

2009 youth club championships



August 8th & 9th • Blaine, MN

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## Event Guide

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\$1





men's jersey

**\$22**



women's jersey\*

**\$22**



unisex shorts

**\$18**

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## Staff

Tournament staff will be wearing Event staff shirts with the event logo on them. 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  
Local Media Coordinator - David Raflo  
Head Scorekeeper – Seth Grossinger  
UPA Championship Director – Will Deaver  
UPA Championship Series Manager –  
Matthew Bourland  
UPA Director of Youth Development –  
Meredith Tosta

### ULTIMATE PLAYERS ASSOCIATION

4730 Table Mesa Drive, Suite 1200-C  
Boulder, CO 80305  
www.upa.org  
tel: 303-447-3472  
fax: 303-447-3483  
email: info@upa.org



PHOTO: DAN STEDMAN

# 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 Fifth Annual UPA Youth Club Ultimate Championships.

This year we again have 20 teams in three Divisions, with the Girls division reaching 8 teams for the first time. Over half of the teams are again returning from previous years. We expect lots of highly competitive and exciting Ultimate.

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

The Saturday night social event will be held in the Schwan Center at the NSC, and will be a dinner coupled with trade night. For this schwag swap bring your cool spare jerseys, discs and other swappable swag to trade with other players. After that, we'll hold an exhibition Event at the Stadium Field behind the Schwan Center.

The Twin Cities of Minneapolis and St. Paul are home to internationally respected arts organizations such as the Guthrie Theatre, the Minnesota Orchestra, the St. Paul Chamber Orchestra and the Walker Art Museum to name but a few. There are also numerous local museums, theaters and live music venues. Take in an arts event if you have time.

There are many local sports teams as well including the Minnesota Twins and the St Paul Saints (minor league baseball).

For the Ultimate Shopper, the Mall of America is on the south end of the Hiawatha Line of the Twin Cities' growing 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. Give a "high five" to a volunteer when you see one.

Have a great weekend!

Bruce Mebust  
Tournament Director

## Weekend Overview

### FRIDAY AUG 7TH – RAMADA MINNEAPOLIS NW

6:00pm-10:00pm Team Registration

### SATURDAY AUG 8TH AT NATIONAL SPORTS CENTER (NSC)

8:00am Captains' Meeting

9:00am-5:00pm Pool Play

5:30pm (Schwan Center at NSC) Trade night and Dinner

6:30pm (Stadium Field U1 at NSC) Exhibition Event

### SUNDAY AUG 9TH AT NATIONAL SPORTS CENTER (NSC)

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



# 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.

THANK YOU!

# 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.

## Shooting Photos/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 Local Media Coordinator, David Raflo or UPA Championships Director, Will Deaver, at the event for more information.



PHOTO: DAN STEDMAN

# 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*

## 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. Teams are asked to choose the person whose attitude they wish other people on their team would emulate and who players from other teams 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!

## 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.

# 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 (page 11).

## 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, as far away from the playing field as possible (at least 3 yards!).
- 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.



# Health And Safety Continued

## 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.



PHOTO: DAVE GREGG

## 2009 UPA Youth Club Championships - Girls Division

Saturday, Aug 8, 2009

Saturday, Aug 6, 2016												
All Games to 15 Cap at 17	Pool A						Pool B					
	A1	Disc Northwest (Seattle, WA)					B1	Atlanta (Atlanta, GA)				
	A2	Denver (Denver, CO)					B2	BUDA (New England)				
	A3	Minnesota (Minneapolis, MN)					B3	Cincinnati (Cincinnati, OH)				
	A4	Triangle Area (Raleigh, NC)					B4	PHUL (Pittsburgh, PA)				
	F#	Score		F#	Score		F#	Score		F#	Score	
9:00-10:30	A1 v A3	5	-	A2 v A4	6	-	B1 v B3	7	-	B2 v B4	8	-
11:00-12:30	A1 v A4	5	-	A2 v A3	6	-	B1 v B4	7	-	B2 v B3	8	-
1:30-3:00							B1 v B2	7	-	B3 v B4	8	-
3:30-5:00	A1 v A2	5	-	A3 v A4	6	-						
Re-seed teams within each pool for Sunday play												

Re-seed teams within each pool for Sunday play

# Ultimate

PLAYERS ASSOCIATION

### Consolation Bracket

Sunday, Aug 9, 2009



### Championship Bracket

Sunday, Aug 9, 2009



Consolation games to 15 cap 17

**DISCRAFT**  
THE WORLD LEADER IN DISC SPORTS

Championship games to 15 cap 17



## 2009 UPA Youth Club Championships - Mixed Division

Saturday, Aug 8, 2009

Sunday, August 9, 2009

Games to 15 cap 17

All Games	1	Minnesota (Minneapolis, MN)
to 15	2	BUDA (New England)
Cap 17	3	Disc Northwest (Seattle, WA)
	4	Madison (Madison, WI)

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

Re-seed after Round Robin to get 1-4

L(1)

12:30-  
2:00pm  
Field #8

3rd Place

L(2)

Pool #1

Game (1)  
Semifinal  
10:30am-12:00pm  
Field #7

Pool #4

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

Champion

Pool #3

Game (2)  
Semifinal  
10:30am-12:00pm  
Field #8

Pool #2



## 2009 UPA Youth Club Championships - Open Division

Saturday, Aug 8, 2009												
Pool A						Pool B						
All Games to 15 Cap at 17	A1	Disc Northwest (Seattle, WA)				B1	Delaware Valley (Delaware Valley)					
	A2	BUDA (New England)				B2	PHUL (Pittsburgh, PA)					
	A3	Atlanta (Atlanta, GA)				B3	Denver (Denver, CO)					
	A4	Triangle Area (Raleigh, NC)				B4	Cincinnati (Cincinnati, OH)					
		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												

