**

## **Minnesota High School Ultimate**

### ***Minnesota Miseses (pronounced Miss-Kiss)***

**Twin Cities, Minn.**

**Coaches:** John Sandahl, Kristi Boesen, Jason Curtis, Tobie Miller, Ross Savage, Dan Rydel, Kelly Bretz

Miseses (pronounced Miss-Kiss) is a latin word meaning "Gaining strength from being all mixed together". It is the name of the longest running girls' club team in Minnesota and the team was formed originally for the 2003 UPA Junior Invitational championships (in Birmingham, Ala.) where the Miseses took home the Spirit trophy with a perfect score. Since those days the team has continued to improve and is enjoying its biggest roster ever! Welcome to our turf!

Miss Kiss Miss Kiss Kiss This Disc!

## **New England High School**

### **Ultimate League**

#### ***New England***

#### ***New England***

**Coach:** Bryan Galante



New England was formed this June for the specific purpose of competing in the Youth Club Championships. The team is made up of players from Vermont, Maine, and Massachusetts.



# GIRLS' TEAM ROSTERS



## Denver Summer Youth Ultimate

No.	Player Name	Age	Height
1	Katie McCune	18	5'6"
2	Christina Torres	17	5'8"
3	Christina Ward	17	5'10"
6	Alison Wilber	18	
7	Laura Burkhardt	18	
8	Alli Hamrick	18	
9	Adrienne Deshaies	17	
12	Shannon Waugh	18	
16	Dana Hayward	17	
17	Elise Mann	17	5'7"
19	Carlie Field	18	
21	Laura Travers	18	5'10"
23	Nicole Proulx	18	
27	Brenna Hokanson	17	5'7"
34	Maggie McInnes	18	5'5"
35	Hayley Sanderson	18	5'7"
99	Alex Swanson	18	5'11"

## Disc Northwest Youth Spring League

No.	Player Name	Age	Height
1	Katrina Weeks	17	5'5"
2	Elizabeth Arakaki	17	5'7"
3	Rachel Karpelowitz	14	5'4"
5	Drew Johnson	17	5'8"
7	Tess Eisenhart	18	5'5"
9	Lucy Wolf	16	5'6"
10	Bailey Zahniser	16	5'7"
11	Zoe Jacobsen	17	5'11"
12	Maggie Fisher	16	5'10"
14	Hana Kawai	18	5'9"
15	Sabrina Duenas	15	5'6"
16	Marisa Landicho	15	5'7"
17	Taylor Kanemori	15	5'0"
19	Fiona McKibben	17	5'7"
21	Kelsey Colpitts	18	5'6"
22	Zina Hurd	16	5'4"
23	Anna Snyder	16	5'9"
32	Sarah Benditt	16	5'4"
44	Cailey Marsh	15	5'5"
69	Sally Landefeld	15	5'4"

## Madison Youth Spring League

No.	Player Name	Age	Height
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## Minnesota High School Ultimate

No.	Player Name	Age	Height
2	Erika Schmit	16	5'9"
4	Whitney Esson	16	5'5"
5	Iansa Zalदारriaga	17	5'4"
7	Stephanie Fleisher	18	5'6"
8	Ashleigh Hayes	16	5'6"
11	Sam Thorud	17	5'8"
13	Rita Lederle	18	5'6"
14	Katie Hanson	17	5'5"
15	Maria White	17	5'11"
17	Amy Marino	16	5'9"
19	Anna Moussiitouchouk	17	5'5"
35	Sarah Hoistad	17	5'6"
54	Carlin Van Holmes	14	5'4"
88	Carly McClure	18	5'5"

## New England High School Ultimate League

No.	Player Name	Age	Height
2	Marcianna Tulecke Beyer		
4	Sarah Chila		
5	Meredith Hadley		
7	Gretchen Dengler		
11	Autumn Johnson		
13	Amy Broome		
14	Anna Hall		
17	Akie Hashimoto		
24	Kate Desrochers		

# MIXED DIVISION GAME SCHEDULE



Saturday, Aug 5, 2006									
All Games to 15 Cap 17	1	Minneapolis							
	2	New England							
	3	Cincinnati							
	4	Seattle							
	5	Manitoba							
	6	Des Moines							
Saturday		F#	Score		F#	Score		F#	Score
8:00-9:30	1v4	7		2v3	8		5v6	9	
10:00-11:30	1v3	7		2v5	8		4v6	9	
12:00-1:30	1v5	7		2v6	8		3v4	9	
2:00-3:30	1v2	7		4v5	8		3v6	9	
Sunday, August 6, 2006									
Sunday		F#	Score		F#	Score		F#	Score
8:30-10:00	1v6	7		2v4	8		3v5	9	

