



EVENT GUIDE



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Staff

EVENT STAFF will be wearing “Event Staff” shirts. If they can’t answer your questions, they can point you to one of the following people to help you out

LOCAL ORGANIZING COMMITTEE STAFF

Tournament Director – Bruce Mebust
Volunteer Coordinator – David Raflo
Head Scorekeeper – Seth Grossinger
Media Coordinator- Jeff Hagen

USA ULTIMATE STAFF

Chief Executive Officer – Dr. Tom Crawford
Managing Director, Competition and Athlete Programs – Will Deaver
Director, Marketing and Communications – Andy Lee
Manager, Championships and New Media – Matthew Bourland

USA ULTIMATE

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Welcome

On behalf of the USA Ultimate, the Minnesota High School Twin Cities Ultimate community, I welcome you to the St. Paul Youth Club Championships.

This year we have 23 teams in three divisions, with both the growing to new heights for participation. There will be a mix of old and new faces, and we expect lots of highly competitive action.

The tournament takes place at the National Sports Center in St. Paul. NSC is a large facility with room for more than 40 fields, a velodrome and an 18-hole golf course. Ultimate is played by TCUL, the local adult league.

The Saturday night social event will be held in the Schwaninger Hall. It will be a dinner coupled with trade night. For this swag swap, bring your jerseys, discs and other swappable swag to trade with other players. We will also hold the Coaches Game Exhibition Event outside.

The Twin Cities of Minneapolis and St. Paul are home to many arts organizations such as the Guthrie Theatre, the Minneapolis Chamber Orchestra and the Walker Art Museum to name a few. There are also numerous local museums, theaters and live music venues. Enjoy them 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 side of the Line of the Twin Cities' growing light rail system.

Events like the USA Ultimate Youth Club Championships rely on volunteers. They will be keeping score, running the social and other errands around the fields. Be sure to acknowledge your volunteers with a "high five" to a volunteer when you see one.

Have a great weekend!

Bruce Mebust, Tournament Director

the League and the local USA Ultimate community.

and Mixed divisions of returning teams playing Ultimate.

St. Paul, Minnesota. The facility, an ice rink, and an outdoor pool every summer by the lake.

located at the NSC, and bring your cool spare parts. After that, we'll have a social event.

tionally respected Minneapolis Chamber Orchestra, the St. Paul Chamber Orchestra. There are also numerous live music venues in an arts event.

Minnesota Twins and the St. Paul Saints.

located south of the Hiawatha Line.

open with lots of volunteers and running many errands around the field work. Give a high five to a volunteer when you see one.

Site Rules

- **No alcohol**

- **Dogs must be leashed**

- **Spectators and equipment must stay at least 5 yards away from buffer lines, respect them.** Where there are not buffer lines, please stay at least 5 yards away.

- **Trash and Recycling!** Place recyclables in the recycling receptacles and place trash in the trash. Thank you!

! Where there are no buffer lines, please stay at least 5 yards away.

and place trash in the trash.

Weekend Overview

FRIDAY, AUGUST 13; MINNEAPOLIS, MN (RAMADA)

6:00-10:00pm Team Registration

SATURDAY, AUGUST 14; BLAINE, MN (NATIONAL SPORTS CENTER)

8:00am Captains Meeting

8:30am – 6:00pm Pool Play

6:00pm Trade Night and Dinner – Schwan Center at NSC

7:00pm Exhibition Event at NSC

SUNDAY, AUGUST 15; BLAINE, MN (NATIONAL SPORTS CENTER)

8:30am – 2:00pm Elimination and Placement Games

2:30pm Finals

Post-Finals Award Ceremony (awards presented to 1st and 2nd place teams in each division, Spirit Award teams and individuals)

Competition Rules

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point-cap at 15.
- Halftime 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 13 goals, overtime occurs when the score reaches 12-12).
- 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 13 ahead by at least two points, whichever comes first.
- Hard time-cap goes on 20 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.

Directions

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, MN)

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 TO AIRPORT

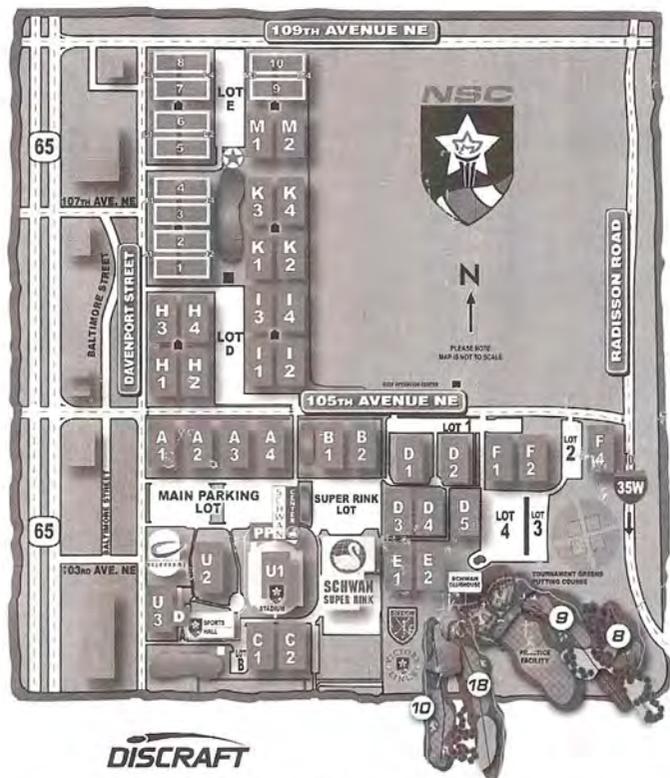
- Head west on 105th Ave NE toward Davenport St 0.3 mi
- Turn left at Mpls Ave 0.3 mi
- Take the ramp onto I-94 W 1.5 mi
- Head west on I-94 W 0.4 mi
- Take exit 35B toward I-35W S 8.4 mi
- Take exit 233B toward I-35W S 0.2 mi
- Merge onto MN-5 W 0.6 mi
- Merge onto I-35W S 0.4 mi
- Take exit 11B on the left to merge onto MN-62 E 4.0 mi
- Continue on MN-5 W 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

FIELDS/DORMS

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 0.1 mi
- 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 0.3 mi
- Merge onto Glumack Dr 0.1 mi

Field Map



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



Spirit Awards

Ultimate has traditionally relied upon the spirit of sportsmanship, which places a high emphasis on respect for fair play on the player. Highly competitive play is encouraged, but not at the expense of mutual respect among competitors, adherence to the agreed upon rules of play, or the basic respect for the opponent. — 11th Edition USA Ultimate Rules of Ultimate.

SPIRIT CIRCLE: USA Ultimate is excited to recommend post-game spirit circles to all teams at the YCC. It's an idea borrowed from international competition throughout the Ultimate world. For years American teams have traveled to other countries where they have not only done exceptionally well in each competition but also shown the international community the importance we place on respect for our opponents. But American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the experience has been the tradition of the post-game spirit circle. If you're looking for ways to do this, here are some quick tips to get your team

responsibility
at the expense of
the opponent, or the basic

spirit circles" to
be shown throughout
championships
that showed the
importance and their
respect for teams
from other international
countries. There are a
number of ways to do this:

- After each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One person from each team (often team captains) will talk about the game. Usually the losing team goes first, then the winning team.
- Things to talk about can include how the game went, how your own team played, what the other team did well, who on the other team played well, and anything else that might be worth communicating...even if it's something you think could be done better (and don't forget to look in the mirror on this).
- After each team has had a chance to talk, the winning team takes a step into the circle and walks around counter-clockwise to slap hands with the players on the other team.