**Ultimate**  
PLAYERS ASSOCIATION

**Consolation Bracket**  
Sunday, Aug 9, 2009

L(1)	Game (7) 10:30am-12:00pm Field #2	12:30-2:00pm Field #2	5th Place
L(2)			
L(3)	Game (8) 10:30am-12:00pm Field #1	12:30-2:00pm Field #1	7th Place
L(4)			
L(7)			
L(8)			

**Championship Bracket**  
Sunday, Aug 9, 2009

A1	Game (1) 8:30-10:00am Field #4	Game (5) Semifinal 10:30am-12:00pm Field #4	Final Sunday 2:30-4:00pm Field #5	Champion		
B4						
A3	Game (2) 8:30-10:00am Field #2	Game (6) Semifinal 10:30am-12:00pm Field #3				
B2						
A2	Game (3) 8:30-10:00am Field #1	Game (4) 8:30-10:00am Field #3	L(5)	3rd Place		
B3						
A4	Game (4) 8:30-10:00am Field #3	L(6)	12:30-2:00pm Field #3			
B1						

Consolation games to 15 cap 17

**DISCRAFT**  
THE WORLD LEADER IN DISC SPORTS

Championship games to 15 cap 17.

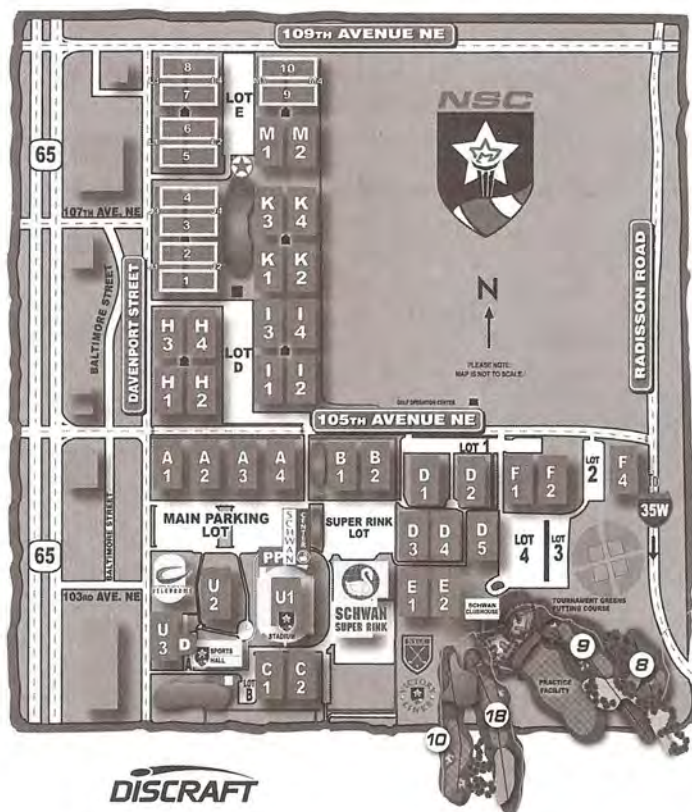




## UPA YOUTH CLUB CHAMPIONSHIP

AUGUST 8-9, 2009

NATIONAL SPORTS CENTER • BLAINE, MN



**DISCRAFT**



**Game Fields**



**Fieldmanager Pavillions**



**Tournament Central**

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



**Dorms (Next to Field U3)**



**Saturday Night Player Party  
(Schwan Center/Field U1)**



# 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



PHOTO: DAVE GREGG

# Girls Division

## Atlanta

### ATLANTA, GA

Team Name: Hotlanta

Coaches: Shimmy Paley, Julia Echterhoff

Atlanta's girls players are psyched to try their skills as a female-only squad for the first time at YCC. Made mostly of Paideia players (Easterns champions 2008, 2009), they have been eagerly waiting for the critical mass that would allow Atlanta to field a Girls' team, and although our numbers are low, our spirits are high.



## ROSTER

1	Amelia Dornbush	5'3" 16
2	Hailey Alm	5'9" 18
	<i>Tufts</i>	
3	Nicki Softness	5'6" 16
6	Erin Zweir	5'10" 19
8	India Stubbs	5'7" 16
10	Sophie Darch	5'5" 17
12	Joanna Caldwell	5'5" 15
15	Kalli Perano	5'2" 17
19	Mallory West	5'3" 18
	<i>Tulane</i>	
22	Kenia Kagel	4'11" 17
30	Maddy Roorbach	5'9" 17
99	Lane Siedor	6'1" 17

## BUDA HS Ultimate League

### CENTRAL/EASTERN, MASSACHUSETTS

Team name: BUDA New England

Captains: Lauren Baecher, Talia Hirsch, Michela Meister

Coaches: Beth Nakamura, Kayla Burnim

Reppin' the Northeast, BUDA is ready to get it poppin' with a small roster and a lot of heart.

buda



## ROSTER

6	Casey Markenson	5'2" 18
	<i>Carleton College</i>	
7	Claudia Tajima	5'7" 18
	<i>Tufts</i>	
8	Annie Kietzman	5'3" 18
	<i>Hobart and William Smith Colleges</i>	
10	Lauren Baecher	5'7" 18
	<i>Simmons College</i>	
11	Amelia Tarren	5'2" 16
12	Leah Berlin	5'3" 16
13	Nicole Kaufman	5'7" 18
	<i>Colorado College</i>	
14	Darcy Rzepka	5'2" 16
16	Michela Meister	5'9" 17
19	Maura McGrath	5'6" 17
20	Jamie Sharken	5'5" 15
23	Afra Danai	5'2" 17
24	Hannah Yee	5'4" 17
37	Talia Hirsch	5'1" 17
	<i>Clark</i>	
66	Emily Peterson	5'3" 18
	<i>Massachusetts</i>	

# Girls Division

## Cincinnati Youth Summer League

### CINCINNATI, OH

Team Name: Notorious P.I.G.

