



EVENT GUIDE \$2

COMMEMORATE NATIONALS



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FIVEULTIMATE



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WELCOME

Congratulations on qualifying for the 2017 USA Ultimate D-III College Championships!

Bluegrass Ultimate and VisitLEX, the Lexington Convention and Visitor's Bureau, are excited to partner with USA Ultimate to bring the 2017 D-III Championships to Lexington, Kentucky. As the Local Organizing Committee (LOC) for the tournament, we are thrilled to bring a championship event back to Lexington after a 20-year hiatus.

Bluegrass Ultimate traces its roots back to the late 1970s during the formative years of ultimate as an organized sport. We are a passionate community of ultimate players and supporters who want to share our love of the sport with our local community and the whole world. Our members include elementary school youth, league players, club players and masters players who hosted UPA national events in the 1980s. We promote local high school teams and launched our first middle school team in 2016. Our competitive club teams, casual pick-up games and strong leagues provide opportunities for everyone to participate.

Lexington, Ky., welcomes travelers from around the world with our gently rolling hills and spectacular horse farms. Our host site, the 1,224-acre Kentucky Horse Park represents this beauty perfectly as the crown jewel of the Kentucky State Park system. While usually associated with elite equestrian events, the park also facilitates numerous "human" events including cross country races and now ultimate!

The Kentucky Horse Park will make you feel that you are far from the city. However, downtown Lexington is less than 10 miles away. Concerts, shows and sports events are regular occurrences at Rupp Arena. A recent focus on local farm products, Kentucky Proud, brings fresh local flavors to many restaurants. Lexington's big town/small city vibe is apparent in downtown and surrounding historic neighborhoods. Trails, wide sidewalks and great planning make much of Lexington accessible by walking or biking.

Central Kentucky weather has a mind of its own! While we are working hard to make sure the weather is perfect for ultimate, be prepared for anything from sunshine to cold rain.

Our volunteers are working hard to make the 2017 D-III Championships an event to remember for every player, family member and visitor. Should you need anything, ask one of our volunteers. Great hospitality is a tradition in Kentucky. We cannot wait to share the weekend with you!

Play hard and have fun!

Michelle Passi & Gabe Knowles
Co-Tournament Directors, Bluegrass Ultimate



WEEKEND OVERVIEW

Friday, May 19 – Four Points by Sheraton Lexington

7:00pm – 9:00pm: Team Registration

Saturday, May 20 – Kentucky Horse Park

8:00am: Captains' Meeting

9:00am – 6:00pm: Game Play

11:00am: Learn To Play

1:30pm: Learn To Play

4:30pm: Dinner

Sunday, May 21 – Kentucky Horse Park

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

10:00am: Learn To Play

12:00pm: Men's Final

Halftime: Presentation of Kentucky State High School Ultimate Champions

2:00pm: Women's Finals

Halftime: Presentation of inaugural Donovan Awards

Post-Finals: Award Ceremony. Immediately following the women's finals, awards will be presented to the champions and second-place teams in each division, as well as both Team and Individual Spirit Award winners.
Thanks to Discraft for their support of the individual Spirit of the Game awards!

EVENT STAFF

Tournament staff members will be wearing volunteer/staff jerseys. If they can't answer your questions, they will point you to one of the following people for further assistance:

Local Organizing Committee Staff

Tournament Directors – Gabriel Knowles, Michelle Passi

Volunteer Coordinators – Alex McMackin, Matt Summers

Head Scorekeepers – Shaun Ketterman, Ian Oliver, Patrick Parris

Hospitality Coordinators – Heather Summers and Barb Maloney

Fields Coordinator – Matt Brown

Learn To Play Coordinators – David Wu, Ian Spangler

Rentals Coordinator – Mike Rudy

Parking Coordinator – Brian Hawes

Local Media Coordinator – Chris Stuberg
Writers and Social Media – Preston Goulson, Tyler Karnes
Graphic Design – Megan Chan

USA Ultimate Staff

Manager, Competition & Athlete Programs (College) – Tom Manewitz

Manager, Events – David Raflo

D-III College National Director – Kevin Kula

Observers

Brad Tinney (Head Observer), Jeff Blair, Bill Bourret, Lisa Fitton, Ben Godin, Sandra Hanson, Joel Houmes, Linda Kudo, Craig McGowan, Laura Meyer, Kate Monforti, Carl Nelson, Shiellah Quintos, Sam Shapiro, Stephen Wang, Sam Wood



PHOTO: Alex Frater/Ultrapix

LEARN TO PLAY FREE CLINIC

WHO:

Boys & girls, ages 8–18

Each participant
receives a free disc!

WHEN:

- Sat, May 20, 2017
11:00 am and 1:30 pm
- Sun, May 21, 2017
10:00 am

WHERE:

Kentucky Horse Park
(Campground Entrance)
3771 Ironworks Pike
Lexington, KY 40511



PHOTO: Paul Amato/Ultrapix

REGISTER:

tinyurl.com/usau-LTP-clinics



COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- In addition, per the 2017 USA Ultimate College Season Guidelines:
 - End zones will be shortened to 20 yards in depth
 - Contact Call – If contact occurs between the thrower and the marker that would constitute a foul under XVI.H.3.a, but the thrower does not release the disc, “contact” may be called. Play does not stop, and the marker resumes the stall count at “one.” Other than resetting the stall count to “one” after the first instance, the contact call is treated as any other marking violation. The marker may contest the “contact” call by calling “violation,” which stops play. If the thrower calls “contact” after beginning the throwing motion and subsequently releases the disc, it is treated as if the thrower called “foul.”
- All games to 15, point cap at 17.
- Halftime 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).
- Hard time cap goes on at the end of the round time on the schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- 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 the new game total, or when the first team reaches 15 or more while ahead by at least two points, whichever comes first.
- Caps do not affect timeouts.
- Hard caps will not be used for finals games.

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The official USA Ultimate mobile app brings the latest news, videos, championship event results & schedules, magazine and more to your mobile device.



SITE RULES

Make sure your teammates know and follow the site rules:

- No smoking.
- No alcohol, drugs or firearms.
- No glass.
- No ATVs.
- No camping in field area.
- Dogs are welcome, but need to be on a leash not to exceed 6 feet.
- Horses ALWAYS have the right of way.
- This is a family environment. Please keep this in mind when doing team cheers, etc.
- Place recyclables in the recycling receptacles and place trash in the trash receptacles
- In the narrow space between fields 10 and 11, only coaches and athletes from the teams currently playing will be allowed to stand. No equipment will be allowed in this narrow space.
- Spectators and equipment must stay at least 5 yards away from sidelines! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 5 yards.

You and your team are responsible for the people on your sidelines and making sure they abide by these site rules.

Get UP!

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ULTIMATE IN 10 SIMPLE RULES

1. THE FIELD: A rectangular shape with end zones at each end. A regulation field is 70 yards by 40 yards, with end zones 25 yards deep.

2. INITIATE PLAY: Each point begins with both teams lining up on the front of their respective end zone line. The defense throws (“pulls”) the disc to the offense. A regulation game has seven players per team.

3. SCORING: Each time the offense completes a pass in the defense’s end zone, the offense scores a point. Play is initiated after each score.

4. MOVEMENT OF THE DISC: The disc may be advanced in any direction by completing a pass to a teammate. Players may not run with the disc. The person with the disc (“thrower”) has ten seconds to throw the disc. The defender guarding the thrower (“marker”) counts out the stall count.

5. CHANGE OF POSSESSION: When a pass is not completed (e.g. out of bounds, drop, block, interception), the defense immediately takes possession of the disc and becomes the offense.

6. SUBSTITUTIONS: Players not in the game may replace players in the game after a score and during an injury timeout.

7. NON-CONTACT: No physical contact is allowed between players. Picks and screens are also prohibited. A foul occurs when contact is made.

8. FOULS: When a player initiates contact on another player a foul occurs. When a foul disrupts possession, the play resumes as if the possession was retained. If the player committing the foul disagrees with the foul call, the play is redone.

9. SELF-OFFICIATING: Players are responsible for their own foul and line calls. Players resolve their own disputes.

10. SPIRIT OF THE GAME: Ultimate stresses sportsmanship and fair play. Competitive play is encouraged, but never at the expense of respect between players, adherence to the rules, and the basic joy of play.

MEN'S TEAMS



AIR FORCE ACADEMY AFTERBURN

COLORADO SPRINGS, CO

Captains: Mitchel Bie, Ben Protzman, Trevor Browning
Coaches: Carl Chan, Stephen Lin
@AFU_Afterburn



Air Force has always been an athletic team that would give many teams a tough game, but had never qualified for Nationals until 2016. After a few years of playing with a coach (never had a coach before) and an effort by the 2016 captains to focus up practices and competition, the team began to get better results and make a name for themselves. The result was a Nationals appearance and third-place finish in 2016. The success has continued into 2017 with a consecutive qualification to Nationals and a team eager to top last year's performance.

ROSTER

2	Matt Lovetri	Fr	6'0"	18
3	Ben Protzman	Sr	6'0"	22
4	Kainoa Chun-Moy	So	5'8"	21
7	Michael Delatte	Fr	6'0"	18
9	Keanu Komar	Fr	5'10"	19
10	Zach Arns	So	6'0"	20
11	Howie Bermudez	Fr	5'7"	23
13	Andy Hammond	Fr	5'9"	19
17	Ted Jantscher	So	6'1"	19
18	Aaron Moore	Fr	5'9"	19
19	Austin Alexander	Fr	5'11"	19
20	Romel Spight	Fr	6'0"	19
22	Mitchel Bie	Sr	5'10"	22
23	Matthew Frierson	Fr	5'11"	19
28	Logan Nelson	Fr	6'0"	19
31	Ryan McDermott	Fr	5'6"	19
34	Matthew Moshea	So	6'4"	20
36	Will Cooper	So	6'3"	20
42	Alan Villanueva	So	6'1"	20
43	Charlie Wasz	Fr	6'3"	18
46	Michael Higgins	Fr	5'11"	20
69	Reid Foley	Sr	5'9"	22
88	Juan Ramos	Fr	5'8"	20
99	Spencer Yacos	Jr	6'1"	21

UNIVERSITY OF ALABAMA-HUNTSVILLE NIGHTMARES

HUNTSVILLE, AL

Captains: Nick Werline, Eli Jaime, Wesley Seat
Coaches: Tom Radcliffe, Matthew Street, Tim Hoggard
facebook.com/UAHultimatefrisbee
@UAHUltimate



The UAH Nightmares finally formed in 2015 after multiple attempts, in previous years, to get an ultimate team at the university off the ground. The team was fortunate to be kick started with a few players with club team experience, but still felt the effects of having a limited roster. The inaugural team finished third at the D-III Southeast Regional Championship. After a solid year of recruitment, the team grew substantially but was still forced to adapt after losing star player Tom Radcliffe, who transitioned into a head coaching role. The second year saw the Nightmares finish in second place at their regional championship. The team put up significant wins throughout the 2017 season to earn a Nationals bid for the Southeast, but no other team could earn a second bid for the region. With the third time proving to be the charm, the UAH Nightmares clinched first place at regionals to become only the second different team ever to represent the Southeast at the D-III National Championships. Not satisfied, of course, the Nightmares are looking to claim a national title in 2017.