That's it! It's pretty simple and definitely an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing opponents for what they really are, part of the same community that loves Ultimate. Please note that this is not meant to replace other post-game traditions you may have (e.g. cheers, games, photos, gifts or trading gear). Good luck, and please let USAU staff and other event organizers how it goes!

SPIRIT AWARDS

INDIVIDUAL SPIRIT AWARDS - Teams are asked to nominate a player from their own team who they feel displays the highest level of spirit. The definition of spirit is up to each team, but could include elements of sportsmanship, leadership, perseverance, 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 a Discraft SuperColor™ Spirit of the Game disc, Thanks to Discraft for their support of Ultimate and Spirit of the Game.

TEAM SPIRIT 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 trophy after their division's finals.

USA ULTIMATE SPIRIT RATINGS GUIDELINES: The ratings are ordered from 5 (indicating the highest level of spirit) through 1 (the lowest level of spirit):

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

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 Zaslów and members of the 2005 Conduct Committee (Jeff Dunbar, Kate Bergeron, Eric Zaslów, Will Deaver) for the development of this document. Adopted by USA Ultimate Executive Committee, March 29, 2005.

USA ULTIMATE Spirit of Coaching

BACKGROUND

The role of the coach at all levels of Ultimate is unique in a sport that places on-field player authority above non-player influence. As a non-player, the coach's authority must not extend to the on-field officiating process. Coaches may be faced with situations where they are able to correct the self-officiating process and ensure the correct outcome to a given play. In this situation, coaches must not interfere in the officiating process, in order to ensure that players learn and take responsibility for officiating. Coach interference in the decision making process, even in the most egregious violations, will indicate to players that the coach and not the players have the ultimate responsibility for ensuring the inherent fairness of the game. Teaching players the rules and how to implement them should be done at practices or off the field. It is the coach's responsibility to ensure 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.



2010 USA Ultimate Youth Club Championships - Girls Division

Saturday, Aug 14, 2010

Pool A

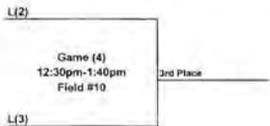
Games to 13 Cap at 15	A1	DiscNW (Seattle, WA)
	A2	TYUL (Raleigh, NC)
	A3	Minnesota (Minneapolis, MN)
	A4	Cincinnati (Cincinnati, OH)
	A5	YUNA (Pittsburgh, PA)

		F#	Score	F#	Score
8:30-9:40	A1 v A5	9	-	A2 v A4	10
10:30-11:40	A1 v A3	9	-	A4 v A5	10
12:30-1:40	A2 v A5	9	-	A3 v A4	10
2:30-3:40	A1 v A4	9	-	A2 v A3	10
4:30-5:40	A1 v A2	9	-	A3 v A5	10



Re-seed teams within each pool for Sunday play

Consolation Bracket
Sunday, Aug 15, 2010



Championship Bracket
Sunday, Aug 15, 2010



Consolation games to 13 cap 15



Championship games to 13 cap 15



2010 USA Ultimate Youth Club Championships - Mixed Division

Saturday, Aug 14, 2010												
Games to 13, Cap 15	Pool A						Pool B					
	A1	Minnesota (Minneapolis, MN)					B1	BUDA (Boston, MA)				
	A2	Madison (Madison, WI)					B2	DiscNW (Seattle, WA)				
	A3	Fayetteville (Fayetteville, AR)					B3	Denver (Denver, CO)				
	A4	Bay Area Disc (SF Bay Area, CA)					B4	Chicago (Chicago, IL)				
		F#	Score	F#	Score		F#	Score	F#	Score		
8:30-9:40	A1 v A3	1	-	A2 v A4	2	-	B1 v B3	3	-	B2 v B4	4	-
10:30-11:40	A1 v A4	1	-	A2 v A3	2	-	B1 v B4	3	-	B2 v B3	4	-
12:30-1:40												
2:30-3:40	A1 v A2	1	-	A3 v A4	2	-	B1 v B2	3	-	B3 v B4	4	-
4:30-5:40												



Re-seed teams within each pool for Sunday play

Consolation Bracket

Sunday, Aug 15, 2010



Consolation games to 13 cap 15

Championship Bracket

Sunday, Aug 15, 2010



Championship games to 13 cap 15



2010 USA Ultimate Youth Club Championships - Open Division											
Saturday, Aug 14, 2010											
Games to 13 Cap at 15	Pool A					Pool B					
	A1	DiscNW (Seattle, WA)				B1	BUDA (Boston, MA)				
	A2	DeVYL (Delaware Valley, NJ/PA)				B2	PHUL (Pittsburgh, PA)				
	A3	Cincinnati (Cincinnati, OH)				B3	Minnesota (Minneapolis, MN)				
	A4	Denver (Denver, CO)				B4	TYUL (Raleigh, NC)				
	A5	Nebraska (Lincoln/Omaha, NE)				B5	Southern Idaho (Boise, ID)				
	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score	
8:30-9:40	A1 v A5	5		A2 v A4	6		B1 v B5	7		B2 v B4	8
10:30-11:40	A1 v A3	5		A4 v A5	6		B1 v B3	7		B4 v B5	8
12:30-1:40	A2 v A5	5		A3 v A4	6		B2 v B5	7		B3 v B4	8
2:30-3:40	A1 v A4	5		A2 v A3	6		B1 v B4	7		B2 v B3	8
4:30-5:40	A1 v A2	5		A3 v A5	6		B1 v B2	7		B3 v B5	8
Re-seed tennis within each pool for Sunday play											
Consolation Bracket Sunday, Aug 15, 2010						Championship Bracket Sunday, Aug 15, 2010					
<p>A4 Game (1) 8:30-9:40am Field #7</p> <p>B5</p> <p>Game (5) Sunday 10:30-11:40am Field #7</p> <p>7th Place</p> <p>A5 Game (2) 8:30-9:40am Field #8</p> <p>B4</p> <p>L(1)</p> <p>Game (6) 10:30-11:40am Field #8</p> <p>9th Place</p> <p>L(2)</p> <p>L(3)</p> <p>Game (9) 12:30-1:40pm Field #8</p> <p>5th Place</p> <p>L(4)</p>						<p>A1</p> <p>Game (7) Semifinal 10:30am-11:40am Field #5</p> <p>A3 Game (3) 8:30-9:40am Field #5</p> <p>B2</p> <p>A2 Game (4) 8:30-9:40am Field #6</p> <p>B3</p> <p>Game (8) Semifinal 10:30am-11:40am Field #6</p> <p>B1</p> <p>L(7)</p> <p>Game (10) 12:30-1:40pm Field #4</p> <p>3rd Place</p> <p>L(8)</p> <p>Final Sunday 2:30-4:00pm Field #6</p> <p>Champion</p>					
 <p>Consolation games to 13 cap 15</p>						 <p>Championship games to 13 cap 15</p>					
											

Girls Division

☆ BELLE

CINCINNATI, OH

Captains: Julia Turkevich, Kayla Fry

Coaches: Dave Fry, Hajnal Salanki, Julia Dell'Aira

Ring, ring, who is it? The Cincinnati Belles, of course! Our 2010 Nationals team is short in stature and fresh in talent. Half of our team was fairly new to the sport at the beginning of the season and most didn't know each other well. But the more we practiced, played, and bonded together, the more trust we had in each other and the cleaner flow developed. We may be young and have charming spirit, but don't underestimate our Midwestern intensity. Some goals for the season are to grow as a team and show great spirit whatever the circumstance. We are excited to be back in Minnesota for another weekend of tough competition and can't wait to see the results of our hard work and effort.



