



Event Guide

VC is proud to sponsor the 2007 Youth Club Championships



Image by Jason Mechler / www.jasonmechler.com

In fact, we're proud to support any youth Ultimate initiative or event. Send us your ideas or contact VC to find out how we can help.
info@vcultimate.com



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Event Staff

Tournament Director – Bruce Mebust
Volunteer Coordinator – David Raflo
Head Scorekeeper – Seth Grossinger
UPA Executive Director – Sandie Hammerly
UPA Championship Director – Will Deaver
UPA Director of Youth Development– Meredith Tosta
UPA Director of Media – Ryan John



Welcome

On behalf of the Ultimate Players Association, the Minnesota High School Ultimate League and the Twin Cities Ultimate community, I welcome you to the 3rd Annual UPA Youth Club Championships.

Once again the tournament has grown over previous years. This year we have 23 teams with the Girls' and Open Divisions full at 8 teams and the Mixed Division with 7 teams. Over half of the teams are returning from 2006 including last year's Girls' Division Champions from the Disc Northwest Youth Spring League of Seattle, WA.

Again, the tournament takes place at the National Sports Center in Blaine, Minnesota. The NSC is a large facility with room for 40+ fields. Our fields are grouped together in one area to make it easier for players and fans to watch other games. The Saturday night social event will be held in the Schwan Center at the NSC and an exhibition game between team coaches and captains will be held in the stadium next door to the Center.

Minnesota is a distinctly Midwestern state known for lakes, corn, soybeans, potatoes, dairy cows and colleges. If you haven't made your college choices yet, Minnesota has a lot of great colleges to consider, both small and large.

The Twin Cities of Minneapolis and St. Paul are home to many of those colleges and to important arts institutions such as the Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra, the Minneapolis Institute of Art and numerous smaller theaters and live music venues.

Another famous Minnesota destination is the Mall of America reachable from downtown Minneapolis on the Hiawatha Line of the Twin Cities new light rail system.

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

YCC Tournament Director

Weekend Overview

Friday Aug 10th – Ramada Minneapolis NW

6:00pm-10:00pm – Team Registration

Saturday Aug 11th at National Sports Center (NSC)

8:00am – Captain's Meeting

9:00am-5:00pm – Pool Play

5:30pm – Dinner and Games - Schwan Center at NSC

6:30pm – Exhibition Game: Coaches vs Team Captains! - Exhibition Field UI at NSC

Sunday Aug 12th at National Sports Center (NSC)

8:30am-2:00pm – Pool Play (Mixed). Elimination and Placement games (Open, Girls).

2:30pm – Finals (Open, Girls, Mixed)

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



Shooting Photos/Videos

The Ultimate Players Association appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by the UPA.

The use of such recordings for personal use is acceptable. However, anyone wishing to sell or market their recordings in any manner to any individual or organization other than the UPA (including but not limited to any sales, promotional, advertising or merchandising uses) will be required to complete a 2007 Recording Partnership Agreement prior to being allowed to record UPA events.

Note: Family and friends may record events for personal use, but may not reproduce these recordings for commercial purposes without prior written consent from the UPA. If you are unsure about any of the policies or would like a Recording Partnership Agreement at the event, please see Ryan John, UPA Director of Communications

Competition Rules

- 11th Edition Rules of Ultimate will be in effect.
- All games to 15, point-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 (e.g. In a game to 15 goals, overtime occurs when the score reaches 14-14).
- Soft time-cap goes on at end of round time on schedule. Add two points to higher score after first score after soft time-cap. Play to that total. No more win by two.
- Hard time-cap goes on 15 minutes after the soft time-cap. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

Site Rules

- No alcohol
- Dogs must be leashed
- Spectators and equipment must stay behind field buffer lines or 5 yards away from sidelines.
- Please clean up trash.

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

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 11th Edition Rules of Ultimate

Team Awards - Following every game, each team will be asked to rate its opponent using the following UPA Spirit Ratings Guidelines, approved by the UPA Board of Directors in July, 2007. These ratings will be averaged and the team in each division with the highest average rating will be awarded the Team Spirit Award after their division's finals.

UPA Spirit Ratings Guidelines: The ratings are ordered from 5 (indicating the highest level of Spirit) thru 1 (the lowest level of Spirit):

5 - Highest level of respect shown throughout 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 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 could include elements of sportsmanship, leadership, perseverance, 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!

2008 UPA Coaching Certification Information

Effective with 2008 UPA Youth and High School Championships events (Easterns, Westerns and YCC):

During games at UPA Championship events where field access is restricted, teams with coaching staff are required to have at least one Level 1 Certified coach in order for coaching staff to have player-level field access. All other non-player support staff, with player-level or limited field access, including coaches, must read, sign and agree to abide by the UPA Coaching Code of Ethics and Spirit of Coaching Statement. Limits on number of coaches and other non-player support staff will be determined by specific event guidelines.

The above policy was approved by the UPA Board of Directors in the summer of 2006 to encourage the development of coaches with an understanding of and commitment toward the UPA's standards for coaching knowledge and ethical behavior.

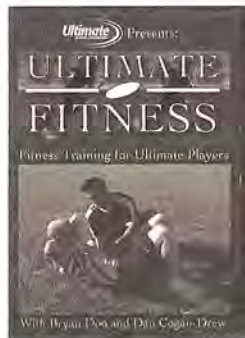
Please note that restricted access games currently include the semi-finals and finals, but may be expanded to include other games.

Coaches should make plans to obtain Level I certification by no later than April 2008 in order to ensure sideline access for all games at 2008 Youth and High School Championship tournaments.

