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AND CONVENTION

EVENT GUIDE \$2



**ULTIMATE
GEAR + APPAREL**



**OFFICIAL MERCHANDISER
2013 US OPEN**

spinultimate.com



AND CONVENTION

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STAFF

Event staff will be wearing red "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 – Troy Revell
Volunteer Coordinators – Geoff Horsfield,
Lindsey Hack
Head Scorekeeper – Lauren McGuire
Assistant Scorekeeper – Brian Cochran
Head Statkeeper – Sean Childers
Local Media Coordinators – Jason
Philbeck, Jason Parker
Food and Social Coordinators – Jon Stone,
Trey Askew
Transportation Coordinator – Jenny Rogers
Parking Coordinator – Garrett Dyer
Convention Liaison – Jason Parker
Works Liaison – Josh Murphy
Security Coordinator – Mitch Talley

USA ULTIMATE STAFF

Chief Executive Officer – Dr. Tom Crawford
Managing Director, Competition and
Athlete Programs – Will Deaver
Manager, Competition and Athlete
Programs – Byron Hicks
Manager, Competition and Athlete
Programs – Richard Dana
Manager, Competition and Athlete
Programs – Baker Pratt
Manager, Education and Youth Programs –
Mike Lovinguth
Manager, Events – David Raflo
Director, Membership and Sport
Development – Melanie Byrd
Manager, Membership and Sport
Development – Anna Schott
Manager, Membership Development –
Ryan Gorman
Director, Marketing and Communications
– Andy Lee
Manager, New Media – Matthew Bourland
Manager, Communications and
Publications – Stacey Waldrup
Manager, Administration and Finance –
Julia Echterhoff Lee
National Men's Director – Adam Goff
National Mixed Director – Dave Klink
National Women's Director –
Remy Schor

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Representative
Gwen Ambler, Vice President – At-Large
Representative
Mike Kinsella, Secretary – Central
Representative
Kathy Hendrickson, Treasurer – Mid-
Atlantic Representative
Ben Slade – South Representative
Stephen Hubbard – Southwest
Representative
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Henry Thorne – At-Large Representative
Greg Downey – At-Large Representative
Mary Clare Brennan – At-Large
Representative
Sandy Park – At-Large Representative

OBSERVERS

Mitch Dengler (Head Observer), Hank Cary,
Dave Cesa, Greg Connelly, Jason Conrad,
Glenn Ford, Stephen Hubbard, Dan Hunt,
Brandon Jones, Mike Kinsella, Walter
Kwong, Linda Kudo, Colin McIntyre, Maria
Mendiburo, Laura Meyer, Jon Monforti,
Julie Morris, Jacob Nuxoll, Shiellah
Quintos, Nicky Spiva, Keith Temple, Brad
Tinney, Chris Vanni, Warren Wells, Kate
Williamson, Sam Wood

SPECIAL THANKS

Triangle Flying Disc Association
Greater Raleigh Sports Alliance
Triangle Youth Ultimate League
Capital Area Soccer Association

WELCOME FROM WFDF AND USA ULTIMATE

USA Ultimate and WFDF would like to extend a warm welcome to all the athletes, coaches, convention attendees and fans participating in the 2013 U.S. Open Ultimate Championships and Convention. This one-of-a-kind event is a celebration of our organization's mission, with a special focus on enhancing and promoting community, character and competition. You will no doubt find all three in Raleigh this week, as top teams and ultimate enthusiasts from all over the world come together to learn from each other, compete and showcase the best of the sport.

This year's U.S. Open builds on its international flavor with teams from two new countries, Denmark and Japan, and through an event partnership with our sport's international governing body, the World Flying Disc Federation (WFDF). Our sport's strong value of "spirit of the game" has always reflected Olympic principles, and thus we are very excited about WFDF's recent recognition by the International Olympic Committee (IOC). Recognition by the IOC is a very important milestone for flying disc sports and will greatly support grassroots development programs everywhere.

Ultimate's national governing bodies around the world, including USA Ultimate, will be better positioned to grow the sport as a result of this recognition. If you are interested in getting more information about IOC recognition, what it means for the sport globally and here in the U.S., you are in the right place. Nob Rauch and USA Ultimate CEO Dr. Tom Crawford will be presenting on this and other topics related to the future of ultimate on Thursday morning at the convention. This year's convention schedule offers a wide range of topics from a slate of presenters including Hall of Famers, world and national championship coaches, league organizers and athletic training experts. Check out the schedule to see what's available, and good luck trying to choose from amongst the incredible list of sessions.

After a morning of learning from each other in the "classroom," athletes and fans will move out to the fields to learn from, compete in and/or be entertained by the best ultimate in the world. The 2013 U.S. Open is the kickoff event of USA Ultimate's inaugural Triple Crown Tour. The top four Pro Flight teams from each of the Men's, Mixed and Women's divisions will face off against each other, top international teams, and other Pro,

Elite and Select flight teams looking to start their 2013 seasons with a bang. Each will be in the hunt for a U.S. Open Championship, which will bring teams one step closer to winning the Triple Crown, a feat accomplished by winning the U.S. Open, the regular season and the National Championships.

USA Ultimate is proud to have ESPN, the worldwide leader in sports, as its broadcast partner for the U.S. Open and National Championships. Through ESPN3, millions of sports fans around the world will have access to live semifinals and finals coverage from Raleigh. This partnership provides an opportunity to create unprecedented visibility for the sport. By showcasing ultimate's top players' and teams' athleticism, skill and sportsmanship, we will create positive awareness for the sport that will help lay the foundation for future growth.

Growth is all about local disc organizations and their ability to provide instruction and playing opportunities for players of all ages, but especially for youth. Raleigh's Triangle Flying Disc Association (TFDA) and Triangle Youth Ultimate League (TYUL) have been active and successful in this respect. Through its own programs and USA Ultimate's Learn to Play program, TFDA and TYUL have been instrumental in growing youth ultimate in North Carolina, laying the groundwork for continued growth for the sport locally and beyond. USA Ultimate is excited to continue this partnership with TFDA and other local disc organizations as we build and develop a vibrant national and global ultimate community.

We're glad you're here and hope you will take advantage of all there is to experience: Thursday's U.S. Open programs and promotions and Raleigh's Fourth of July festival; Friday's Learn to Play clinic and showcase games; Saturday's ESPN-broadcast semifinal action and downtown, after-hours social; and of course, Sunday's finals!

Once again, welcome to the event. Please be safe and respectful in all you do, on and off the field. Have a great time, leave a great impression on the city and help us show off the best of the sport to the world.

Mike Payne, President, USA Ultimate
Nob Rauch, President, World Flying Disc Federation

WELCOME FROM THE LOCAL ORGANIZING COMMITTEE

Welcome U.S. Open teams, athletes and convention participants to the Triangle region of North Carolina! The Triangle Flying Disc Association (TFDA) and Triangle Youth Ultimate League (TYUL), in partnership with the Greater Raleigh Sports Alliance, proudly and humbly look forward to hosting you during the next four days of elite ultimate competition, education and community-building. Our local collection of club, league, youth and college players have come together with USA Ultimate to create an unsurpassed tournament experience for all of us. The details you will hear about as we continue, but for now let me just say that myself and my volunteers are at your disposal. My background includes both elite-level ultimate and elite customer service, and it is my personal goal at this event to combine the two for your benefit! We here in the Triangle have long been obsessed with this wonderful sport but have mostly lacked access to large facilities such as the WRAL Soccer Center to host premium competition. This obsession has even led us to purchase land to build our own Ultiplex! As field opportunities begin to finally open up for us, we want our sport to view Raleigh-Durham-Chapel Hill as a perennial top-notch location for big-time ultimate tournaments. What I'm saying is we want y'all to come back! So please never hesitate to approach us for your tournament needs.

Stay healthy off the field and sick on it,

Troy Revell,

U.S. Open Tournament Director



COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition
 - Modifications: 20-yard end zones; "contact" marking violation call
- All games to 15, point-cap at 17.
- Half-time is 10 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 20 minutes before the hard cap. 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 or more ahead by at least two points, whichever comes first.
- Hard time cap: Goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Cap does not affect timeouts.

SCHEDULE OF EVENTS

TIME	ACTIVITY	LOCATION	SESSION TITLE(S)*
WEDNESDAY, JULY 3			
3:00-7:00pm	Event Registration	Marriott City Center Lobby	
5:00-9:00pm	Welcome Reception	Marriott City Center Lobby - Bar Posta	
7:00-8:00pm	Captains' Meeting	Marriott City Center - Bar Posta private dining room	
THURSDAY, JULY 4			
7:00-9:00am	Event Registration	Marriott City Center	
8:00-10:15am	Convention Sessions	Marriott City Center Meeting Rooms	- Keynote: Recognition by the Olympic Movement: The Future of Ultimate and Flying Disc Sports
10:30-11:30am	Convention Sessions	Marriott City Center Meeting Rooms	- Coaching Ethics and Safe Sport - How to Use Video to Improve Throwing Mechanics
10:30am-4:45pm	Competition Rounds 1-3	WRAL Soccer Center	
7:15pm	Opening Ceremonies - US Open participating country and team announcements at Raleigh's Fourth of July festival "The Works"	Fayetteville Street Mall - across the street from Marriott City Center	
FRIDAY, JULY 5			
8:00-9:00am	Convention Sessions	Marriott City Center Meeting Rooms	- Show Me the Money: Impacts of the Emerging Ultimate Market on the Culture and Evolution of the Sport - Trifecta of Success: Building a Youth Ultimate Empire

*Detailed session descriptions can be found on pages 37-39.

