



2008 UPA Youth Club Ultimate Championships
BLAINE, MN ~ AUGUST 9-10

Event Guide

VC 101. As we reach our ten year anniversary this summer, we thought it was about time to tell you what's important to the world's oldest Ultimate-focused apparel company.



QUALITY

VC strives to bring you the highest quality, top-performing custom gear possible. 100% guaranteed.



RESPONSIBILITY

All VC custom gear is manufactured in North America... 40 minutes from our HQ. Less fuel + happy workers = our commitment.



COMMUNITY

We support Ultimate - first, foremost & always. Your team / tournament / fundraiser - all part of our community. We want to support you.



GREEN

Green is more than VC's new favorite color. Green is our lifestyle (zero waste office). Green is our initiative (VC Green Program).

IF YOU CAN DRAW IT, WE CAN MAKE IT.

vcultimate.com

VC ULTIMATE custom uniforms & apparel

Est. 1998

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EVENT STAFF

TOURNAMENT STAFF will be wearing yellow event staff shirts. If they can't answer your questions, they can point you to one of the following people to help you out.

Tournament Director - Bruce Mebust
Volunteer Coordinator - Jeff Hagen/Dave Gregg
Head Scorekeeper - Seth Grossinger
UPA Championship Director - Will Deaver
UPA Championship Series Manager - Matthew Bourland
UPA Director of Communications - Kelley Kneib

ULTIMATE PLAYERS ASSOCIATION
4730 TABLE MESA DR., STE J200, BOULDER, COLORADO 80305
TEL: 303-447-3472 FAX: 303-447-3483
WEB: WWW.UPA.ORG EMAIL: INFO@UPA.ORG

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 Fourth Annual UPA Youth Club Ultimate Championships.

This year we have 20 teams in three Divisions with the Open Division full at 8 teams. Over half of the teams are again returning from previous years. We think this means that the YCC has staying power.

Again this year, the tournament takes place at the National Sports Center in Blaine, Minnesota. The NSC is a large facility with room for 40 or more fields, a stadium, an ice rink, a Velodrome and an 18-hole golf course. Ultimate is played here every summer by TCUL, the local Twin Cities adult league.

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.

While in the Twin Cities of Minneapolis and St. Paul, consider visiting some of our local arts institutions such as the Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra, the Minneapolis Institute of Art and numerous smaller museums, theaters and live music venues. There are many local sports teams including the Minnesota Twins and the St Paul Saints (minor league baseball). For hard core shoppers, the Mall of America is 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, organizing the social event and running countless errands around the fields. Be sure to acknowledge their hard work. Say, "Yeah, volunteer!" when you see one.

Have a great weekend!
Bruce Mebust
Tournament Director

COMPETITION RULES

- UPA Official Rules of Ultimate, 11th Edition 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. Game ends when first team reaches new game total, or when first team reaches 15 ahead by at least two points, whichever comes first.
- 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.



WEEKEND OVERVIEW

FRIDAY, AUGUST 8TH - RAMADA MINNEAPOLIS NW

6:00pm-10:00pm Team Registration

SATURDAY, AUGUST 9TH - 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 U1 at NSC)

SUNDAY, AUGUST 10TH - NATIONAL SPORTS CENTER (NSC)

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

2:30pm Finals (Girls, Mixed, Open)

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).

SHOOTING PHOTOS AND VIDEOS

The Ultimate Players Association (UPA) appreciates the contributions and commitment of individuals seeking to share photographs, video and audio recordings of Events hosted by the UPA. Anyone wishing to record UPA Events for Commercial Purposes (as defined in the agreement) is required to sign the UPA 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 the UPA's rights as an event organizer as well as to encourage and allow recording of UPA Events for both personal and commercial purposes beneficial to the sport and its participants. Please see UPA Communications Director, Kelley Kneib, at the event for more information.

SITE RULES

- **NO ALCOHOL**
- **DOGS MUST BE LEASHED**
- **SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 YARDS AWAY FROM SIDELINES!** Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- **TRASH AND RECYCLING!** Place recyclables in the recycling receptacles and place trash in the trash. Thanks to VC Ultimate for helping make recycling possible at this event through the VC Green Program.



SPIRIT AWARDS

Ultimate has traditionally relied upon a spirit of sportsmanship which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed-upon rules of the game, or the basic joy of play. - 11th Edition UPA 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.

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

INDIVIDUAL AWARDS

Teams will 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!

HEALTH AND SAFETY

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.

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 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?
 - 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).
 - 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 at least 3 yards from the sideline.

- 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 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 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.



DIRECTIONS

TOURNAMENT HOTEL RAMADA MINNEAPOLIS NW AND GRAND RIOS INDOOR WATER PARK

6900 Lakeland Ave North
Minneapolis, MN 55428
763-566-8855

TOURNAMENT HOTEL TO NATIONAL SPORTS CENTER FIELDS/DORMS

1700 105th Ave NE, Blaine, MN 55449
763-785-5639

- 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 0.8 mi

NATIONAL SPORTS CENTER TO MERCY HOSPITAL (COON RAPIDS, MINN.)