ROSTER

2	Will Bianca	Fr	5'11"	18
3	Austin Rodarte	Fr	5'11"	19
4	Craig Block	Sr	5'11"	20
6	Brett Hulsmeyer	Fr	6'5"	19
7	Isaac Schlagel	Sr	5'9"	23
8	Daniel Yates	Gr	6'1"	26
10	Philip Eason	Sr	6'0"	22
11	Elijah Jaime	Jr	5'11"	20
12	Owen Eason	Gr	6'0"	22
13	Nick Werline	Gr	6'0"	23
14	Daniel Sorrells	Sr	5'11"	22
16	Paul Hudson	Jr	5'10"	20
17	Nick Peterson	Sr	5'11"	20
18	James Block	Sr	5'11"	20
19	Brent Anders	So	6'1"	20
21	Wesley Seat	Jr	6'0"	23
22	Jonathan Lee	Fr	5'9"	19
23	Chandler Belt	So	5'11"	20
24	Andrew Tharp	Jr	6'1"	21
28	Patrick Mullin	Sr	6'1"	23
31	Cody Eberly	So	5'10"	20
37	Brandon Jackson	Sr	6'4"	25
39	Andrew Collins	Fr	5'8"	18
77	John Boyer	Sr	6'1"	23
87	Tannon Hedges	Jr	5'11"	22

MEN'S TEAMS



AMHERST COLLEGE ARMY OF DARKNESS

AMHERST, MA

Captains: Kevin Goldberg, Barrett King, Jason Darell, Zack Stern

Coach: Bill Stewart

amherstultimate.weebly.com

@AmherstUltimate



Our team history begins with the below email, sent by former captain Tom McClintock:

"Don't know if people are back from Yale yet, but Joe already gave me the results. 2-2 on the day, with multiple people not waking up in the morning. Good. Job. To those of you that slept in and bailed on the tournament, you let the team down.

I did not work this hard for eight months to move into the spring season with a team that doesn't care. You're not in middle school anymore, you can wake up on your own. If you do not give me a good reason why you couldn't make it today, and I don't see you at Yale in the morning, then don't come back to practice this week. For the guys that stuck it all out today and played on despite being low on numbers, I'm proud of you guys.

Playing NYU in the morning. See you on the fields."

This email was sent out seven years ago. And here we are at the D-III Championships. It's been a long road.

ROSTER

3	Jonathan Che	Jr	6'0"	21
5	Matthew Weinberg	Sr	5'10"	22
6	Julian Brubaker	Fr	6'0"	19
7	Jason Darell	Jr	6'0"	20
10	Robbie Zielinski	So	5'9"	20
13	David Brinkley	So	6'1"	20
18	Eli Mansbach	Jr	5'8"	21
21	Cole Steiger	So	5'9"	19
23	Caleb Ki	Sr	5'10"	22
24	Nathan Sacks	Jr	6'1"	21
25	Zack Stern	Jr	5'9"	20
41	Alex Gurvets	Jr	5'10"	21
43	Kevin Goldberg	Sr	5'8"	21
50	Daniel Feldman	Fr	5'8"	18
54	Fawzi Itani	Jr	6'1"	20
55	Borun Sun	Jr	6'3"	21
98	Aaron Yang	So	6'3"	19
99	Barrett King	Sr	6'1"	22

SPECTATOR INFO

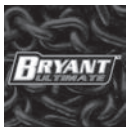
BRYANT UNIVERSITY CRAZE

SMITHFIELD, RI

Captains: Jacob Garfinkel, Austin Kelson, Cameron Jack, Alex Kenworthy

Coach: Jim Bishop

@BryantUltimate



Bryant Craze will be making their fourth straight Nationals appearance and will be looking to improve upon their previous finishes with a senior-heavy class. Coming off spooky performances at conferences and regionals, the plan is to carry the momentum into Nationals. As an athletic team that

lifts with chains, they thrive in high-intensity and competitive games. In their first two Nationals appearances, they ran tight lines and only trusted a few players to play in important games, but the roster this year is the deepest it has ever been. All 18 players have contributed to Bryant's success this far, led by Captain Jacob Garfinkel whose experience and leadership has developed this team into a group of highly skilled ultimate players on the field and highly networked individuals off the field. As always, Bryant would be nothing without the fearless guidance and wisdom of their coach, Jim Bishop, who should be credited for all of Bryant's accomplishments.

ROSTER

3	Jake Roy	Fr	5'7"	19
5	Nicholas Mendoza	So	5'10"	19
6	Zach Tuxbury	So	5'9"	20
7	Ryan O'Connor	Fr	5'10"	19
9	Devyn Oakes	Sr	6'1"	21
11	Seth Lundstrom	So	5'11"	20
13	Justin Reynolds	Jr	5'11"	20
14	Austin Kelson	Sr	6'1"	21
17	Zack Cyr	Sr	6'0"	22
19	Thomas Belger	Sr	6'0"	21
28	Jimi Phillips	Gr	6'4"	21
29	Adrian Alonso-Tavera	Sr	5'8"	21
34	Cameron Jack	Jr	6'2"	21
35	Kendrik Lechner	Sr	6'0"	22
36	Jacob Garfinkel	Sr	6'2"	22
47	Alex Kenworthy	Jr	6'1"	21
78	Billy Gordenstein	Fr	5'10"	19
88	Justin Kunkel	So	6'0"	19

MEN'S TEAMS



COLORADO COLLEGE WASABI

COLORADO SPRINGS, CO

Captains: Phillip Korolog, Perry Fitz, Grant Mitchell
@WasabiUltimate



Wasabi was founded in 1987. The name Wasabi means "mountain roots," as we are all children of the mountain, birthed and forged in the shadows of America's Pikes Peak. America the Beautiful was written atop that mountain. By Katharine Lee Bates. She was looking at us when she wrote it. We went to Nationals in 2011, we went in 2016, and now we go again in 2017. Stoked on dudes. Always.

ROSTER

2	Luke Strobehn	So	5'11"	19
3	Sam Hale	Sr	6'0"	21
4	Gabe Poehls	Fr	5'11"	19
5	Orren Fox	Fr	6'5"	20
6	Crispin Whittier	Jr	6'3"	21
8	Will Rundquist	So	5'9"	18
10	Tamman Montanaro	Fr	5'4"	18
11	Perry Fitz	Sr	6'2"	21
13	Clay Elliot	Sr	5'10"	20
14	Trystan Alexander	So	5'11"	18
16	Andrew Braverman	Jr	6'2"	21
17	Grant Mitchell	Jr	5'8"	19
18	Abram Mamet	Sr	5'9"	21
19	Daniel Rodriguez	Jr	5'11"	20
23	Jason Bair	Jr	5'4"	19
26	Gus Parks	Fr	5'9"	19
36	Michael Greenberger	Sr	5'8"	22
39	Phillip Korolog	Sr	5'11"	20
41	Patrick Ende	Fr	5'7"	18
45	Gabe McGill	Fr	5'9"	19
47	Isaac Rubinstein	Jr	5'10"	20
52	Patrick Mahoney	So	5'11"	20
55	Gus Catlin	So	5'6"	19
56	Landis Hackett	So	5'8"	19
69	Conor Nolan	Fr	5'8"	19
71	Joel Fisher-Katz	Sr	5'9"	21
72	Carl Anderson	So	6'1"	18
76	Nick Carpenter	Jr	5'10"	20
99	Shane Eckert	So	5'10"	18

DARTMOUTH COLLEGE PAIN TRAIN

HANOVER, NH

Captains: Nicky Golini, Leo Blooston, Dan Finch
Coach: Colby Clarkson
dartmouth.edu/~ultimate/home.html
@DMouthPainTrain



Dartmouth Pain Train began from humble roots back when there were no backs to the end zone*. Our name originated not from our forays into the world of heavy metal Train cover bands but instead from the inimitable Terry Tate – office linebacker of 2003 Super Bowl Reebok commercial fame. Whether or not Reebok responds to our sponsorship requests**, the Pain Train and Terry Tate share a number of qualities in common: a strong sense of discipline, a 6'4" frame, unbridled aggression***, and a big heart. Coached by Colby Clarkson – he of infinite burpees**** – we brave the cold winters and cold falls and kind of nice springs of New England to hone our game. Our strengths are our ability to score goals and throw them as well. We're pumped to be here. Woo woo.

*Until a natural obstruction such as railroad tracks or a bush.