CONTINUED ON NEXT PAGE »

SCHEDULE OF EVENTS, CONTINUED

TIME	ACTIVITY	LOCATION	SESSION TITLE(S)*
9:15-10:15am	Convention Sessions	Marriott City Center Meeting Rooms	<ul style="list-style-type: none"> - Reducing ACL Injuries and Increasing On-Field Performance - The Ultimate Nutrition Guide: Fueling for Training and Competition - Growing Ultimate in a Highly Competitive U.S. Sports Landscape: An Inside Look at USA Ultimate's Marketing Strategy
10:00am-12:00pm	Learn to Play Youth Program - Offered in conjunction with local organizations TYUL and TFDA	WRAL Soccer Center	
10:30-11:30am	Convention Sessions	Marriott City Center Meeting Rooms	An Approach to Failure for Coaches, Captains and Leaders of Team
12:00-6:15pm	Competition Rounds 4-6	WRAL Soccer Center	
12:15-1:15pm	Convention Sessions	WRAL Soccer Center	Running an Effective Practice
5:30-7:15pm	Showcase Game: Ring of Fire (Raleigh, NC) vs Euforia (Colombia)	WRAL Soccer Center	
7:30-9:00pm	World Games Showcase Game: U.S. National Team vs Team Colombia	WRAL Soccer Center	

SATURDAY, JULY 6

8:00-9:00am	Convention Sessions	Marriott City Center Meeting Rooms	<ul style="list-style-type: none"> - Motor Skills Learning Theory: Three Common Mistakes in Practice and Coaching - When Pick-Up Picks Up: The Evolution of a League Organization
9:15-10:15am	Convention Sessions	Marriott City Center Meeting Rooms	<ul style="list-style-type: none"> - Teaching Ultimate Sequencing and Cues - Sustainable Belief: Developing Your College Program
9:30-11:15am	Competition Round 7	WRAL Soccer Center	

*Detailed session descriptions can be found on pages 37-39.

TIME	ACTIVITY	LOCATION	SESSION TITLE(S)*
10:30-11:30am	Convention Sessions	Marriott City Center Meeting Rooms	- Spirit of the Game and Spirit of Coaching
12:00-1:45pm	Mixed Semi 1 (ESPN3)	WRAL Soccer Center	
1:00-2:45pm	Mixed Semi 2	WRAL Soccer Center	
2:30-4:15pm	Women's Semi 1 (ESPN3)	WRAL Soccer Center	
3:30-5:15pm	Women's Semi 2	WRAL Soccer Center	
5:00-8:00pm	Participant Dinner – Athletes, conventioners and event staff dinner. Catered by Tir na nOg Irish Pub & Restaurant. Bring your meal ticket.	WRAL Soccer Center	
5:30-7:45pm	Men's Semi 1 (ESPN3)	WRAL Soccer Center	
8:00-9:45pm	Men's Semi 2 (ESPN3)	WRAL Soccer Center	
10:00pm+	After Hours Event Social	Tir na nOg Irish Pub & Restaurant 218 South Blount Street, Raleigh, NC 27601 www.tnnirishpub.com 919.833.7795	

SUNDAY, JULY 7

11:00am	Mixed Final (ESPN3) <i>Mixed Division Award Ceremony and AB Pro Team Spirit Award ceremonies will immediately follow game's conclusion.</i>	WRAL Soccer Center	
1:30pm	Women's Final (ESPN3) <i>Individual Spirit Award winners will be recognized at halftime; Women's Division Award Ceremony will immediately follow game's conclusion.</i>	WRAL Soccer Center	
4:00pm	Men's Final (ESPN3) <i>Men's Division Award Ceremony will immediately follow game's conclusion.</i>	WRAL Soccer Center	

*Detailed session descriptions can be found on pages 37-39.

TRANSPORTATION SCHEDULE

THURSDAY, JULY 04, 2013

NOTE: Eating is NOT allowed on shuttles.

Shuttle arrival and departure times may vary slightly, depending on bus capacity and coordination with other shuttles. Shuttle coordinators and bus drivers will provide real time information.

Downtown Marriott to WRAL Soccer		WRAL Soccer to Downtown Marriott	
Departure Time	Arrival Time	Departure Time	Arrival Time
8:00 AM	8:30 AM	8:30 AM	9:00 AM
8:30 AM	9:00 AM	9:00 AM	9:30 AM
9:00 AM	9:30 AM	9:30 AM	10:00 AM
9:30 AM	10:00 AM	10:00 AM	10:30 AM
10:00 AM	10:30 AM	10:30 AM	11:00 AM
10:30 AM	11:00 AM	11:00 AM	11:30 AM
11:00 AM	11:30 AM	11:30 AM	12:00 PM
12:00 PM	12:30 PM	12:30 PM	1:00 PM
1:00 PM	1:30 PM	1:30 PM	2:00 PM
2:00 PM	2:30 PM	2:30 PM	3:00 PM
3:00 PM	3:30 PM	3:30 PM	4:00 PM
		4:00 PM	4:30 PM
		4:30 PM	5:00 PM
4:30 PM	5:00 PM	5:00 PM	5:30 PM
5:00 PM	5:30 PM	5:30 PM	6:00 PM
5:30 PM	6:00 PM	6:00 PM	6:30 PM
6:00 PM	6:30 PM	6:30 PM	7:00 PM

FRIDAY, JULY 05, 2013

Downtown Marriott to WRAL Soccer		WRAL Soccer to Downtown Marriott	
Departure Time	Arrival Time	Departure Time	Arrival Time
9:30 AM	10:00 AM	10:00 AM	10:30 AM
10:00 AM	10:30 AM	10:30 AM	11:00 AM
10:30 AM	11:00 AM	11:00 AM	11:30 AM
11:00 AM	11:30 AM	11:30 AM	12:00 PM
11:30 AM	12:00 PM	12:00 PM	12:30 PM
12:00 PM	12:30 PM	12:30 PM	1:00 PM
1:00 PM	1:30 PM	1:30 PM	2:00 PM
2:00 PM	2:30 PM	2:30 PM	3:00 PM
3:00 PM	3:30 PM	3:30 PM	4:00 PM
4:00 PM	4:30 PM	4:30 PM	5:00 PM
5:00 PM	5:30 PM	5:30 PM	6:00 PM
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7:30 PM	8:00 PM	8:00 PM	8:30 PM
8:00 PM	8:30 PM	8:30 PM	9:00 PM
8:30 PM	9:00 PM	9:00 PM	9:30 PM
9:00 PM	9:30 PM	9:30 PM	10:00 PM

SATURDAY, JULY 06, 2013

Downtown Marriott to WRAL Soccer		WRAL Soccer to Downtown Marriott	
Departure Time	Arrival Time	Departure Time	Arrival Time
7:00 AM	7:30 AM	7:30 AM	8:00 AM
7:30 AM	8:00 AM	8:00 AM	8:30 AM
8:00 AM	8:30 AM	8:30 AM	9:00 AM
8:30 AM	9:00 AM	9:00 AM	9:30 AM

9:00 AM	9:30 AM	9:30 AM	10:00 AM
9:30 AM	10:00 AM	10:00 AM	10:30 AM
10:00 AM	10:30 AM	10:30 AM	11:00 AM
10:30 AM	11:00 AM	11:00 AM	11:30 AM
11:00 AM	11:30 AM	11:30 AM	12:00 PM
11:30 AM	12:00 PM	12:00 PM	12:30 PM
12:00 PM	12:30 PM	12:30 PM	1:00 PM
12:30 PM	1:00 PM	1:00 PM	1:30 PM
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8:30 PM	9:00 PM	9:00 PM	9:30 PM
9:00 PM	9:30 PM	9:30 PM	10:00 PM
9:30 PM	10:00 PM	10:00 PM	10:30 PM
10:00 PM	10:30 PM	10:30 PM	11:00 PM

SUNDAY, JULY 07, 2013

Downtown Marriott to WRAL Soccer		WRAL Soccer to Downtown Marriott	
Departure Time	Arrival Time	Departure Time	Arrival Time
8:30 AM	9:00 AM	9:00 AM	9:30 AM
9:00 AM	9:30 AM	9:30 AM	10:00 AM
9:30 AM	10:00 AM	10:00 AM	10:30 AM
10:00 AM	10:30 AM	10:30 AM	11:00 AM
10:30 AM	11:00 AM	11:00 AM	11:30 AM
11:00 AM	11:30 AM	11:30 AM	12:00 PM
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5:00 PM	5:30 PM	5:30 PM	6:00 PM
5:30 PM	6:00 PM	6:00 PM	6:30 PM
6:00 PM	6:30 PM	6:30 PM	7:00 PM
6:30 PM	7:00 PM	7:00 PM	7:30 PM

SITE RULES

Facility, event staff, and security will be checking to make sure people are following the site rules. If you are caught violating these rules you will risk being barred from the facility, team/athlete disqualification, vehicle towing, or other potential ramifications outside of the event. Thank you!

- **NO ALCOHOL OR TOBACCO**
 - **NO PETS**
 - **NO WEAPONS**
 - **RESTROOMS** – Use them...not the fields, bushes or trees.
 - **NO ABUSIVE LANGUAGE** – Respect your opponent, teammates, spectators, officials, etc.
 - **DRIVING AND PARKING** – Observe parking restrictions and handicap/staff spots. Do not avoid traffic bumps, no through traffic in parking lots, 11 MPH speed limit.
 - **SPECTATORS AND EQUIPMENT** – Must stay behind designated lines.
 - **TRASH AND RECYCLING**. Use the appropriate receptacles. Keep the facility clean.
-

USA ULTIMATE INFORMATION TENT

Stop by the USA Ultimate information tent if you have any questions about the event or about USA Ultimate! During all rounds Thursday through Sunday, there will be a USA Ultimate staff member available to answer questions. We will also have Event Guides available for purchase as well as other USA Ultimate information and schwag.