4050 Coon Rapids Blvd NW
Minneapolis, MN 55433
(763) 236-6000

- 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 FIELDS/ DORMS 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
- Merge onto Glumack Dr 0.1 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 0.3mi
- Merge onto Glumack Dr 0.1 mi

2008 UPA Youth Club Championships - Girls Division

Saturday, Aug 9, 2008

All Games
to 15
Cap 17

- 1 Disc Northwest (Seattle, WA)
- 2 Minnesota (Minneapolis, MN)
- 3 Denver (Denver, CO)
- 4 Cincinnati (Cincinnati, OH)
- 5 PHUL (Pittsburgh, PA)

Saturday		F#	Score	F#	Score
9:00-10:30	1v5	5	-	3v4	6
11:00-12:30	1v3	5	-	2v5	6
1:30-3:00	1v4	5	-	2v3	6
3:30-5:00	1v2	5	-	4v5	6

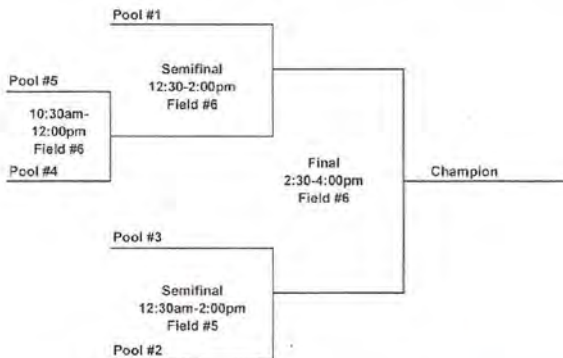
Sunday, August 10, 2008

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

Re-seed after Round Robin to get 1-5

Sunday, August 10, 2008

Games to 15 cap 17



2008 UPA Youth Club Championships - Mixed Division

Saturday, Aug 9, 2008

All Games
to 15
Cap 17

- 1 Atlanta (Atlanta, GA)
- 2 Eugene (Eugene, OR)
- 3 BUDA (New England)
- 4 Disc Northwest (Seattle, WA)
- 5 Denver (Denver, CO)
- 6 Minnesota (Minneapolis, MN)
- 7 Nashville (Nashville, TN)

Saturday		F#	Score		F#	Score		F#	Score
9:00-10:30	3v5	9		2v7	8		4v6	7	
11:00-12:30	3v4	9		5v7	8		1v6	7	
1:30-3:00	4v7	9		2v5	8		1v3	7	
3:30-5:00	6v7	9		4v5	8		1v2	7	

Sunday, August 10, 2008

Sunday		F#	Score		F#	Score		F#	Score
8:30-10:00	3v7	9		2v6	8		1v5	7	
10:30-12:00	3v6	9		2v4	8		1v7	7	
12:30-2:00	5v6	9		2v3	8		1v4	7	

Re-seed after Round Robin to get 1-7

Sunday, August 10, 2008

Games to 15 cap 17

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

Champion





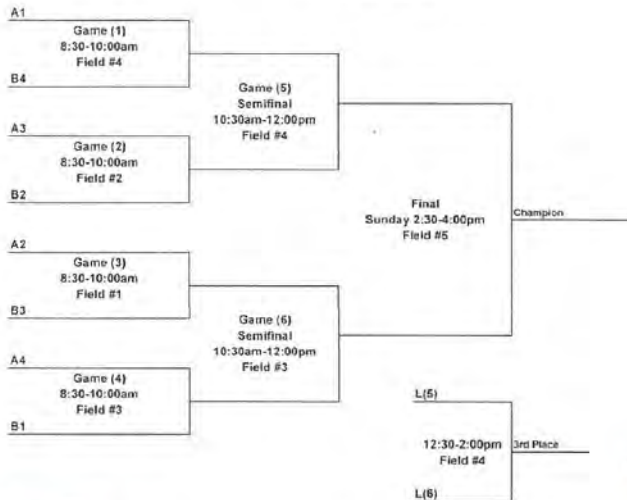
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2008 UPA Youth Club Championships - Open Division

Saturday, Aug 9, 2008

All Games to 15 Cap at 17	Pool A						Pool B					
	A1	Disc Northwest (Seattle, WA)					B1	Delaware Valley (Delaware Valley)				
	A2	PHUL (Pittsburgh, PA)					B2	BUDA (New England)				
	A3	Denver (Denver, CO)					B3	Minnesota (Minneapolis, MN)				
	A4	Cincinnati (Cincinnati, OH)					B4	Madison (Madison, WI)				
	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score
9:00-10:30	A1 v A3	1	-	A2 v A4	2	-	B1 v B3	3	-	B2 v B4	4	-
11:00-12:30	A1 v A4	1	-	A2 v A3	2	-	B1 v B4	3	-	B2 v B3	4	-
1:30-3:00							B1 v B2	3	-	B3 v B4	4	-
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 10, 2008Championship Bracket
Sunday, Aug 10, 2008