Re-seed after Round Robin to get 1-6

## Sunday August 6, 2006

Games to 15 cap 17

Pool #4

10:30am-12:00pm  
Field #7

Pool #5

Semifinal  
12:30-2:00pm  
Field #7

Pool #1

Final  
2:30-4:00pm  
Field #7

Champion

Pool #2

Semifinal  
12:30-2:00pm  
Field #8

Pool #3

10:30am-12:00pm  
Field #8

Pool #6

# MIXED TEAM INFO



## **Des Moines Ultimate Summer League**

**DMULYouth (Ames ToP)**

**Des Moines/Ames, Iowa**

**Coach:** John Misra

The DMUL team was brought together by the hard work of a mighty and magnetic man – Greg Shirbroun. Prior to the joining of forces from Ames and Des Moines there was Ames ToP, which first stepped on the Ultimate field in the spring of 2005 at ISU's Huckfest. After a second place finish, the band of warriors was left wanting more. The following summer, rigorous training sessions began and a small group of dedicated troops joined the Des Moines Summer League. Gleaning wisdom from the enlightened elders of Ultimate, they brought back what they learned to Ames. Paying homage to their nascent days, the team chose a name of Ames Towers of Powers, referring to the Iowa State dorms where they learned the game. Today at the fields, the white discs fly and the youth still sweat and bleed after hard-fought battles. This is Ultimate, this is Ames ToP!

## **Disc Northwest Youth Spring League**

**Rain City Boom**

**Seattle, Wash.**

**Coaches:** Meredith Tosta, Ayrton Jones

Rain City Boom is the natural outgrowth of coed youth Ultimate in Seattle. Most, if not all, of the players have played in middle school and/or high school coed leagues. There are 11 high schools represented on the roster of the team. Rain City Boom hopes to combine spirit and fun with success on the field.

## **Manitoba Organization of Disc Sports Summer League**

**MOFO (Masters Of Flying Objects)**

**Winnipeg, Manitoba, Canada**

**Coaches:** Colin Yeung, Sean Udow, Josh Magnusson, Eric Reder, Dan Byma



MOFO is the elite Winnipeg-based junior club touring Ultimate team. "Masters Of Flying Objects" is consistently a perennial contender for the Junior division title at the Canadian Ultimate Championships, becoming the top junior team in Canada three times in the last four years. MOFO's fledgling roots could be attributed to the stellar organizing and coaching of Dean Wright (who has been deemed the "founder of junior Ultimate in Canada"). Since then, MOFO has manufactured a formula for success, and enlists a strong cast of coaches and support staff. MOFO consistently produces talented players who represent the country on the national junior teams competing at the World Ultimate and Guts Championships and at the World Junior Ultimate Championships. This is MOFO's first tournament on American soil and MOFO intends to represent itself and its country with class and spirit.

## **Minnesota High School Ultimate Minnesota Mixed**

**St. Cloud/St. Paul, Minn.**

**Coaches:** Ben Fisher, Quinn McCloughan, Krisie Melsen, Ben Nalezny

The Minnesota Mixed team is a combination of kids from Cathedral High School (St. Cloud, Minn.) and Cretin-Derham Hall (St. Paul, Minn.).

# MIXED TEAM INFO



## New England High School Ultimate League

*Eastern Mass Ultimate*  
Eastern Massachusetts

**Coaches:** Larry David, Ben Worthen,  
Mike Etkind



This is the second year of team EMU. It's the only youth team of its kind in eastern Massachusetts. The team is comprised of the top players from the high school Ultimate teams that are located throughout greater Boston. The team is sponsored and supported by the Boston Ultimate Disc Alliance and local Boston Ultimate players.

## Youth Ultimate Cincinnati OCD (Obsessive Compulsive Disc-order) Cincinnati, Ohio

**Coaches:** Joel Houmes, Phil Hale,  
Steve Conrad



OCD has a long and glorious two year history. Given our attention to detail the name seemed appropriate, or at least ironic.

OCD traveled to Lafayette, IN and completed a 6-0 run against Indiana area high school teams. We also finished 2-3 at the Smokey Mountain Ultimate Tournament and are looking forward to taking the crown at CHUBBY.

# MIXED TEAM ROSTERS



## Des Moines Ultimate Summer League

No.	Player Name	Age	Height
1	Chuck Cleary	18	6'3"
2	Michael Dunlay	18	5'11"
3	Maria Fabiosa	18	5'4"
4	Elizabeth Glenn	14	5'5"
5	Emily Hall	15	5'5"
6	Torin Johansen	18	6'0"
7	Emily Kawaler	17	5'4"
8	Ross Koppenhaver	18	5'11"
9	Magon Liu	15	5'4"
10	Ying Ying Liu	18	5'5"
11	Ginny McCalmont	18	5'8"
12	Xin Pan	18	5'10"
13	James Pringle	18	5'11"
14	Greg Shimbroun	18	5'8"
15	Jarrett Wendt	17	5'9"
16	Iain Wilson	19	5'8"