Please come by and let us know what you think of the event, talk to us about the Triple Crown Tour and learn about our outreach programs! Players, be sure to send your parents over to have them sign up for a USA Ultimate Friends & Family membership, so they can stay in the loop about your favorite sport!

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 to encourage and allow recording of USA Ultimate events for both personal and commercial purposes beneficial to the sport and its participants. If you are taking photos at the event and would like submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Manager of Communications and Publications Stacey Waldrup at stacey@hq.usultimate.org.

FOOD CONCESSIONS AVAILABLE AT WRAL SOCCER CENTER

- Gussy's Greek Street Food (<http://gussys.com>) – July 5, 6, 7, bringing with them Locopops Gourmet Frozen Pops trailer.
- The Humble Pig (<http://www.thehumblepig.com>) – July 4, 5, 7
- Deli-icious (<http://deliicioustruck.com>) – July 4 and 6

FIELD MAP & DIRECTIONS



FIELD SITE:

WRAL Soccer Center
7700 Perry Creek Rd, Raleigh, NC 27616

EVENT HOTEL:

Marriott City Center
500 Fayetteville St, Raleigh, NC 27601

AIRPORT:

Raleigh-Durham International Airport,
2400 W Terminal Blvd, Morrisville, NC
27560

HOSPITALS:

WakeMed North Healthplex

(closest to WRAL fields –
directions from fields)
10000 Falls of Neuse Rd, Raleigh, NC
27614

- Exiting the park, turn right.
- Head northwest on Perry Creek Rd toward Berkshire Downs Rd - 0.9 mi
- Continue onto Durant Rd - 2.6 mi
- Turn right onto State Rd 2000/ Falls of Neuse Rd - Destination will be on the right - 0.1 mi

WakeMed Raleigh Campus

(closest to event hotel –
directions from hotel)
3000 New Bern Ave, Raleigh, NC 27610

- Head north on Fayetteville St toward E Davie St - 0.1 mi
- Turn right onto E Davie St - 0.2 mi
- Turn left onto S Person St - 0.3 mi
- Take the 3rd right onto New Bern Ave - 0.9 mi
- Keep left to stay on New Bern Ave - Destination will be on the right - 1.9 mi

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 USA Ultimate Executive Committee, March 29, 2005.

AB PRO

abprosports.com

USA
ULTIMATE



OFFICIAL APPAREL
PARTNER FOR USA ULTIMATE

CUSTOM MADE SUBLIMATED
ULTIMATE JERSEYS AND SHORTS
FOR CLUBS AND TEAMS



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PHONE: 760-752-3400 SALES@ABPROSPORTS.COM

SPIRIT AWARDS

Ultimate has traditionally relied upon the 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 USA Ultimate 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. Choose the person whose attitude you wish other people on your team would emulate and who other players off your team admire.

TEAM AWARDS

AB Pro Sports Team Spirit Awards

In conjunction with U.S. Open Championships partner WFDF, USA Ultimate will be testing a modified version of the WFDF-style spirit score sheet. Following every game, each team will be asked to rate their opponent's performance in specific areas of the game. The scale for each area is 0-4 (4 is the highest level, 2 is average, and 0 is the lowest level). The ratings for each area will be compiled to provide a total game spirit rating for each team (0-16). These game ratings will be averaged for each team over the event, and the team in each division with the highest rating will be awarded the AB Pro Sports Team Spirit Award following the mixed division final.

1. Rules Knowledge and Use

Example: They did not make unjustified calls nor purposefully misinterpret the rules. They kept to time limits and were willing to teach and/or learn the rules.

2. Fouls and Body Contact

Example: They avoided fouling, contact and dangerous plays.

3. Fair Mindedness

Example: They apologized for their own fouls, informed teammates when they made wrong or unnecessary calls and were willing to retract a wrong call.

4. Positive Attitude and Self-Control

Example: They communicated without aggressive language, complimented us on good plays and left an overall positive impression during and after the game.

AWARD CEREMONIES

AB Pro Team Spirit Awards – Following the mixed division final, the AB Pro Sports Team Spirit Award will be presented to the winning team in each division. Winners of the Team Spirit Award will receive a free set of jerseys from AB Pro Sports. Thanks to AB Pro Sports for their support of the Spirit of the Game awards!

Individual Spirit Awards – At halftime of the women's division final, winners of the Individual Spirit Awards (one from each team) will be recognized.

Medal and Trophy Presentations - Immediately following each final, awards will be presented to first and second place teams in each division, including a \$2,000 check to each of the winning teams.

MAKING ULTIMATE STRONGER

Our mission is to support ultimate, and good coaches are an integral part of the development of the sport.

So take a moment to appreciate the coaches. Heck, take a plenty of moments! We really can't thank them enough for the work they do.




Five Ultimate is proud to sponsor the 2013 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE FUN.
FIVEULTIMATE

Team@FiveUltimate.com



2013 USA Ultimate US Open Championships - Men's Division															
All Games to 15 Cap 17	1	Doublewide (Austin, TX)													
	2	Revolver (San Francisco, CA)													
	3	Ironsides (Boston, MA)													
	4	Ring of Fire (Raleigh, NC)													
	5	Euforia (Bogotá, Colombia)													
	6	Ragnarok (Copenhagen, Denmark)													
	7	Mephisto (Montreal, Canada)													
	8	Chicago Club (Chicago, IL)													
															
Thursday, July 4th															
Thursday		F#	Score		F#	Score		F#	Score		F#	Score			
10:30 - 12:15	1 v 8	9	-	2 v 7	11	-	3 v 4	12	-	5 v 6	10	-			
12:45 - 2:30	1 v 4	9	-	2 v 6	1	-	3 v 7	12	-	5 v 8	10	-			
3:00 - 4:45	1 v 2	9	-	5 v 7	11	-	3 v 6	12	-	4 v 8	10	-			
Friday, July 5th															
Friday		F#	Score		F#	Score			Score		F#	Score			
12:00 - 1:45	1 v 5	3	-	2 v 3	4	-	4 v 6	5	-	7 v 8	6	-			
2:15 - 4:00	1 v 7	3	-	2 v 4	4	-	3 v 5	5	-	6 v 8	6	-			
4:30 - 6:15	1 v 3	3	-	2 v 8	4	-				6 v 7	6	-			
5:30 - 7:15						-	4 v 5	1							
Saturday, July 6th															
Saturday		F#	Score		F#	Score		F#	Score		F#	Score			
9:30 - 11:15	1 v 6	3	-	2 v 5	5	-	3 v 8	6	-	4 v 7	4	-			
Re-seed after Round Robin (1st vs 4th; 2nd vs 3rd)															
5:30 - 7:30	Semifinal 1:	*				vs				*				1	-
8:00 - 10:00	Semifinal 2:	*				vs				*				1	-
Sunday, July 7th, 4:00 - 5:45pm															
Winner Semi 1															
Field #1															
Winner Semi 2															
Champions															
* TBD based on competition and broadcast considerations.															

[illegible]

WOMEN'S SCHEDULE

2013 USA Ultimate US Open Championships - Women's Division

All Games
to 15
Cap 17

- 1 Fury (San Francisco, CA)
- 2 Riot (Seattle, WA)
- 3 MUD (Tokyo, Japan)
- 4 Scandal (Washington, DC)
- 5 Showdown (Austin, TX)
- 6 Phoenix (Raleigh, NC)
- 7 Revolution (Medellin, Colombia)
- 8 Nova (Montreal, Canada)

Thursday, July 4th

Thursday		F#	Score		F#	Score		F#	Score		F#	Score
10:30 - 12:15	1 v 8	3	-	2 v 7	5	-	3 v 4	1	-	5 v 6	4	-
12:45 - 2:30	1 v 4	3	-	2 v 6	5	-	3 v 7	6	-	5 v 8	4	-
3:00 - 4:45	1 v 2	3	-	5 v 7	5	-	3 v 6	6	-	4 v 8	4	-

Friday, July 5th

Friday		F#	Score		F#	Score		F#	Score		F#	Score
12:00 - 1:45	1 v 5	2	-	2 v 3	8	-	4 v 6	7	-	7 v 8	10	-
2:15 - 4:00	1 v 3	2	-	2 v 8	8	-	4 v 5	7	-	6 v 7	1	-
4:30 - 6:15	1 v 7	2	-	2 v 4	8	-	3 v 5	7	-	6 v 8	5	-

Saturday, July 6th

Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:30 - 11:15	1 v 6	9	-	2 v 5	10	-	3 v 8	11	-	4 v 7	12	-

Re-seed after Round Robin (1st vs 4th; 2nd vs 3rd)

2:30 - 4:15	Semifinal 1:	*		vs		*				1	-
3:30 - 5:15	Semifinal 2:	*		vs		*				2	-

Sunday, July 7th, 1:30 - 3:15pm

Winner Semi 1

Field #1

Winner Semi 2

Champions

* TBD based on competition and broadcast considerations.