Consolation games to 15 cap 17

THE WORLD LEADER IN DISC SPORTS

Championship games to 15 cap 17



OPEN SCHEDULE

FIELD MAP



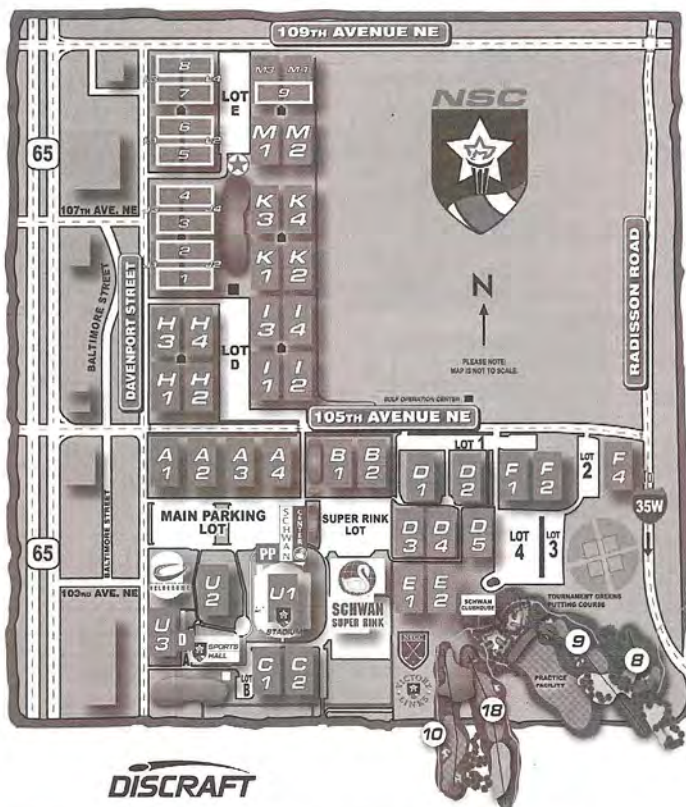
UPA YOUTH CLUB CHAMPIONSHIP



**NATIONAL
SPORTS
CENTER**

AUGUST 9-10, 2008

NATIONAL SPORTS CENTER • BLAINE, MN



DISCRAFT

- | | | |
|------------------------|---|--|
| Game Fields | Tournament Central | D Dorms (Next to Field U3) |
| Fieldmanager Pavilions | <ul style="list-style-type: none"> • Check-In • Information • Vendors • Media • Scoring • Medical | PP Saturday Night Player Party (Schwan Center/Field U1) |



GIRLS' TEAMS

Cincinnati Youth Summer League

Team Name: Bacon Bids

Website: www.cincyultimate.org

Captains: Bridgette Shreiner, Madison Handley

Coaches: Bob Scheadler, Christine Scheadler

Bacon Bids is an Ultimate team made up of high school girls across Cincinnati. The team split from the mixed team to give their members more playing time. As a summer team, the girls have been successful in bonding and pulling together to make an amazing group who loves to toss the disc around and have fun. The team is not only a mix of girls from several high schools, but is diverse in age and years of playing the sport, from veterans to first year players. Bacon Bids is here to make a great showing and to have fun.



CINCINNATI
OHIO

Roster

00	Madison Handley	5'3"	17
1	Brielle Reiffe	5'6"	15
3	Bri Forney	5'1"	15
4	Jess Tufts	5'9"	18
	<i>Ohio State University</i>		
13	Anne Culhane	5'5"	18
	<i>Ohio University</i>		
14	Bridgette Shreiner	5'4"	18
	<i>Purdue</i>		
15	Alex Sheaf	5'5"	17
16	Ginny Heckel	5'6"	15
18	Kara Martin	5'2"	17
19	Jenna Galetta	5'4"	15
21	Stephanie Wang	5'1"	15
24	Sarah Sterner	5'4"	18
	<i>Miami University</i>		
27	Heidi Heckel	5'6"	18
	<i>University of Dayton</i>		
36	Bethany Kaylor	5'7"	15
45	Katie Liming	6'0"	17
93	Kayla Fry	5'0"	14

Disc Northwest HS Spring League

Team Name: DiscNW Girls

Captains: Zina Hurd, Cailey Marsh

Coaches: Chris Forsberg, Amy Donahue

DiscNW Girls have won the YCC tournament 3 years running and are back to defend their title. This team has a bunch of new faces from 8 different local schools and is truly representative of the level of talent in the Seattle metropolitan area. We look forward to a strong showing in 2008!



SEATTLE
WASHINGTON

Roster

1	Lindsey Miller	5'7"	17
2	Zina Hurd	5'5"	17
	<i>University of Washington</i>		
3	Rachel Karpelowitz	5'5"	16
5	Mara Isaacson	5'9"	17
	<i>University of Washington</i>		
8	MacKenzie Ruoff	5'5"	16
9	Lucy Wolf	5'4"	18
	<i>University of Pennsylvania</i>		
11	Aimie Kawai	5'11"	16
12	Callie Mah	5'9"	17
13	Hannah Jones	5'5"	18
	<i>Swarthmore College</i>		
15	Sabrina Duenas	5'5"	17
16	Marisa Landicho	5'7"	17
	<i>Stanford University</i>		
17	Kayla Hendricksen	5'5"	18
	<i>Western Washington University</i>		
18	Amanda Kostic	5'9"	17
22	Leslie Geiss	5'10"	18
	<i>Earlham College</i>		
23	Carey Hert	5'7"	16
32	Sarah Benditt	5'4"	16
	<i>Occidental College</i>		
44	Cailey Marsh	5'5"	17
	<i>UCLA</i>		
66	Taylor Martin	5'5"	17
	<i>California Institute of Technology</i>		

GIRLS' TEAMS

Denver Youth Summer League

Team Name: Cutthroat

Coaches: Anne Pogoriler, Carolyn Matthews

Buzzzzzz. Did you hear something about Colorado YCC? Buzzzzzz. I heard it's gonna be awesome. Buzzzzzzzz. I think Chelsea's gonna play. Nice! Buzzzzzz. Pssst, are the Want sisters on board? Totally. Wow, double trouble. Buzzzzzz. Sounds like Ola, Ximenna and Cat are playing too. Sick! Buzzzzzz. What about those Kali legacies, Hamrick and Fast – are they playing Cutthroat? I hope so. Buzzzzzz. Wait a second, you have Candace, Elise AND Sarah? Dude, you're gonna dominate. Buzzzzzz. Yo, Lien and Julia are wicked fast – tell me they're playing this summer. Heck yeah. Buzzzzzz. And now you have Mickie too! Yes ma'am. Buzzzzzz. I heard Colorado's got a sick squad. Buzzzzzzzz. They'll be hard to stop. Buzzzzzz. Have you seen those Cutthroat girls? They're gooodd! Buzzzzzz. Nothing fishy about these rumors... Catch the buzz: Colorado Cutthroat 2008.