## Disc Northwest Youth Spring League

No.	Player Name	Age	Height
00	Ryan Mathis	16	5'10"
1	Clayton Dewey-Valentine	16	5'4"
2	Lindsey Wilson	17	5'6"
3	Alexis Chouery	17	5'0"
3	Justin Norden	15	5'6"
4	Leah Fury	15	5'4"
5	Jillian Goodreau	17	5'10"
6	Stanley Barnes		5'9"
7	Noah Baker	16	5'5"
8	Kimbra Lo	14	5'9"
9	Simon Montague	15	6'0"
10	Hugo Rojas		5'5"
11	Ian Davison		
12	Simone Childs-Walker	17	5'2"
13	Michael Revelas	15	5'11"
14	Clara Easter		
15	Zach Montes	18	5'10"
19	Jake Felser	17	5'10"
20	Avery Reed	17	5'2"
22	Mac Schneider	17	5'11"
32	Harry Howell	17	6'0"
42	Danielle Morris	14	5'6"
68	Ryan Schooley	16	5'10"

# MIXED TEAM ROSTERS



## Manitoba Organization of Disc Sports

### Summer League

No.	Player Name	Age	Height
1	Jonathan Luk	18	6' 1"
4	Erin Mirecki	18	5' 7"
5	Esther Luk	17	5' 7"
7	Jasa Grant	19	5' 11"
8	Claire Lefevre	16	5' 7"
11	Andrew Sutton	17	5' 11"
13	Samie Lovat	16	5' 7"
15	Krish Mulchand	18	6' 0"
16	Lauren Roberts	17	5' 6"
17	Andrew Vogt	17	5' 10"
18	Melanie Dorie	17	5' 7"
19	Dean Johnstone	18	6' 0"
20	Tony Khamphavong	16	6' 0"
21	Matthew Artemiuk	17	5' 10"
23	Kyle Lohrson	16	5' 10"
24	Graeme Crawford	16	5' 8"
49	Sean Storm	18	6' 0"
50	Sean Brooks	17	6' 1"
89	Mark Lloyd	16	6' 0"

## New England High School Ultimate League

No.	Player Name	Age	Height
0	Logan Weiss	17	6'0"
2	Stephen Oleski	18	5'8"
3	Nick Stulck	18	6'0"
4	David Koh	16	5'10"
5	Jim Marsden	18	5'9"
6	Garrett Bernstein	18	5'11"
7	Peter Lubersbane	18	5'10"
8	David Shin	18	5'7"
9	Evan Carter	16	5'8"
10	Ben Sullender	17	6'3"
14	Chase McCann	18	5'9"
16	Andrew Lunetta	16	5'10"
18	Tom Bassett	17	5'10"
21	Sarah Hempstead	17	5'3"
25	Sean Kenney	18	6'0"
26	Rachael Westgate	16	5'5"
37	Geoa Geer	17	5'7"
44	Jackie Booth	17	5'9"
54	Anna Poaster	16	5'0"
81	Max Gillett	16	5'7"

## Minnesota High School Ultimate

No.	Player Name	Age	Height
5	Eric Johnson	17	
6	Jake Lanz	18	
6	Keshia Milbauer	16	
7	Paul DeWenter	16	
11	Brandon Kane	17	
13	Jennifer Herdan	16	
15	Matt Theisen	17	
16	Patrick Gaetz	18	
17	Ali Lanz	15	
19	Jenny Swenson	16	
21	Alex Hennen	18	
23	Drew Bauer	18	
24	Jake Reuter	16	
27	Josh Johnson	15	
28	Katie Godfrey	16	
37	Sean Scullin	17	
56	Cameron Rien	16	
77	Nicole Torborg	16	
88	Meghan Metcalf	17	

## Youth Ultimate Cincinnati

No.	Player Name	Age	Height
00	Adam Van Atta	18	5'10"
1	Justin Conrad	18	6'3"
2	Anne Culhane	16	5'5"
3	Sarah Findley	18	5'3"
4	Evan Conrad	16	6'2"
5	Scott Chadwick	18	5'11"
6	Kevin Bishop	16	5'10"
7	Micah Teller	18	5'9"
8	Julia Dell'aira	16	5'9"
10	Kristin Dannemiller	18	5'4"
13	Max Streeter	18	6'1"
14	Bridgette Shreiner	16	5'3"
18	Madison Handley	15	5'3"
20	David Silvashy	16	5'7"
22	Rita Klofta	17	5'5"
23	Zach Kaufman	16	6'3"
24	Roscoe Jeffries	17	5'11"
25	Shannon Clear	18	5'2"
27	Heidi Heckel	16	5'6"
65	Tim Groh	18	6'1"
77	Will Teller	15	5'11"
91	Ben Findley	16	5'10"



If you have one  
accurate throw all  
weekend, please  
make it the one  
that sends your  
trash into a  
garbage can.



Thank You,

**Ultimate**  
PLAYERS ASSOCIATION

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