For more information, please contact Meredith Tosta, UPA Director of Youth Development at Meredith@hq.upa.org or visit the UPA web site at: www.upa.org/coaches/coaching.

Now Available!

ULTIMATE FITNESS



The UPA, Bryan Doo and Dan Cogan-Drew have teamed up to produce *Ultimate Fitness*, a DVD focused on fitness training for Ultimate players. This DVD takes you through 39 exercises from warming up to cool down. Join Bryan and Dan as they show you how to improve your flexibility, speed, agility, quickness and core strength. Follow the exercises on this DVD as you take your game to the next level, with less chance of injury along the way.

Check the UPA website for ordering information:

Directions

Tournament Hotel to Fields/Dorms

- Head north on Lakeland Ave N toward 70th Ave N 0.2 mi
- Turn left at 71st Ave N 0.1 mi
- Turn right at CR-81 N 1.7 mi
- Slight right at US-169 N 1.6 mi
- Turn right to merge onto MN-610 E 7.2 mi
- Merge onto US-10 E 0.9 mi
- Take the Central Ave NE/MN-65 exit 0.4 mi
- Turn left at Central Ave NE/MN-65 N 1.9 mi
- Turn right at 105th Ave NE 0.4 mi

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

- Exit the NSC on 105th 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 on 105th Ave NE toward Davenport St NE 0.4 mi
- Turn left at MN-65 S 6.3 mi
- Take the ramp onto I-694 W 1.5 mi
- Head west on I-694 W 0.4 mi
- Take exit 35B to merge onto I-94 E 8.4 mi
- Take exit 233B toward I-35W S 0.2 mi
- Merge onto MN-65 S 0.6 mi
- Merge onto I-35W S 4.4 mi
- Take exit 11B on the left to merge onto MN-62 E 4.0 mi
- Continue on MN-55 E 0.6 mi
- Take the exit onto MN-5 W toward International Airport 0.9 mi
- Take the exit toward Lindbergh Terminal 0.3 mi

Tournament Hotel to Airport

- Head north on Lakeland Ave N toward 70th Ave N 0.2 mi
- Turn left at 71st Ave N/CR-8 S
- Continue to follow CR-8 S 0.1 mi
- Turn left at CR-81 S 0.5 mi
- Turn left to merge onto I-94 E 12.4 mi
- Take exit 233B toward I-35W S 0.2 mi
- Merge onto MN-65 S 0.6 mi
- Merge onto I-35W S 4.4 mi
- Take exit 11B on the left to merge onto MN-62 E 4.0 mi
- Continue on MN-55 E 0.6 mi
- Take the exit onto MN-5 W toward International Airport 0.9 mi
- Take the exit toward Lindbergh Terminal

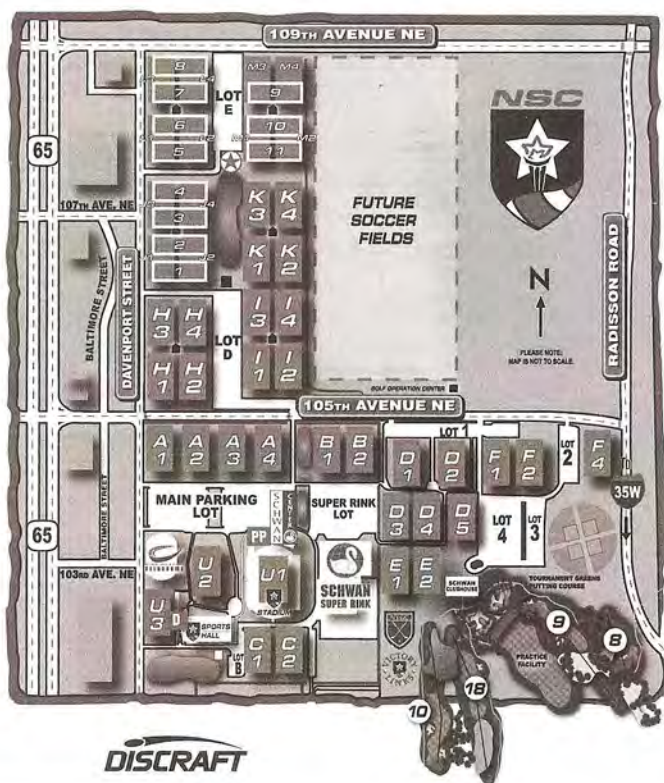
Field Map



UPA YOUTH CLUB CHAMPIONSHIP



AUGUST 11-12, 2007
NATIONAL SPORTS CENTER • BLAINE, MN



DISCRAFT

	Game Fields		Tournament Central		Dorms (Next to Field U3)
	Fieldmanager Pavillions	• Check-in	• Media		Saturday Night Player Party
		• Information	• Scoring		(Schwan Center/Field U1)
		• Vendors	• Medical		

Health & Safety

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

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

Concussions

- Concussions are brain injuries that can occur as a result of a blow to the head.
- Symptoms may include headache, nausea, vision problems, confusion, balance problems.
- If you think you or one of your teammates might have a concussion, tell your coach and have the person see a medical professional. Medical staff are on hand at the event at Tournament Central.

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
 - o Avoid alcohol, caffeine, and carbonated beverages.
 - o Medications such as antihistamines, decongestants, certain asthma medications, and diuretics can increase risk for heat illness. Avoid them if possible.
 - o Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
 - o Know your body – Be honest! Are you fit enough to perform under current conditions?
 - o 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, 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).
 - o Don’t drink too much – Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
 - o Monitor your urine – Clear/copious = hydrated. Dark = Need water/electrolytes.
 - o Be sensitive to prior illness – If you’ve been sick, your body may be more susceptible to dehydration.
 - o 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.
- Where buffer lines are set up around the fields, all equipment and spectators must remain behind those lines or at least 5 yards from the field.