DENVER
COLORADO



Roster

1	Caitlin Dryke	5'4"	18
3	Ellen Want	5'5"	16
4	Molly Fast	5'2"	16
5	Clara Boland	5'5"	17
8	Claire Hamrick	5'6"	16
9	Lien Hoffmann	5'5"	17
10	Julia Snieder	5'6"	16
11	Alexandra Czakiewicz	5'5"	17
13	Chelsea Cosby	5'4"	16
17	Christina Mickie	5'7"	17
19	Sarah Davis	5'5"	17
22	Ximenna Hofsetz	5'6"	17
23	Elise Mann	5'7"	19
27	Candace Jones	5'7"	18
94	Taylor Want	5'4"	16

Minnesota HS Ultimate League

Team Name: Misces

Coaches: Lori Van Holmes, Tobie Miller, Justin Curtis, John Sandahl

Minnesota Misces (Pronounced "Miss-Kiss") has been around for 5 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. Misces has been home to many outstanding Ultimate athletes from MN including several future US national girls' team players. Last year's team finished in 4th overall out of 7 at YCC taking a close game from 2006 finalist Colorado. This year's team features a full roster of girls from 8 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. See you on the field!

TWIN CITIES
MINNESOTA



Roster

0	Dana Kuoatto	5'6"	17
1	Steph Swartz	5'6"	18
2	Erika Schmit	5'10"	18
3	Brenna Kruse	5'7"	17
5	Anna Barton	5'4"	17
6	Elspeth Cavert	5'8"	17
8	Ashleigh Hayes	5'6"	18
10	Geneva Martin	5'5"	17
11	Andrea Curmine	5'1"	17
12	Frieda Manthei	5'8"	17
14	Pheobe Chastain	5'7"	16
15	Mara Saltzman	5'3"	16
17	Callie Vaughn	5'8"	18
19	Jenna Dailey	5'2"	16
23	Mary Hyland	5'3"	17
29	Kayla Anne Glick	5'4"	16
42	Liz Reach	5'4"	18
54	Carli Van Holmes	5'6"	16
57	Kathy Haapala	5'6"	17
77	Sara Stratton	5'4"	17

GIRLS' TEAMS

PHUL HS Spring League

Team Name: Moxie

Coaches: Christie Lawry, Molly Moore

Moxie is a team comprised of the all-star players from the Pittsburgh High School Ultimate League (PHUL). This year PHUL produced ten girls' teams and had 161 players in the girls' division. Impressively, seventeen out of the nineteen players on the Moxie roster played on a semi-finalist team during the PHUL season. Aside from the community-run girls' clinics that the girls have been attending since February, they have been regularly practicing as a team since May and have attended another club level tournament to prepare them for higher competition. With an all-star roster of the best nineteen girls from PHUL, a regular practice schedule since May, two college-level coaches, and experience playing other club teams, Moxie is sure to be a competitive force at the Youth Club Championships.



PITTSBURGH
PENNSYLVANIA

Roster

1	Jamie Blair	5'8"	18
	<i>Hampshire College</i>		
3	Maria Bajzek	5'2"	17
4	Becky Lowrie	5'	18
	<i>Slippery Rock University</i>		
5	Emily Fisher	5'7"	17
	<i>Virginia Tech</i>		
6	Sarah Zapletal	5'3"	18
	<i>Virginia Tech</i>		
7	Nicole Elway	5'8"	15
8	Kelly Casey	5'5"	16
9	Bailey Moorhead	5'6"	18
	<i>University of Pittsburgh</i>		
10	Kara Stoever	5'6"	18
	<i>Swarthmore College</i>		
12	Gina Barber	5'2"	17
13	Meredith Burger	5'3"	17
15	Kassi Kaiser	5'7"	18
	<i>Duquesne University</i>		
17	Robin Eng	5'2"	18
	<i>University of Pittsburgh</i>		
18	Hannah Muehl	5'3"	15
21	Rachel Fedoranko	5'3"	18
	<i>University of Pittsburgh</i>		
22	Anna Rakers	5'2"	17
23	Jojo Buss	5'6"	15
24	Ivy Kentzel	5'5"	18
	<i>University of Pittsburgh</i>		
41	Chelsea Grindle	5'2"	18
	<i>Carnegie Mellon University</i>		

MIXED TEAMS

Atlanta

Team Name: ATLiens

Captains: Mariel Franklin, Max Leonard

Coaches: Kyle Weisbrod, Angela Lin

ATLiens is a collection of players from high schools across Georgia mostly from the Atlanta area. Our style of play is like the south - dirty.



ATLANTA
GEORGIA

Roster

00	Max Schein	5'10"	17
1	Emery Ozell	5'11"	18
2	Emily Lloyd	5'7"	18
3	Mariel Franklin	5'5"	18
	<i>Tufts University</i>		
4	Brice Dixon	5'8"	17
5	Elliot Erickson	5'6"	16
8	Noah Harrison	5'1"	14
9	Adam Podber	5'9"	19
10	Chris Kocher	5'8"	15
11	Charlie Powell	5'8"	17
13	Kenia Kagel	5'2"	17
14	Margaret Hines	5'5"	15
17	Madeline Roorbach	5'9"	16
22	Joseph Riedel	5'11"	17
23	Mark Vandenberg	5'6"	14
24	Seth Floyd	6'1"	16
59	Max Leonard	6'1"	18
	<i>University of Georgia</i>		
81	Jack Barrow	5'11"	18



MIXED TEAMS

BUDA HS Spring League

Team Name: JUST BUDA

Website: www.buda.org

Captain: Jake Saunders

Coaches: Josh Seamon, Bryan Galante

JUST BUDA is a mix of players from 9 schools coming together for the sole purpose of having as much fun as possible in Blaine. Make sure to stop by our sidelines and see what it means to be a BUDA.