Captains: Madison Handley, Bridgette Shreiner

Coaches: Mo Fellicelli and Hajnal Salanki

From the "most dangerous neighborhood in America" comes The Notorious P.I.G. With the new name comes a new attitude. These chicks dig the long.... huck. Fast and skilled, they rock the pink uniforms because they are Notorious.



### ROSTER

00	Madison Handley <i>Northern Kentucky</i>	5'5"	18
1	Brielle Reiff	5'7"	16
2	Rebecca Byrne	5'6"	16
3	Bri Forney	5'1"	16
13	Maria Dienger <i>Cincinnati</i>	5'3"	18
14	Bridgette Shreiner <i>Purdue</i>	5'4"	19
17	Ginny Heckel	5'6"	16
19	Jenna Galletta	5'3"	16
21	Stephanie Wang	5'3"	16
23	Courtney Roth	5'3"	15
24	Beth Kaylor	5'7"	16
42	Patricia Babcock <i>Francescan</i>	5'9"	18
43	Julia Turkevich	5'6"	16
45	Katie Liming	6'0"	18
93	Kayla Fry	5'2"	15

## Denver Summer Youth Ultimate League

### COLORADO

Team Name: Colorado Cutthroat

Coaches: Carolyn Matthews, Anne Pogoriler

Gone fishin'.



### ROSTER

3	Ellen Want	5'5	17
4	Molly Fast	5'3	17
5	Annie Want	5'5	15
6	Katie Cromer	5'5	18
7	Elena Wilkins	5'7	17
10	Julia Snieder	5'6	17
11	Marlena Hartmann-Filson	5'7	
13	Andrea Willson	5'8	18
14	Colette Kendrick	5'5	16
15	Yevanit Reschechtko	5'5	16
17	Christina Mickle	5'7	17
19	Sarah Davis	5'5	18
22	Kimenna Hofsetz	5'7	18
33	Talya Zax	5'3	16
42	Lisi Lohre	5'6	16
44	Taylor Want	5'5	17
79	Erika Hiramitsu	5'5	16



# Girls Division

## DiscNW Spring High School League

### SEATTLE, WASHINGTON

**Team name:** Disc NW Girls

**Captains:** Callie Mah, Taylor Kanemori, Lindsey Miller

**Coach(es):** Chris "Fozz" Forsberg, Heidi-Marie Clemens

DiscNW Girls have won the YCC tournament 4 years running and are back to defend their title. Although we lost a number of strong seniors last year we are strengthened by the return of 3 former Team USA players – Taylor Kanemori, Anna Reed, and Julia Snyder. Overall - this team is comprised from 7 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 2009!



## Roster

3	Rachel Karpelowitz <i>Oregon</i>	5'5"	17
4	Iris Cutler <i>Carleton</i>	5'8"	18
5	Katie Raynolds <i>Northwestern</i>	5'6"	18
7	Lucy Williams <i>Washington</i>	5'8"	18
8	MacKenzie Ruoff <i>Macalester</i>	5'5"	17
10	Rachel Acker	5'8"	17
11	Aimie Kawai	5'11"	17
12	Callie Mah <i>Western Washington</i>	5'9"	18
13	Lindsey Miller <i>Western Washington</i>	5'6"	18
14	Anna Reed <i>Carleton</i>	5'2"	18
15	Sabrina Duenas <i>Bellevue College</i>	5'6"	
16	Sally Landefeld	5'5"	17
17	Taylor Kanemori <i>Colorado College</i>	5'1"	18
21	Michaela Fallon	5'11"	17
23	Serene Hastings	5'5"	16
24	Barbara Hoover	5'8"	
27	Julia Snyder	5'7"	17
32	Carey Hert <i>Macalester</i>	5'8"	18
47	Amanda Kostic <i>Washington</i>	5'10"	18
99	Shira Stern	5'5"	17

## Minnesota High School Ultimate League

### MINNEAPOLIS, MINNESOTA

**Team name:** Minnesota Nice

**Coaches:** Tobie Miller and Christie Dosch

This is the fifth year Minnesota has hosted the Youth Club Championships and the fifth year we have brought a women's team to the tournament. Our team is comprised of girls from seven high schools, all part of the greater Minnesota High School League. We are a dedicated bunch, with an extreme passion and love for the sport, always looking to play an intense game but never at the expense of our spirit. It will be really NICE to see you on the field, you betcha!