MEN'S TEAMS

CHICAGO CLUB



CHICAGO, IL

Captains: Luke Johnson, Shane Caldwell, Kurt Zoellick, Kevin Bruns

Coach: Walden Nelson

In 2010, a group of North Park University alumni decided it was time to create an alternative to the current second tier of teams in Chicago, so the Natives were born. Three years later, we reformed under the name Chicago Club with a strategic partnership with Chicago's Machine (pro flight team). We are working closely this year with their leadership to form a larger community of players with the same goals, who learn the same systems and have the desire to represent the Midwest the very best we can.

facebook.com/ChicagoClubUltimate

ROSTER

00	Casey Degnan	5'11"	35
1	Cameron Hodgkinson	6'3"	23
2	James Roush	6'1"	24
3	Shane Caldwell	6'1"	29
4	Brendan Kremer	5'10"	26
5	Jimmy Wiesbrock	5'11"	26
7	Kevin Yngve	6'1"	28
10	Dean Acheson	5'11"	25
11	Jesus Osorio	5'2"	31
12	Kevin Bruns	6'2"	23
13	Jimmy Robin	5'4"	27
17	Joe Dechery	6'2"	28
18	Kurt Zoellick	6'0"	37
19	Jack Shey	6'3"	20
20	Matt West	6'1"	22
21	Luke Johnson	6'2"	41
22	Rob Hirsch	6'1"	26
23	Alex Rummelhart	6'0"	22
28	Sam Sohn	5'6"	19
31	Tom Miller	5'11"	36
33	Reilly Cleal	5'11"	22
35	Marty Markenson	6'2"	21
36	Tim Fergus	5'11"	22
44	Grant Blankenship	5'2"	24
55	Mike Yeomans	6'1"	28
63	Zubair Abdulla	6'2"	26
77	Doug Dapadona	5'7"	30

DOUBLEWIDE



AUSTIN, TX

Captains: Jeff Loskorn, Valley Renshaw, Jerrod Wolfe

Doublewide is a well nasty brotherhood based in Austin, TX. Established in 2001, Doublewide has earned the reputation of a contender on the national stage. With notable changes to our roster since last year's championship win, Doublewide's leadership looks forward to integrating the new studs into the system as we prepare for our 13th season. Yet, still much remains to be seen about the months upcoming. Can Doublewide piece together another championship season with the changes to personnel? Can we summon the strength, fortitude and fortune to surpass last year's fifth-place finish at the U.S. Open? Will the offense finally develop a sense of humor? Face down, Dubs up!

dw-tx.com

ROSTER

2	Alex Thorne	5'8"	23
4	Max Cook	5'7"	31
5	Jeff Loskorn	6'1"	25
6	Michael Matthias	5'10"	21
9	Ethan Pollack	6'6"	24
10	Steven Darroh	6'0"	27
12	Andrew Walch	6'1"	26
14	Michael Cramer	6'2"	26
15	Daniel Poindexter	6'0"	28
16	Kiran Thomas	5'10"	29
18	Michael Natenberg	6'1"	32
19	Kevin Richardson	6'4"	26
20	Jerrod Wolfe	5'11"	29
25	Kevin Christian	5'10"	22
42	Ryan Bigley	6'3"	27
49	Chris Brooks	6'1"	22
81	Tyler Degirolamo	6'3"	23
85	Valley Renshaw	6'2"	33

MEN'S TEAMS

ROSTER

1	Bryan Castro	5'9"	25
2	Camilo Matallana	5'7"	23
8	Camilo Buitrago	5'7"	29
10	Faiver Alvarez	5'6"	24
13	Hans Torres	5'7"	31
17	Sebastian Osorio	5'10"	25
18	Felipe Martinez	5'7"	21
20	Kevin Serrato	5'7"	21
21	Juan Rodriguez	5'8"	22
22	Camilo Bravo	5'9"	25
38	Jaime Segura	5'10"	23
52	Mauricio Martinez	5'8"	32
55	Jair Roa	5'7"	29
60	Jose Gonzalez	5'4"	23
66	Carlos Vergara	5'7"	24
69	David Benavides	6'0"	21
70	Pedro Torres	5'6"	31
71	Felipe Diaz	5'9"	17
77	Juan Perdigon	6'0"	35
84	Andres Angel	5'6"	28
85	Juan Jauregui	5'8"	22
88	Julio Castro	5'6"	29

EUFORIA



BOGOTÁ, COLOMBIA

Captains: Jair Roa, Pedro Torres, Andres Angel

Euforia – it's a legendary team from the capital of Colombia, Bogotá. It was founded in 2003.

We've been working together for the past 10 years, and we've become the team with the most titles in Colombia. We have won every major tournament in our country; we won the 2009 AJUC Nationals (Colombian Ultimate players Association), so we were able to go to WUCC 2010, where we ended up in 18th place.

In 2012, we participated in the U.S. Open in the mixed division, and just after that, we won AJUC Nationals for the second time. We are very pleased to be able to return to the U.S. Open, this time in the men's division. We are celebrating our first 10 years and training very hard. We want to win the fifth edition of AJUC Nationals, and our main goal is to get to Italy 2014 and represent our country.

Discolombia.org/euforia

ROSTER

00	Jacob Taylor	6'4"	26
1	Teddy Browar-Jarus	6'2"	29
2	Seth Reinhardt	6'4"	26
3	George Stubbs	6'0"	24
4	Matt Rebholz	6'3"	28
5	Josh Markette	5'8"	34
6	Rusty Ingold-Smith	5'10"	26
7	Will Neff	6'4"	27
8	Peter Prial	6'3"	25
9	Misha Sidorsky	5'10"	26
11	Christian Foster	5'10"	25
12	Alex Simmons	5'9"	24
13	Brandon Malecek	5'10"	28
14	Miles Montgomery-Butler	6'1"	27
16	Jamie Quella	6'0"	25
17	Alex Cooper	5'10"	23
18	Jim Foster	6'2"	27
21	Misha Herscu	5'11"	22
23	Ryan Holmes	6'0"	23
25	Matthew McDonnell	6'0"	24
33	Russell Wallack	5'11"	24
35	Piers MacNaughton	5'9"	23
38	Adrian Banerji	5'11"	23
77	Danny Clark	6'1"	32
84	Alex Kapinos	6'4"	24
88	Robin Meyers	5'10"	25

IRONSIDE



BOSTON, MA

Captains: Matt Rebholz, George Stubbs,

Russell Wallack

Coach: Josh McCarthy

Following a transition year for Boston Ultimate in the wake of the merger of historic Death or Glory and Metal Ultimate, Ironside was founded in 2008. The crew has enjoyed a successful run since its inception, capturing numerous regular-season tournament championships and reaching the semifinals or finals of the Club Championships in each of the past five years. However, in three trips to the finals, the squad has come up short in its efforts to bring a title back home to Boston. Though only two members of the original 2007 merged team (Danny Clark and Teddy Browar-Jarus) remain rostered, the 2013 edition of Ironside features 22 returners from last year's squad, including the nine core members of its veteran O Line. In addition, a handful of recent graduates from area schools have set sail this summer on the Boat as newly charged midshipmen first class. As always, the team will target late October to peak, but has been training vigorously in recent weeks in anticipation of the inaugural Triple Crown Tour, beginning with the U.S. Open. Fans should expect fireworks to be launched from the bow of the ship all July 4th weekend long. #getwet #walkthep plank

bostonironside.com

MEN'S TEAMS

MEPHISTO

MONTREAL, QUEBEC

Captain: Mikael Lacombe



Since its founding in 1995, Mephisto has been proud to represent Montreal, Quebec and Canada in many national- and international-level events. A multi-time finalist at the Canadian National Championships and Canadian National Champion in 2009, Mephisto has participated in four Club World Championships. The current installment of the team is honoured to be invited to the U.S. Open and looks forward to its most challenging games of the season.

ROSTER

3	David Beauchesne	5'9"	27
4	Chuck Cantone	6'0"	27
5	Mikael Lacombe	5'8"	24
7	Mark Zimmerl	6'4"	24
8	Mathieu		
	Brisebois-Boies	6'0"	32
9	Phil Poitras	6'1"	26
11	Charles Bariteau	6'1"	37
12	Frédéric Brédard	6'4"	26
13	Anis Chikh	5'8"	28
16	David Tremblay	6'0"	24
17	Antoine Genest	5'11"	24
28	Maxime Garros	5'10"	29
36	Maxime Guy	5'11"	29
37	Shawn		
	St-Jean Timmins	6'0"	28
44	Francis Martel	5'8"	25
52	Louis-Pierre Lauzon	5'10"	29
74	Dan Fassina	6'2"	38
83	Christian Parsons	5'8"	29
85	Cédric		
	Aubut-Boucher	6'0"	25

RAGNAROK

COPENHAGEN, DENMARK

Captains: Mads Bakkegaard, Svend Andreasen



Ragnarok started in 1994. Since earning silver in the 2005 European Club Championships, Ragnarok has consistently been one of Europe's top programs. Last year, we earned a bronze medal. Ragnarok has won Danish Nationals every year since 2004.

ROSTER

1	Henrik Thomesen	6'1"	40
2	Svend Andreasen	6'3"	36
5	Christian Puck		
	Madsen	6'1"	25
7	Faissoil M'Bae	6'1"	35
8	Lasse Gejl	5'10"	33
10	Mads Bakkegaard	6'2"	33
11	Jesper Bakkegaard	6'2"	30
14	Thomas Alsted	6'1"	29
16	Martin Bille Hansen	6'0"	33
17	Daniel Ocariz	5'10"	33
18	Christopher Svaerke	5'8"	25
22	Steffen		
	Moerck-Larsen	5'11"	39
23	Joergen Alsted	5'8"	25
24	Esben Hoegh	5'11"	28
27	Nick Pannu	6'0"	29
33	Peter Haahr	6'2"	26
47	Mads Lindskrog	5'7"	25
66	Martin Juhl	6'2"	40
82	Andreas Carlsen	6'2"	30
89	Kristoffer Buus	6'2"	23
91	Bjarne Laursen	6'2"	22
99	Thomas Vesters	6'1"	31

ragnarok-ultimate.dk

MEN'S TEAMS

ROSTER

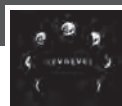
0	Devon Anderson	6'0"	24
2	Taylor Lahey	5'10"	25
3	Tom James	6'0"	27
4	Jon Levy	6'1"	29
6	Josh Wiseman	5'8"	30
7	Russell Wynne	6'1"	25
8	Patrick Baylis	5'9"	27
9	Cassidy Rasmussen	5'11"	24
11	Zach Travis	6'2"	25
12	Sam Kanner	6'0"	25
14	Alexander Brammer	6'3"	24
15	Joel Schlachet	5'8"	26
18	Eric Greenwood	5'6"	28
19	Ryo Kawaoka	5'8"	32
20	Nick Schlag	5'10"	27
21	Andrew Hagen	5'11"	24
22	Marcelo Sanchez	6'1"	21
23	Jordan Jeffery	6'4"	24
27	Ashlin Joye	6'0"	25
28	Nathan White	6'4"	21
32	Jordan Marcy	5'10"	21
34	Evan Boucher	5'9"	27
35	Lucas Dallman	5'11"	26
40	Mac Taylor	6'3"	27
50	Beau Kittredge	6'3"	31
99	Tim Gilligan	5'11"	24