NEW ENGLAND

Roster

0	Marc Grimson	6'0"	18
1	Jon Schneyer	5'10"	18
2	Sean Kenney	5'10"	18
4	Fannie Watkinson	5'4"	18
6	Michela Meister	5'8"	15
8	Jacob Gofman	5'11"	18
9	Brian Rodriguez	5'6"	17
10	Alexander Harris	5'9"	17
12	Jacob Saunders	5'6"	18
13	Adrian Banerji	5'10"	18
16	Jefferson Day	5'9"	17
17	Kira Lou	5'5"	16
18	Clara LeMoyné	6'0"	17
22	Zach Lou	5'9"	18
24	Tyler Kenney	5'8"	17
33	Evan Ponchick	5'11"	18
	Maryland		
37	Will Herold	5'9"	17
42	Laura Carver Dionne	5'3"	17
48	Jarrett Piette	6'1"	18
77	Mia Greenwald	5'7"	16

Denver Youth Summer League

Team Name: Cutthroat

Captains: Guy Goblirsch, Bekah Hickernell

Coaches: Tim Doran, Jeff Berget, Carrie Thrasher

Representing Denver Youth Summer Ultimate League this is the 2nd year for the Colorado Cutthroat Mixed squad. The "Wild Not Farmed" Colorado kids are aiming to improve on last years 5th place finish, but we are just fine with defending our spirit award from last year. Good luck to the rest of the teams & we can't wait to hit the fields in Minnesota.



DENVER COLORADO

Roster

00	Jamie Albright	5'6"	17
	Idaho State University		
1	Bekah Hickernell	5'5"	18
	Suffolk University		
3	Patrick Ellsworth	5'7"	16
9	Pete Gleason	6'0"	17
10	Maggie Hughes	5'11"	16
11	Ben Kaslon	6'0"	17
13	Talya Zax	5'1"	15
18	Erik Sandersen	5'10"	15
21	Guy Goblirsch	5'10"	18
	University of Colorado		
27	Marlena Hartman-Filson	5'7"	17
31	Colin Wielga	5'7"	17
42	Lisi Lohre	5'7"	16
53	Ryan Henderson	5'8"	16
66	Aaron Frary	6'2"	17
	CO School of Mines		
88	Beth Daviess	5'5"	17



MIXED TEAMS

Disc Northwest HS Spring League

Team Name: DiscNW Mixed

Captains: Alex Walker, Kelly Prang

Coaches: Alex Wells, Heather Ann Brauer

Although DiscNW is returning only one player from last year's squad we're bringing a fresh load of new talent raring to experience YCC in 2008. We have players representing 10 different schools in the Seattle Metropolitan area and look forward to the experience Blaine has to offer.



SEATTLE
WASHINGTON

Roster

0	Kyle Kurokawa	5'11"	17
1	Adlai Felser	5'11"	17
5	Louis Cohen	5'9"	15
6	Sally Landefeld	5'4"	16
7	Noah Baker	5'7"	18
8	Michaela Fallon	5'10"	15
10	Jameson Jones	6'0"	14
11	Alex Walker	5'11"	18
12	Kelly Prang	5'5"	17
17	Lucia Childs-Walker	5'5"	15
18	Matthew Neeley	6'0"	17
19	Miriam Robinson	5'4"	18
20	Simon Pratt	6'3"	18
22	Sarah Edwards	5'4"	15
24	Katie Rodihan	5'1"	16
28	Kerry Egger	5'3"	16
33	Kilian Marsh	5'8"	15
55	Emily Buckner	5'10"	15
59	Julian Peterson	6'1"	16
67	Katie Walker	5'5"	17
69	Martin Merz	6'2"	17
85	Joseph Kido	5'8"	17

Eugene Youth Summer League

Team Name: eu

Website: <http://eysl.blogspot.com/>

Captains: Dylan Freechild, Lily Burge

Coach: Luke Johnson

From the continual prodding of nearly every member on this years team, EU came into its' final form less than five weeks before YCC. Though not our initial intention, we are here with a wicked mixed team and a desire to showcase a little bit of the talent our fair city has generated. "Good, true, and genuine" are what our teams stands for.



EUGENE
OREGON

Roster

3	Collin Smith	5'11"	19
	<i>Whitman College</i>		
4	Lily Burge	5'6"	17
6	Claire Neyman	5'7"	16
7	Angela Tocchi	5'11"	16
9	Trevor Smith	5'6"	16
10	Dylan Freechild	5'10"	17
11	Nathan Bofto	5'10"	16
14	Ciera Bishop	5'6"	16
15	Jordan Banks	6'2"	17
17	Ian Campbell	5'8"	16
19	Christine Wilson	5'8"	17
24	Aaron Honn	6'1"	15
28	Ivan Becker-Wayman	6'2"	18
31	Caitlin Jost	5'8"	16
33	Kati Dahn	5'6"	17
85	David Schrieber	6'3"	18
	<i>Gonzaga University</i>		

MIXED TEAMS

Minnesota HS Spring League

Team Name: Assault

Website: www.mnhsultimate.org

Coaches: David Klink, Lauren Gloede, Sarah Solarz, Mike Berseth

Our players represent the following Minnesota Schools: Armstrong, Cathedral, Como Park, Cretin-Derham Hall, Eastview, Eden Prairie, Hopkins, Minneapolis South, Minneapolis Southwest, Orono, Proctor, and Saint Paul Central. We held tryouts in early June and prepared for the tournament with 15 practices and the Minnesota Ultimate Disc Invite. We are honored to once again welcome teams from across the nation to our state in order to compete for a national title!