**The offer is still on the table!

***Not really (cough, cough nature)

****don't ya miss indoor practice?

ROSTER

1	Evan Rheingold	Sr	6'0"	21
2	Johnny Elliott	So	5'9"	19
3	Matt Mitman	Sr	6'3"	21
4	Daniel Moder	Jr	6'1"	21
5	Anders Bando-Hess	So	6'1"	20
6	Dan Finch	Sr	6'5"	21
8	Peter Lobel	Gr	6'0"	23
10	Isaac Gluck	So	5'10"	19
11	Robert Livaudais	So	5'11"	21
12	Spencer Heim	Jr	5'11"	20
13	Leo Blooston	Sr	5'11"	21
14	Karim Itani	Fr	5'9"	19
19	Rohan Bose	Fr	5'7"	19
22	Garrett Rawlings	Fr	6'2"	18
24	Eric Greenlee	Jr	6'0"	21
27	Callum Hening	So	5'11"	19
28	Wendell Beane	So	5'8"	20
31	Nicky Golini	Sr	5'8"	21
36	Kevin Mercado	So	5'8"	20
44	Cedar Farwell	Sr	6'5"	22
64	David Klinges	Sr	6'2"	22
72	Robert Halvorsen	Fr	6'0"	22
88	Connor Haines	Fr	6'2"	18
95	Dakota Thompson	Jr	5'9"	21

MEN'S TEAMS



DAVIDSON COLLEGE DUFF

DAVIDSON, NC

Captains: Cullen MacDowell, Paul Brennan, Chris Johnson, Henry Siebentritt
Coaches: Ken Porter, Erec Hillis
davidsonwildcats.com/sports/2012/10/11/Mens%20Club%20Ultimate.aspx
@DUFF_Cats



DUFF has a long history, and we pride ourselves on staying true to time-tested traditions like ENUFF. For the sake of brevity, however, our story will start in recent memory. It was almost three years ago today when DUFF found Coach. Through our devotion to this spiritual entity that is the all-in-all, we found ourselves stealing a regional bid to bring about our first

ever Nationals appearance, where we placed seventh. The next year, DUFF found a coach, Ken Porter. Though we missed a second trip to Nationals in a heartbreaker to UNC-Asheville, DUFF re-focused on developing a mental edge and depth of program that carried the team to three tournament wins this spring and a top seed in our three-bid region. By the grace of Beezon, we held onto our bid, placing second at regionals. And though Nationals is exciting, what really defines DUFF is a transcendental love of celery and one another, and a burning desire to "Catch the F***** Disc."

ROSTER

2	Ben Whitfield	Sr	6'3"	22
3	Ryan Almeida	Jr	5'5"	21
6	Isaac Mervis	So	5'8"	19
9	Henry Siebentritt	Sr	5'7"	22
11	Paul Brennan	Jr	5'11"	21
12	Michael Robertson	Fr	5'9"	19
14	Mac Harris	So	5'8"	20
15	Phillip Bader	Fr	6'3"	22
20	Patrick Spauster	Sr	6'1"	22
21	Cullen MacDowell	Jr	6'3"	21
22	Dusty Smith	Fr	5'10"	19
24	Jonathan Phillips	Fr	6'2"	19
27	Alex Berro	So	6'4"	20
29	Jarman Taylor	So	6'0"	19
30	Dylan Sandlin	Sr	6'1"	22
32	Andrew Roy	Fr	5'11"	18
40	Kevin Endersby	Jr	6'4"	21
42	Saad Farooq	Fr	5'8"	18
77	Kaylen Alexis	So	6'2"	20
99	Chris Johnson	Sr	6'0"	22

SPECTATOR INFO

FRANCISCAN UNIVERSITY OF STEUBENVILLE FATAL

STEUBENVILLE, OH

Captain: Stephen Babcock
Coaches: Alex Renn, Ian Gill
facebook.com/franciscanfatalultimate
@franciscanfatal



Hailing from the Ohio Valley, Franciscan Fatal is a deadly team looking to establish themselves as a powerhouse in D-III ultimate. Zone defenses put six feet under, vertical stacks murdered and post-tourney burritos have been massacred by this team. Fatal represents Franciscan University of Steubenville, a small Catholic school about half an hour west of Pittsburgh. They get their name from Neal "Fat Al" Rylatt, a friend of the team's founders (and avid ultimate player) who passed away after battling leukemia. Wearing his initials on their jerseys, Fatal competes in his memory.

ROSTER

1	Matt Mirabello	So	5'10"	20
2	Stephen Babcock	Sr	6'0"	21
4	Dan Carpenter	Jr	5'8"	20
5	Nick O'Brien	Fr	6'0"	20
6	Tommy Lannen	Jr	5'10"	21
7	Jack Scott	Sr	5'8"	22
8	Charlie Amrein	Jr	6'0"	20
9	Edmund Colliflower	Fr	5'10"	18
10	John Clemente	Jr	6'0"	21
11	James Downs	Jr	6'0"	21
14	Jim Salitsky	Sr	6'2"	22
17	Austin Volk	Fr	6'0"	19
20	Michael Aldrich	Gr	5'5"	23
21	Louis Heisler	So	6'0"	20
22	Dom Schuster	Sr	5'11"	21
24	JP Bort	Sr	5'10"	21
25	Alex Hyland	Jr	5'10"	21
34	Jay Ratajczak	Sr	6'4"	21
50	Luke Strott	Fr	6'3"	19
84	Sam Deal	Sr	6'3"	20

MEN'S TEAMS



JOHN BROWN UNIVERSITY IRONFIST

SILOAM SPRINGS, AR

Captains: Bradley Herschend, Mark Belvardi, Grant Bruner
@jbuironfist



JBU Ironfist, from Siloam Springs, Ark., is in its 14th year as a club. This team has sprouted up from humble roots over the last several seasons. Since its first appearance at the D-III Championships in 2013, Ironfist has not missed an appearance. 2017 is its fifth consecutive Nationals appearance. As a

team of Christians, Ironfist players try to play every point as an act of worship to God who sent his son, Jesus, to die so that we can have a personal relationship with God forever. This year at Nationals, Ironfist is ready to prove the strength of the team and the South Central Region.

ROSTER

2	Ryan Gulbranson	Sr	6'6"	22
3	Anson Stoller	So	5'11"	20
4	Thomas Friesen	So	6'1"	19
7	Parker Gulbranson	So	6'7"	20
10	Jake Bushlack	So	5'9"	20
12	Drew Taylor	Sr	6'1"	23
13	Bradley Herschend	Sr	5'9"	22
14	Ethan Penner	Gr	5'9"	23
15	Grant Bruner	Jr	6'2"	20
17	Zach Odell	So	6'0"	20
18	Brendan Culp	Sr	6'2"	22
19	Ethan Bolthouse	Jr	5'8"	21
20	Kent McDonell	Sr	6'6"	22
25	Carlson Wakefield	Fr	6'2"	19
28	Garrit Headley	Fr	6'2"	19
33	Jonnie Rothfus	Sr	6'0"	23
51	Bryson Cobb	Fr	5'10"	19
66	Mark-Chad Belvardi	Sr	6'1"	22
67	Spencer Patterson	So	5'11"	20
80	Josiah Johnson	So	6'3"	19
81	Jacob Hash	Sr	5'10"	22
96	Drew Fain	So	5'7"	20

UNIVERSITY OF NORTH CAROLINA-ASHEVILLE BULLDOGS

ASHEVILLE, NC

Captains: Chad Gerber, Charlie Bridger III, Jacob Warshauer

Coach: Kyle Silva
facebook.com/bulldogultimateunca
@uncashultimate



Founded in 1999, UNCA ultimate has seen numerous fantastic players throughout its history. After a period of success in the early 2000s, the team devolved into a less competitive team until the arrival of current coach Kyle Silva in 2010.

Silva established the drive to qualify for Nationals at UNCA, and though this goal was never realized in Silva's playing career, this vision for the program was furthered by former captains Sam Fontaine, Ari Livanos, Clint McShery and current captains Chad Gerber and Charlie Bridger, all of whom played in Silva's last season. Fall 2013 saw the name of the team change to Bulldogs, the mascot of the university. UNCA has had seven different North Carolina YCC players since 2010, with one YCC rookie each of the past five years. Consistency in the leadership of the team and the return of Kyle Silva as coach brought Asheville its first Nationals berth in 2016, and now the Bulldogs have qualified for Nationals for a second consecutive year. UNCA is looking to improve upon their 2016 finish after dropping a 4-0 lead over semifinalist Air Force in pre-quarters and seeking to win a national championship in 2017.

ROSTER

1	Logan Dye	Fr	5'11"	19
3	Jonathon Withrow	Sr	5'10"	25
4	Jacob Warshauer	Jr	6'2"	20
9	Mac Schilder	So	5'11"	19
10	John Ernst	Sr	6'4"	25
13	Darius Anglin	So	6'2"	19
14	Jeremy Gage	Sr	6'0"	23
16	Cole Frost	So	6'1"	20
18	Ethan Cole	So	5'8"	19
19	Charlie Bridger III	Sr	6'3"	22
20	Jamie Douglass	So	5'8"	27
26	Jonas Buser	Fr	5'9"	19
27	Cory Oskardmay	Sr	5'7"	21
30	Nathan Griffith	Jr	5'8"	19
47	Hunter Scaggs	Jr	6'0"	21
51	Chad Gerber	Sr	6'3"	24
55	Dean Merritt	Fr	5'9"	18
72	Connor Albury	So	6'1"	20
95	Quentin Northcutt	Jr	5'11"	21
97	Chase Scallion	Fr	5'10"	20
99	Aaron Sumner	Fr	5'7"	19

MEN'S TEAMS



OCCIDENTAL COLLEGE DETOX

LOS ANGELES, CA

Captains: Spencer Goldman, Jesse Moore, Adam Grammer, Kade Cheatham, Will Shea
 Coach: Ben Potash
facebook.com/detoxultimate



ROSTER

1	Peter Messner	Fr	5'8"	19
2	Max Marion	Jr	6'1"	20
3	Nelson Rayl	Fr	6'4"	19
6	Robert Zhang	Jr	5'8"	20
7	Greg Kleinman	Fr	5'9"	19
10	Sam Hadjuk	Fr	6'2"	19
11	Adam Grammer	Jr	5'9"	21
13	Sergio Rodriguez	Sr	5'9"	21
14	Ebby Nafitzger	Fr	6'2"	18
17	Sam Maury-Holmes	Fr	6'0"	19
18	Luis Torres	So	5'8"	19
19	Spencer Goldman	Sr	6'0"	21
21	Brian Lavongtheung	So	5'11"	20
22	Kade Cheatham	Jr	6'0"	20
23	Luis Robles	Sr	6'5"	22
27	Griffin Morita	Jr	6'2"	21
28	Hunter Weinreb	Jr	5'10"	21
32	Will Shea	Jr	6'0"	21
44	Jack Allen	So	5'7"	20
50	Drew Anderson	So	5'9"	20
69	Jesse Moore	Sr	5'11"	21
76	Evan Safrain	Fr	5'8"	18

SPECTATOR INFO

UNIVERSITY OF PORTLAND UPRISE

PORTLAND, OR

Captains: Duncan McNally, Kim Doane, John Black, Taylor Ellensohn
 Coaches: Timmy Perston, Chris Hancock



UPrise ultimate is a relatively new program. We have worked hard to grow and become more competitive throughout the years.