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 National Sports Center includes the Schwan Center, Sports hall, or any other 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 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.

Girls' Schedule

All Games to 15 Cap at 17	Pool A					
	A1	Seattle				
	A2	Colorado				
	A3	Cincinnati				
	A4	Madison				
		F#	Score		F#	Score
9:00-10:30	A1 v A3	1	-	A2 v A4	2	-
11:00-12:30	A1 v A4	1	-	A2 v A3	2	-
1:30-3:00						
3:30-5:00	A1 v A2	1	-	A3 v A4	2	-
Re-seed teams within each pool for Sunday play						

Consolation Bracket
Sunday, Aug 12, 2007



Consolation games to 15 cap 17

All Games to 15 Cap at 17	Pool B					
	B1	New England				
	B2	Eugene				
	B3	Minnesota				
	B4	Pittsburgh				
		F#	Score		F#	Score
9:00-10:30	B1 v B3	3	-	B2 v B4	4	-
11:00-12:30	B1 v B4	3	-	B2 v B3	4	-
1:30-3:00	B1 v B2	3	-	B3 v B4	4	-
3:30-5:00						
Re-seed teams within each pool for Sunday play						

Championship Bracket
Sunday, Aug 6, 2006



Championship games to 15 cap 17

Mixed Schedule

Saturday, Aug 11, 2007									
All Games to 15 Cap 17	1	Atlanta							
	2	Philadelphia							
	3	NEPSUL							
	4	New England							
	5	Seattle							
	6	Colorado							
	7	Minnesota							
Saturday		F#	Score		F#	Score		F#	Score
9:00-10:30	3v5	9		2v7	10		4v6	11	
11:00-12:30	3v4	9		5v7	10		1v6	11	
1:30-3:00	4v7	9		2v5	10		1v3	11	
3:30-5:00	6v7	9		4v5	10		1v2	11	
Sunday, August 12, 2007									
Sunday		F#	Score		F#	Score		F#	Score
8:30-10:00	3v7	9		2v6	10		1v5	11	
10:30-12:00	3v6	9		2v4	10		1v7	11	
12:30-2:00	5v6	9		2v3	10		1v4	11	
Re-seed after Round Robin to get 1-7									

Finals
 2:30-4:00pm
 Field 7
 (Re-seeded 1v2)

Champion

Games to 15 cap 17

Open Schedule

All Games to 15 Cap at 17	Pool A					
	A1	Seattle				
	A2	Pittsburgh				
	A3	Minnesota				
	A4	Cincinnati				
		F#	Score		F#	Score
9:00-10:30	A1 v A3	1	-	A2 v A4	2	-
11:00-12:30	A1 v A4	1	-	A2 v A3	2	-
1:30-3:00						
3:30-5:00	A1 v A2	1	-	A3 v A4	2	-
Re-seed teams within each pool for Sunday play						

Consolation Bracket Sunday, Aug 12, 2007



Consolation games to 15 cap 17

All Games to 15 Cap at 17	Pool B					
	B1	New England				
	B2	Colorado				
	B3	New Jersey				
	B4	Madison				
		F#	Score		F#	Score
9:00-10:30	B1 v B3	3	-	B2 v B4	4	-
11:00-12:30	B1 v B4	3	-	B2 v B3	4	-
1:30-3:00	B1 v B2	3	-	B3 v B4	4	-
3:30-5:00						
Re-seed teams within each pool for Sunday play						

Championship Bracket
Sunday, Aug 6, 2006



Championship games to 15 cap 17

Girls' Team Info



Cincinnati Pegasus

Pegasus was created following a successful run in the Mixed division last year. While we are new to the division, we are learning fast. Pegasus has a solid core of experienced players and a few young and promising players

Roster

No.	Player Name	Height
3	Katy Balbach	5'7"
7	Sarah Sterner	5'4"
9	Jess Tufts	5'8"
13	Anne Culhane	5'5"
14	Bridgette Shreiner*	5'3"
15	Ginny Heckel	5'4"
18	Madison Handley*	5'4"
19	Ellen Pucke	5'7"
20	Maggie Medina	5'4"
22	Rita Klofta*	5'5"
27	Heidi Heckel	5'7"
44	Jennifer French	5'5"
45	Bethany Kaylor	5'7"

Coaches: Bob Scheadler, Christine Scheadler, Sarah Findley, Sarah Zistler



Colorado Cutthroat

The 2007 Colorado Girls' YCC team, based out of the Denver metro area, is comprised of a group of 14 hard-working, talented girls from all different parts of the state. Last year was the first year any Colorado team made an appearance at YCC; it was also the year that Colorado women's youth Ultimate created a name for itself on a national level, taking second place in the tournament. This year the Colorado girls are back with a new name, three skilled, devoted coaches, new game strategies and a competitive edge. The Cutthroat girls hope to cut down their competition by running a sharp offense and fierce defense. They come to be competitive, have fun and give it all they've got.