TWIN CITIES
MINNESOTA

Roster

1	Natalie Depalma	5'5"	17
3	Patrick Nickelson	5'7"	18
4	Peter Tschida	5'9"	18
	<i>University of Wisconsin River Falls</i>		
5	Alex Onlebeck	5'7"	18
	<i>Bowdoin College</i>		
6	Maeva Dwyer	5'8"	17
8	Matthew Kortz	6'1"	17
9	Kelly Wild	5'2"	18
	<i>The Ohio State University</i>		
12	Ryan Pekarna	6'3"	18
	<i>University of Minnesota Duluth</i>		
13	Cole Stiegler	6'0"	18
	<i>Saint Olaf College</i>		
14	Roland Biro	5'9"	18
	<i>Palm Beach Atlantic University</i>		
15	Katie Godfrey	5'2"	18
	<i>Marquette University</i>		
16	Cami Nelson	5'10"	16
21	Steven Finn	6'0"	18
	<i>University of Kansas</i>		
23	Billy Stafford	5'8"	18
	<i>Bemidji State University</i>		
24	Erin Curme	5'4"	18
	<i>Scripps College</i>		
26	Rebecca Enders	5'11"	18
	<i>University of Wisconsin</i>		
27	Patrick Budde	6'1"	17
34	Roberto Jr. Caballero	5'10"	18
	<i>Hamline University</i>		
44	Henry Spruth	5'9"	18
	<i>Carleton College</i>		
50	Matthew Marinello	5'11"	18
	<i>University of Colorado</i>		
60	Ryan Shering	5'10"	18
	<i>Indiana University</i>		
63	James Mitchell	6'2"	18
	<i>University of Colorado</i>		
66	Kody Williams	5'10"	17

Nashville

Team Name: F.A.N.T.A.S.T.I.C.O.

Captains: Will Spiva, Nora Hoover

Coach: Mike Lutz

F.A.N.T.A.S.T.I.C.O. (Friends Around Nashville Team Alliance Supporting Those Enjoying Co-ed Opportunity) is a team founded this year joining several kids who have played together with many they have played against. Largely a Brutal Grassburn based team, our style has been described by Sam Smith as "rhapsodic" and "stimulating." The male portion of our team is a multi-cultural patchwork quilt woven with players from several local schools including MBA, McCallie, Hume-fogg, and USN. Our girls all come from USN's Brutal Grassburn, which placed third at Easterns this year. Months of rigorous conditioning on obstacle death courses in the snowy Himalayas have shaped us into a team that will truly bring the pain to Blaine.



NASHVILLE
TENNESSEE

Roster

1	Will Spiva	5'10"	18
	<i>American University</i>		
2	Nora Hoover	5'8"	18
	<i>Wesleyan University</i>		
3	Joeseeph Prasit	5'11"	18
	<i>University of Vermont</i>		
4	Sam Warlick	6'2"	18
	<i>Kenyon College</i>		
5	Drew Taylor	6'0"	17
6	Maury Hill	5'11"	18
	<i>Washington and Lee</i>		
7	Taylor Hannasch	5'7"	17
8	Austin Criner	6'1"	18
9	Miles McDonald	6'1"	17
10	Chris McHugh	5'10"	17
11	Margie Quinn	5'9"	17
12	Miriam Miller	5'1"	15
13	Allyson Lutz	5'9"	16
14	Anna Kirchner	5'6"	15
15	Sam Linton	6'2"	18
	<i>Vanderbilt University</i>		
16	Lindsey Eskind	5'8"	17
17	Juliane Hyer	5'7"	16
18	Mary Kincaid	5'7"	16
19	Mitchel Dagley	6'0"	18
	<i>Wake Forest</i>		

OPEN TEAMS

BUDA HS Spring League

Team Name: New England

Website: www.buda.org/hs

Captains: Ryan Rzepka, Tom Bassett, A.J. Hutchins

Coaches: Micah Flynn, Tyler Auer

This is the fourth year at the Youth Club Championships for New England. Last year, the team finished second to Seattle and returns a number of players for this season. Look for captains Ryan Rzepka, Tom Bassett, and A.J. Hutchins to be focal points on offense and for Ryan Holmes and Ben Feng to be the team's main weapons in the endzone. The defense is anchored by Spencer Diamond, Tom Allen, and Max Gillett who all will get their share of spectacular blocks.



NEW ENGLAND

Roster

1	Jeff Kelly	5'10" 17
	<i>Massachusetts</i>	
2	Spencer Diamond	5'9" 16
3	Ryan Rzepka	5'6" 18
	<i>Vermont</i>	
4	Corey Mindlin	5'6" 18
	<i>Hofstra</i>	
5	Peter Login	5'9" 18
	<i>Bentley</i>	
6	Ryan Holmes	6'2" 17
	<i>Massachusetts</i>	
7	Matt Jerry	5'11" 17
9	Tom Allen	5'11" 18
	<i>Penn State</i>	
12	Gain Robinson	5'11" 18
	<i>Stonehill</i>	
13	Conor Hickey	5'11" 18
	<i>Trinity College Dublin</i>	
15	Mike Parker	6'0" 18
	<i>Gettysburg</i>	
16	A.J. Hutchins	5'11" 18
	<i>Nichols</i>	
20	Tom Bassett	5'11" 18
	<i>Penn State</i>	
21	Ben Feng	6'2" 18
	<i>Georgetown</i>	
27	Amos Adams	6'5" 15
81	Max Gillett	5'8" 18
	<i>Carnegie-Mellon</i>	
97	Evan Doucett	6'2" 18
	<i>St. Olaf</i>	