REVOLVER

SAN FRANCISCO, CA

Captains: Ryo Kawaoka, Nick Schlag, Ashlin Joye, Cassidy Rasmussen

Coach: Mike Payne



Revolver was established in the spring of 2006 when Nick Handler, Chris McManus and Marc Weinberger came together to build a new Bay Area ultimate program from scratch. The captains sought to install a team-first mentality, build strong team chemistry and use the values of intensity, humility and discipline to define the team ethic. These qualities have led Revolver to two National Championships as well as the opportunity to represent the U.S.A. internationally in 2010 and 2012, bringing home the gold both times. They are still the values Revolver strives to demonstrate.

revolverultimate.com

ROSTER

00	Ken Porter	5'10"	25
1	Justin Allen	6'2"	22
2	Tuba Benson-Jaja	6'0"	33
3	Josh Mullen	5'10"	33
5	Taylor Pope	6'3"	33
8	Michael Gastaldo	6'3"	33
9	Ian Toner	5'10"	23
10	Jarrett Bowen	5'10"	25
11	Dennis Tarasi	6'0"	25
13	Bryan Conklin	6'6"	26
14	Stephen Poulos	5'11"	33
15	Matt King	5'9"	25
17	Josh Torell	6'3"	27
21	Jon Nethercutt	6'2"	21
22	Brian Casey	5'11"	25
23	Micah Hood	6'1"	24
24	Noah Saul	6'0"	24
29	Christian Johnson	6'2"	21
32	Josh Berkowitz	6'1"	30
33	Roy Matthews	6'3"	28
34	Tristan Green	5'8"	22
44	Eric Olivier	6'0"	26
45	Brett Matzuka	5'8"	28
47	Andrew Ryan	6'2"	26
50	Josh Norris	5'10"	28
54	Stephen Bender	5'11"	25
99	Paul Weeks	6'0"	25

RING OF FIRE

RALEIGH, NC

Captains: Brian Casey, Taylor Pope, Noah Saul



Although some of the names have changed, the flames keep rising for Raleigh's Ring of Fire. Now in its 24th year, one of ultimate's longest-running programs is proud to host the U.S. Open with a revamped roster, honed offensive scheme and collection of young talent from the best college programs in North Carolina and Virginia. One thing that has not changed is their commitment to the blue-collar, gritty defense and swagger that has defined Ring of Fire for over two decades. Ring Nation is always recruiting new fans, so come join us as we pay homage to the values of The Man in Black. Love, Is A Burning Thing...

ringultimate.org

MIXED TEAMS

AMBIGUOUS GREY



WASHINGTON, DC

Captains: Peter MacArthur, Jackson Schreiber

Ambiguous Grey is based out of Washington, DC.

AG's first year as a club team was 2011, when Calvin Oung, Jarnail Bajwa, Jenny Yang and Jay Guise brought together a diverse group of highly talented and experienced ultimate players from around the DC metro area and beyond. It was a rousing success, and great fun was had by all!

AG has continued since then and remains the most successful mixed division team in DC. In 2013, AG will yet again put together an elite-level team to compete in both the regular season and championship series, with plans to add to its competitive schedule and winning record with the Triple Crown Tour.

sites.google.com/site/ambiguouslygreyultimate/

ROSTER

1	Jordan Kwok	5'7"	28
3	Alanna Tievsky	5'3"	28
4	Alice Hwang	5'5"	28
5	Rachel Thaw	5'9"	24
7	Peter MacArthur	5'9"	31
8	Lexa Stambaugh	5'6"	22
9	Jarnail Bajwa	5'6"	28
11	Jackson Schreiber	6'0"	29
13	Mallory Meiser	5'7"	23
17	Charles Scott	6'1"	25
18	Riki Cullingford	5'6"	29
22	Jason Fortner	5'10"	27
24	Adam Sigelman	5'11"	29
25	Daniel Yi	5'10"	28
26	Matt Greytak	6'0"	30
27	Katharine Sullivan	5'7"	24
28	Paul Winkler	5'10"	29
29	Zack Thompson	5'10"	27
37	Jessica Richard	5'1"	23
42	Ellen McRae	5'5"	30
76	Alison Murray	5'10"	25
80	Paul Grabowski	5'10"	22
88	Calvin Oung	6'1"	33

BLACKBIRD



SAN FRANCISCO, CA

Captains: Nick Slovan, Krista McDonald

Blackbird is a third-year mixed team from the San Francisco Bay Area. With roots in nationally competitive teams from the Bay Area and beyond - and inspired by a fantastic San Francisco hot spot of the same name - Blackbird is composed of friends old and new who wanted to play competitive ultimate together. Bird Bird Caw!

ROSTER

1	Brian Garcia	6'3"	30
2	Jason Zhang	5'9"	29
3	Carol Chen	5'2"	34
4	Barrs Lang	6'1"	29
5	Tommy Hendrickson	5'11"	27
6	Eli Janin	5'10"	26
7	Rachel Holz	5'1"	35
9	Adam Farren	6'1"	30
10	Nat Kinsky	6'0"	30
11	Krista McDonald	5'6"	34
13	Andy Fisher	5'11"	32
17	Franzi Sinner	5'8"	34
20	Susan Batchelder	5'7"	33
22	Nick Slovan	6'3"	30
23	Sally Mimms	5'7"	32
25	Chelsea Witte	5'11"	28
26	Karen Ko	5'4"	30
28	Sheeva Zarechian	5'4"	28
42	Aaron Caulfield	6'4"	23
84	Jessica Wilson	5'4"	38

MIXED TEAMS

ROSTER

00	Kennedy Wolfe	5'3"	24
1	Jason Rector	5'11"	37
2	Timmy Murray	6'0"	35
3	Lucia Derks	5'4"	27
4	Juliette McNamara	5'7"	27
5	Chris Cosgrove	5'11"	26
6	Pete Wentz	6'1"	29
8	Matt Glenn	6'2"	28
9	Ryan Sittler	5'9"	27
10	Ann Arps	5'1"	25
11	Matt Bergin	5'10"	25
12	Mark Strazzer	6'2"	34
13	Bud Yackey	6'2"	29
16	Ryan Bell	6'0"	32
17	Cate Yackey	5'5"	29
20	Jill Simmerman	5'8"	26
21	Steph Soule	5'2"	23
22	Harris Woody	6'1"	28
23	Amy Allen	5'5"	23
25	Kyle Silva	5'11"	26
31	Josh Lowell	5'9"	25
42	Britta Jones	5'8"	26
59	Ethan Burns	6'1"	30
74	Melissa Gannon	5'7"	23
77	Beth Harrington	5'6"	27
88	Sam Fontaine	5'11"	21

CAHOOTS



ASHEVILLE, NC

Captains: Tim Murray, Juliette McNamara

In the hollers of the Blue Ridge Mountains of Western North Carolina, drainage from the Smokies collects in a high valley. Mingling with the spillage of dozens of local breweries and swirled in the eddies of the French Broad River, this primordial stew feeds into a sparkling cesspool called Asheville. Anyone who knows this town will correctly presume its rich ultimate tradition. But it wasn't until three years ago that locals successfully incubated a peculiar pink and purple egg, from which hatched the first generation of Cahoots arriving in a massive way.

That year, the insular owls won their section and secured an unearned first seed in the region. After significant evolution last year, Cahoots fell just short in the game-to-go. Now in its third year, the species has grown a brilliant plumage of individual feathers bound by passions for growing local and chasing the disc. With players now hailing from across the region, ornithologists and fans alike are keeping their eyes peeled for a westward migration in October of 2013...Who cooks for you?

ROSTER

00	Alicia Carr	5'6"	28
1	Jeff Trosvig	6'0"	26
2	Tom Bomberg	5'10"	28
3	Pat Niles	5'10"	29
4	Erica Baken	5'7"	23
6	Jake McKean	5'11"	28
7	David Shirley	6'2"	28
8	Claire Oakley	5'8"	25
9	Jay Drescher	5'9"	24
10	Martha Harris	5'2"	25
11	Andrea Crumrine	5'1"	22
12	Eric Olson	5'10"	26
13	Anna Hettler	5'5"	26
14	Austin Lien	5'8"	24
15	Patty King	5'4"	26
16	Brian Schoenrock	6'1"	23
17	James Hron	6'3"	25
19	Pete Carr	6'1"	28
21	Dave Klink	6'0"	30
23	Mike Petersen	6'1"	31
31	Josh Hemmesch	5'10"	29
33	Jaime Glader	5'1"	27
39	Tallis Boyd	6'5"	24
40	Jordan Hupp	5'11"	24
44	Sarah Meckstroth	5'8"	21
52	Erynn Schroeder	5'6"	20
53	Jane Lucas	5'3"	23

DRAG'N THRUST



MINNEAPOLIS, MN

Captains: Josh Hemmesch, Patty King, Austin Lein

Coaches: Jake Henderson, Dan Kaler

On July 25, 2009, Drag'n Thrust attended its first official tournament in Maple Plain, Minn., posting a 6-1 record and losing by only one to the Canadian National Champions. Drag'n Thrust has accelerated from its humble beginnings into the top level of mixed competition. Beginning its fifth season and coming off of two third-place finishes at Nationals in the last three years, Drag'n Thrust is looking to achieve what it set out to do four years earlier — compete for and win a National Championship. With an overall club record of 128-26, a core group of returners and a talented incoming class, Drag'n Thrust has the skills to succeed at the top level. Staying true to the team's on-field values of work ethic, respect and friendship, Drag'n Thrust is looking to improve on its third-place results from last year's U.S. Open and begin this season by doing what Drag'ns do best — breathing fire!

dragnthrust.com

MIXED TEAMS

MISCHIEF

SAN FRANCISCO, CA

Captains: Matt West, Kevin Smith,
Preeti Nalavade



Mischief. It means trickery, chicanery and spirited fun. It means winning games with our legs, and when our legs can't run any more, going the last mile with heart. It means always having more in the tank. It means putting everything on the line for your team, feeling the high of every victory, the heartbreak of every loss and bouncing back stronger than ever. It means making superheroes out of ordinary people. It means rewarding the fans for sticking with us 'til the very end.