Roster

No.	Player Name	Height
2	Molly Fast	5'0"
3	Christina Ward	5'11"
4	Clara Bolard	5'7"
5	Brenna Hokanson*	5'7"
8	Claire Hamrick	5'3"
9	Alex Rice	5'8"
10	Julia Snieder	5'5"
13	Chelsea Cosby	5'7"
16	Dana Hayward*	5'0"
18	Hayley Sandersen	5'7"
19	Sarah Davis	5'4"
23	Kat Chaffin	5'6"
27	Elise Mann*	5'8"
33	Amber Smith	5'5"

Coaches: Carrie Thrasher, Jason Brask, Kristin Hardie

Girls' Team Info



Eugene

FLOOD

This will be the third Oregon YCC Girls' team that has formed, but this year will be our first appearance at the big show. Formed a few months prior to the competition, our girls come from three high schools in Oregon. Each program has had its' own diverse style of play that ranges from gritty and tough to eloquent and quick. It is our hope that we come together in August as a unified team, have some serious fun, and surprise more than a few people with our skill.

Roster

No.	Player Name	Height
5	Kimber Coles	5'2"
6	Claire Neyman	5'7"
7	Autumn Tocchi	5'5"
8	Becca Otto	5'4"
15	Chelsea Thaw	5'5"
18	Julia Sherwood	5'5"
19	Christine Wilson	5'8"
24	Aubri Bishop	5'10"
25	Angela Tocchi	5'11"
26	Ciera Bishop	5'4"
31	Caitlin Jost	5'4"
33	Kati Dahn	5'4"
62	Lisa Neyman	5'8"
80	Adienne Bovee	5'6"

Coach: Luke Johnson



Madison Holy Mackerel

This is the third year that Madison will bring a team to YCC, and each year the team has grown in numbers and experience. We are excited to have had girls from two Madison high schools this year, and look forward to further expansion next year. We look forward to great competition and fun games during the weekend!

Roster

No.	Player Name	Height
1	Kristen Brenner	5'2"
4	Brittany Faust	5'5"
5	Kelsey Hanson	
7	Briana Berkowitz	5'8"
8	Meredith Mount	5'6"
17	Laura Schott	5'6"
21	Jessica Liu	5'8"
22	Melissa Taylor	5'5"
23	Kate Gurke	5'8"
25	Carolyn Sleeth	
28	Kelsey Johnson	5'6"
32	Meredith Bray	5'6"

Coaches: Kate Arnold, Katie Dosch, Corinne Wade



Girls' Team Info

Minnesota

Misces

Minnesota Misces (Pronounced "Miss-Kiss") has been around for five years starting with the 2003 UPA Junior Invitational Championships in Birmingham, Alabama. The team has continued to grow and improve each season in conjunction with the Minnesota High School League and specifically the Girls' division within the league. This year's team features a full roster of girls from eight different high school teams and they are hungry for a shot at the best the UPA has to offer. Misces is a latin word meaning something approximating: Being stronger because we're mixed together. We're glad you've made the trek to our home fields to mix with us. We hope you enjoy your stay here and we look forward to becoming stronger as a result!

Roster

No.	Player Name	Height
1	Janet Belland	5'0"
5	Iansa Zaladarriaga*	5'2"
7	Steph Schwartz	5'6"
8	Ashleigh Hayes	5'6"
9	Annie Baierl	5'8"
10	Emma Peaslee	5'2"
11	Mara Saltzman	5'2"
12	Frieda Manthei	5'8"
13	Erica Baken	5'7"
15	Maria White	5'11"
16	Lisa Barnes	5'9"
19	Anna Moussitichouk	5'5"
21	Elise Rasmussen	5'3"
23	Jenna Dailey	5'2"
24	Erin Curme	5'4"
25	Whitney Esson	5'4"
35	Sarah Hoistad*	5'6"
39	Christine Rosen	5'5"
44	Kali Basman	5'3"
54	Carlin VanHolmes	5'6"

Coaches: John Sandahl, Lori VanHolmes, Jill Oesterreich Kiener, Bridget Kane, Deb Hayes, Tobie Miller



New England

Blue Crush

Fortune cookies.

Roster

No.	Player Name	Height
2	Claudia Tajima	5'7"
3	Rosie Rabinovitz	5'3"
7	Olivia Crough	5'8"
8	Amber Sinicrope*	5'4"
9	Sarah Berlin	5'2"
10	Lauren Baecher	5'8"
17	Liz Duda	5'1"
21	Sophie Herscu	5'3"
23	Anna Levine	5'5"
26	Rachael Westgate*	5'5"
77	Mia Greenwald	5'7"
89	Annie Fisher	5'7"

Coaches: Beth Nakamura, Kayla Burnim, Catherine Greenwald

Girls' Team Info

MOXIE

Pittsburgh

Moxie

Moxie- the ability to face difficulty with spirit and courage; Aggressive energy; Skill.

2007 brought the formation of the first youth girls' league in Pittsburgh, as well as our first opportunity to take a girls team to Youth Club Championships. Thus, Moxie was born. Though our numbers may be small, this team exemplifies the qualities that define our name. These girls will forge a great future for a promising team.

Roster

No.	Player Name	Height
1	Noelle Evans	
2	Maria Bajzek	
3	Liz Clark	
4	Anna Rakers	
6	Sarah Zapletal	
8	Natalie Muchado	
11	Laura Perkins	
41	Chelsea Grindle	

Coaches: Susan Thomas, Amanda Virbitsky



Seattle

Seattle

DiscNW Girls have won the YCC tournament two years running and are back to defend their title. Fiona McKibben, Anna Snyder, and Drew Johnson all played for the 2006 Junior National Team. Also look out for Lindsey Wilson who is playing on the elite Seattle Mixed team Shazam Returns. This team is comprised of players from 10 different schools and is truly representative of the level of talent in the Seattle metropolitan area. We look forward to a strong showing in 2007!