Cincinnati Youth Summer League

Team Name: Flying Pig

Captains: Will Teller, Zach Kaufman

Coaches: Joel Houmes, Phil Hale

Flying Pig: Two Haikus

Back for second year
Better players having fun
Rolling in the mud

Muddy pigs with wings
Hucking, flying overhead
'Nati Flying Pig



CINCINNATI OHIO

Roster

2	Rhulon Hart	5'11" 17
	<i>Wright State</i>	
3	Kyle Ratajczak	6'3" 18
	<i>Cincinnati</i>	
4	Will Teller	6'0" 17
5	Gus Misleh	6'2" 17
6	Kevin Bishop	5'10" 18
	<i>Hillsdale</i>	
7	Chris Kiessling	5'11" 17
9	Ricky Taylor	6'0" 17
	<i>Ohio State</i>	
10	Ian Collins	6'0" 17
11	Ambrose Dobrozsi	5'10" 17
	<i>Magdalen College</i>	
12	Ricky Thompson	5'8" 18
	<i>Northern Kentucky</i>	
13	Rob Grote	6'2" 18
15	Logan Kruger	5'9" 16
17	Phil Brodrick	5'9" 17
	<i>Dayton</i>	
18	Nico Misleh	5'10" 17
23	Zach Kaufman	6'3" 18
	<i>Ohio State</i>	
33	Frank Strasser	5'9" 15
42	Evan Conrad	6'2" 18
	<i>Cincinnati-Raymond Walters</i>	
47	Zach Kaylor	5'11" 18
	<i>Dayton</i>	
99	Ben Findley	5'10" 18
	<i>Cincinnati</i>	

OPEN TEAMS

Delaware Valley Youth League

Team Name: DEVYL

Captains: Jeremy Golden, Justin Principi

Coaches: Ryan Thompson, Anthony Nunez, Emilio Panasci, Evan Padgett

A union of NJHSU and PHUEL, DEVYL brings the best talent of Philadelphia and New Jersey together in a frightening squad of 18 determined, aggressive, and extremely well-coached high school players. Also, thanks to PADA for sponsorship help.



DELAWARE VALLEY
NJ/PA

Roster

00	Matt Bode	5'9"	17
2	Zach Kauffman	5'11"	17
3	Jordan Taylor	5'10"	17
5	Mike Sender	5'8"	16
7	John Stavinga	6'1"	18
	<i>Shippensburg U</i>		
12	Jeremy Golden	5'6"	17
14	Loren Whitaker	5'9"	16
15	Dennison Bechis	5'9"	16
16	Adrian Galbraith-Paul	5'10"	18
	<i>Kerny College</i>		
17	Brian Li	5'10"	17
24	Jacob Price	5'7"	17
25	Evan Sacks	5'7"	17
27	Elijah Karoly	6'2"	17
42	Alex Holtz	6'1"	18
	<i>Delaware</i>		
60	Tim Morrissey	5'10"	17
72	Justin Principi	5'11"	19
	<i>West Chester</i>		
81	Matt Stavinga	6'1"	18
	<i>Indiana U of Pennsylvania</i>		
84	Justin Baughn	5'7"	17

Denver Youth Summer League

Team Name: Cutthroat

Website: <http://denveryouthultimate.org/>

Captains: Ben Lohre, Erik Ptolemy

Coaches: Buzz Ellsworth, Bob Krier, Phil Lohre

Rising from the cool pools of the fast-flowing streams of Colorado's Rocky Mountains, the native Cutthroat is back to feed again in the land of 10,000 lakes. This particular breed is wild, not farmed, but does enjoy the support of Colorado's own Wright Life, the ultimate disc source.



DENVER
COLORADO

Roster

00	Carlton Halaby	5'9"	16
3	Alex Abarca	5'11"	17
4	Jacob Zax	5'10"	16
5	Chris Hopfenbeck	5'10"	16
7	Hidde Snieder	6'2"	17
8	Matt Gesner	5'10"	18
	<i>Loyola University - Chicago</i>		
11	Erik Ptolemy	6'0"	18
	<i>Gonzaga</i>		
12	Stefan Hillman	5'11"	18
13	Brennan McMillan	5'10"	18
15	David Long	6'0"	17
20	Patrick Jones	5'8"	18
23	Jimmy Mickle	6'1"	16
25	Dailey Kluck	5'9"	16
28	David Turner	5'10"	17
33	Brendan Calonge	6'2"	18
	<i>Oregon</i>		
42	Ben Lohre	6'0"	18
50	Nick Arnaud	5'4"	16
77	Rhys Lindmark	5'11"	17
84	Edmund Mills	6'0"	18
	<i>Harvey Mudd</i>		



OPEN TEAMS

Disc Northwest HS Spring League

Team Name: Overcast

Coaches: Brook Martin, Gabriel Pedersen,
Frank Nam

DiscNW returns a younger squad in 2008 with only 3 players from the 2007 Open Championship team. However we will draw from the experience of the 10 players who did play for our Mixed team in 2007. We look forward to another year playing against the best boys in high school Ultimate and hope to return the championship back to Seattle when all is said and done!



SEATTLE
WASHINGTON

Roster

1	Clayton Dewey-Valentine	18
3	Justin Norden	16
4	Austin Killien	17
5	Hugo Rojas	
6	Emmanuel Jimenez	17
7	Ryan Calver	18
8	Jimmy Hooper	17
9	Simon Montague	17
10	Kevin Babcock	18
11	Adam Bronstein	17
13	Ben Whipple	18
16	Cooper Schumacher	16
22	Samuel Keller	17
24	Ryan Schooley	18
28	Max Skelton	17
30	Casey MacPhee	16
44	Jacob Coate	18
87	Otto Berkes Jr	17
88	Casey Bateman	17
99	Kelly Van Arsdale	18

Madison HS Spring League

Team Name: Mast

Coach: John Bergen

Mast is a combination of the finest and bravest players from Madison East, West, and Memorial High School. All summer they have been practicing their tacking and jibing while keeping their bearing set on a YCC championship. These men are not greenhorns anymore, they are prepared to play in winds up to thirty knots and will sail past anyone that dares to get in there way.