ROSTER

1	Brielle Reiff	5'7"	17
2	Lynne Collins	5'5"	15
4	Madison Wilke	5'4"	15
7	Corinne Murphy	5'4"	17
17	Caitlin Harley	5'8"	18
	<i>The Ohio State University</i>		
18	Katie White	5'3"	18
	<i>Kentucky</i>		
19	Jenna Galletta	5'3"	17
23	Courtney Roth	5'3"	16
24	Beth Kaylor	5'7"	17
25	Alora Reiff	5'9"	14
28	Colleen Morris	5'4"	17
43	Julia Turkevich	5'6"	17
88	Kjerst Fry	5'2"	14
93	Kayla Fry	5'2"	16

☆ DISCNW

SEATTLE, WA

Captains: Aimie Kawai, Julia Snyder, Shira Stern

Coaches: Chris "fozz" Forsberg, Christa Ward

DiscNW Girls have won the YCC tournament five years running and is back to defend its title. Although we lost a number of strong seniors last year we are strengthened by the increasing skill level of HS ultimate in the area. Overall this team is comprised of more than six 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 2010!



ROSTER

2	Julia Bladin	5'6"	17
3	Savanna Ryan	5'9"	17
4	Simone Barco-Greenfield	5'2"	18
	<i>Stanford University</i>		
7	Arianne Lozano	5'7"	16
8	Thanh Huynh	5'4"	17
11	Aimie Kawai	5'11"	18
	<i>Brown University</i>		
12	Katherine Benjamin	5'10"	18
	<i>Whitman College</i>		
15	Claire Revere	5'3"	15
18	Lucia Childs-Walker	5'5"	17
21	Michaela Fallon	5'11"	18
	<i>Tufts University</i>		
22	Sarah Edwards	5'5"	17
25	Emman Kahle	5'4"	18
	<i>Columbia University</i>		
27	Julia Snyder	5'6"	18
	<i>Carleton College</i>		
33	Margo Heffron	5'11"	15
34	Kirstie Barton	5'6"	16
43	Rachel Acker	5'8"	18
	<i>Colorado State University</i>		
81	Lani Nguyen	5'3"	16
99	Shira Stern	5'5"	18
	<i>University of Washington</i>		

Girls Division

☆ MINNESOTA NICE

MINNEAPOLIS, MN

Captains: Frieda Manthei, Mara Saltzman

Coaches: Tobie Miller, Christie Dosch, Jason Curtis

This is the sixth year Minnesota has hosted the Youth Club Championships and the sixth year we have brought a girls team to the tournament. Our team is comprised of girls from nine 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

0	Meg Lake	5'2"	14
1	Rachel Johnson	5'3"	15
2	Kristen Anderson	5'8"	17
3	Gemma Wilson	5'2"	17
	<i>University of Wisconsin - Madison</i>		
4	Tess Garvey	5'1"	15
5	Aly Fasset-Carman	5'8"	17
6	Luci Holte	5'5"	17
7	Emma Peaslee	5'3"	18
	<i>Kenyon College</i>		
8	Robin Fasset-Carman	5'11"	14
11	Mara Saltzman	5'4"	18
	<i>Savannah College of Art and Design</i>		
12	Frieda Manthei	5'9"	19
	<i>Northern Michigan University</i>		
13	Cece Spencer	5'4"	17
	<i>Clark University</i>		
17	Rachel Stiyr	5'2"	15
18	Briana Mork	5'8"	17
19	Alyssa Belsito	5'7"	16
21	Sam DeBleck	5'1"	15
23	Rachel Richman	4'11"	18
	<i>University of Chicago</i>		
24	Alexa Schroeder	5'5"	15
29	KaylaAnne Glick	5'5"	18
	<i>Luther College</i>		
30	Kylie Stumph	5'10"	18
	<i>University of Wisconsin - Eau Claire</i>		
33	Mary Thomas	5'2"	14
39	Kajsa Beatty	5'9"	15
45	Adajia Dixon	5'6"	18
	<i>University of St. Thomas</i>		
52	Erynn Schroeder	5'5"	17

☆ MOXIE

PITTSBURGH, PA

Captains: Ellie Shaul, Eva Petzinger

Coaches: Molly Moore, Kelsey Lenard

1. The ability to face difficulty with spirit and courage. 2. Aggressive energy; initiative. 3. Skill; know-how. Existing for just a short three years, this Pittsburgh Youth Girls team has come a long way to represent everything its name means. From winning only four games in its first two years combined, Moxie, led by a strong core of returning players alongside an incredibly talented group of underclassmen, already has surpassed that win total this season. This season brings together the most skilled, committed, and energetic group of girls in Moxie's history. With some girls having two Youth Club Championships under their belt already, the girls from Moxie are prepared to show the Youth scene their passion for Ultimate and their determination to win.



ROSTER

2	Ellie Shaul	5'3"	18
	<i>CCAC</i>		
4	Kelly Casey Latterman	5'5"	18
	<i>Colorado College</i>		
7	Nicole Elway	5'7"	17
8	Gretchen Dausch	5'4"	17
9	Sarah Jordan	5'6"	17
11	Jodi Lincoln	5'2"	18
	<i>University of Pittsburgh</i>		
12	Eliza Pugh	5'8"	16
13	Alli Rath	5'4"	18
	<i>Stanford</i>		
17	Anusha Nagabandi	5'1"	16
18	Liz Clark	5'8"	18
	<i>Duke</i>		
21	Eva Petzinger	5'10"	17
26	Emily Wolfson	5'5"	17
34	Cameron Foxhall	5'4"	14
58	Kim Gilmour	5'9"	18
	<i>Indiana University</i>		
99	Kristine Fedorenko	5'8"	15

Girls Division

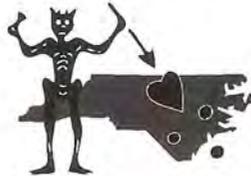
☆ QUEEN ANNE'S REVENGE

TRIANGLE AREA, NC

Captains: Shellie Cohen, Meg Duffy

Coaches: Leila Tunnell, Sasha Romantseva

Queen Anne's Revenge (QAR) hails mostly from central North Carolina. Named after Blackbeard's ship that wrecked on the coast, this girls team, although young, is looking to commandeer some wins. This team is willing to work hard despite having a very small crew. Taking their voyage to Minnesota for only the second year, they are led by their hardy captains Meg "Peg Leg" Duffy and Shellie "Eyepatch" Cohen. Supported by the Triangle Youth Ultimate League (TYUL), QAR is just excited to be at the Youth Club Championships!