Roster

No.	Player Name	Height
2	Elizabeth Arakaki	5'6"
3	Rachel Karpelowitz	5'4"
5	Drew Johnson	5'8"
7	Jillian Goodreau	5'11"
8	Barbara Hoover	5'7"
9	Lucy Wolf	5'3"
10	Bailey Zahniser	5'7"
12	Maggie Fisher	5'9"
13	Avery Reed	5'6"
15	Sabrina Duenas	5'5"
17	Taylor Kanemori	5'0"
19	Fiona McKibben	5'6"
20	Lindsey Wilson	5'8"
22	Zina Hurd	5'4"
23	Anna Snyder	5'9"
27	Sara Scott	5'5"
32	Sarah Benditt	5'4"
44	Cailey Marsh	5'4"

Coaches: Chris 'Fozz' Forsberg, Amy Donahue

Mixed Team Info



Atlanta

I-20

In Atlanta there is nothing more powerful than the highway lobby. And the highway that connects the Atlanta HS League is Interstate 20. I-20 is a collection of twenty players from Paideia, Heritage, and Galloway. The team brings a strong commitment to fundamentals with a forward thinking, fast-paced offensive strategy. You may already know the names of 2006 US Junior team members Ollie Honderd, Grant Lindsley and George Stubbs but watch out also for up and coming youth and college players Shelby Jones, Charlie Herrig, Paula Seville, Michael Terry, Sophie Darch, Lane Seidor and the speedy Cameron Macke among this collection of Atlanta HS league stars. If your offense is getting a little congested come check out I-20, we've always got open lanes.

Roster

No.	Player Name	Height
0	Grant Lindsley	5'11"
2	Michael Terry	6'3"
3	Mariel Franklin	5'4"
5	Kalli Perano	5'1"
7	Chris Kocher	5'6"
8	John Terry	6'2"
9	Charlie Herrig	5'10"
10	Sophie Darch	5'5"
11	Paula Seville	5'9"
12	Lane Seidor	5'8"
13	Shelby Jones	5'11"
14	Ollie Honderd	6'0"
15	George Stubbs	5'11"
17	Caleb Edwards	5'10"
20	India Stubbs	5'7"
22	Jenny Brickman	5'2"
24	Alisha Kramer	5'5"
34	Allen Jarvis	6'0"
40	Jack Barrow	6'0"
68	Cameron Macke	5'7"

Coaches: Kyle Weisbrod, Erin Gawron



Colorado

Cutthroat

The Cutthroat is a hardy native breed, accustomed to the harsh conditions of high altitude. This year's school swims east as the first Colorado mixed club at the UPA Youth Club Championships with many young and hungry members. We come from six metro Denver high schools plus one CU student. While we love to frolic or loll about in the streams, beware when it's feeding time!

Roster

No.	Player Name	Height
1	Cat Dryke	5'3"
3	Alex Sapunov	5'11"
4	Julie Pranger	6'0"
5	Jimmy Mickel	6'1"
7	Amanda Nava	5'5"
8	Grace Canlas*	5'0"
10	Miguel Godoy	5'10"
11	Ben Thomas	6'1"
12	Stefen Hillman	5'11"
13	Andrea Willson	5'10"
14	Beth Daviess	5'7"
15	David Long	5'10"
16	Garrett Willyard	6'0"
19	Ned Mills	5'9"
23	Steven Shepherd	5'10"
28	Emily Russell	5'6"
31	Grace Icenogle	5'9"
35	Brendan Calonge	6'0"
37	Jared Winegrad*	6'2"

Coaches: Marley Steele-Inama, Phil Lohre

Mixed Team Info

Minnesota Minnesota Mixed

This Minnesota Mixed team is comprised of a mix of Cretin-Derham Hall (St Paul), Cathedral (St Cloud), and Howard-Lake. Both the CDH Boys and Girls team won the Minnesota State Championship this past year. Cathedral and CDH also sent both their boys and girls teams to Westerns. Howard Lake is a new team this year with not a lot of experience, but showing potential to make competitive runs in the future. This team is definitely "mixed" with an array of talent and experience and is looking forward to a competitive tournament.

Roster

No.	Player Name	Height
00	Cassi Henry	
1	Natalie DePalma	
2	Al Chlebeck	
3	Matthew Theisen	
4	Aaron Koenig	
5	Eric Johnson	
6	Maeve Dwyer	
7	Nicole Torborg	
8	Zeb Hacket-Reicher	
9	Mitch Bayerl	
13	Jennifer Herdan	
15	Kaite Godfrey	
16	Cami Nelson	
17	Ali Lanz	
21	Coady Mahowald	
22	Meghan Metcalf*	
23	Brandon Kane*	
24	Jacob Rueter	
26	Rebecca Enders	
33	Patrick Nickelsen	
55	Matt Vik	

Coaches: Ben Fisher, Quinn McCloughan, Krisie Melsen, Wade Moravec, Ben Nalezny, Rachel Sheldahl, Sarah Solarz



NEPSUL NEPSUL All-Stars

NEPSUL stands for New England Prep School Ultimate League. It was founded four years ago and we have grown tremendously over the course of those four years. We have teams from all over New England. We have teams as large as Northfield-Mt. Hermon, Philips Andover and Philips Exeter and as small as Chase Collegiate School and Miss Porter's School. This is the first team that NEPSUL has sent a team to the YCC and it represents the league's desire to make itself known in the Ultimate world. This year NEPSUL had three of the top twenty teams in the nation. The team is comprised of several fine players from a host of schools and the team will only get better as the league commits itself yearly to this team.