## Roster

1	Natalie DePalma <i>Minnesota</i>	5'6"	18
2	Katie Schroeder	5'2"	17
3	Brenna Kruse <i>Minnesota</i>	5'7"	18
5	Emily Petersen	5'4"	17
7	Rae Millikan <i>California Institute of Technology</i>	5'4"	18
9	Emily Regan <i>Gustavus Adolphus College</i>	5'3"	18
10	Geneva Martin <i>Northern Michigan</i>	5'6"	18
11	Mara Saltzman	5'3"	17
12	Frieda Manthei <i>Northern Michigan</i>	5'9"	18
13	Margaret Nichols <i>Oberlin College</i>	5'8"	18
14	Phoebe Chastain	5'6"	17
15	Julia Alvarez	5'8"	17
18	Aly Fassett-Carmen	5'8"	16
19	Jenna Dailey	5'2"	17
29	KaylaAnne Glick	5'5"	17
47	Laurel Oswald	5'9"	17
52	Erynn Schroeder	5'3"	16
54	Carli Van Holmes	5'7"	17
57	Kathy Haapala <i>Rochester</i>	5'6"	17
77	Sara Stratton <i>Lewis and Clark</i>	5'4"	18

# Girls Division

## PHUL Spring League

### PITTSBURGH, PENNSYLVANIA

**Team name:** Moxie

**Coaches:** Kelsey Lenard and Molly Moore

Moxie (mők'sē) – 1. The ability to face difficulty with spirit and courage. 2. Aggressive energy; initiative. 3. Skill; know-how. The definition of Moxie describes the character of the Pittsburgh Youth Club Girls perfectly. This year the team is led by a core of experienced players, one of whom played on the 2008 Junior Worlds Team. This core of experience is complimented by the youthful energy, enthusiasm and athleticism of the first and second year players on the team. Back for their second appearance at the Youth Club Championships, Moxie plans to use their experience and youth, in addition to their spirit, courage, aggressiveness, initiative and skill to compete at a higher level than ever before.



## Roster

2	Ellie Shaul	5'3" 17
3	Maria Bajzek	5'2" 18
	<i>Carnegie Mellon</i>	
6	Kelly Gilmour	5'6" 18
	<i>Notre Dame</i>	
7	Nicole Elway	5'8" 16
8	Gretchen Dausch	5'4" 16
9	Sarah Jordan	5'6" 16
11	Jess Krzewinski	5'7" 18
	<i>CCAC</i>	
12	Gina Barber	5'2" 18
	<i>Virginia</i>	
13	Torre Edahl	5'3" 16
18	Liz Clark	5'8" 17
	<i>Duke</i>	
21	Eva Petzinger	5'10" 16
23	Alison Decker	5'4" 17
35	Ava Makal	5'4" 18
	<i>Michigan State</i>	

## Triangle Youth League

### TRIANGLE AREA, NORTH CAROLINA

**Team name:** Queen Anne's Revenge

**Coaches:** Tammy Moose, Leila Tunnell

The Triangle Youth League, in its 2nd year, is proud to be able to field a team for the women's division (special thanks to Lindsey Hack and the TYUL Board). The team, complete with young college freshman and high school standouts (some of which play with their respective high school open teams) is looking to make a name for itself on the national stage. Being coached by Wake Forest women's coach Tammy Moose and Paideia alum/Junior Worlds' Player Leila Tunnell, Queen Anne's Revenge (named after the ship that wrecked on the North Carolina shore) looks to do some damage in Minnesota.



## Roster

1	Meg Duffy	5'3" 16
5	Lindsay Savelli	5'6" 17
8	Jillian Altrichter	5'5" 15
10	Laura Fradin	5'4" 16
11	Emma Johnson	5'5" 18
	<i>American</i>	
12	Claire Morrissey	5'7" 18
	<i>Vermont</i>	
15	Hope Thomson	5'4" 16
	<i>North Carolina</i>	
17	Hanna Gardner	5'4" 14
22	Shellie Cohen	5'7" 16
23	Abigail Derbyshire	5'2" 15
50	Jessi Jones	5'7" 18
	<i>North Carolina State</i>	
51	Lindsay Lang	5'6" 18
	<i>North Carolina</i>	
99	Kelly Weeks	5'6" 18
	<i>Princeton</i>	



# Mixed Division

## BUDA High School Ultimate

### BOSTON, MASSACHUSETTS

Team name: JUST BUDA

Captains: Brian Rodriguez, Kira Lou

Coaches: Josh Seamon, Marc Grimson, Anna Hall

The BUDA YCC mixed team is an eclectic mix of 18 players from 5 states and 13 schools. Blaine is our summer home and we enjoy every minute of our time together on and off the field. When you come out and watch us play keep an eye out for the speed of Brian Rodriguez (#9), receiving ability of Kira Lou (#17), vertical domination by Ben Smith (#21), stifling defense of Zach Lou (#22), and Will Herold's (#20) massive pulls.

buda



## Roster

2	Harrison Chase	6'0"	17
3	Zach d'Arbeloff	5'11"	18
	<i>St. Lawrence</i>		
8	Stephanie Michalak	5'3"	16
	<i>Simon's Rock</i>		
9	Brian Rodriguez	5' 6"	18
	<i>Massachusetts</i>		
10	Qxhna Titcomb	5'7.5"	16
11	Kirin Bourgeois	5' 11"	17
12	Nolan Benoit	6' 3"	16
13	Danny On	5' 5"	15
16	Wesley Chow	5' 3"	15
17	Kira Lou	5'6"	17
19	Ethan Kannel	5'10"	15
20	Will Herold	6'0"	18
	<i>Carleton College</i>		
21	Ben Smith	6'0"	17
22	Zachary Lou	5' 8"	18
	<i>Washington Univ</i>		
23	Danny Katz	5'5"	17
24	Laura Carver Dionne	5'2"	17
	<i>Hobart and William Smith Colleges</i>		
63	Kate Desrochers	6'0"	18
	<i>Dartmouth</i>		
81	Sarah Robinson	5' 8"	17

## DiscNW

### SEATTLE, WA

Team name: Storm Troopers

Captains: Kelly Prang, Julian Peterson

Coaches: Jon Ladd, Heather Ann Brauer

Seattle Storm Troopers are looking forward to taking the field at this year's YCC tournament. Coming together from nine different schools these players are a great representation of the high school Ultimate community in the Washington area. Many of these players competed at Westerns; two of the girls on mixed helped win the championship for Nathan Hale High School. This year's mixed team brings the most experience, talent, and spirit to the game that Disc NW has ever seen. Captained by two returning players, Julian Peterson and Kelly Prang, the Troop will be bringing a strong game to Blaine this August!