When coaches Timmy Perston and Chris Hancock joined the team six years ago, the competitive nature really began. After growing every year since, the team has finally reached their goal of competing on the D-III Championships stage. We are very excited to come out of a region that has trouble playing other national-caliber D-III teams and show that the Northwest has more than just Lewis & Clark.

ROSTER

0	Christian Romero	Fr	5'10"	19
2	Grant Ainsworth	So	6'0"	19
3	Kellyn Smith	Fr	6'1"	19
4	Nicolai Apenes	Fr	5'8"	18
7	Daniel Pham	Jr	5'6"	21
8	John Black	So	5'10"	20
9	Braeden Yamashita	Sr	5'8"	22
11	Kim Doane	Sr	5'11"	22
12	Zach Villarmia	Sr	5'8"	22
13	Travis Bigelow	Fr	6'3"	19
17	Jacob Apenes	Fr	5'9"	18
18	James Martin	So	5'11"	20
19	Jarren Takaki	Jr	5'6"	21
20	Gavin Bullis	Fr	6'0"	18
21	Ankit Madhira	Fr	5'5"	19
22	Phillip Sanfilippo	So	6'3"	20
24	Callum Morham	Fr	6'3"	19
28	Tannar Sandaine	Fr	5'7"	19
34	Jack Padon	Jr	5'9"	21
40	Mark Brushwein	Jr	5'10"	21
55	Peter Sharp	Fr	5'5"	19
69	Duncan McNally	Gr	6'0"	23
77	Michael Hodson Jr.	Fr	5'10	18
88	Leander Miley	So	5'9	20
99	Rhett Larson	Jr	6'0	21

MEN'S TEAMS



UNIVERSITY OF RICHMOND SPIDERMONKEYS

RICHMOND, VA

Captains: Henry Babcock, Sam Gillespie, Joey Cullison

Coach: Matt Graves

urspidermonkeys.com

@URspidermonkeys



2017 is the third D-III Championships appearance in the last four years for the University of Richmond Spidermonkeys. After a successful regular season, the team is hoping to use their Nationals experience to go further than any Richmond team has gone before. With a gritty, swarming defense and a versatile offense, the team has been able to contend with every team they played this year. The D-III Championships will be the culmination of all the hard work the

team has put in this year, and they are looking to impress. This team is full of spirit and MonkeyPride!

ROSTER

0	Ty Englert	So	6'1"	20
2	Evan Steinfeld	So	5'10"	20
6	Mitch Woo	Sr	5'7"	22
7	Sam Gillespie	Sr	6'3"	21
8	Ben Weinstein	Fr	5'6"	18
10	Jimmy Lenox	Sr	6'0"	21
12	Justin Keller	Jr	5'9"	21
16	Chris Selwood	So	5'10"	19
19	Mitch Parry	Sr	5'8"	22
21	Matt Szeluga	Sr	5'10"	22
22	Harris Cannon	Fr	6'1"	19
24	Mike Le	Jr	6'0"	20
27	Pat Murray	So	6'1"	20
28	Henry Babcock	Sr	6'2"	21
30	Graydon Cowan	So	6'1"	20
34	Zach Perkins	Fr	5'8"	19
39	Xavier McCormick	Fr	5'10"	18
44	Evan Crawford	Jr	5'11"	21
48	Patrick Tomhon	Jr	5'7"	21
69	Chris Cassella	Fr	6'1"	18
75	Abe Schroeder	Jr	6'1"	21
99	Brenden Carol	Sr	6'2"	22

SAINT JOHN'S UNIVERSITY SAINT JOHN'S ULTIMATE

COLLEGEVILLE, MN

Captains: Jeff McGurran, Charlie Schuweiler, Tyler

Meyer, Justin Wollin

Coach: Erin Mirocha

@SJUultimate



Saint John's Ultimate has been a staple in the North Central trifecta of D-III ultimate programs, including Carleton College GOP and St. Olaf. Founded as BAM in 1994, Saint John's changed to Friar Huck in 2002 and back to BAM in 2005, before settling on Saint John's Ultimate in 2013 at the behest of the Club Funding Board and Dean of Students. With a long

history of underwhelming performances and a storied tradition of recruiting players from private Minnesota Catholic high schools Cretin-Derham Hall and Cathedral, Saint John's boasts a tradition of asking for forgiveness, rather than asking for permission. As USA Ultimate began to legitimize D-III ultimate, Saint John's began to take themselves seriously as well, enjoying a bittersweet second-place finish behind Claremont in the 2011 final. In 2012, Saint John's entered the Division III Championships as the first overall seed before falling to eventual champions and North Central rivals Carleton GOP in the quarterfinals. In 2014, Saint John's finished 13th in a disappointing Nationals performance. This year, Saint John's found their stride at regionals, riding uncharacteristically unselfish play to a 7-0 record on the weekend, securing first place in the North Central Region and punching their ticket to Lexington, Ky. CAJU!!!

ROSTER

1	Sam Richards	Fr	5'7"	18
2	Colton Motschenbacher	Jr	5'10"	20
4	Peter Flynn	Fr	5'10"	19
5	Charlie Schuweiler	Jr	5'10"	21
7	John Schmelzer	Sr	6'2"	22
8	Jeff McGurran	Sr	6'2"	22
9	Mitch Rotert	Sr.	5'9"	22
11	Justin Wollin	Sr	5'10"	21
13	Joey Pohle	Fr	6'2"	19
14	Seamus Ott	So	5'9"	21
18	Tyler Meyer	Jr	6'3"	21
20	Zach Borer	Sr	5'11"	22
22	Patrick Ellingson	Jr	5'10"	21
24	Tyler Wright	Jr	5'7"	21
27	Andrew Ellingson	Fr	5'11"	19
34	Aaron Hove	Jr	6'1"	21
42	Noah Schmelzer	So	6'0"	19
44	Chris Camber	Sr	6'3"	22
47	Isaac Lauer	Sr	5'10"	22
85	Charlie Nicklay	So	6'3"	20
88	Alec McFarlane	Jr	6'2"	21

MEN'S TEAMS



UNITED STATES MILITARY ACADEMY ARMY WEST POINT ULTIMATE

WEST POINT, NY

Captain: Mitchell Smith
Coach: Stephen Finn
facebook.com/AWPUltimate
@AWPUltimate



The rise of Army Ultimate has been surprisingly quick. The team has been in existence at West Point for less than 10 years, but has grown into a team that will contend for a bid to Nationals every year. Balancing the demands of a military academy with ultimate provides unique challenges. Most weeks, Army can only hold two official practices and relies on the dedication of the players to improve their game on their own time. While this challenge is hard to overcome, it also proves the dedication of the team members and has created a bond between passionate, hardworking brothers. The leadership has leveraged this team dynamic to help grow the team exponentially. In 2015, Army went to their conference championship with only nine rostered players. This season, the roster is loaded with young talent that will help this growth continue as Army seeks to contend for national championships year after year. You would be hard pressed to find a team that will play harder for each other than the Army team.

ROSTER

1	Gino Nicosia	So	5'7"	19
2	Ian Betzel	Sr	5'6"	22
5	Hunter Hill	So	5'8"	20
7	Walt Neely-Williams	Jr	5'11"	20
9	Joe Allen	So	5'11"	19
10	Frank Wheaton	Fr	5'11"	19
12	Jacob Sroka	So	6'0"	19
13	Stephen Kelly	So	6'2"	20
15	Daniel Brown	So	6'0"	19
16	Zachary Lucas	So	6'1"	19
17	Joseph Woolfork	Sr	5'9"	23
18	Chaz Wagner	So	5'10"	21
21	Montana Bilger	Jr	6'2"	20
23	Mitchell Smith	Sr	6'1"	21
26	Stephen DeMoss	Fr	5'9"	19
31	Zachary Riemer	Fr	6'0"	18
33	Matthew Ward	Fr	5'9"	19
35	Jack Butler	So	5'11"	20
43	Thomas Surdu	So	5'9"	20
44	Samuel Gordner	Fr	5'8"	18

SPECTATOR INFO

WHEATON COLLEGE MASTODON

WHEATON, IL

Captains: Skyler Aspegren, Don Gates III, Colin McLaughlin
@wheatonmastodon



After being established in 2002, Wheaton Ultimate has continually improved each season, culminating in a bid to Nationals last year in 2016. This year, the culture surrounding Mastodon ultimate emphasizes 100 percent effort on every point, taking care of the disc, enjoying the game and living for Christ on and off the field. Wheaton is led by a core group of seniors committed to hard work and exemplary spirit during play and in the ultimate community. In addition, the juniors and underclassmen are crucial contributors to the team's success with their maturity, focus and tenacity on the field and have been a driving force on the road to Nationals. This season, Wheaton Mastodon looks to build on the success of last year and push toward the championship at Nationals.

ROSTER

2	Alec Fojtik	Sr	5'4"	21
7	Don Gates III	Sr	6'1"	21
8	Holden Thompson	Jr	5'8"	21
9	Skyler Aspegren	Sr	6'0"	22
11	Elias Schomer	Sr	5'10"	21
13	David Barabalas	Sr	6'0"	21
15	Alex Neevel	Sr	6'0"	22
16	Evan Briggs	Jr	5'10"	20
17	John Bayer	So	6'0"	20
18	John Lmkeman	Sr	6'0"	22
20	Laramie Aspegren	Jr	6'2"	20
21	Charlie Hekma	Jr	6'0"	21
22	Jonah Karls	Jr	6'3"	21
23	Caleb Kim	Fr	5'6"	19
24	Joshua Creedon	Jr	6'1"	21
29	Daniel Sedlacek	Fr	6'0"	19
34	Colin McLaughlin	Sr	6'4"	22
41	Jacob Van Dyke	Jr	5'10"	21
44	Jonathan Larson	Fr	5'8"	19
55	Payden Carter	Jr	5'9"	21
56	Jon Oldham	Sr	5'10"	22
71	Andrew Reay	So	6'0"	20
87	Alex Glynn	Fr	6'0"	21
90	Asher Bernardi	Fr	5'6"	19
99	Thomas Chung	Jr	5'11"	18

WOMEN'S TEAMS



BATES COLLEGE COLD FRONT

LEWISTON, ME

Captains: Kate Cuthbert, Josie Gillett, Marissa Bale,
Erin Hazlett-Norman

Coaches: Mohdis Delijani, Chase Baker

Twitter: @Coldfront_Ulti



Cold Front, the Bates College women's ultimate team, is pumped to be at the USA Ultimate D-III College Championships for their second consecutive year! After graduating 10 seniors last season, Cold Front is still a young team with tremendous heart.