Roster

No.	Player Name	Height
00	Mauro Parra	5'9"
1	Jennie Lummis	5'5"
3	Megan Harned	5'6"
5	Eli Grober	6'1"
6	Stanley Barnes	5'10"
8	Stephanie Michalak	5'6"
9	Keiran Schwoerke	5'9"
10	Sarah Lummis	5'6"
11	Ian Frothingham	5'10"
13	Lauren Halprin	5'7"
16	Justin Waite	5'10"
17	Glenn VanMoffaert	5'7"
18	Marlena Quigley	5'7"
19	Justin Klare	6'0"
21	Dan Sivori	5'8"
36	Kate Garner	5'7"
83	Lewis Laskin	6'1"

Coaches: Karl Schwoerke, Kim Wysong

Mixed Team Info



New England Just BUDA

Led by several returning players, the newest incarnation of EMU, "Just BUDA", is looking to improve upon last year's 3rd place YCC finish. The team was formed in the beginning of June and will spend the summer playing in four tournaments in preparation for the Youth Club Championships. The team is made up of players from 10 schools from across Massachusetts, New Hampshire, Vermont, and Maine.

Roster

No.	Player Name	Height
2	Sarah Hempstead	5'2"
3	Danny Silk	5'9"
4	Liv Erhard	5'3"
5	Anna Poaster	5'4"
9	Brian Rodriguez	5'5"
10	Sarah Chila	5'6"
11	Jonah Guerin	6'1"
12	Jacon Saunders	5'4"
14	Anna Hall	5'11"
16	A. J. Hutchins	5'11"
17	Logan Weiss	6'0"
20	Eugene Rice	5'9"
21	Ben Feng	6'2"
24	Tyler Kenney	5'8"
28	David Koh	5'10"
34	Ben Sullender	6'3"
42	Laura Carver Dionne	5'3"
55	Meredith Hadley	5'2"
69	Zach Nuzzo	5'9"

Coaches: Josh Seamon, David Friedman, Bryan Galante



Philadelphia SEPDA

SEPDA is proud to represent Philly in the Mixed division this year. SEPDA returns many of the boys who won the Open Youth Club Championship in 2006, along with some new faces who represent the best of Philadelphia Youth Ultimate. SEPDA team members have won the UPA Youth Club Championship, the UPA High School Eastern Championship, the UPA Pennsylvania State High School Championship, and competed in the UPA College Open Championship and the Paganello (Italy) Beach Ultimate Championship. In July, SEPDA as currently comprised won our division at Pennsylvania Sportsfest. SEPDA would like to thank our sponsors, Five Ultimate, along with Mark Rosser, Lindi Sabloff, and everyone else in the PHUEL family.

Roster

No.	Player Name	Height
1	Alison Keefe	
02	Aman Nalavade	
3	Mark Dundala	
5	Andrea Bowring	
6	Katie Erikson	
7	John Stavinga	
8	Matt Lowenthal	
9	Tricia Crouse	
12	Mike Plunkett	
13	Jane Day	
14	Aaron Pavitt	
15	Dennison Beaches	
16	Carly Maconaghy*	
18	Paige Maloney	
19	Isaac Saul	
24	Noah Saul*	
29	Scott Wright	
36	Eddie Peters*	
42	Emily Eisner	
72	Justin Principe	

Coaches: Rob Olson, Alex Peters



Mixed Team Info

Seattle

Catch-206

The DiscNW YCC Mixed team, aka Catch-206, brings together some of the best high school players in the Seattle, Washington area. In its second year of existence, the DiscNW mixed team looks to build on the experiences and success at last year's YCC tournament.

Roster

No.	Player Name	Height
0	Molly Spier	5'5"
1	Clayton Dewey-Valentine	5'7"
3	Anna Reed	5'4"
4	Chris Saxby	5'10"
5	Sarah Shankland	5'6"
7	Ryan Calver	5'4"
8	Kimbra Lo	5'11"
9	Simon Montague	6'2"
11	Aimie Kawai	5'10"
13	Ben Whipple	6'1"
15	Mara Isaccson*	5'8"
16	Marisa Landicho	5'6"
17	Noah Baker	5'8"
21	Leah Fury	5'6"
22	Sam Keller	5'11"
24	Ryan Schooley	6'1"
27	Julia Snyder	5'5"
31	Cooper Schumacher	5'9"
32	Carey Hert	5'7"
34	Riley MacPhee*	5'10"
44	Jacob Coate	6'3"
88	Casey Bateman	5'8"

Coaches: Jon Ladd, Hall Walker



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Open Team Info



Cincinnati Flying Pig

Flying Pig is the Cincinnati Open team created after a successful run in the mixed division last year. We are a young team characterized by great defense and disc control. Beware the pig.

Roster

No.	Player Name	Height
0	Drew Filak	5'8"
1	Ben Sever	5'8"
2	Casey Hull	5'10"
3	Justin Bauman	6'0"
4	Phil Leachman	5'11"
5	Charles Kleiman	5'11"
6	Kevin Bishop*	5'11"
7	Chris Kiessling	5'10"
8	Phil Brodrick	5'10"
9	Nico Misleh	5'9"
10	Ian Collins	6'0"
11	Sam Snow	5'8"
12	Gus Klofta	5'11"
21	Andrew Stubblebine	6'1"
23	Zach Kaufman*	6'4"
30	Gus Misleh	6'0"
34	David Weber	5'8"
91	Ben Findley*	5'11"

Coaches: Phil Hale, Joel Houmes, Isaac Jeffries



Colorado Cutthroat

This will be the 2nd year that the Denver Youth Ultimate Club will be represented at YCC. This year we'll have teams in all three divisions as a result of the summer youth Ultimate league growing from 80 players four years ago to about 160 players this year.