## Roster

0	Claire Revere	5'1"	14
2	John Reynolds	5'11"	16
3	Savanna Ryan	5'9"	15
4	Ross Smith	5' 8"	
5	Peter Sprugel	5' 9"	
6	Katherine Benjamin	5'9"	17
7	Julian Peterson	6'1"	17
8	Max Sutton	5' 8"	
10	Julia Bladin	5'6"	16
11	Arianne Lozano	5' 6"	15
12	Katie Rodihan	5'1"	17
13	Conor Crowley	5'10"	17
14	Kenneth Justin Lim	5'7"	15
19	Kelly Prang	5'7"	18
	<i>Pacific Lutheran</i>		
22	Sarah Edwards	5'6"	16
23	Mike Cavanaugh	5'11"	
25	Kersten Barton	5'6"	15
27	Eric Nelson	5'11"	19
	<i>Western Washington</i>		
33	Banks Hunter	5' 6"	16
64	Naima Antolin	5'3"	16
69	Jesse Bolton	5'10"	14
99	Khalif El-Salaam	5'9"	

# Mixed Division

## Madison Youth

### MADISON, WI

**Team name:** Madison

**Captains:** Seth Collins, Dayu Liu

**Coaches:** Dan Raabe, Rex Beaber, Michelle Swan, Jen Buchholz

Madison has been on the YCC scene for years and has produced top players on the college scene and beyond. Look for some unknowns to make some noise again as Madtown rolls into Blaine.



## Roster

0	Meredith Mount
1	Julia Ramos
2	Logan Pruess
3	Seth Collins <i>Michigan</i>
4	Arren Alexander
5	Pat LaPhillip
6	Tessa Dorresteyn
8	Karl Brenner
9	Stephanie Wolf <i>Dartmouth</i>
10	Whitney Fose <i>Colorado</i>
11	Bryant Hagen
12	Michael Burke
14	Mike Denruiter
19	Chelsea Fine
21	Greg Maddox
23	Dayu Liu <i>Wisconsin</i>
24	Terran Tout
28	Dan Park <i>Wisconsin</i>
32	Meredith Bray
41	Colin Sunde
69	Danny Huncosky
83	Jacob Wolf <i>Dartmouth</i>

## Minnesota High School Ultimate League

### TWIN CITES, MINNESOTA

**Team name:** Skyline

**Coaches:** Mike Berseth, Dave Klink, Erin Mirocha

Our players represent the following Minnesota Schools: Como Park, Cretin-Derham Hall, Eden Prairie, Hopkins, Minneapolis South, Minneapolis Southwest, and Mounds View. Our players are picked from the Minnesota Youth Summer League. We are honored to once again welcome teams from across the nation to our state in order to compete for a national title!"



## Roster

0	Dana Kautto	5'6"	18
	<i>Lewis &amp; Clark College</i>		
3	Charlie Enders	6'0"	17
5	Ethan Rasmussen	5'8"	17
6	Kody Williams <i>St. John's</i>	5'10"	18
7	Devi Berkowitz <i>St Olaf</i>	5'6"	18
8	Matt Kortz <i>St. John's</i>	6'1"	18
9	Patrick Budde <i>Northwestern</i>	6'2"	18
10	Emma Peaslee	5'4"	17
11	Andrea Crumrine <i>Minnesota</i>	5'1"	18
13	Tristan Grovender	5'11"	18
16	Tess Hoerle	5'7"	16
22	Charlie Whitmore <i>St Olaf</i>	5'8"	18
23	Alyssa Kettler <i>Minnesota</i>	5'11"	19
27	Ben Schmit <i>Kaleo Bible College</i>	5'10"	18
32	Colin Camp <i>Wisconsin</i>	6'3"	18
34	Caty Ferris	5'3"	17
35	Courtney Juds	5'4"	17
42	Matt Burkhardt	6'3"	17
63	James Mitchell <i>Colorado</i>	6'2"	19
85	Jesus Caballero	5'6"	17
88	Jack Langree <i>Minnesota</i>	5'10"	18

# Open Division

## Atlanta Youth Club League

### ATLANTA, GEORGIA

**Team name:** ATLiens

**Captains:** Brice Dixon, Emery Ozell

**Coaches:** Kyle Weisbrod, John Terry

This year, Atlanta is sending its fourth and fifth teams to YCC. While we previously sent Mixed teams, we are now getting the chance to see how an Open squad will fare. With seasoned players from strong teams such as Woodward, Grady, Heritage, and Paideia, we look forward to the challenge of YCC and to making connections with players from all over the nation.