Captains Kate Cuthbert, Josie Gillett, Marissa Bale and Erin Hazlett-Norman lead the team through their playing abilities and years of experience dating as far back as middle school. Coaches Chase Baker and Mohdis Delijani each also provide a decade of knowledge from Maine Ultimate programs to assist the team to their fullest potential. The grit and spirit of this team has led them this far, and they are amped to continue playing their favorite sport in Kentucky! The Cold Front team dynamic is perfectly summarized in their motto: "friendship and sports!"

ROSTER

0	Olivia Gomez	So	5'4"	20
1	Madison Liistro	Fr	5'3"	19
3	Grace Warder	Fr	5'3"	19
5	Anna Helms	Fr	5'1"	19
8	Kate Cuthbert	Sr	5'2"	22
10	Emma Westwater	So	5'6"	20
11	Lauren Rasich	So	5'6"	20
14	Sophie Samdperil	Sr	5'3"	22
19	Josie Gillett	So	5'8"	19
20	Becca Havian	So	5'5"	20
22	Erin Hazlett-Norman	So	5'6"	20
25	Meghan Cleary	Jr	5'5"	21
36	Marissa Bale	So	5'4"	20
54	Kate Schiller	So	5'5"	20
62	Madeline Dulchin	So	5'6"	20

BOWDOIN COLLEGE CHAOS THEORY

BRUNSWICK, ME

Captains: Kate Powers, Hannah Broos
@Chaos_TheOry



Chaos Theory, Bowdoin College's women's ultimate team, broke off from their clown-shaped, male counterparts sometime in the mythical years of the early 2000s. Records were kept, and lost, of these early days. Memory resumes sometime around the time of captains

Mac and Animal and persists, just barely, through the reign of Streber and Geezer, Fawkes and Frenzy, and Badger and Calamity Jane. Over the past two decades, Chaos has grown by leaps and bounds, finally learning that we could be disciplined on the field even whilst goofy and crazy off the field. Chaos today is built on dancing, pickles, snow (thank you, Maine!), the Salute and #sisters. You can catch us doing our Salute dance on the field to warm up before games (and all of our opponents should know that they are welcome to join). Our team has strived all season to excel at FUNdamentals, primary emphasis on the fun, secondary emphasis on the "damentals," and we expect this to continue throughout our most competitive games at the D-III Championships.

ROSTER

0	Casey Krause	Sr	5'6"	21
3	Kate Powers	Sr	5'9"	21
5	Anna Martens	Fr	5'7"	19
7	Brigitte McFarland	Jr	5'4"	20
8	Hannah Broos	Sr	5'7"	22
9	Ivy Elgarten	So	5'9"	19
12	Emma Landes	So	5'4"	20
14	Rachel Musante	Jr	5'5"	21
16	Hannah Karlan	So	5'5"	19
17	Zoe Aarons	So	5'2"	20
18	Carly Berlin	Jr	5'4"	21
19	Madeleine King	So	5'8"	20
22	Sarah Walker	Fr	5'6"	18
23	Stephanie Sun	Jr	5'7"	21
30	Frances Zorensky	Fr	5'8"	18
31	Grace Wheeler	So	5'7"	20
33	Lee Moriarty	Jr	5'10"	21
34	Sabina Hartnett	Jr	5'4"	21

WOMEN'S TEAMS



CARLETON COLLEGE ECLIPSE

NORTHFIELD, MN

Captains: Haley Olson, Leah Roche
 carletoneclipse.weebly.com
 @eclipsehthedisc



One clear night, 10-15 years ago, a group of fun-loving, free-wheeling, disc-throwing gals were sitting around a campfire when they looked up at the sky and saw a beautiful ~eclipse~. This group of gal pals realized that the moon blocking the sun (and ultimate being fun) was similar to the moment of ecstasy when the disc they threw around every day passed in front of the sun, momentarily resembling an

eclipse. Blinded by the glory of the sport, these gals realized that, although the moment the disc eclipsed the sun rendered the disc invisible, their inner love of the game provided them with all the inner vision they needed to catch the disc with outstretched arms. This moment of temporary blindness, simultaneous bliss and ultimate-knowing heeded the inception of Carleton College Eclipse. From then on, this program experienced an illustrious rise to greatness, gaining power from our love of ultimate, the power of friendship and the guidance of the heavenly bodies: the big disc of the sky and the smaller disc of the heart. While many tournaments have been won and lost, Eclipse still considers the greatest trophy to be the friendships they make and the fun they have along the way.

ROSTER

2	Meg Crenshaw	Sr	5'6"	22
3	Mary Kate Hall	Jr	5'9"	21
4	Jillian Banner	Sr	5'2"	22
6	Nora Mertz	Fr	5'11"	18
7	Elizabeth Moore	Fr	5'4"	18
8	Haley Olson	Sr	5'8"	22
9	Julia Kenney	Fr	5'5"	19
12	Maya Banks	Jr	5'2"	21
13	Laura Kiernan	Fr	5'3"	19
14	Leah Roche	Sr	5'7"	21
15	Melannie Wurm	Jr	5'5"	21
16	Nora Brown	So	5'3"	19
17	Maia Kosek	Fr	6'0"	19
18	Abby Polk	Jr	5'10"	20
19	Sophia Kawamoto	Jr	5'4"	21
24	Fiona Fraser	Jr	5'8"	20
25	Kaya Stitzhal	Jr	6'1"	21
28	Rachel Gallagher	Jr	5'3"	20
34	Kaitlin Schaible	So	5'8"	20
51	Abigail Herscovici	So	5'3"	20
88	Helen Hoyt	Jr	5'5"	21

SPECTATOR INFO

CATHOLIC UNIVERSITY OF AMERICA NUN BETTA

WASHINGTON, DC

Captains: Grace Castro, Sarah Abel
 Coaches: Steve Kreider, Layne Scherer
 nest.cua.edu/organization/womensultimate
 @CUAUultimate



Have you heard of the pope-mobile? If you haven't, you must not have faced the women from Catholic University yet. Nun Betta, CUA's favorite women's ultimate team, is stepping on the field with nothing to lose this year. Established in 2010 by incredible alumni, these women are ready to take Nationals by storm! Nun Betta started out as a small team and, in just a few short years, grew to a roster of 24 competing in their first-ever D-III Championships. Led by current coaches "Scuba" Steve Kreider and Layne Scherer, along with captains Sarah Abel ('17) and Grace Castro ('18), Nun Betta follows the timeless saying "Tada Gan Iarracht," meaning "nothing without effort," in every aspect of their play. Look for a strong junior and senior class this year, as well as a scrappy group of underclassmen looking to prove themselves on the field and off, with everyone focused on supporting the spirit of the game in every match.

ROSTER

1	Maddy Demaret	So	5'11"	20
2	Lauren Coene	Fr	5'7"	19
3	Grace Brodner	Jr	5'5"	20
4	Liz Shoemaker	Fr	5'4"	18
5	Sarah Lynch	So	5'10"	19
6	Anne Perry	So	5'2"	19
7	Sarah Grupp	So	5'7"	21
8	Alexa Ruotolo	Jr	5'6"	21
10	Bridget Finnell	Sr	5'6"	22
11	Peggy Stevick	Sr	5'4"	21
13	Katie O'Brien	So	5'6"	19
15	Emily Benvenga	Sr	5'1"	22
17	Victoria Kirkman	Fr	5'4"	19
18	Emily Jansen	Fr	5'3"	18
19	Christine Tomasic	Jr	5'5"	20
23	Sarah Abel	Sr	5'5"	21
24	Grace Castro	Jr	5'4"	21
25	Emily McGuire	So	5'6"	20
26	Izzy VanderBleek	So	5'5"	20
32	Bridget King	So	5'8"	20
33	Irene Wilson	Fr	5'7"	18
37	Laurel VanScoy	Sr	5'7"	21
38	Lizzy Rich	Fr	5'7"	19
55	Rachel Youngberg	Sr	5'4"	21
60	Jordan Bryant	Fr	5'6"	19

WOMEN'S TEAMS



CLAREMONT COLLEGES GREENSHIRTS

CLAREMONT, CA

Captains: Sharon Huynh, Brynn Arborico, Rose Soiffer-Kosins
 Coach: Jamie Lam
claremontgreenshirts.wordpress.com
 @ClaremontGreens



The word "dinosaur" comes from the Greek language and means "terrible lizard that kicks butt at ultimate." Scientists believe some dinosaurs lived for up to 200 years. What they don't know is that some have survived up until today. Dinosaurs dominated Earth for over 165 million years. Humans have been around for only two million years. Greenshirts are eternal.

Some of the biggest plant eaters had to eat as much as a ton of food a day, comparable to post-sprint-practice team dinner. Some dinosaurs had more than 1,000 teeth. All dinosaurs could replace their teeth at any time. Makes catching reeeaaaally easy. One hundred and twenty tons is the weight of one Argentinosaurus, the heaviest of all animals, equal to 100 elephants. This is nothing compared to a Greenbean's calf muscles.

Birds descended from a type of dinosaurs known as theropods. Greens descended from the BAMFosaurs and are members of the #sexyandathletic family.

The Greenshirts are the combined team of the Claremont Colleges Consortium: five colleges, one heart. After our first big taste of victory, winning the D-III Championships in 2012, we've been hungry for more ever since. Yeah, we know our shirts aren't green – someone messed up our jersey order...