Although the players are all registered in the Denver youth summer league, we still like to be thought of as representing all of Colorado and not just Denver as we represent 11 different schools from the state.

The name Colorado Cutthroat was suggested, and received well since it is Colorado's only native trout species. Our thanks to Bill and Holly Wright at the Wright life for printing our jerseys and supporting Youth Ultimate.

Roster

No.	Player Name	Height
2	Calvin Delamere	5'11"
3	Russell Howd	5'10"
7	Michael Turner	5'10"
8	Marco Allatorre	5'9"
10	Hylke Snieder*	6'5"
12	Eric Ptolemy	5'9"
13	Matt Zemel	5'8"
14	Daniel Power	6'1"
15	Rhys Lindmark	5'9"
17	Adam Huckaby	5'7"
19	Sasha Reschechtko	5'11"
21	Dylan Levine-Ruxin	5'9"
23	Alexander Hill*	5'10"
28	Kevin Lewis	5'9"
42	Ben Lohre	6'0"
57	Patrick Erley*	6'2"
60	Neal Hokanson	6'3"
77	Tote Hughes	6'3"

Coaches: Buzz Ellsworth, Derek Gottlieb

Open Team Info

Madison Mad-Town Fiesta

Mad-Town Fiesta is a compilation from all the teams in the Madison Spring League.

Roster

No.	Player Name	Height
00	Patrick Lass	5' 9"
2	Tony Bosscher	5' 11"
3	Reese Mowbray	6' 0"
4	Nate Meyer	6' 2"
6	Tophier Kazanski	5' 6"
7	Lars Roeder	5' 9"
8	Dan Park	5' 10"
9	Evan Elderbrock	5' 11"
11	Paddy Driscoll	6' 0" 0
13	Zac Kermicle	5' 10"
14	Jason Meland	5' 10"
14	Seth Colins	5' 10"
15	Mike Fose	5' 10"
16	Michael Sheahan	5' 10"
23	Dayu Liu	5' 10"
25	Lucas Turpin	5' 10"
28	Nate Sender	5' 10"
42	Tom Ver Hoeve	5' 9"
49	Nick Pelton	5' 10"
54	Andrew	5' 10"
88	Karl	5' 7"
98	Chuck	6' 0"



Minnesota Superior

After finishing 6th at both the 2005 and 2006 UPA Youth Club Championships, Minnesota Superior is hoping to make some noise at this year's championships. Superior players hail from across the greater Twin Cities area, ranging from 15 to 19 years of age. The entire roster competed in the Minnesota High School Ultimate League, representing the following teams: Cretin-Derham Hall, Saint Paul Central, Como Park, Eden Prairie, Edina, Hopkins, Moundsview, Orono, South Minneapolis, and Southwest. The team has been preparing for YCC's since tryouts in early June with twice weekly practices. Superior also competed at the Minnesota Ultimate Disc Invitation on July 21-22 in Maple Plain, Minnesota.

Roster

00	Carl Peaslee	5' 8"
1	Roland Biro	5' 8"
2	Andy Priester	5' 9"
3	Zach Kasdan	5' 7"
4	Luke Dwyer*	6' 0"
5	Josh Klane	5' 11"
6	Jacob Humphrey	5' 8"
7	Simon Gottlieb	5' 9"
8	Matthew Kortz	6' 2"
10	Luke Spurduto	5' 10"
11	Jake Forsman	6' 1"
12	Matt Grewe	6' 1"
13	Jacob Lien	5' 10"
14	Austin Lien	5' 9"
15	Charlie Randall	6' 4"
19	Eric Vandermolten	6' 2"
21	Kyle Geppert	6' 1"
22	Brian Wilson	6' 1"
23	Charlie Whitmore	5' 8"
24	Ben Feldman	5' 10"
25	Austin Juds	6' 2"
29	Sam Brickwedde*	5' 9"
34	Roberto Caballero Jr.	5' 10"
39	Patrick Keys	5' 10"
42	Matt Burkhardt	5' 10"
50	Neal Hanke	6' 0"
63	James Mitchell	6' 0"
88	Alex Syverson	6' 7"
89	Craig Tebbe*	5' 11"

Coaches: Eric Enge, David Klink, Chris Van Holmes, Lou Abramowski, Pat Baylis, Mama Brick



Open Team Info

New England

BUDA

This is the third year that New England has competed at the Youth Club Championships, finishing 2nd in 2005 and 5th in 2006. Led by World Junior Ultimate Championships players Andrew Hollingworth and Alex Kapinos, the BUDA Open team figures to be the strongest entry from New England yet. While the team will be deep and not relying on one or two players to make things happen, look for Hollingworth and Kapinos to get their share of goals and blocks, but also keep an eye on Lunetta, Roberts, Wallack, and Li to make a number of plays as well.