## Roster

00	Derek Cooper	5'7"	16
1	Cameron Albert-Deitch	5'8"	16
5	Brice Dixon	5'8"	18
	<i>Arizona</i>		
8	Noah Harrison	5'3"	15
9	Matt Smith	5'9"	17
	<i>Georgia Southern</i>		
11	Gabe Monett	6'1"	15
15	Bryan Reines	5'8"	15
16	Alex Glick	5'9"	15
23	Mark Vandenberg	5'9"	15
25	Elliott Erickson	5'7"	17
36	Sean Gannon	5'10"	16
39	Zachary Taylor	5'3"	16
66	Zach Mills	4'11"	15
77	Wright Dickerson	5'8"	17
88	Tom Barrow	5'7"	17
99	Emery Ozell	5'11"	18
	<i>Georgia Perimeter College</i>		

## BUDA HS Ultimate League

### SOMERVILLE, MASSACHUSETTS

**Team name:** BUDA – Open

**Captains:** AJ Hutchins, Jonah Herscu and Ryan Rzepka

**Coaches:** Tyler Auer, Micah Flynn and Jason Chow

This is the fifth year at the Youth Club Championships for New England. Last year, the team lost in the semifinals to Seattle and returns a number of players for this season. Look for captains Ryan Rzepka, A.J. Hutchins and Jonah Herscu to be focal points on offense and for Ryan Holmes and Tyler Kenney to be the team's main weapons in the end-zone. The defense is anchored by Spencer Diamond, Tom Allen, and Amos Adams who all will get their share of spectacular blocks.

**buda**



## Roster

2	Spencer Diamond	5'10"	17
3	Ryan Rzepka	5'6"	18
	<i>Vermont</i>		
6	Ryan Holmes	6'0"	18
	<i>Massachusetts</i>		
9	Tom Allen	5'10"	18
	<i>Penn State</i>		
10	Matt Jerry	6'1"	18
	<i>Delaware</i>		
11	David Lunetta	5'9"	17
12	Jonah Herscu	6'0"	17
14	Julian Summa	6'1"	18
	<i>Vermont</i>		
15	Michael Parker	6'0"	18
	<i>Gettysburg College</i>		
16	A.J. Hutchins	5'11"	18
21	Misha Herscu	5'11"	18
	<i>Harvard</i>		
23	Cody Ross	5'10"	16
24	Tyler Kenney	5'8"	18
	<i>Lehigh</i>		
25	Jordy Diamond	5'9"	15
27	Amos Adams	6'5"	16
29	John Narmontas	5'10"	16
29	Tate Tabtieng	5'9"	16
33	Eric Biggs	5'3"	16
71	Joel Fisher-Katz	5'9"	15



# Open Division

## Cincinnati Youth Summer League

### CINCINNATI, OHIO

**Team name:** Flying Pig

**Captains:** Ian Collins, Nico Misleh, Will Teller

**Coaches:** Joel Houmes, Isaac Jeffries, Phil Hale

Named after a Cincinnati landmark and a tribute to the difficult becoming possible, Flying Pig returns with the deepest and most experienced roster yet. Not afraid of rolling in the mud, Pig can grind out the long points and get the tough turns. But be careful, just when you think you have this Pig figured out, it flies.



## Roster

1	Daniel Schuster	5'9"	15
2	Chris Blum	6'0"	18
	<i>Ohio State</i>		
3	Kyle Rataczjak	6'2"	18
	<i>Ohio State</i>		
4	Will Teller	6'0"	18
	<i>Dallas</i>		
5	Gus Misleh	6'2"	18
	<i>Cincinnati</i>		
6	Chris Harris	6'1"	19
	<i>Cincinnati</i>		
7	Chris Kiebling	5'11"	18
	<i>Cincinnati</i>		
8	Kevin Day	6'4"	18
	<i>Toledo</i>		
9	Rick Taylor	6'0"	18
	<i>Ohio State</i>		
10	Ian Collins	6'1"	18
	<i>Cincinnati</i>		
12	Brian Leachman	5'8"	17
13	Rob Grote	6'2"	18
	<i>Ohio State</i>		
15	Logan Kruger	5'10"	17
18	Nico Misleh	5'10"	18
	<i>Cincinnati</i>		
21	Max Wuestoff	5'10"	18
	<i>Miami of Ohio</i>		
47	Zach Kaylor	5'11"	18
	<i>Dayton</i>		
54	Ben Jansen	5'11"	17
81	Kevin Burwinkel	5'9"	16
85	Tony Bort	5'7"	16
88	Tim Hale	6'1"	18
	<i>Cincinnati</i>		
95	Michael Bissonnette	6'1"	18

## Delaware Valley Youth League

### NEW JERSEY/PENNSYLVANIA

**Team name:** DEVYL

**Captains:** Isaac Saul, Justin Baughn, Jordan Taylor

**Coaches:** Anthony Nunez, Ryan Belline

The Delaware Valley Youth League was started in the fall of 2007 and consists of players from all over New Jersey and Philadelphia. Devyl represents three top five teams from 2009 Easterns (Pennsbury 1st place, Columbia High School 5th place, and Watchung Hills 5th place) as well as representatives from West Windsor North, Radnor, Westfield, and Lower Marion.