ROSTER

2	Danielle Tishkoff Chidester	So	5'2"	20
6	Claudia Kramer	Fr	5'7"	19
8	Eleanor Schiffler	Fr	5'7"	19
9	Fran Querdasi	Jr	5'6"	21
10	Elizabeth Willmore	Fr	5'2"	20
12	Lydia Sylla	So	5'6"	19
13	Merritt Gohn	Jr	5'9"	21
19	Michelle Lee	Fr	5'8"	19
21	Sharon Huynh	Jr	5'4"	21
22	Leah Shorb	Fr	5'4"	21
24	Daphne Guo	So	5'5"	19
27	Natalie Lillie	So	5'4"	20
31	Rebecca Wainess	So	5'7"	20
33	Brynn Arborico	Sr	5'5"	22
35	Rose Soiffer-Kosins	So	5'1"	20
42	Nancy Karreman	Jr	6'2"	20
66	Montana Roberts	Jr	5'10"	20

GEORGIA COLLEGE LYNX RUFUS

MILLEDGEVILLE, GA

Captains: Kat Watson, Loren Lownes
 Coach: Doug Oetter
 @GC_lynx_rufus



Lynx Rufus is Georgia College's women's club ultimate team. We came together in 2010. Love built us, with spirit we grew, and over the years, hard work and determination have become the cornerstones of our program. We have qualified for the D-III Championships each year we have been a team. We began as a small team, so our

older players are used to playing savage or only having a few subs; however, in recent years, we've grown and welcomed many new Lynx Rufus cubs to our ultimate pack. Our size has pushed our girls to learn the game quickly and bring good attitudes to every tournament. Lynx Rufus is a close group and a loving community where our girls have always felt free to cut loose and say anything without judgment. We love the game of ultimate just as much as we love each other. Lynx Rufus will continue to grow for many years to come, spreading the passion and positivity that our team strives for every time we pick up a disc.

ROSTER

0	Cheyenne Balliew	Jr	5'3"	20
3	Morgan DeMell	So	5'7"	19
4	Melissa Escudero	Fr	5'7"	19
6	Brooke Yost	Fr	5'0"	19
11	Iman Clark	So	5'7"	19
13	Sarah Mackett	Jr	5'5"	21
14	Jenny Huynh	Fr	5'1"	21
17	Loren Lownes	Sr	5'5"	21
21	Sophia Crowson	Sr	5'5"	23
22	Emily Krauss	So	5'11"	20
28	Sunshine Flamer	Fr		
30	Katherine Yost	Jr	5'1"	22
31	Lindsey Moon	So	5'10"	20
33	Rachel Kandzierski	So	5'4"	20
35	Meredith Collier	Fr	5'5"	19
36	Essence Darden	Fr	5'4"	19
41	Samantha Segars	Jr	5'5"	21
48	Kathryn Watson	Sr	5'2"	22

WOMEN'S TEAMS



HAVERFORD COLLEGE SNEETCHES

HAVERFORD, PA

Captains: Zoë Lewis, Larkin Johnson, Grace Thiele

sneetchultimate.com

@sneetchultimate



Sneetch Ultimate, from Haverford and Bryn Mawr Colleges, was founded in 1994. Known for our fashionable flair, funtensity and goofy cheers passed down from year to year, the Sneetches are driven by a love of playing ultimate and a love for each other.

Making trips to Nationals previously in 2011, 2012 and 2014, the Sneetches have developed a strong program over the years thanks to strong leadership, intense commitment and a powerful sense of community within the team. Several Sneetch alums have gone on to play for top club teams including AMP, Love Tractor and Molly Brown. Not only do they serve as "ultimate" role models, the local alums and their club connections have been a helpful resource over the season.

ROSTER

2	Zoë Lewis	Sr	5'3"	21
3	Paloma Paez-Coombe	So	5'4"	20
5	Rosie Cohen	Jr	5'4"	21
6	Bess Cohen	So	5'3"	19
7	Kendra Griesman	Fr	5'9"	19
8	Nava Kidon	Jr	5'4"	20
9	Dana Gold	Jr	5'1"	21
10	Grace Thiele	Sr	5'9"	22
13	Susan Kelly	Jr	5'4"	21
14	Marilee Oldstone-Moore	Jr	6'0"	20
15	Charlotte Edelstein	Sr	5'7"	22
20	Miranda Buckley	Jr	5'6"	21
21	Younghee Hahn	So	5'6"	20
25	Natasha Daviduke	Sr	5'10"	21
34	Larkin Johnson	Sr	5'4"	22
35	Madison Tillman	Jr	5'8"	20
36	Opal Bednarik	So	5'5"	20
38	Meghan Hoyne-Wingate	Sr	5'2"	22
39	Theresa Diffendal	Jr	5'7"	21

SPECTATOR INFO

LEHIGH UNIVERSITY LEHIGH GRAVITY

BETHLEHEM, PA

Captains: Lindsay Levin, Juliet Chung, Dana Waxenberg
@LUGravity



Lehigh Gravity is a relatively new team, being founded in 2010. Our team attended the D-III Championships in 2012 and 2015 and is very excited to return this year. Gravity graduated nine seniors in 2016, leaving only nine players on the roster. In the fall semester, one of our juniors went abroad, so we were down to eight players. Then in the spring, two juniors, one of which is our captain, also studied abroad, leaving us with seven returning players for the spring season. With the team having an average of two players per grade, we were not hopeful for the success of our team. But through hard work and determination, we recruited an enormous class of 17 rookies to save the team. The odds were against us, but we were determined to prove that we were not just a developmental team and that we were in it to win it. Our hard work paid off when we secured the second bid to Nationals from the Ohio Valley Region. We are so proud of how far we've come, and we can't wait to compete in Lexington!

ROSTER

2	Holly Rubloff	Fr	5'4"	19
3	Claire Ternes	Fr	5'6"	19
5	Madison Cannon	Jr	5'4"	21
6	Jeanne Espourteille	Jr	5'6"	21
7	Juliet Chung	Jr	5'3"	20
8	Rebecca Salsburg-Frank	So	5'4"	20
9	Nicole Vasoll	Fr	5'5"	19
10	Mariel Weigel	Fr	5'0"	19
11	Rebecca Woods	So	5'10"	19
13	Lexi Herzog	Fr	5'5"	19
14	Kayla Sippin	Fr	5'2"	18
15	Sarah Cookson	Fr	5'10"	19
18	Emma Hillman	Fr	5'5"	19
20	Brianne Barker	Jr	5'5"	21
21	Lindsay Levin	Sr	5'4"	22
23	Diana Yeh	Gr	5'2"	23
26	Genevieve Simon	So	5'6"	20
45	Monica Powers	So	5'10"	20
50	Abby Bettenhausen	Fr	5'6"	19
54	Rebecca Cohen	Fr	5'0"	19
77	Hannah Flaherty	Fr	5'11"	18
88	Lexi Meisse	Fr	5'7"	19
97	Kelly Skewis	So	5'7"	19

WOMEN'S TEAMS



MOUNT HOLYOKE COLLEGE DAISY CHAIN

SOUTH HADLEY, MA

Captains: Molly Morgan, Sophey Dong

Coach: Evan Johnson

@MHCDaisyChain



When Mount Holyoke started the ultimate team, it consisted of five players who wanted to learn to play. In 2015, we trained hard and made it our goal to be a competitive team. Last year, Daisy Chain debuted at the D-III Championships and finished 11th. This year,

we lost several starting players but continued to compete hard. We finished our season ranked eighth in the nation and advanced to conferences and regionals, where we beat out the third-ranked team in the nation. We fostered tremendous growth on the team and had almost 30 players on the roster this season. We expect to start a second team next year as a result of our continuous growth. We come to Nationals prepared to compete and represent women's ultimate, women's colleges and our love for the sport!

ROSTER

00	Molly Morgan	Sr	5'9"	22
2	Sophey Dong	Jr	5'8"	21
4	Emma Goldfinch	Sr	5'7"	22
6	Ada Schnake	Jr	5'2"	21
7	Ysabel Lavitz	Fr	5'2"	19
13	Hyeji Kim	Jr	5'6"	21
17	Yue Deng	So	5'2"	18
19	Marlee Raiffa	Fr	5'5"	19
21	Katrina Meserve	Jr	5'10"	21
22	Katherine Norris	Fr	5'6"	19
25	Hannah Finn-Erb	Fr	5'2"	19
26	Elizabeth Nelson	Jr	5'3"	21
30	Sarah Bloomgarden	Fr	5'4"	19
31	Christine Sherwood	Fr	5'1"	19
47	Rebecca Marsden	Fr	5'2"	20
69	Natalie Russianoff	Fr	5'3"	18
88	Michelle Wellman	So	5'2"	20
90	Abby Cough	Jr	5'3"	21
98	Amy Jeong	Fr	5'3"	20

UNIVERSITY OF PORTLAND UPROAR

PORTLAND, OR

Captains: Demri Horton, Makena Strand, Maddy Otto

Coaches: Beckie Zipp, Jenica Villamor, Morgan Huey



The University of Portland has had a women's team for over 10 years, but has never qualified for the D-III College Championships before this year.

Two years ago, the team began a major growth stage, adding new coaches and players, altering the team trajectory. UPROAR is now a competitive D-III team looking to prove themselves this year at Nationals and planning on returning again in the future.

ROSTER

2	Amy LeBar	Sr	5'9"	22
6	Demri Horton	Sr	5'10"	22
7	Maddy Otto	So	5'4"	19
8	Sara Meisburger	Sr	5'7"	22
9	Heidi Hueser	So	5'8"	20
12	Makena Strand	Sr	5'6"	21
13	Gillian Antonia	Fr	5'4"	19
14	Raychel Teman	Sr	5'6"	22
17	Maggie Bruckner	Sr	5'4"	21
21	Elise Sunderland	Sr	5'8"	22
46	Claire Schwyhart	Fr	5'4"	19
55	Saskia Kuehl	Sr	5'9"	13
66	Celina Li	So	5'2"	20
73	Kristen LeBar	Fr	5'8"	19
77	Erin Jenkins	Fr	5'3"	19
83	Lok-Yan Fick	So	5'2"	20

WOMEN'S TEAMS



UNIVERSITY OF PUGET SOUND CLEARCUT

TACOMA, WA

Captains: Ellen Kalenscher, Ellie Engel, Mickela Heilicher, Abby Mayo

Coaches: Spencer Sheridan, Christian Brink

upsultimate.com

@wutwutclearcut



From our time as baby octopuses, to our ever-growing tentacles of the Kraken today, we continue to thrive. A few years ago, seeing Clearcut at a national tournament would have been unheard of.