ROSTER

1	Meg Duffy <i>UNC-A</i>	5'4"	18
2	Caitlin Ball	5'6"	17
3	Erin McGibbon	5'7"	16
5	Lindsay Savelli <i>UNC</i>	5'6"	18
6	Lisa Couper <i>UNC</i>	5'7"	18
8	Jillian Altrichter	5'6"	15
9	Emily Boykin <i>Brevard</i>	5'10"	18
10	Laura Fradin	5'5"	16
17	Hanna Gardner	5'5"	16
22	Shellie Cohen <i>UNC</i>	5'8"	17
23	Allison Smith	5'5"	17
24	Abi Derbyshire	5'6"	16
55	Jess Young	5'7"	15

Mixed Division

☆ BAY AREA DISC HAPPY COWS

BAY AREA, CA

Captains: Lisa Pitcaithley, Sam McClure

Coaches: Allen Thoe, Jordan Rose

Although many high school players around the region have been combining forces for various tournaments, this is the first time in the Bay Area that we've created a club season in a formal sense. So in many ways we're sort of a beta test group, and many changes for the league lie ahead based on our experience now. Thus far we've been lucky to have great chemistry and some outstanding talent. While a few of the most talented players in the area were away and unavailable for the league this summer, we still have quite a few current and future stars who have held the team together. Add to that several others, most still in high school, who have had an experience to give them quite a boost as they lead their respective teams next year and beyond.

Once we boiled the league down to an all-star crew, we began playing local mixed club teams, and generally have fared well. And more significant than hearing how we had an adult team against the ropes at universe point is how often I've heard from those teams how impressed they were with our kids' maturity, composure, intensity and of course their amazing spirit on and off the field.



ROSTER

2	Monisha White	5'7"	15
3	Gabriella Meffert	5'6"	17
7	Nathan White	6'3"	18
	<i>UC Davis</i>		
8	Eugenah Chou	5'9"	17
11	Cassie Sakai	5'-9"	17
14	Sam McClure	5'10"	18
	<i>UCLA</i>		
15	Jackson		
	Waite-Himmelwright	5'9"	16
17	Wyatt Pettyjohn	5'9"	17
20	Nicholas Petru	6'0"	17
22	Abel Johns	5'9"	17
26	Lisa Pitcaithley	5'10"	18
	<i>Las Positas College</i>		
29	Ben Renga	5'10"	18
	<i>Las Positas College</i>		
33	David Hwang	5'10"	18
	<i>UC Davis</i>		
37	Benjamin (BJ) Kato	5'9"	18
	<i>Las Positas College</i>		
50	Simon Higgins	6'2"	18
	<i>UC Santa Cruz</i>		
53	Jessica Olson	5'4"	16
00	Daniel Zakaria	5'9"	19

☆ BUDA MIXED

BOSTON, MA

Captains: Will Herold, Sarah Robinson

Coach: Josh Seaman

The 2010 BUDA Mixed team brings together 21 players from 15 schools for the sole purpose of having as much fun as possible on our annual trek to Blaine. Prior to this weekend we played in two adult club mixed tournaments where we fully gelled as the ultimate BUDA machine. Join us on the sidelines where you can see the massive pulls of Will Herold (20), the commanding offense of Sarah Robinson (81), the blinding cutting speed of Danny Katz (23), and the impressive Hit Girl receptions of Karissa Tabtieng (19). Also make sure you take in the dominating all-around play of Kira Lou (17), the zone breaking offense of Jason Milan (22), and the flashy all-star leadership of Charles Marokhovsky (13).

buda



ROSTER

1	Rebecca Schneyer	5'3"	18
2	Matt Bades	5'9"	18
5	Trevor Griesman	6'	16
7	Sarah Adams	5'3"	15
8	Angela Zhu	5'4"	14
9	Leah Berlin	5'3"	16
10	Kate Roosa	5'6"	18
11	Vincent DeFelice	5'11"	15
13	Charles Marokhovsky	5'11"	17
16	Ankit Sood	5'10"	17
17	Kira Lou	5'6"	17
18	Zachary Pozniak	6'0"	16
19	Karissa Tabtieng	4'11"	16
20	Will Herold	6'0"	19
	<i>Carleton College</i>		
22	Jason Milan	5'11"	16
23	Danny Katz	5'6"	17
28	Ross King	6'	18
48	Oxhna Titcomb	5'8"	17
55	JJ Stevelman	5'9"	17
81	Sarah Robinson	5'8"	18
	<i>Carleton College</i>		
99	Jeffrey Hetzel	6'1"	18

Mixed Division

☆ COLORADO CUTTHROAT

DENVER, CO

Captains: Lisi Lohre, Bradley Bartholomew

Coaches: Anne Pogoriler, Bill Burke

Colorado Youth Ultimate has its basis in Mixed Ultimate. We are proud to continue that tradition. Our players come from nine different schools in the Denver/Boulder area and play in the Youth Summer League. This year, we've had the opportunity to play in a Showcase game at Colorado Cup and offer a Youth Clinic to help foster the future of the sport.



ROSTER

1	Mark Rauls	5'9	15
2	Brittany Thang	5'5	16
3	Nhi Nguyen	5'4	15
7	Stephen Hilger	5'10	17
8	Eric Normen	5'10	16
9	Hannah Dryke	5'4	16
10	Erika Hiromitsu	5'6	17
13	Bradley Bartholomew	5'9	17
15	Hannah Freyer	5'6	16
17	Will Barrett	6'0	16
22	David Fulton-Beale	5'11	16
25	Bryce Igo	6'0	15
32	Scott Harris	5'11	16
42	Lisi Lohre	5'8	17
46	Liz Murphy	5'6	16
53	Ryan Henderson	5'10	18
	<i>Colorado State University</i>		
55	Triston Voss	6'1	15
71	Rowan Turner	5'4	16
97	Jared Shields	5'10	18

☆ DISCNW

SEATTLE, WA

Captains: Khalif El-Salaam, Jessie Thoreson

Coaches: Jon Ladd, Hall Walker, Drew Johnson

Building upon 30 years of ghost eating, dot chomping experience, this youthful team from Seattle is ready to mow through the Bashful, Speedy and Pokey competition. Players from nine different high schools have come together to get to that elusive fruit that is the YCC championship. With a mostly new cast of characters brimming with skill and youthful enthusiasm, DiscNW's mixed squad is ready take it to the next level and show the world that Inky, Blinky, Pinky and Clyde don't stand a chance against The PAC!