## Roster

2	Zach Kauffman	5'9"	18
	<i>Pittsburgh</i>		
3	Jordan Taylor	5'9"	18
	<i>Brown Univ</i>		
4	Dharun Ravi	5'9"	17
5	Jackson Lusk	6'0"	18
	<i>Oregon</i>		
6	Michael Brenner	6'0"	19
	<i>Pittsburgh</i>		
9	Matt Bode	5'10"	18
	<i>Bucks</i>		
10	Jeremy Golden	5'6"	18
	<i>SUNY Geneseo</i>		
11	Scottie Xu	5'8"	16
14	Loren Wintaker	6'0"	17
	<i>Arcadia</i>		
15	Denny Beachis	5'11"	18
	<i>New Hampshire</i>		
16	Adrian Galbraith-Paul	5'9"	18
	<i>Kenyan College</i>		
19	Isaac Saul	5'10"	18
	<i>Pittsburgh</i>		
22	Trent Dillon	5'8"	16
24	Jacob Price	5'7"	18
	<i>Brown</i>		
25	Evan Sacks	5'8"	18
	<i>Virginia</i>		
27	Elijah Karoly	6'1"	19
	<i>Bucks</i>		
29	Evan Walter	5'9"	16
33	Eric Nelson	6'2"	17
34	Matt Wilson	6'0"	18
	<i>Bucks</i>		
35	Matt Weintraub	5'11"	16
69	Mike Auld	6'2"	18
84	Justin Baughn	5'8"	18
	<i>Colorado</i>		
00	Mike Sender	5'7"	17
	<i>Rutgers</i>		

# Open Division

## Denver Summer Youth Ultimate League

**DENVER/BOULDER, COLORADO**

**Team name:** Colorado Cutthroat

**Captains:** Jimmy Mickle, Rhys Lindmark

**Coaches:** Bob Krier, Buzz Ellsworth, Phil Lohre

Appearing for the fourth consecutive year, the Cutthroat brings together the best and most dedicated players from the thriving Denver/Boulder youth Ultimate scene. Ten different high schools are represented on the team, and more than half of the players also competed in last year's YCC tournament. With the continued support of the Wright Life, the ultimate disc source, and the encouragement of team alumni and league teammates at home, this team aspires to be the best!



## Roster

00	Carlton Halaby	5'11"	17
4	Jacob Zax	5'9"	17
5	Chris Hopfenbeck	6'2"	17
7	Rhys Lindmark	6'0"	18
	<i>Carleton College</i>		
9	Pete Gleason	6'	18
12	Aaron Zemel	5'7"	17
13	Samuel Pawlitzki	6'1"	17
15	David Long	6'	18
	<i>Carleton College</i>		
18	Erik Sandersen	5'11"	16
20	Mikey Hill	5'11"	18
	<i>Colorado</i>		
21	Aaron Sarfaty	6'3"	17
22	Ken Lynch	5'9"	18
	<i>Denver</i>		
23	Jimmy Mickle	6'2"	17
24	Hidde Snieder	6'2"	18
	<i>Colorado</i>		
25	Dailey Kluck	5'10"	18
	<i>Colorado</i>		
30	Scott Levi	5'10"	18
31	Colin Wielga	5'11"	18
42	Patrick Ellsworth	5'9"	17
50	Nicholas Arnaud	5'7"	17

## DiscNW Spring High School League

**SEATTLE, WASHINGTON**

**Team name:** L-Pod

**Captain:** Julian Childs-Walker

**Coaches:** Brook Martin, Gabriel Pedersen, Alex Wells

With a name inspired by a large family of killer whales that returns to the Pacific Northwest every summer, L-Pod is proud to defend their title in 2009. L-pod represents the best of the DiscNW youth (the largest youth league in the country,) and includes members from six different high schools, with 11 seniors. Like our namesake, our play is active. We enjoy teamwork, can reach speeds up to 30 m.p.h. and have been seen showing behaviors such as lobtailing, layout diving, flipper-slapping, mark-breaking, wave riding and hand-blocking. Among the largest of all carnivores,

we are known to consume 4% of our body weight every day. Our appetite for "defense" is insatiable. Come watch L-Pod play!



## Roster

0	Austin Killien	6'0"	18
	<i>Colorado</i>		
1	Colin Featherston	6'1"	17
2	Connor Smith	6'0"	18
	<i>Middlebury</i>		
3	Matt Neeley	6'0"	18
	<i>Washington State</i>		
4	Sam Merritt	5'5"	18
5	Kilian Marsh	5'10"	16
6	Simon Montague	6'3"	
	<i>Carleton College</i>		
7	Matt Rehder	6'5"	
9	Andrew Featherston	6'1"	16
16	Cooper Schumacher	6'2"	17
17	Zack Woodruff	6'0"	
	<i>Notre Dame</i>		
18	Justin Norden	6'1"	17
	<i>Carleton College</i>		
19	Casey MacPhee	5'8"	17
	<i>Colorado</i>		
22	Julian Childs-Walker	5'9"	18
	<i>Carleton College</i>		
30	Adlai Felser	5'11"	18
	<i>Princeton</i>		
31	Michael Revalas	5'11"	18
	<i>Wesleyan</i>		
33	Casey Bateman	5'8"	18
69	Peter Bender	6'0"	
	<i>Montana Missoula</i>		
88	Louis Cohen	5'9"	



# Open Division

## PHUL Club League

### PITTSBURGH, PENNSYLVANIA

**Team name:** Impulse

**Captains:** Collin Hite, Nathan Hess

**Coaches:** Nick Kaczmarek, Darren Shultz, Jay Huerbin

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 – breaking into the finals in 2008 after consecutive semifinal appearances. The players and coaches spend countless hours throughout the summer in order to compete at the highest level of youth Ultimate. We are proud to represent the city of Pittsburgh at the 2009 YCCs. Here we go!