Today however, Clearcut's small team of seven has grown to over 30, forcing the program to split into an A and B team for the first time in its history. Over these past few years, Clearcut has

accomplished four consecutive conference championships and were the D-III Warm Up champions in 2016. The root of Clearcut's success lies in our spirit, three squishy hearts and eight-legged community. This team has risen time and time again. It is one of our greatest strengths. When faced with a challenge, there is no doubt that Clearcut will overcome it. In the famous words of Natasha Bedingfield "I got a pocket, got a pocketful of sunshine, I got a love and I know that it's all mine, oh, oh whoa".

With Love, your favorite pockets filled to the brim with sunshine and grit. #stillwerise <3 Clearcuties

ROSTER

0	Lizz Marks	Jr	5'4"	21
3	Jane Marie Gunn	Jr	5'9"	20
6	Ellie Engel	Sr	5'8"	21
8	Sarah Ciambrone	Sr	5'4"	22
9	Alice Altbaum	Jr	5'3"	21
12	Sarah Davidson	Jr	5'3"	21
13	Sarah McClain	Fr	5'4"	18
14	Neeyati Johnson	Jr	5'5"	21
16	Mattie Peters	So	5'8"	20
18	Ellen Kalenscher	Sr	5'5"	21
19	Mickela Heilicher	Jr	5'1"	21
21	McKenna Milton	So	5'5"	20
22	Meadbh Koenigsberg	Fr	5'11"	19
23	Alana Speich	Sr	5'5"	22
30	Abigail Bidegain	So	5'4"	20
32	Fiona Bruce	So	5'11"	20
35	Abby Mayo	Jr	5'9"	21
42	Hannah Gould	Jr	5'6"	21
47	Erin McMillin	So	5'8"	20
77	Poulami Wielga	Jr	4'11"	22
82	Delaney Rudy	So	5'5"	19
85	Jian Kettunen	So	5'4"	20
99	Jamie Millon	Jr	5'4"	21

SPECTATOR INFO

ST. OLAF COLLEGE VORTEX

NORTHFIELD, MN

Captains: Emily Verticchio, Tulsa Douglas

Coach: Sean Prichard

vortexultimate.weebly.com

@STOWomensUIti



Vortex enjoys the grind.

ROSTER

9	Sami Peterson	Jr	5'5"	20
11	Sarah Willstein	Jr	5'5"	21
13	Kim Nissen	So	5'7"	20
14	Tulsa Douglas	Jr	5'9"	21
16	Kaitlyn Mulhern	Fr	5'7"	19
17	Grace Freeman	Sr	5'7"	22
18	Emily Verticchio	Sr	5'7"	22
21	Amy Erlandson	Sr	5'4"	22
22	Aidan Zielske	Jr	5'9"	21
24	Kelsey Halverson	Fr	5'4"	18
29	Eva Cornwell	So	5'8"	20
41	Marit McQuaig	Jr	5'5"	21
42	Anna Ruehlow	Jr	5'6"	21
44	Erin McIntosh	Sr	5'7"	22

WOMEN'S TEAMS



TRUMAN STATE UNIVERSITY TSUNAMI

KIRKSVILLE, MO

Captains: Callie Warren, Emilie Willingham, Claire Trumbull
 tsunamiultimate.weebly.com
 @tsunamiultimate



TSunami results from a great many crushing and seismic waves. These great waves come together from the deepest oceans, like the depth of the players on our team, rising to new heights, chasing plastic and reaching the ultimate goal: the D-III College Championships. Since 2004, spirit, competition and athleticism have been a part of every point TSunami plays. Coming from a little-known corner of rural Missouri, a landlocked place with no ocean in sight, these women are ready to represent Truman State University and the South Central Region. TSunami returns for our sixth consecutive Nationals appearance, with more depth and versatility in our players than ever before! Come rain, shine or even hail, we are ready to bring our bright skirts and colorful personalities to Lexington.

ROSTER

0	Lauren Wiggins	Fr	5'6"	19
2	Mallory Bell	So	5'8"	20
4	Sabrina Lavezzi	Sr	5'4"	23
5	Alexandria Thomas	So	5'3"	19
6	Valerie Kanarowski	Jr	5'5"	20
7	Emily Royer	Sr	5'5"	21
8	Emily Sallade	Sr	5'2"	21
9	Ama Idun	Jr	5'7"	21
10	Emilie Willingham	Jr	5'9"	22
11	Christy Crouse	Sr	5'6"	22
12	Brooke Johnson	Jr	5'6"	20
14	Sarah Finley	Fr	5'5"	19
15	Caitie Staver	Sr	5'6"	21
16	Trinajoy Karanja	Fr	5'4"	19
17	Aly Pettit	Fr	5'9"	19
18	Haley Johnson	Sr	5'2"	22
19	Bailey Waddell	Fr	5'7"	19
23	Claire Trumbull	So	5'9"	20
26	Amanda Matteucci	So	5'3"	20
28	Emilia Budzowski	So	5'6"	19
32	Azeeza Eagal	Fr	5'4"	18
33	Kelly Vallal	So	5'7"	19
38	Callie Warren	Sr	5'7"	21
57	Emily Tucker	Fr	5'5"	19
77	Meaghan O'Connell	Fr	5'6"	18
99	Genevieve Presley	So	5'2"	20

VALPARAISO UNIVERSITY CHICKS HUCKING DISCS

VALPARAISO, IN

Captains: Mackenzie Allen, Jordan Eissner
 facebook.com/vuchd
 @valpochd



Valparaiso's Chicks Hucking Discs have qualified for the D-III Championships in each of the past eight years, placing 13th in the 2016 tournament. After a year with only eight players on the team, CHD has been rebuilding to meet the standards those before them have set by recruiting the largest rookie class in program history this year. Their motto is FAITH – Focus, Attitude, Integrity, Teamwork, Heart – and they live their FAITH in everything they do. These ladies rely on respect for each other and chemistry on the field in order to be as successful as they are. This spring season, Valparaiso placed a close second at Illinois Invite and won their conference tournament. CHD is a team that emphasizes Spirit of the Game and expects their players to uphold the tradition.

ROSTER

1	Alice Baker	Jr	5'5"	21
2	Rachel Bosley	Fr	5'2"	19
3	Madeline Horton	Jr	5'6"	20
4	Megan Ricks	So	5'9"	20
6	Megan Barth	Fr	5'9"	19
7	Serena Badgley	Jr	5'6"	21
8	Jessica Kane	So	5'5"	20
9	Aubrey Risetter	Sr	5'4"	22
10	Michelle Espino	Sr	5'5"	24
11	Brittney Joy	Sr	5'8"	22
12	Mackenzie Allen	Sr	5'8"	22
13	Tara Beere	So	5'3"	19
19	Kaelyn Vaughn	Jr	5'2"	21
22	Jesse Hershberger	Fr	5'7"	18
24	Jordan Bauer	Sr	5'10"	22
26	Jordan Eissner	Sr	5'7"	22
34	Megan Main	So	5'4"	19
77	Holly Taylor	So	5'6"	20
97	Sarah Germann	Fr	5'3"	19

WOMEN'S TEAMS



WESLEYAN UNIVERSITY VICIOUS CIRCLES

MIDDLETOWN, CT

Captains: Oona Wallace, Lucia Salwen, Sage Loomis
@divacupzone



Vicious Circles hails from Wesleyan University, nestled in the bustling metropolis of Middletown, Conn. Our #roadnationals journey began way back in the fall, culminating in an exciting repeat sweep at both conferences and regionals this spring. Our appearance at the D-III College Championships last year

was the first in Vicious history since the 1990s, and we're thrilled to return to compete with some of the best D-III teams from across the country! On top of the obvious ultimate prerequisite, Vish's other passions include Kanye a capella covers, JBL-fueled dance warm-ups and chocolate soy milk. We are so excited to be here and can't wait to show off our spirit, sticky fingers, killer flow and bagel-eating capabilities at the national level!

ROSTER

2	Louisa Winchell	Jr	5'7"	20
3	Chi Chi Wakabayashi	Jr	5'5"	21
4	Kelly Jamrog	So	5'5"	20
5	Lucia Salwen	Sr	5'5"	21
6	Sarah Dobrow	Jr	5'11"	21
7	Joanna Krupp	Sr	5'5"	22
11	Eileen Connor	Jr	5'4"	21
13	Kathryn Wheeler	Sr	5'7"	22
14	Amabel Jeon	So	5'5"	20
15	Oona Wallace	Sr	5'6"	22
16	Laura Bither	Jr	5'8"	21
22	Emma Hall	Sr	5'4"	22
25	Sydney Taylor-Klaus	Fr	5'7"	20
26	Claire LeGardeur	Sr	5'5"	22
27	Sage Loomis	Jr	5'9"	21
30	Liz Mitts	Jr	5'11"	21
33	Lily Gould	So	5'6"	20
99	Tessa Hill	Gr	5'8"	22

SPECTATOR INFO

WILLIAMS COLLEGE LA WUFA

WILLIAMSTOWN, MA

Captains: Christine Reed, Lane Davis, Haley Lescinsky
@LaWUFAUltimate



Williams La WUFA hails from the purple valley in Western Massachusetts and is excited to represent beautiful New England at the D-III Championships for yet another year! La WUFA prides itself on recruiting athletes and teaching them how to play during our casual fall season, before ramping up for our

competitive winter and spring seasons. In the winter, we practice on turf and indoors and host a winter tournament; in the spring we typically travel to three or more out-of-state tournaments. This year, La WUFA has a relatively young team with freshmen and sophomores making up two-thirds of our roster, and we are excited by the skills our younger players have developed. In addition to the depth of our roster, we on La WUFA firmly believe our success thus far this season has been fueled by a firm conviction that everything connects.