ROSTER

0	Mario Lowe	6'	17
1	Christian Tugade	5'9"	15
2	Tian Chuan Yen	5'8"	15
3	Khalif El-Salaam	5'9"	16
4	Mikayla Davis	5'7"	16
5	Peter Sprugel	5'10"	15
6	Jessie Thoreson	5'4"	15
7	Tyler Monroe	6'	15
8	Zhi Chen	5'6"	16
10	Michael Sylvester	6'	16
11	Kendra Thompson	5'2"	15
13	Jessi Crowley	5'2"	16
15	Mark Sampayan	5'5"	15
16	Morelle Arian	5'6"	17
21	Camille Canter	5'7"	16
25	Anna Jeszeck	5'7"	17
26	Eric Soria-Patrick	5'11"	15
55	Tiffany Phan	5'	15
73	Jordon Lim	5'6"	15
77	Simon George	5'7"	16
87	Alice Edwards	5'3"	15
94	Autumn Nguyen	4'10"	15

Mixed Division

☆ MADISON ULTIMATE

MADISON, WI

Captains: Nick Allen, Meredith Bray

Coach: Rex Beaber

The Madison Ultimate team is looking to grow from a strong second day of tournament play in the 2009 YCC tournament. In 2009, Madison Ultimate was able to shrug off a winless day one to take the Minnesota team to elevens in the semifinals before falling to the eventual champions and finishing third. With nearly a dozen returning players on the men's side, this team will use the experience of last year to springboard into contention. On the flip side, with only a few of the girls on the team bringing prior YCC experience, the women will build on Memorial's success at the Hopkins Hustle earlier this year through adding experienced players like Meredith Bray to the roster. As a whole, this is one of the deepest teams Madison Ultimate has sent to YCC and will use that to their advantage on the road to the finals!



ROSTER

1	Nate Van Den Langenberg	5'9"	Sr
2	Logan Pruess	5'10"	Sr
3	Dana Williams	5'6"	Sr
4	Estelle Tazuel	5'7"	So
5	UW-Eau Claire Elizabeth Paker University of Washington	5'3"	Fr
6	Tessa Dorrestijn University in The Netherlands	5'10"	Fr
7	Nick Allen Lawrence	5'10"	Fr
8	Rein Boyd Minnesota	6'2"	Fr
9	Lucas Simon-Wambach UW-Madison	6'3"	Fr
10	Chloe Theissen	5'5"	Sr
11	Simon Zheng Cornell	5'11"	So
12	Bryce Blakley	5'10"	Sr
13	Lauren Hagan St. Olaf	5'1"	Fr
14	Arren Alexander	5'9"	Sr
15	Kyle Gappert UW-Madison	6'1"	So
16	Shawn Tredinnick	5'5"	So
17	Tony Latta Edgewood College	5'0"	So
18	Walter Cal Cornell	6'1"	Fr
19	Patrick LaPhillip UW-Madison	5'0"	So
23	Yasmine Sarkarati	5'9"	So
27	John Stac	5'10"	Sr
28	Ethan Blakley UW-Madison	5'10"	So
32	Meredith Bray UW-Eau Claire	5'5"	So
37	Avery Johnson	5'10"	Sr
41	Colin Sundie	6'1"	Sr
42	Evan Hildebrand	5'7"	Sr
69	Danny Huncosky UW-Madison	6'2"	So
72	Hong-En Chen UW-Madison	5'3"	So
77	Katie Hollman Winona	5'8"	Fr
96	Atzie Sobotik	5'4"	So

☆ MICROMACHINES

CHICAGO, IL

Captains: Tim Fergus

Coaches: Luke Johnson, Anthony Miocic, Java Arnoush

Formed this year by Java, Miocic, and Luke Johnson. Chicago, for too long, has gone without a youth club team and after seeing a group of talented players we wanted to introduce the next level of ultimate and promote the growth of the sport within the Chicagoland area. In the future, Chicago hopes to introduce three regions of Youth Club Leagues. As for now the kids and the coaches are having a great time teaching and learning about this incredible sport.

ROSTER

2	Kyle Hanley	5'10"	17
3	Mike Sale	5'10"	16
5	Bridgit Babcock	5'10"	16
6	Ben Carver	6'1"	15
8	Dani Glass	5'7"	18
9	Joey Gallagher	5'9"	17
10	Joe Simonelli College of DuPage	5'10"	18
11	Zev Glass	5'9"	16
12	Nathan Cook Western Illinois	5'11"	18
13	Andrew Lin	5'8"	15
17	Tasha Arvantis	5'6"	16
18	Eric Bultman	6'3"	18
19	Annie Hu	5'5"	17
23	Alexa Kaczor	5'8"	17
24	Jimmy Sykora Northern Illinois	6'3"	18
26	Patrick Kaufmann	6'3"	18
36	Tim Fergus Truman State University	5'10"	18
37	Jan Szmada	5'10"	16
88	Johnny Saniat	5'9"	16

Mixed Division

☆ SUNNYSIDE

FAYETTEVILLE, AR

Captain: Matt Seaton

Coaches: Tim Caffrey, John Bailey

Sunnyside is a team born from the ashes of the Fayetteville High School teams Darkside and Brightside. A fiercely competitive team trained in the heat of an Arkansas summer in the art of sleek disk movement and hardnosed defense. This is a newly formed team with a slew of experienced players and is ready to prove its mettle among the nation's top mixed teams. The lone representative of southern Ultimate, Sunnyside is ready to leave an impression.



ROSTER

00	Houston Hynes	6'0	18
	<i>Rhodes College</i>		
3	Abe Coffin	5'9	18
	<i>University of Arkansas</i>		
4	Ben Caffrey	6'2	18
	<i>Carellton College</i>		
5	Dylan Holland	6'0	17
	<i>University of Arkansas</i>		
8	Brooks Dawson	6'2	18
	<i>Belmont University</i>		
9	Sue Marie Breden	6'0	18
	<i>Georgetown University</i>		
10	Annemarie Beck	5'4	18
	<i>Hendrix College</i>		
11	Maddy Brown	5'7	18
	<i>Brandeis University</i>		
13	Adeeb Haroon	5'2	15
15	Abe Gambert	6'1"	15
19	Ashleigh Price	5'10	18
	<i>University of Arkansas</i>		
21	Matt Seaton	5'8"	18
	<i>University of Arkansas</i>		
22	Lorelei Bakaric	5'2	18
	<i>University of Arkansas</i>		
23	Clayton Adams	5'10	15
24	Joe Bell	6'1	18
	<i>University of Arkansas</i>		
44	Logan Miller	5'9	18
	<i>University of Arkansas</i>		
88	Cathryn Klusmeyer	5'6	18
	<i>Whitman College</i>		
90	Skyler Gambert	5'8"	18
	<i>Rhodes College</i>		

☆ WE GOT LAKES

MINNEAPOLIS, MN

Captains: Anna Barrett, Carlos Lopes, Tess Hoerle

Coaches: Erin Mirocha, John Groess

Last year the Minnesota Mixed team, Skyline, won the YCC Mixed championship. This year's team includes some players from 2009, several new additions from the top teams in the state, and is sporting a new name: We Got Lakes. Because it's true; we have 11,842. We're hoping to defend our title, this year relying on disc skills and intense defense to do so. It's really amazing to be the home team, and we're very excited to play the teams from around the country.