Roster

No.	Player Name	Height
2	David Baecher	5'11"
3	Andrew Hollingworth*	5'11"
4	Corey Mindlin	5'7"
6	Andrew Lunetta	5'10"
7	Branden Steinberg	5'8"
8	Tom Bassett	5'10"
9	Ryan Rzepka	5'6"
10	Alex Kapinos	6'3"
11	Matt Guild	5'8"
12	Jonah Herscu	5'11"
14	Julian Summa	6'1"
17	Tommy Li	5'10"
19	Misha Herscu	5'11"
21	Patrick Roberts	6'2"
27	Kellen Corkill	5'9"
33	Russel Wallack	5'11"
44	Andrew Kiefer	5'9"
64	Ben Nelson	6'1"
81	Max Gillett	5'8"

Coaches: Tim Cobbett, Micah Flynn



New Jersey Garden State

The New Jersey High School Ultimate League (NJHSU) began in 1971 under the name the New Jersey Frisbee® Conference (NJFC). The league consisted of Millburn, Columbia, Mountain, Durmont, and Nutley high schools. Fortunately, there has been exponential growth since its birth in the 70s. The league now boasts over 12 Open teams, and two Girls' teams. Representing the league today are players from Princeton, JP Stevens, Hillsborough, Columbia, Watchung Hills, and Highland Park high schools. To make the team, players had to undergo a rigorous tryout and have had to work hard all summer to reach their peak condition. This is our first time attending the Youth Club Championships and we hope to prove ourselves as a strong league by being a competitive force on the field while maintaining a high level of respect for our opponents and the game. Best of luck to all teams.

Roster

No.	Player Name	Height
0	Chris Giblin	5'11"
3	Ryan Thompson	5'10"
4	Julian Elman	5'10"
5	Stephen Panasci	5'7"
6	Sachin Desai	5'7"
7	Fred Tsai	5'11"
10	Sharath Babu	5'9"
21	Alexander Padgett	6'0"
27	Jake Rainwater	6'2"
29	Brian Li	5'11"
32	Brian Walter	6'2"
46	Alex Kinsey	6'1"
50	Ben Swerdlow*	5'11"
79	Jesse Moy	5'7"
80	Josh Cincotta	5'8"
99	Alex Growney	6'3"

Coaches: Anthony Nunez, Emilio Panasci

Open Team Info



Pittsburgh Impulse

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 and lost in the semifinals in 2006 to cross-state rival Philadelphia. The players representing Pittsburgh this year come from seven different school districts and were selected from a tryout pool of more than 50 players.

Roster

No.	Player Name	Height
0	Jeff Olko	6'0"
1	Jack Ross	6'1"
2	Alex Thorne	5'6"
3	Allen Rakers	5'5"
5	Colin Conner	5'10"
6	Nathan Hess	5'7"
7	Zach Reinhardt	5'8"
9	Chris Lippert	6'2"
11	Jack Gazdik	5'9"
12	Paul Fleiner	5'11"
13	Greg Wilson	5'10"
19	Ben Funk	5'10"
21	Lukas Truckenbrod	5'11"
22	Pete Imler	5'10"
24	Dave Macurak	6'0"
27	Bennett Washburn	5'9"
28	Zack Cervone	5'6"
35	Cody McInnis	5'10"
37	Joe Kush	5'11"
47	Julian Hausman	6'2"
66	Tim Hoggard	6'10"

Coaches: Nick Kaczmarek, Ben Banyas



Seattle Juggernaut

We have players from seven high schools on our team. We are looking forward to interacting with other players from other cities and having fun.

Roster

No.	Player Name	Height
2	Ben Vigus	6'3"
3	Ian Davison	6'2"
4	Austin Killien	5'10"
5	Allan Laviolette	5'8"
7	Sam Kittross-Schnell	6'2"
8	Michael Revelas	5'10"
9	Alex Axworthy	5'9"
10	Emmanuel Jimenez	5'8"
12	Casey Ikeda	5'6"
15	Logan Schumacher	6'3"
17	Julian Childs-Walker	5'10"
19	Jake Felser	5'11"
22	Montana Canales	6'1"
23	Jimmy Hooper	5'10"
24	Jeremy Norden	6'1"
26	Brian Ferguson	6'2"
27	Nigel Peltier	6'0"
31	Matt Rehder	6'1"
32	Harry Howell	6'1"
33	Chris Hansman	6'2"
42	Eric Manley	5'11"
50	Milo Snyder	5'9"

Coaches: Mike Mullen, Sam Harkness

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 of the field. It is the coach's responsibility to ensure that the players understand their own responsibilities as players and teach players how to handle those responsibilities.

Guidelines:

- Coaches should introduce themselves to the other coaches prior to a game and discuss concerns. This could potentially include the level of play, the level of intensity (e.g. spiking and rushing the field), and possible modifications to the captain's clause (e.g. prohibiting zone for new teams or footblocking).
- 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 ok at any level.
- 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.
- Youth coaches will make an effort to educate parents about Spirit of the Game and work to create a sideline atmosphere that respects Spirit of the Game.
- Coaches will teach and give players opportunities to practice knowledge of the rules of Ultimate.
- Coaches will always exhibit respect for opposing players.
- Coaches will always exhibit respect for other coaches.
- Coaches will always exhibit respect for observers
- Coaches will model Spirit of the Game at all times

Summary:

The coach's goal in terms of Spirit of the Game is to create an environment where players are responsible for upholding the rules and ensuring that the outcomes of plays and games are fair.

Spirit of the Game™

1. The Golden Rule: Treat Others as You Would Want to be Treated.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, "treat others as you would have them treat your mother."

2. Control: SOTG Takes Real Effort.

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

3. Heckling and Taunting are Different.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

4. SOTG is Compatible with Championship Play.

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

5. Don't "Give as You Got."

There is no "eye for an eye." If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.

6. Breathe.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

7. When You Do the Right Thing, People Notice.

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

8. Be Generous with Praise.

Compliment an opponent on her good catch. Remark to a teammate that you admire his honesty in calling himself 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 UPA Executive Committee, March 29, 2005

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