MADISON
WISCONSIN

Roster

1	Seth Collins	5'11" 18
	<i>Michigan</i>	
6	Christopher Kazanski	5'9" 18
	<i>Oregon State</i>	
8	Kelsen Alexander	5'10" 18
9	Evan Elderbrock	5'10" 18
	<i>Macalester</i>	
10	Nate Sender	6'1" 18
	<i>Oregon</i>	
11	Chris Pearce	5'9" 18
	<i>Wisconsin</i>	
16	Raymond Kluender	6'2" 18
	<i>Wisconsin</i>	
17	Patrick Last	5'10" 17
19	Patrick LaPhilliph	5'11" 17
23	Dayu Liu	5'11" 18
	<i>Wisconsin</i>	
28	Dan Park	5'10" 18
	<i>Wisconsin</i>	
39	Rein Boyd	6'0" 16
88	Karl Brenner	5'10" 17

OPEN TEAMS

Minnesota HS Spring League

Team Name: Superior

Captains: Austin Juds, Kyle Geppert, Neal Hanke, Austin Lien

Coaches: Eric Enge, Lou Abramowski, Greg Williams, Perry Nacionales

The Minnesota High School League started in 2001 and is going strong. The MN State Championships this spring had 32 open teams competing for the title. We took a big group of players from all over the league this year and hope to improve on our 3rd place finish from last year. As one of the host teams here at YCC we welcome all the Ultimate players from around the U.S. Enjoy the hot summer days of Ultimate in Minnesota.



TWIN CITIES
MINNESOTA

Roster

0	Devi Wiener Berkowitz	5'6"	17
1	Ben Kofoed	5'9"	18
	<i>Luther College</i>		
2	Matt Burkhardt		
3	Jack Langree	5'10"	17
4	Michael Tradewell		16
5	Ethan Rasmussen	5'7"	17
6	Will Hagestad		
7	Jack Hupp	5'10"	18
8	<i>University of St. Thomas</i>		
9	Greg Arenson	5'11"	18
	<i>University of Minnesota</i>		
10	Stephen Bequette	5'11"	18
	<i>University of St. Thomas</i>		
11	Zach Kasdan	5'8"	18
	<i>Iowa State University</i>		
13	Jake Eglseder		
14	Austin Lien	5'8"	19
	<i>University of Illinois</i>		
15	Kyle Geppert	6'2"	17
16	Tyler Nielsen		
17	Danny Miesen	5'11"	18
	<i>University of Minnesota</i>		
18	Jacob Lien	5'10"	16
20	Neal Hanke	6'0"	18
	<i>Iowa State University</i>		
21	Jordan Carlson		
22	Charlie Whitmore	5'8"	17
24	Colin Camp	6'2"	17
25	Trent Huhn	5'11"	18
	<i>Wisconsin</i>		
31	David Eddy		
33	Eli Leonard		
35	Austin Juds	6'3"	19
	<i>University of Minnesota</i>		
36	Dan Rodekuhr	5'10"	18
	<i>University of St. Thomas</i>		
41	Joe Dechery		
42	Will Lister		
45	John LaFavor		
49	Tim Post		
78	Tristan Grovender		
89	Craig Tebbe		18
	<i>Colorado</i>		
93	Simon Gottlieb		
94	Robbie Shapiro	6'2"	17
95	Josh Klane		

PHUL HS Spring League

Team Name: Impulse

Captains: Alex Thorne, Colin Conner

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 has become a consistent competitor for Youth Club Gold – making semifinal appearances in 2006 and 2007 and continues to work toward its first National Championship. The players and coaches spend countless hours throughout the summer in order to compete at the top level of HS Ultimate and we are proud to represent the City of Pittsburgh at the 2008 Youth Club Championships.



PITTSBURGH
PENNSYLVANIA

Roster

0	Jeff Olko	6'1"	18
	<i>Slippery Rock University</i>		
1	Jack Ross	6'1"	17
2	Alex Thorne	5'7"	18
	<i>Pittsburgh</i>		
3	Allen Rakers	5'5"	18
	<i>Pittsburgh</i>		
4	Dylan Burns	6'1"	17
5	Colin Conner	5'10"	18
	<i>Pittsburgh</i>		
6	Nathan Hess	5'7"	17
8	Collin Hite	5'11"	17
9	Chris Lippert	6'2"	18
	<i>Pittsburgh</i>		
10	Nico Virgi	5'7"	17
11	Jack Gazdik	5'10"	18
	<i>Kent State University</i>		
13	Phil Stahlfeld	6'0"	17
19	Ben Funk	5'10"	18
	<i>Stanford University</i>		
22	Ryan Smith	5'7"	18
	<i>University of Illinois</i>		
23	Max Thorne	5'3"	15
27	Amar Rao	5'10"	18
	<i>Carnegie Mellon University</i>		
28	Seth Weidman	6'1"	18
	<i>University of Chicago</i>		
33	Pat Earles	5'9"	14
35	Cody McInnis	5'11"	17
	<i>Keene State College</i>		

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.



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.

The UPA runs coaching certification clinics primarily in the first quarter of each year. The schedule for 2009 clinics will be published in late 2008.

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.



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 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 UPA Executive Committee, March 29, 2005.

Feed your passion.



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