ROSTER

1	Louisa Nyhus	Fr		
2	Hannah Lebowitz	Fr		
3	Sofie Netteberg	Fr		
4	Mairead Reynolds	Jr		
6	Caley Dickenson	So		
7	Louisa Goss	So		
8	Christine Reed	Sr		
9	Haley Lescinsky	Jr		
10	Anna Lietman	Fr		
11	Elsa Bjornlund	Fr		
12	Caroline Weinberg	So		
13	Mia Wang	Jr		
14	Abby Miller	So		
15	Casey Phalen	Fr		
16	Liliana Bierer	So		
17	Rachel Retica	So		
18	Andrea Quintanar	So		
23	Emily Hoyt	Sr		
24	Emma Levy	Fr		
25	Ava Anderson	Jr		
26	Eliza Klein	So		
50	Lane Davis	Sr		
76	Amy Rosten	Jr		

HEALTH AND SAFETY

Medical staff, including athletic trainers, will be on site at Tournament Central to treat injuries, handle emergencies and provide some preventative care. The event will provide standard athletic tape, pre-wrap, ice and some bandages. Other supplies, including special tape or bandages and anti-inflammatory drugs, must be provided by teams or may be charged by the training staff.

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.

If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields two hours prior to game time each day.

CONCUSSIONS

EDUCATION

- USA Ultimate recommends the CDC “Heads Up Safety” program, a free one-hour online training: cdc.gov/concussion/headsup/youth.html.
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: usultimate.org/membership/usa_ultimate_membership_forms.aspx

COACHING REQUIREMENTS

- Coaches at USA Ultimate events are required to have completed a concussion awareness and safety recognition program (like the CDC program above or other local or state-recommended course). Coaches should not submit records of course completion to USA Ultimate, but should maintain records on-site while coaching.

REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.
 1. Remove athlete from play.
 2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management.

Do not try to judge the seriousness of the injury yourself.

3. If a minor, inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion.
4. Allow athlete to return to play only with permission from an appropriate health care professional.

DOCTOR’S NOTE REQUIREMENT

- If, during a USA Ultimate event, an athlete receives care at a hospital, medical clinic or doctor’s office, or is referred to a hospital or doctor by event medical staff, the athlete is barred from further competition in that event until he or she provides a doctor’s note, on letterhead or prescription pad, to event medical staff stating that the athlete is authorized to return to competition.

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 five yards away from the sidelines. Where there are buffer lines, respect them. Chairs, coolers, strollers, you, etc., must be at least three yards from the sidelines.
- If a player believes that an object on the sideline is not safe, he or she should inform event staff and refrain from playing until he or she 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 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 through field marshals equipped with radios if there is lightning danger. Play then 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 crouched 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.

SPIRIT OF THE GAME

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.

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 his/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.

SPIRIT CIRCLES

Spirit circles are an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championship events where they have not only done exceptionally well in each competition, but showed the international community the importance we place on respect for the game and their 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 international experience has been the tradition of the post-game spirit circles. While there are a number of ways to do this, here are some quick tips to get your team started:

- Following 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 or two people (often team captains) on each team will talk briefly 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 something 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 required and 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 USA Ultimate staff and other event organizers how it goes!

BUILD THE FUTURE OF ULTIMATE

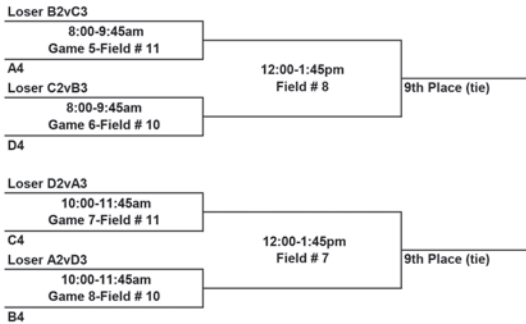


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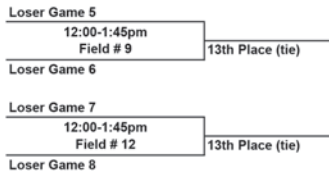
MEN'S SCHEDULE

2017 USA Ultimate Division III College Championships - Men's Division												
Saturday, May 20, 2017												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	(1) Bryant					B1	(2) Franciscan				
	A2	(8) Davidson					B2	(7) Colorado College				
	A3	(12) Portland					B3	(11) Wheaton				
	A4	(13) St. John's					B4	(14) North Carolina-Asheville				
Saturday	F#	Score	F#	Score	F#	Score	F#	Score	F#	Score		
9:00 - 10:30	A1 v A3	4	-	A2 v A4	3	-	B1 v B3	5	-	B2 v B4	6	-
10:45 - 12:15	A1 v A4	4	-	A2 v A3	3	-	B1 v B4	5	-	B2 v B3	6	-
1:00 - 2:30	A1 v A2	4	-	A3 v A4	3	-						
2:45 - 4:15							B1 v B2	4	-	B3 v B4	3	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	A2 v D3	6	-	B2 v C3	4	-	C2 v B3	3	-	D2 v A3	5	-

Consolation Bracket Sunday, May 21, 2017



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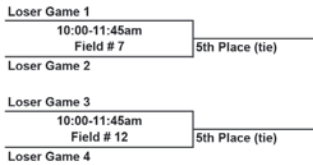
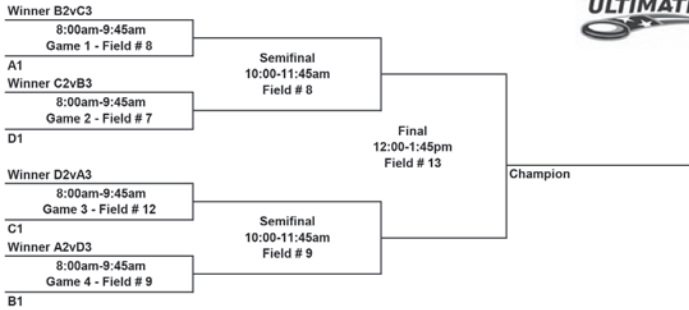


Consolation games to 15, cap 17

You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

2017 USA Ultimate Division III College Championships - Men's Division												
Saturday, May 20, 2017												
All Games to 15 Cap 17	Pool C						Pool D					
		C1 (3) Richmond	C2 (6) Amherst	C3 (10) John Brown	C4 (15) Army	D1 (4) Air Force	D2 (5) Dartmouth	D3 (9) Alabama-Huntsville	D4 (16) Occidental			
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	C1 v C3	7	-	C2 v C4	8	-	D1 v D3	2	-	D2 v D4	1	-
10:45 - 12:15	C1 v C4	7	-	C2 v C3	8	-	D1 v D4	2	-	D2 v D3	1	-
1:00 - 2:30							D1 v D2	2	-	D3 v D4	1	-
2:45 - 4:15	C1 v C2	2	-	C3 v C4	1	-						
Re-seed teams 1-4 within each pool												
4:45 - 6:15												

Championship Bracket
Sunday, May 21, 2017



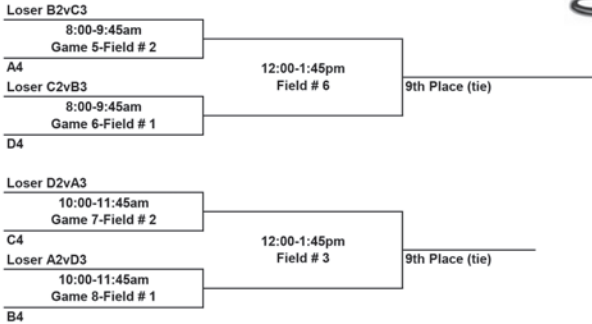
Championship games to 15, cap 17

SCHEDULES & MAP

WOMEN'S SCHEDULE

2017 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 20, 2017												
All Games to 15 Cap 17	Pool A						Pool B					
	A1	(1) Williams				B1	(2) Bowdoin					
	A2	(8) Wesleyan				B2	(7) Truman State					
	A3	(12) Georgia College				B3	(11) Puget Sound					
	A4	(13) Haverford				B4	(14) Catholic					
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30							B1 v B3	9	-	B2 v B4	12	-
10:45 - 12:15	A1 v A3	9	-	A2 v A4	12	-						
1:00 - 2:30	A1 v A4	9	-	A2 v A3	12	-	B1 v B4	7	-	B2 v B3	8	-
2:45 - 4:15	A1 v A2	9	-	A3 v A4	12	-	B1 v B2	7	-	B3 v B4	8	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15	A2 v D3	9	-	B2 v C3	7	-	C2 v B3	8	-	D2 v A3	12	-

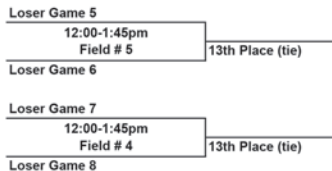
Consolation Bracket Sunday, May 21, 2017



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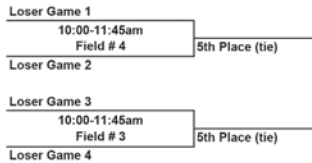
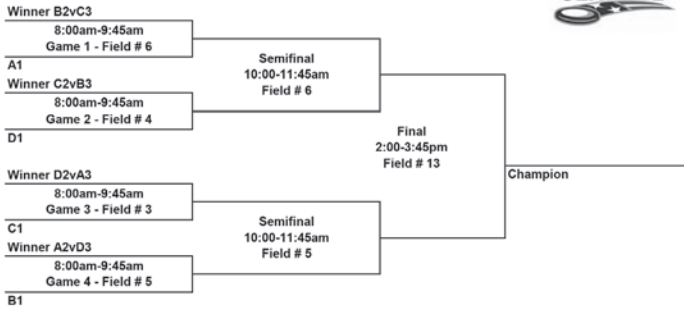
Consolation games to 15, cap 17



You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

2017 USA Ultimate Division III College Championships - Women's Division												
Saturday, May 20, 2017												
All Games to 15 Cap 17	Pool C						Pool D					
		C1	(3) Carleton College-Eclipse					D1	(4) St. Olaf			
	C2	(6) Valparaiso					D2	(5) Portland				
	C3	(10) Mount Holyoke					D3	(9) Bates				
	C4	(15) Lehigh					D4	(16) Claremont				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:30	C1 v C3	11	-	C2 v C4	10	-						
10:45 - 12:15							D1 v D3	11	-	D2 v D4	10	-
1:00 - 2:30	C1 v C4	5	-	C2 v C3	6	-	D1 v D4	11	-	D2 v D3	10	-
2:45 - 4:15	C1 v C2	5	-	C3 v C4	6	-	D1 v D2	11	-	D3 v D4	10	-
Re-seed teams 1-4 within each pool												
4:45 - 6:15												

Championship Bracket
Sunday, May 21, 2017



Championship games to 15, cap 17

SCHEDULES & MAP



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FIELD MAP



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