ROSTER

2	Grace Hoffman	5'3"	18
	<i>St. Mary's (MN)</i>		
3	Megan Sattista	5'6"	18
	<i>St. Ben's (MN)</i>		
4	Anna Barrett	5'7"	18
	<i>Winona (MN)</i>		
5	Vince Vik	5'7"	18
	<i>Minnesota</i>		
6	Seth Donatell	5'10"	17
7	Danny Schmitz	5'7"	17
8	Willem Crabbe	6'0"	18
	<i>Marquette</i>		
9	Jack Simpson	6'0"	18
	<i>St. Thomas (MN)</i>		
10	Carlos Lopez	5'7"	18
	<i>Mir' resoto</i>		
11	Benjamin Liska	6'1"	17
12	Michael Ruble	5'8"	11
	<i>St. John's (MN)</i>		
13	Charlie Enders	6'0"	13
	<i>St. John's (MN)</i>		
14	August Kramer	6'1"	17
16	Tess Hoerle	5'8"	18
	<i>Kansas</i>		
18	Anna Blake	5'1"	18
	<i>St. Thomas (MN)</i>		
19	Jenna Dalley	5'2"	18
	<i>Minnesota</i>		
20	Emily Petersen	5'5"	19
	<i>Lacrosse (WI)</i>		
21	Patrick Kunkel	6'0"	18
	<i>St. John's (MN)</i>		
23	Mimi Randall	5'8"	18
	<i>St. Norbert's (WI)</i>		
24	Zach Mektler	5'8"	16
27	Matt Chaffin	5'8"	18
	<i>DePaul</i>		
34	Luis Caballero	5'3"	16
47	Laurel Oswald	5'2"	18
	<i>Mizzou</i>		
66	Jason Tschida	5'7"	18
	<i>Minnesota</i>		
75	Jake Hoffman	5'8"	17



Open Division

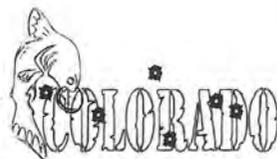
★ COLORADO CUTTHROAT

DENVER/BOULDER, CO

Captains: Carlton Halaby, Nick Arnaud

Coaches: Phil Lohre, Buzz Ellsworth

This native species spawns in the cool, fertile waters of Colorado's Rocky Mountains. Our youth summer league includes twelve different mixed teams, and these are the strongest and fiercest of the breed. A regular participant at the Championships, this year's Cutthroat is lurking below the surface, hungry and ready to rise up and make a splash!



ROSTER

21	Aaron Sarfaty <i>U of Colorado</i>	6'3"	18
12	Aaron Zemel <i>U of Colorado</i>	5'7"	17
00	Carlton Halaby <i>U of Colorado</i>	5'11"	18
22	Don Nguyen <i>U of Colorado</i>	5'5"	17
18	Erik Sanderson <i>U of Colorado</i>	5'11"	17
51	Gavin Murphy <i>U of Colorado</i>	5'10"	18
5	Kevin Johnson <i>U of Arizona</i>	5'10"	17
24	Matt Bubernak <i>U of Arizona</i>	5'8"	17
23	Matt Gleason <i>U of Arizona</i>	5'10"	17
50	Nicholas Arnaud <i>U of Arizona</i>	5'7"	18
55	Oliver Feind <i>U of Colorado</i>	6'1"	17
3	Patrick Ellsworth <i>U of Colorado</i>	5'9"	18
8	Pawel Janas <i>U of Colorado</i>	5'10"	16
99	Pierson Westenhaver <i>U of Colorado</i>	5'10"	17
4	Samuel Foreman <i>Colo. State U.</i>	5'11"	18
19	Toby Freyer <i>Quest Univ.</i>	5'11"	18
16	Tommy Gebhardt <i>U of Colorado</i>	6'2"	16
83	Zach Nager <i>U of Colorado</i>	5'11"	18
1	Max Schein <i>U of Colorado</i>	6'0"	18

★ DEVYL

NJ AND EASTERN PA

Captains: Justin Baughn, Zach Kauffman

Coaches: Anthony Nunez, Ryan Belline

The Delaware Valley Youth League (DEVYL) YCC Team is a combination of players from New Jersey and eastern Pennsylvania. The team is a combination of a fall club league based in southern New Jersey and Philadelphia along the Delaware River and the summer club league based in central New Jersey. In 2010, DEVYL is led by captains Justin Baughn and Zach Kauffman; DEVYL hopes to improve on its semifinal appearance at the 2009 Youth Club Championships.



ROSTER

1	Chris Aguero <i>Rutgers</i>	6'2"	17
3	Adam Fischette <i>Rutgers</i>	5'9"	17
4	Zach Kauffman <i>Rutgers</i>	5'9"	18
5	Michael Sender <i>Rutgers</i>	5'7"	18
8	Tyler Kunsu <i>Rutgers</i>	6'1"	17
9	Eric Shaw <i>Rutgers</i>	5'11"	17
10	Justin Baughn <i>Colorado</i>	5'8"	18
11	Scott Xu <i>Rutgers</i>	5'7"	18
13	Quinn Hunziker <i>Rutgers</i>	5'10"	17
14	Loren Whitaker <i>Arcadia</i>	6'0"	18
15	Dennison Beachis <i>Michigan</i>	5'8"	18
17	Eli Graves <i>Michigan</i>	5'7"	18
22	Jesse Daugherty <i>St. Joseph</i>	5'9"	17
23	Billy Sickles <i>St. Joseph</i>	6'0"	18
29	Evan Walter <i>Rutgers</i>	5'11"	17
31	Paul Klimkowski <i>Rutgers</i>	5'9"	17
35	Matt Weintraub <i>Rutgers</i>	5'11"	18
37	Matt Wright <i>Rutgers</i>	6'0"	17
38	Caleb Williams <i>Rutgers</i>	5'8"	17
45	Brendan Vogt <i>Rutgers</i>	5'6"	17
48	Michael Pohling <i>Rutgers</i>	6'0"	17
55	Mathieu Savarit-Cosenza <i>Rutgers</i>	5'10"	17
64	Connor Lynch <i>Rutgers</i>	6'1"	17
76	Trent Dillon <i>Rutgers</i>	5'10"	17

Open Divsion

☆ DISCNW OPEN

SEATTLE, WA

Captains: Kilian Marsh, Andrew Featherston, Sam Merritt

Coaches: Alex Wells, Steve Gussin

Sasquatch. That name is renowned and feared the world over. Hardened by the untamed wilderness of the Pacific Northwest, Sasquatch seeks out new territories to lord over. Details of this awesome beast are sketchy at best, as few who have encountered its power have lived to tell the tale. According to legend, the giant Sasquatch is at least eight feet tall and able to pluck birds out of the sky. He can cover vast distances in a flash with his long strides. Many a small woodland creature or low release has been trampled by his giant feet. A voracious eater, the Sasquatch feasts on foolhardy hikers, floaty swill, and the fear of those unfortunate to cross his path. Rumor has it the Sasquatch has wandered from his Northwest home to Minnesota...and he is HUNGRY. Don't mess with Sasquatch.



ROSTER

0	Sam Merritt	5'5"	19
	<i>University of Hawaii</i>		
2	Andrew Featherston	6'1"	18
	<i>Occidental College</i>		
3	Kilian Marsh	5'10"	17
4	Ross Smith	5'9"	17
5	Louis Cohen	5'9"	17
6	Colin Featherston	6'1"	18
	<i>University of Victoria</i>		
7	Julian Peterson	6'2"	18
	<i>University of Washington</i>		
8	Max Sutton	5'8"	18
10	Daniel Broudy	6'5"	18
	<i>Harvard College</i>		
11	John Reynolds	5'9"	17
13	Conor Crowley	5'10"	18
	<i>Colorado College</i>		
14	Justin Lim	5'8"	17
17	Nolan Walsh	6'2"	16
21	Domonic Cavalero	6'1"	18
22	Jesse Bolton	5'9"	16
23	Mike Cavanaugh	6'0"	17
26	Remi Schneider	5'11"	18
	<i>Oberlin College</i>		
27	Henry Phan	5'7"	16
33	Jake Lemmen	5'11"	16
88	Casey Bateman	5'8"	19
	<i>Western Washington University</i>		
95	Natan Lee-Engel	5'9"	15

☆ FLYING PIG

CINCINNATI, OH

Captains: Brian Leachman, Logan Kruger, Tony Bort

Coaches: Joel Houmes, Phil Hale, Isaac Jeffries

Back for a fourth year, Pig is looking to build on their fifth place finish from last year. Pig returns a strong core and blends in some young players with skill far beyond what their age may suggest. This year, the pig will fly.