## Roster

2	Eddie Blanciai	5'8"	16
3	Patrick Earles	6'0"	15
4	Dylan Burns	6'2"	18
	<i>Vermont</i>		
6	Nathan Hess	5'9"	18
	<i>Delaware</i>		
7	Mark Fedorenko	6'0"	17
8	Collin Hite	5'11"	18
	<i>Slippery Rock</i>		
13	Phil Stahlfield	6'0"	18
14	Steve Rubin	5'9"	17
19	Collin Mackett	5'9"	18
	<i>Notre Dame</i>		
21	Dave Berg	5'7"	18
	<i>George Mason</i>		
23	Max Thorne	5'6"	16
24	Tristan Bella	6'0"	17
28	Joe Bender	5'10"	16
33	David Clemens-Sewall	5'10"	17
37	Charles Wei	5'8"	17
	<i>Pittsburgh</i>		
42	Marcus Ranii-Dropcho	6'1"	16
49	Ian Preston	6'3"	18
	<i>Northwestern</i>		
59	Aaron Watson	6'0"	17
87	Ryan Snowden	6'0"	16

## Triangle Youth League

### TRIANGLE AREA, NORTH CAROLINA

**Team name:** North Carolina All Stars

**Captains:** Ben Harris, Tate Hancock

**Coaches:** Raju Prasad, Brian Dobyns

The Triangle Youth Ultimate League is in its 2nd year of existence. Despite its infancy, the league has grown in leaps and bounds in terms of both number and quality of play due to the hard work of Lindsey Hack and the TYUL Board. The North Carolina All-Stars bring together the most talented and hard working players from the TYUL Summer League. North Carolina Ultimate is known around the country as a gritty, hard-nosed, effort-based style. Coached by the legendary Brian Dobyns (coaching in his 4th division on the National stage), and Raju Prasad of Ring of Fire, the North Carolina All-Stars will bring that same play to the field, looking to outwork all opponents in Minnesota!



## Roster

1	Luke Hancock	5'8"	15
2	Ernest Thompson	6'1"	18
4	Kevin Laubscher	5'9"	17
5	Tate Hancock	5'10"	18
	<i>North Carolina State</i>		
6	Mason Gardner	6'1"	17
10	Ari Livanos	5'6"	18
	<i>North Carolina-Asheville</i>		
11	Daniel Schopler	6'1"	17
12	Samuel Linnartz	5'10"	18
	<i>Duke</i>		
13	Ian Aadland	5'9"	18
14	Stephen Smoak	6'7"	18
	<i>South Carolina- Columbia</i>		
15	Evan Jonson	5'10"	18
18	Anthony Kan	5'6"	17
19	Brayton Maxson	6'3"	16
20	Ben Harris	6'0"	18
21	Nathan Warden	6'0"	17
24	Christian Johnson	6'1"	17
33	Jack Fleishman	6'1"	18
76	Marshall Ward	6'0"	18
81	Jacob Hoerger	5'11"	16

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## Friends and Family

Like to know more about watching the game? Or maybe you used to play and are looking for alternative ways to get involved and support the sport?

The UPA has established a special section (<http://www.upa.org/friendsandfamily>) on its website to help answer your questions and connect you with other friends, fans and family members who are interested in the sport. Check out the welcome letter from Friends and Family chair and Ultimate parent, Joe Seidler; review the introduction to Ultimate and FAQs. If you have suggestions for how we can provide additional helpful information through our Friends and Family pages, please contact Melanie Byrd at [Melanie@hq.upa.org](mailto:Melanie@hq.upa.org).

Friends and family memberships are also now available, visit the UPA membership page at <http://www.upa.org/membership> for more information.

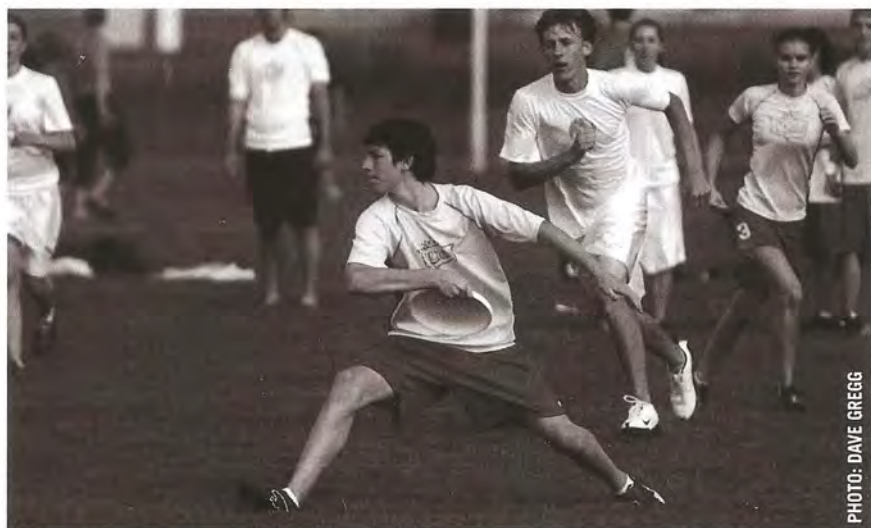


PHOTO: DAVE GREGG

# UPA 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.

## **2009 UPA COACHING CERTIFICATION INFORMATION**

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 or a coach who has attended the UPA Coaching Ethics Workshop 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.



PHOTO: DAN STEDMAN

*For more information on the UPA's Spirit of Coaching or Coaching Certification requirements, please contact Meredith Tosta, UPA Director of Youth Development at this event, via email at [Meredith@hq.upa.org](mailto:Meredith@hq.upa.org) or visit the UPA web site at: [www.upa.org/coaches/coaching](http://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.*



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