Old hands and fresh faces make this 11th-year team a Bay Area staple and a force to be reckoned with. We have qualified for Nationals six out of the last eight years, including winning the championship in 2006. Mischief strives for consistency, not only year after year, but point after point. We work hard all summer, build lifelong friendships and have some of the best times of our lives. If you've never joined us for a game of SuperLame we invite you to meet us at the pool. We'll be there.

mischief.ultiteam.org

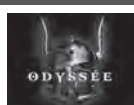
ROSTER

00	Matt West	5'8"	30
1	Warren Schechter	6'1"	33
2	Adam Brown	5'9"	32
3	Chris Doyle	5'10"	36
4	Ethan Brown	6'4"	28
5	Matt Crawford	6'1"	26
6	Lori Eich	5'6"	31
7	Chuck Cao	6'0"	21
9	Preeti Nalavade	5'6"	26
12	Candice Tse	5'1"	29
13	Tyler Grant	6'1"	33
14	Kirk Willmarth	5'10"	27
19	Shirley Wu	5'2"	30
20	Jenny Wang	5'2"	24
23	Kate Pearson	5'9"	22
24	Adam Leventhal	6'1"	33
29	Eric Shaw	5'8"	29
33	Kyle Smith	6'1"	32
36	Matt Heffernan	5'10"	28
77	Beth Liebert	5'10"	29
80	Kevin Smith	6'0"	29
88	Linh Hoang	5'0"	26

ODYSSÉE

MONTREAL, QUEBEC

Captains: Christian Mathieu, Jean-Lévy
Champagne, Philippe Camiré



Three years ago, Odyssee was created with high expectations and a desire to compete at the highest level possible: the WUGC in Japan. But this dream did not come true. Instead of breaking the team, the setback brought it closer and forged its heart and strength and opened a pathway to numerous highly competitive events.

Odyssee is a combination of the best athletes in the Montreal region with the addition of players from other parts of Quebec. Since last year, the team plays a hybrid season where everyone plays two or three tournaments with their gender in the men's and women's divisions. It's a smooth way for us to start the season; we touch other styles of ultimate, bring diversity and challenge, and get to cheer half of the team in the other divisions.

Odyssee is getting stronger by the day, and all we want is to have fun, learn and improve, and play against the best teams in the competition. This will be our second year at the U.S. Open – thank you for that great opportunity!

If you can read French- follow us on our blog: odysseultimate.com.

odysseultimate.com

ROSTER

00	Julie Tremblay	5'8"	36
1	Gustavo Castano	5'5"	33
3	Raynald Nemours	5'9"	35
4	Julie Beaulac	5'5"	33
6	Philippe Camiré	5'10"	30
11	Yoland Cabot	5'11"	26
12	Philippe Thivierge	5'11"	32
13	Claudie Turcotte	5'4"	33
14	Isabelle Ascah-Coallier	5'7"	29
17	Frédérique Desbiens-Blais	5'6"	27
19	Pierpaul Maillé	5'8"	26
20	Nicolas Brochu	6'2"	33
21	Gabriel Monfette	5'8"	23
23	Hugo Lefrançois	5'11"	33
49	Félix-Antoine Daigle	6'0"	25
50	Jean-Lévy Champagne	6'3"	32
70	Véronique Ellyson	5'6"	25
77	Geneviève Dufresne	5'10"	35
82	Anne-Marie Jubinville	5'5"	30
86	Jean-Philippe Riopel	5'11"	32
88	Christian Mathieu	6'0"	33
93	Yan Bouchard	5'8"	34

MIXED TEAMS

ROSTER

1	Scott Roeder
2	Kevin Cocks
9	Greg Marilave
10	Sonny Zaccaro
11	Clay Miller
12	Casey Ikeda
16	AJ Shankar
18	Tommy Li
20	Alexa Kirkland
21	Dulcy Docken
22	Matty Sung
25	Daniel Naruo
27	Morgan Paulson
50	Josh Wardle
58	Paige Kercher
71	Palak Shah
74	Ben Hubbard
82	An-Chi Tsou
97	Bianca Stevers

pbrawr.com

POLAR BEARS

SAN FRANCISCO, CA

Captains: Greg Marilave, An-Chi Tsou



Before 2010, Polar Bears were known to the world as fairly solitary creatures. But in that fateful year, 21 Polar Bears decided to come together as a celebration. The team had such a rawrning good time that we have stayed together ever since. With some old faces and some new faces, the Polar Bears are back. We are as hungry as ever, and although we prefer seal meat typically, we are looking forward to the promise of some good BBQ in North Carolina.

ROSTER

5"6"	Esteban Zuluaga
5"3"	Maria Alejandra
5"3"	Tinjaca
5"8"	Juanita McAllister
5"8"	Julian Bocanegra
5"3"	Elana Rico
5"3"	Maria Angelica Foreiro
5"4"	Vina Mendoza
5"6"	Iankarlo Jimenez
5"6"	Julian Gaviria
5"11"	Julio Duque
5"10"	Antonio Sanabria
5"6"	German Omaña
5"6"	Juan Amado
5"7"	Hammer Acero

BOGOTÁ, COLOMBIA

Captain: Andres Polania

Coach: Andres Angel



TEAM COLOMBIA

ajuc.org

WOMEN'S TEAMS

FURY

SAN FRANCISCO, CA

Captains: Nancy Sun, Ness Fajardo

Coach: Matt Tsang



From the San Francisco Bay Area, Fury is a team built on the principles of dedication, teamwork, accountability, and respect for our opponents and the game we love. Since being founded in 1997, Fury has won the USA Ultimate National Championship nine times and has earned the honor of representing the U.S. at seven World Championships. Led by coach Matty Tsang, we have developed a tradition of excellence in preparation, competition and spirit of the game. Over the years, Fury has been comprised of a diverse group of women, but everyone has shared a common goal: to excel at the sport we love, together.

We are excited to participate in the inaugural Triple Crown Tour season and the international and high-level play provided by the U.S. Open.

26 STRONG

furyultimate.com

ROSTER

3	Castle Sinicrope	5'5"	29
4	Alex Snyder	5'8"	30
5	Kael Jorgenson	5'8"	25
6	Alicia Dantzker	5'8"	30
7	Claire Sharman	5'7"	25
8	Nancy Sun	5'6"	30
9	Loryn Kanemaru	5'5"	25
10	Genevieve Laroche	5'8"	34
11	Lauren Casey	5'8"	30
12	Kristie Bowen	5'2"	28
13	Cree Howard	5'8"	26
14	Liz Penny	5'9"	35
15	Alden Fletcher	5'8"	29
16	Michela Meister	5'9"	20
18	Julia Sherwood	5'5"	24
22	Arlie Tsang	5'2"	38
26	Lisa Pitcaithley	5'9"	21
27	Ness Fajardo	5'6"	28
33	Anna Nazarov	5'4"	28
42	Darragh Clancy	5'7"	27
44	Maggie Ruden	5'6"	24
51	Claire Desmond	5'8"	23
66	Lakshmi Narayan	5'7"	29
71	Manisha Daryani	5'4"	30
77	Carolyn Finney	5'3"	25

MUD

TOKYO, JAPAN

Captain: Fuyuko Tazawa



MUD was founded in 2000 by graduates of Seikei and Nihon Sports Science University for working players.

MUD has since been crowned the All Japan Ultimate Champion four times. In 2009, MUD won the WUCC in Perth, Australia and placed fifth in the WUCC in Prague.

Now, in its 13th year, active MUD members of all ages come from many Japanese universities. From the beginning, MUD's strength comes from diverse players with rich personalities who are dedicated to good team work.