ROSTER

0	Joseph Beatrice	5'10"	16
1	Garrett Steinbuch	5'11"	18
	<i>Cincinnati</i>		
3	John Stein	5'10"	15
10	Luke Wilken	6'1"	17
11	Luk J. Findley	5'11"	16
12	Elizabeth Leachman	5'9"	18
	<i>Toledo</i>		
14	Jack Teller	5'10"	16
15	Logan Kruger	5'10"	18
	<i>Ohio</i>		
17	Scott Hinger	6'2"	18
	<i>The Ohio State University</i>		
18	Joshua Fisher	5'7"	16
21	Dan Schuster	5'11"	15
24	John Paul Bort	5'9"	15
28	Gabe Dell'aira	6'1"	17
33	Frank Strasser	5'10"	17
54	Ben Jansen	5'11"	18
74	Kevin Burwinkel	5'9"	17
77	Tommy Koch	5'11"	17
85	Tony Bort	5'8"	17
91	Joe Findley	6'0"	18

Open Division

★ IMPULSE

PITTSBURGH, PA

Captains: Marcus Dropcho, Aaron Watson,
Patrick Earles

Coaches: Nick Kaczmarek, Kyle Baynes,
Pat Hammonds

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 – finishing second in 2008 and third in 2009. 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 2010 YCCs. Be about it.



ROSTER

0	Charles Hickerson	6'0"	16
3	Patrick Earles	6'1"	16
4	Zack Elias	5'3"	16
5	Kirk Gazdik	5'7"	18
	<i>Kent State</i>		
6	Anson Reppermund	6'2"	18
7	Mark Fedorenko	6'2"	18
	<i>University of Dayton</i>		
8	Ariel Rascoe	5'6"	16
9	Himalaya Mehta	6'0"	18
	<i>University of Pennsylvania</i>		
10	Max Thorne	5'8"	17
11	Jay Sehgal	5'8"	18
12	Jack Slevin	5'7"	16
13	TJ Williams	5'8"	18
	<i>Point Park</i>		
14	Steve Rubin	5'8"	18
	<i>University of Pittsburgh</i>		
20	Eli Stoever	6'4"	18
	<i>Case Western Reserve</i>		
21	Ben Dumas	5'6"	17
23	Graeme Kernick	5'10"	16
27	Spencer Belkot	5'6"	18
28	Joe Bender	5'10"	17
33	David Clemens-Sewall	5'9"	18
42	Marcus Dropcho	6'2"	17
	<i>University of Pittsburgh</i>		
59	Aaron Watson	6'0"	18
	<i>University of Pittsburgh</i>		
66	Chen Su	5'10"	16
87	Ryan Snowden	6'0"	18
	<i>Robert Morris</i>		

★ MINNESOTA SUPERIOR

TWIN CITIES, MN

Captains: Matt Burkhardt, Ethan Rasmussen,
Ben Swanson-Hysell

Coaches: Perry Nacionales, Nate Wohl, Colin
Camp, Joe Rodekuhr, Neal Hanke, Austin Lien

Minnesota Superior has been in existence since the inaugural Youth Club Championships in 2005, although we missed the tournament in 2009. Our players come from schools that participate in the state's high school (spring) and youth summer leagues. This team can be described as defense-oriented with a flexible and highly efficient offense. We feel good about our chances this year.



ROSTER

3	Scott Boehm	6' 0"	18
	<i>University of Wisconsin - Madison</i>		
4	Jason Finkelstein	5' 9"	16
5	Daniel Rasmuson	5' 10"	16
6	Ethan Rasmussen	5' 8"	18
	<i>University of St. Thomas (Minnesota)</i>		
7	Ben Swanson-Hysell	6' 0"	18
	<i>University Of Minnesota - TC</i>		
8	Nathan Arnost	6' 2"	19
	<i>Middlebury College (Vermont)</i>		
9	Josh Klane	5' 8"	18
	<i>University Of Minnesota - TC</i>		
10	Derek Klein	5' 11"	16
11	Josiah Moore	6' 2"	18
	<i>North Hennepin Community College (Minnesota)</i>		
12	Harper Garvey	5' 7"	16
13	Jacob Lien	5' 11"	18
	<i>University of Arizona</i>		
17	Cole Jensen	5' 10"	18
	<i>Luther College</i>		
18	John LaFavor	6' 4"	19
	<i>Milwaukee School of Engineering (Wisconsin)</i>		
19	Tyler Leighton	5' 10"	16
21	Tyler Mabony	6' 0"	18
	<i>Carleton College</i>		
23	Joel Morton	6' 1"	16
24	Caleb Coleman	6' 1"	17
27	Luther Buhr	5' 9"	18
	<i>Winona State University</i>		
30	Curtis Cammack	5' 8"	17
31	Daniel Cahill	5' 9"	18
	<i>St. John's University (Minnesota)</i>		
33	Nihal Bhakta	6' 4"	17
	<i>St. John's University (Minnesota)</i>		
42	Matthew Burkhardt	6' 3"	18
	<i>University Of Minnesota - TC</i>		
72	CJ Savage	5' 9"	18
	<i>University of Wisconsin - Madison</i>		
85	Jesus Caballero	5' 6"	18
	<i>Concordia College (Minnesota)</i>		
88	Austin Dircks	6' 2"	16

Open Division

☆ NEBRASKA YOUTH CLUB

LINCOLN/OMAHA, NE

Captains: Sean Rock, Dom Lincoln,
Steward Buckley

Coaches: Pat Picard, Seth Colaner

The Nebraska Youth Club is the result of the convergence of once separate groups: several high schoolers who had been organizing their own ultimate clubs, the Lincoln Ultimate Disc Association (LUDA), the Summer Omaha Ultimate League (SOUL) and Rigor Mortis (Omaha's summer league and club team, respectively).

As most of the youth activity in Nebraska was centered in Omaha as of 2009, some of the active Omaha club and league players took notice of the youth players and helped bring them into the greater ultimate community. Around the same time, the LUDA commissioners recognized a need for some kind of infrastructure wherein youth ultimate could develop, such as a state championship, summer youth league, and a YCC team. By 2010, with all parties working together, Nebraska's official youth ultimate movement took off.