ROSTER

0	Yukie Yamaguchi	5'5"	24
6	Izumi Ichimasa	5'1"	22
7	Naoko Funabashi	5'6"	26
8	Fuyoko Tazawa	5'3"	26
9	Asami Ishitsu	5'7"	25
11	Naoko Wakatabe	5'2"	29
12	Aki Fukano	5'2"	33
13	Wakana Fujiki	5'1"	33
18	Miki Takahashi	5'0"	29
19	Noriko Nakamura	5'4"	33
21	Emi Oshida	5'2"	25
24	Kinue Asaba	5'1"	29
26	Ayu Oyama	5'3"	32
30	Keiko Shinkura	5'0"	23
64	Yuko Suzuki	5'3"	23

WOMEN'S TEAMS

ROSTER

3	Julie Landry	5'6"	31
4	Suzanne Wavroch	5'10"	34
5	Alexa Lavergne	5'8"	30
7	Marjolaine Bourget	5'3"	33
10	Jessie Grignon		
	Tomás	5'7"	24
11	Véronique Riopel	5'5"	26
12	Courtney White	5'4"	36
14	Marie Genest	5'3"	18
15	Janick St-Cyr	5'6"	27
16	Marie-Eve Beauchemin	5'4"	23
20	Catherine D'Avignon	5'5"	26
22	Audrey St-Arnaud	5'5"	25
23	Constance Rancourt	4'10"	25
24	Jessica Circé	5'7"	23
27	Alison Fischer	5'2"	35
28	Isabelle Lemay	5'7"	30
31	Cathy Janvier	5'6"	42
32	Marie-Eve Robert	5'4"	32
44	Gabrielle Germain-Tremblay	5'3"	24
66	Mélissa Barclay	5'9"	34
72	Andréane Bourgeois	5'5"	28
75	Catherine O'Grady	5'7"	31
82	Isabelle Toutant	5'9"	30

NOVA



MONTREAL, QUEBEC

Captains: Isabelle Lemay, Marie-Eve Robert, Audrey St-Arnaud, Catherine Viau

Coach: Eric Dion

Nova is a new team from Quebec, Canada, and we have girls from all around the province. Most of our players have played in the women's division (Storm, QUB) and/or in the mixed division (Odyssee, Onyx). Our team is led by Eric Dion, who has a pretty good CV, finishing second in the WUCC 2010 with Onyx (captain) and winning the gold medal with the Canadian mixed team in WUGC 2012. Our objective this year is to win the Canadian National Championships in order to qualify for Worlds in 2014. We are very excited to be part of the 2013 U.S. Open Championships as we want to compete against the world's best women's teams!

novawomenultimate.com

ROSTER

1	Kate Morrison	5'6"	29
2	Shellie Cohen	5'9"	20
5	Jessi Jones	5'7"	22
7	Elizabeth Longmire	5'9"	23
8	Megan Tarasi	5'3"	25
9	Adrianne Soo	5'7"	22
10	Michelle Ng	5'3"	29
11	Lisa Couper	5'7"	21
19	Rachel Johnson	5'7"	24
20	Shannon Matzinger	5'6"	30
22	Heather Zimmerman	5'1"	24
23	Lindsey Hack	5'8"	32
24	Judy Winglee	5'2"	27
26	Johannah Sanchez-Adams	5'1"	29
37	Virginia Conover	5'4"	22
42	Meg Duffy	5'3"	21
44	Katy Harris	5'6"	34
50	Heather Ann Brauer	5'4"	29
52	Claire Chastain	5'5"	23
84	Diana Lam	5'6"	28

PHOENIX



RALEIGH, NC

Captains: Lindsey Hack, Sharon Tucker, Michelle Ng

Coach: Brian Dobyns

Our core values are:

1. We play for the love of the game.
2. We play for our teammates.
3. We are relentlessly positive.
4. We are coachable.
5. We believe in Spirit of the Game.
6. We believe success and failure are not synonymous with winning and losing.
7. We believe if you love what you do, you will never have to work a day in your life.

phoenixultimate.com

WOMEN'S TEAMS

REVOLUTION



MEDELLÍN, COLOMBIA

Captains: Alejandra Torres, Ana María Rojas,
Yina Paola Cartagena

Coaches: Mauricio Moore, Carlos Mario Goetz, Luis Alejandro Gutierrez

Revolution was born in 2004 with the ideal of becoming one of the biggest, most organized and highest-level teams in the world, with a high standard of Spirit of the Game. We decided to be an international face from our country and represent it with love and pride. That's why every year we set up an international goal as a club to be part of the Colombian national teams.

We have a young team, with a team average of 20 years old, including two 13-year-old girls who have a lot of energy and passion for the game.

Our team has been leading the national scene in the last five years, and our Club (administrative organization) has been growing, now with about 150 players in the men's and women's divisions separated in three different age groups: Elite, U23, U19.

revolutionultimate.com

ROSTER

2	Estefania Carvajal	5'3"	19
3	Sara Hincapie	5'1"	21
4	Paula Batista	5'7"	21
6	Carolina Londoño	5'7"	23
7	Laura Ospina	5'5"	19
8	Manuela Cardenas	5'2"	13
9	Daniela Florez	5'5"	24
10	Valeria Cardenas	5'1"	13
11	Camila Botero	5'2"	21
12	Alejandra Torres	5'5"	34
13	Ana Rojas	5'3"	21
14	Alejandra Uribe	5'5"	17
15	Elizabeth Mosquera	5'8"	20
16	Juanita Tobon	5'2"	17
17	Carolina Angel	5'8"	19
19	Maria Cadavid	5'5"	15
20	Yina Cartagena	5'5"	22
21	Camila Pelaez	5'4"	21
22	Manuela Castañeda	5'4"	19
24	Lucerito Farrell	5'3"	18
25	Luisa Gutierrez	5'2"	21
30	Carolina Jimenez	5'6"	15
32	Isabel Aristizabal	5'4"	16
52	Susana Arango	5'4"	18
72	Juanita Cuevas	5'2"	20
88	Maria Aristizabal	5'9"	23
93	Monica Guarin	5'4"	17
96	Juliana Arenas	5'5"	22

RIOT



SEATTLE, WA

Captains: Rohre Titcomb, Gwen Ambler

Coaches: Michael Lawler, Alyssa Weatherford

Riot is the defending champion of the U.S. Open, and we are eager to test ourselves against the top-notch competition this international tournament has to offer. Since the team's formation in 2000, Riot has become a perennial powerhouse in the women's club division, including earning a world title in 2002 and back-to-back national championships in 2004 and 2005. Over the past decade, Riot has the lone distinction of making the semifinals or finals in every single tournament the team has attended. This season, the team returned most of the silver-medalist roster from 2012 while picking up new talent to help fill the gaps that some untimely knee injuries over the off-season had created. Channeling the mayhem of our namesake, the 1999 WTO riots in Seattle, we intend to wreak havoc on our opponents with stifling defense and an aggressive offensive attack. All while staying true to our team core values: Excellence, Trust, Love.

seattleriot.org

ROSTER

1	Charlie Mercer	5'8"	25
2	Elle Burstein	5'5"	23
3	Gwen Ambler	5'10"	31
4	Rohre Titcomb	5'6"	25
5	Kate Kingery	5'6"	34
6	Sarah Griffith	5'5"	27
7	Calise Cardenas	5'4"	26
8	Rachel Bradshaw	5'7"	27
9	Shannon McDowell	5'10"	26
10	Hannah Kreilkamp	5'7"	26
11	Shannon O'Malley	5'5"	26
12	Callie Mah	5'8"	22
13	Heidi-Marie Wiggins	5'4"	31
14	Hana Kawai	5'8"	25
15	Drew Johnson	5'8"	24
16	Shira Stern	5'5"	21
17	Dominique Fontenette	5'8"	38
19	Fiona McKibben	5'4"	23
20	Katy Craley	5'7"	23
21	Molly McKeon	5'5"	26
23	Sabrina Fong	5'6"	23
34	Angelica Boyden	5'8"	23
38	Kathryn Lawson	5'1"	29
55	Nora Carr	5'7"	27
77	Jillian Goodreau	5'11"	24

WOMEN'S TEAMS

ROSTER

1	Christie Lawry	5'6"	25
3	Amy Wickner	5'9"	29
4	Sarah Itoh	5'7"	27
5	Allison Maddux	5'2"	28
7	Kimberly Beach	5'5"	40
8	Kristin Franke	5'1"	28
9	Octavia Payne	5'5"	24
10	Jenny Fey	5'8"	28
11	Kirsten Unfried	5'9"	35
13	Kath Ratcliff	5'8"	32
14	Sam McClellan	5'7"	26
16	Leah Tsinajinnie	5'4"	22
17	Shino Yoshen	5'9"	24
18	Crystal Davis	5'6"	29
19	Alicia White	5'7"	31
20	Alika Johnston	5'3"	19
23	Lauren Sadler	5'2"	22
24	Amy Hudson	5'11"	25
37	Sandy Jorgensen	5'9"	26
42	Alisha Kramer	5'4"	23
55	Molly Roy	5'3"	26
71	Sasha Bugler	5'6"	21
77	Quinne Farenwald	5'5"	25
91	Jessie O'Connor	5'6"	21

SCANDAL

WASHINGTON, DC

Captains: Molly Roy, Octavia "Opi" Payne

Coaches: Mike LoPresti, Alex Ghesquiere



Scandal was started in 2007. We are comprised of skilled and driven athletes — including a strong returning base as well as a fresh and fine set of newcomers — and coaches Mike LoPresti and Alex "Dutchy" Ghesquiere. We value positivity, hard work, dedication and team over self, with our team vision set on competing at the highest level the sport has to offer.

scandalultimate.com

ROSTER

2	Lisa Etchison	5'9"	38
3	Becca Shelton	5'7"	27
5	Cara Crouch	5'8"	30
7	Frances Tsukano	5'3"	26
8	Shereen Rabie	5'6"	22
11	Katey Forth	5'6"	37
12	Diana Charrier	5'8"	21
13	Sarah Blyth	5'4"	28
14	Edith Teng	5'6"	23
15	Marjo Poindexter	5'3"	27
16	Sarah Levinn	5'10"	23
17	Enessa Janes	5'6"	30
18	Hannah Giles	5'5"	28
22	Barbara Karia-Marton	5'4"	38
23	Lilly White	5'6"	25
24	Holly Greunke	5'4"	29
25	Tina Woodings	5'8"	30
27	Christina Contreras	5'10"	28
31	Shelby Kuni	5'8"	26
34	Jess Huynh	5'5"	28
73	Anna Schott	5'7"	29
77	Rachel Massey	5'2"	25
99	Janel Venzant	5'6"	23

SHOWDOWN

AUSTIN, TX

Captains: Sarah Blyth, Katey Forth, Holly Greunke

Coaches: David Melancon, Tal Tversky



After years of playing against each other, the strength of Texas united in 2006. Texas Showdown represents all corners of the state, from Houston to El Paso, Dallas to San Antonio. We often meet in the middle, in the capital of Austin. In 2012, Showdown finally broke through to the semifinals at Nationals, reaching our highest-ever finish, tying for third. Listen for our roll call, we represent. It's time for a showdown.

showdownultimate.com

HEALTH AND SAFETY

Medical staff will be available at the field site at Tournament Central. Please seek advice and assistance regarding prevention and treatment of injuries or illness. If there is an injury on a field that needs medical attention, inform a field marshal, and he or she will radio to the trainers. 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 and balance problems.
- Any blows to the head must be seen by a medical professional and evaluated for concussion symptoms before the athlete can return to play. Medical staff is on hand at the event at Tournament Central.

HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when 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 changes 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?
 - 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 and 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

- Spectators and equipment must stay at least 3 yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least 3 yards from the sidelines.
- If a player feels that an object on the sideline is not safe, he or she should inform Event Staff and refrain from playing until satisfied that safe conditions have been established.
- USA Ultimate and Event Staff reserve the right to move or remove objects or spectators on or near the playing field if those conditions are, in the opinion of 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 Tournament Central to receive instructions for resuming play and any schedule modifications.

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 – has 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 foot-blocking).
- 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 acceptable at any level.
- Coaches will not make calls from the sideline or 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, other coaches and 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.

2013 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at the 2013 U.S. Open where field access is restricted, sideline access will only be granted to players, coaches and team support staff that are designated by the team and have registered for the event. Coaches must be registered as Coach Members of the organization, which includes a background check and agreement to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. The limit on the number of coaches and team support personnel, all of whom must comply with the above policy, is as follows:

Coaches – 3 (may have player-level access to sidelines/field)

Team Support – 2 (must remain in team tent/bench area during points)

For more information on USA Ultimate's Spirit of Coaching or Coaching Certification Requirements, please contact USA Ultimate's Manager of Youth and Education Programs, Mike Lovinguth, via email at mike@hq.usultimate.org or visit the USA Ultimate website.

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U.S. OPEN CONVENTION SESSION DESCRIPTIONS

THURSDAY, JULY 4

8:00-10:15AM

KEYNOTE: RECOGNITION BY THE OLYMPIC MOVEMENT: THE FUTURE OF ULTIMATE AND FLYING DISC SPORTS

Presenters: Robert Rauch, President, World Flying Disc Federation

Tom Crawford, CEO, USA Ultimate

The World Flying Disc Federation was just recently granted recognition by the International Olympic Committee, at the end of May 2013. Nob Rauch, President of WFDF, will describe the process and considerations involved with such recognition, including what recognition means and does not mean. He will also talk about WFDF's relationship with USA Ultimate and other member associations and provide WFDF's perspective as an international sports federation. Finally, he will offer his personal thoughts on what it takes in the high-powered and very political world of the business of sport for ultimate to be "successful."

10:30-11:30AM

COACHING ETHICS AND SAFE SPORT

Presenter: Baker Pratt, Manager – Competition and Athlete Programs, USA Ultimate

Baker Pratt presents the wide range of fairness, ethical and professional concerns an ultimate coach must be prepared to address. From playing time to appropriate relationships, these issues can make or break an athlete's or coach's experience with the sport.

HOW TO USE VIDEO TO IMPROVE THROWING MECHANICS

Presenter: Mick Stukes, Youth Director, Charlotte Ultimate

Mick Stukes, the creator of the Play Better Ultimate video series, will explain how to use video technology to identify and fix errors in the throwing mechanics of your players. He will go over commonly seen mistakes, how to find them through video capture and what steps you can take to fix those mistakes for more consistent, accurate and powerful throws.

FRIDAY, JULY 5

8:00-9:00AM

SHOW ME THE MONEY: IMPACTS OF THE EMERGING ULTIMATE MARKET ON THE CULTURE AND EVOLUTION OF THE SPORT

Panelists: Kenny Dobyys, USA Ultimate Hall of Fame, Class of 2011; Founder, DiscNY

Ben Van Heuvelen, Three-Time U19 National Team Coach

Tina Woodings, Ultimate Players League of Austin; Showdown Team Member

Gwen Ambler, Vice President, USA Ultimate Board of Directors

As ultimate continues to grow, organizers and entrepreneurs are facing fundamental questions about how to guide the evolution of the sport. This panel will ask what lessons can be learned from the history of ultimate, and how best to capitalize on the opportunities ahead. Discussion topics will include new leagues and competitive structures, gender equity and self-officiating.

TRIFECTA OF SUCCESS: BUILDING A YOUTH ULTIMATE EMPIRE

Presenters: Dr. Lindsey Hack, President and Founder, Triangle Youth Ultimate League

Dr. Heather Ann Brauer, Vice President, Triangle Youth Ultimate League

Triangle Youth Ultimate League was founded in 2008. When TYUL began, it was just an eight-team summer league. Today, we've grown to support all things ultimate including a 22-team high school league, a 16-team summer league, four YCC teams, elementary/middle school play opportunities, girls' opportunities and youth camps. The trifecta of school, club and gender-based opportunities has allowed youth ultimate to explode in the Triangle in only five years. What worked (and didn't work) in building this successful empire, and where do we gain momentum for continued growth as a volunteer-based, non-profit organization?

9:15-10:15AM

REDUCING ACL INJURIES AND INCREASING ON-FIELD PERFORMANCE

Presenter: Tim Morrill, M.A., CSCS, Owner/Founder Morrill Performance

ACL injuries are far too prevalent in ultimate. These injuries cannot be prevented, but with the implementation of specific training strategies, they can be drastically reduced. Based on years of in-the-trenches training and rehab, Tim will present the latest strategies to reduce ACL injuries and increase on-field performance.

THE ULTIMATE NUTRITION GUIDE: FUELING FOR TRAINING AND COMPETITION

Presenter: Katy Harris, MSPH, CSCS, Lifestyle Educator, Sona Med Spa

Athletes will learn basic to advanced concepts to apply to meal-planning strategies for training and competition. Topics addressed will include the importance and function of nutrient groups, nutrient timing and meal composition.

GROWING ULTIMATE IN A HIGHLY COMPETITIVE U.S. SPORTS LANDSCAPE: AN INSIDE LOOK AT USA ULTIMATE'S MARKETING STRATEGY

Presenters: Andy Lee, Director – Marketing and Communications, USA Ultimate

Greg Downey, Senior Director, Brand and Consumer Marketing at NASCAR; Member, USA Ultimate Board of Directors

While ultimate continues to grow, other sports such as lacrosse, rugby and triathlon are blowing past us in growth. Learn about USA Ultimate's plans to compete for visibility and growth in this complex and highly competitive industry.

10:30-11:30AM

AN APPROACH TO FAILURE FOR COACHES, CAPTAINS AND LEADERS OF TEAMS

Presenter: Nick Kaczmarek, Coach, University of Pittsburgh Men's Team

Every team inevitably runs into moments of failure over the course of a season. This session will discuss an approach to shortcomings that positions them as an important piece of a team's preparation. A focus will be placed on a framework for developing young athletes into resilient leaders that can adapt quickly and get back to it.

12:15-1:15PM

RUNNING AN EFFECTIVE PRACTICE *(session will be held at WRAL Soccer Center)*

Presenter: Dan Raabe, Memorial High School Coach and Teacher

In this session, we will be discussing how to best organize your team's practices. Some of the specific topics we will address are basic practice construction, building conditioning and competition into a practice, strategies to improve efficiency and some overall guiding principles. In this session, we will be combining discussion with active participation, so participants should come dressed to be active.

8:00-9:00AM

MOTOR SKILLS LEARNING THEORY: THREE COMMON MISTAKES IN PRACTICE AND COACHING

Presenter: Melissa Witmer, Founder, Ultimate Results

Learn what scientific research has to say about the most effective ways to teach and learn motor skills. Many common coaching practices are based on “common sense,” but motor skills research indicates that the best ways to teach and learn motor skills are actually counter intuitive.

WHEN PICK-UP PICKS UP: THE EVOLUTION OF A LEAGUE ORGANIZATION

Presenter: Emily Meister, Columbus Ultimate Disc Association, a USA Ultimate Affiliate

Learn about the many nuances you should consider in running a league organization. You will hear of some of the trials, tribulations and triumphs we've had as we've built an organization with five adult leagues and two youth leagues and the ways we plan to grow our organization through our affiliation with USA Ultimate.

9:15-10:15AM

TEACHING ULTIMATE SEQUENCING AND CUES

Presenter: Dan Raabe, Memorial High School Coach and Teacher

In this session, we will be looking at the eight basic skills of ultimate. We will then use these skills as a way to talk about cues, demonstration and coaching focus. We will also be breaking down the simple backhand throw in order to look at the importance of coaching the final product.

SUSTAINABLE BELIEF: DEVELOPING YOUR COLLEGE PROGRAM

Presenter: Andrew Roca, Coach, University of Central Florida Men's Team

This session will cover (1) the transition from playing to coaching, including the challenges Andrew incurred, how he refocused the team and where he made mistakes; (2) creating a team identity and a system that reinforces it; and (3) sustainable belief related to the fact that the success of the team did not depend on the identity, system or skill of the team, but the fact that they believed in themselves to continue pushing each other.

10:30-11:30AM

SPIRIT OF THE GAME AND SPIRIT OF COACHING

Presenter: Ben Van Heuvelen, Three-Time U19 National Team Coach

Coaches have great power to promote a culture of sportsmanship. In a self-officiated sport, the role of the coach is especially important. This session will explore how the Spirit of the Game applies to coaches and how coaches can inspire players to compete with ferocity, fairness and joy.

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