ROSTER

00	Ian Murphree	5'9"	17
1	Sam Vossler	5'11"	17
3	Sean Rock	5'9"	18
	<i>University of Nebraska-Omaha</i>		
4	Logan Graeve	5'5"	14
5	Jeremy Dickes	6'4"	17
6	Steward Buckley	5'10"	18
	<i>University of Nebraska-Omaha</i>		
8	Joseph Castillo	5'8"	18
	<i>Southeast Community College</i>		
9	Michael Burdyny	5'11"	17
14	Dom Lincoln	5'10"	17
15	Nick Jenkins	6'3"	18
17	Jarell Relej	5'11"	17
22	Ross Wells	5'9"	18
	<i>University of Nebraska-Lincoln</i>		
23	Scott Goldberg	5'9"	17
29	John Dietrich	6'2"	16
34	Nolan Border	5'9"	17
35	Willie Uehling	6'3"	18
	<i>Metropolitan Community College</i>		
61	Emmitt Graeve	6'0"	16
64	Jeff Snowden	6'3"	17
	<i>University of Nebraska-Lincoln</i>		
74	Matt Young	5'10"	17
90	Connor Rock	6'0"	16
92	Caleb Koenig	6'1"	18
	<i>Metropolitan Community College</i>		
99	Aaron Gallagher	6'1"	18
	<i>Metropolitan Community College</i>		

☆ NEW ENGLAND

MASSACHUSETTS

Coaches: Jason Chow, Tina Booth

BUDA fields a younger team this year with players who are ready to step up into bigger roles. After finishing as finalists in 2009 for the third time, the team from New England is eager to play and is excited to have yet another opportunity to compete in Minneapolis.

ROSTER:

0	Jimmy Bright-Durrm	6'0"	17
3	Tyler Chan	5'9"	17
4	Ben Krupp	5'11"	18
5	Charlu Kannel	5'10"	17
	<i>Brown University</i>		
7	Benno Orlinsky	5'8"	17
9	Brian Baker	5'9"	17
10	Wesley Johnson	5'7"	18
11	Connor Fortin	5'10"	17
13	Danny On	5'7"	16
15	Kevin Norton	6'5"	18
	<i>Pittsburgh</i>		
16	Wesley Chow	5'8"	15
19	Ethan Kanne!	6'0"	16
21	David Luneta	5'9"	18
	<i>Umass Amherst</i>		
22	Alex Light	5'11"	17
23	Cody Ross	5'10"	17
25	Jordy Diamond	5'10"	16
29	John Narmontas	5'10"	17
33	Eric Biggs	5'9"	17

buda



Open Division

☆ riDISCulous

TRIANGLE AREA, NC

Captains: Mason Gardner, Christain Johnson

Coaches: Brian Dobyns, Thomas Konneker

riDISCulous, formally known as North Carolina All-Stars, is a young team. The group is in its second year competing. The team is made up of players from eight different area high schools representing schools from across the central region of the state. The players are excited to return to the Youth Club Championships and improve on last year's showing.



ROSTER

1	Luke Hancock	5'11"	17
3	David Fondren	6'1"	17
6	Mason Gardner	6'2"	18
	<i>NC State</i>		
7	Jon Aycoc	5'8"	16
9	Jamie Mainwaring	6'0"	16
10	Tucker Owen	6'2"	17
11	Daniel Schopler	6'0"	18
	<i>Appalachian State</i>		
13	Eli Miller	5'11"	14
14	Kevin Laubscher	5'11"	18
	<i>Penn State</i>		
15	Brayton Maxson	6'3"	17
21	Bobby Davis	5'10"	17
22	Jacob Hoerger	6'1"	16
	<i>Carleton College</i>		
24	Christian Johnson	6'2"	18
25	Sam Schopler	6'3"	19
	<i>Wooster College</i>		
32	Ryan Schanz	5'11"	17
	<i>Appalachian State</i>		
69	Alan Best	6'2"	18
81	Matthew Kott	6'3"	18
	<i>NC State</i>		
83	Chris Jaques	5'4"	18
	<i>UNC-CH</i>		
91	Andrew Cohen	5'7"	15

☆ SWORDFIGHT

BOISE, ID

Captains: Ty Swain, Camron Newton

Coaches: Suzie Walter, Alana Hansen, Josh Blomberg, Kris King

This will be the first year a Boise team has participated in YCCs, making this Swordfight's first year as a club team. Swordfight's first tournament was at the 2010 Oregon Solstice where they played in the open division placing second. To get to the finals, they beat every team in that division at least once, including the team they lost to in finals. This team, led by Camron Newton and Ty Swain, is athletic, fast and loves to move the disc quickly. Combining this with a stealthy deep game and tenacious defense, these boys have what it takes to surprise every opponent they face.



ROSTER

0	Nick Patterson	5'9"	18
	<i>Montana State University</i>		
1	Bryce Weaver	5'8"	19
	<i>Eastern Oregon University</i>		
2	Matt Bennett	5'8"	17
3	Ty Swain	5'9"	18
5	Josh Gomez	5'9"	18
6	Oliver Atkinson	5'11"	18
	<i>University of Utah</i>		
7	Zach Gurley	6'1"	18
9	Phil Belisle	5'10"	18
	<i>Boise State University</i>		
10	Bryce Heminger	5'10"	17
	<i>College of Western Idaho</i>		
11	Steve Smith	5'7"	18
	<i>University of Oregon</i>		
13	Anthony Gossard	5'9"	16
14	Andrew Stevenson	6'0"	17
15	Cameron DeLange	6'1"	18
17	Rylee Cone	5'7"	18
	<i>College of Western Idaho</i>		
20	Bobby Lewis	5'11"	19
	<i>Texas A&M</i>		
24	Levi Archuleta	6'0"	19
34	Matt Gossard	6'0"	19
	<i>Boise State University</i>		
41	Camron Newton	6'0"	19
	<i>Boise State University</i>		
98	Matt VonLintig	5'11"	18
	<i>Boise State University</i>		

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 is 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 and oranges). Sodium is also important (good sources include: sports drinks, vegetable juices, pretzels, nuts, cheese and crackers). After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels crackers, gummy candies).
 - Don't drink too much – Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
 - Monitor your urine – Clear/copious = hydrated, Dark = Need water/electrolytes.
 - Be sensitive to prior illness – If you've been sick, your body may be more susceptible to dehydration.
 - Rest and cool down after play – Find shade, wet the skin, get in front of a fan or breeze.

Continued Next Page



Health and Safety continued

SIDELINE SAFETY

- Players and spectators should make every effort to keep objects, including but not limited to bags, strollers, chairs, coolers and tents, as far away from the playing field as possible. If there are restraining lines or ropes, please keep all equipment behind them.
- 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.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators from on or near the playing field if those conditions are, in the opinion of the USA Ultimate or Event Staff, unsafe for players, staff, or spectators.

LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via PA system and 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 the organizational tent at Tournament Central to receive instructions for resuming play and any schedule modifications.

Shooting Photos/Videos

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

Anyone wishing to record USA Ultimate Events for Commercial Purposes (as defined in the agreement) is required to sign the USA Ultimate Recording Partnership Agreement. Anyone wishing to record for strictly personal use may also be required to review and sign the agreement to ensure that the permitted uses are understood.

The agreement is intended to protect USA Ultimate's rights as an event organizer as well as the rights of participating athletes and to encourage and allow recording of USA Ultimate Events for both personal and commercial purposes beneficial to the sport and its participants. Please see USA Ultimate Director of Marketing and Communications, Andy Lee, at the event for more information.

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175
ULTRA-STAR