2014 H.S.



AMES,

EVENT GUIDE \$2

HOW BADLY DO YOU WANT IT?



Photo by Alex Fraser/UltiPhotos

THE GEAR THAT ATHLETES WEAR. ONLY THE BEST. ONLY VC.





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USA ULTIMATE

4730 Table Mesa Drive, Unit I-200 C, Boulder, CO 80305 P: 303-447-3472 / F: 303-447-3483 www.usaultimate.org / info@usaultimate.org

WELCOME

On behalf of the City of Ames, Iowa Convention Bureau, Iowa State Ultimate Clubs and greater Des Moines ultimate community, welcome to Centrals 2014! I am incredibly excited to be representing these groups as your co-tournament director. Not that long ago, I was playing at this tournament, and I know the excitement it brings your team and your community.

Personally, I was inspired by this tournament, and it pushed me to work and train harder. I hope that for each and every one of you, this tournament inspires you to be the best player you can be.

As you start to make future plans, I would like to encourage you all to continue to play ultimate in college or post-graduation. The experiences I have had being a part of the team here at Iowa State have been unforgettable. I have grown as an athlete, teammate, student and leader while learning valuable life skills traveling around the U.S.A. If you choose to go to a college that has a developed program, I hope that you take advantage of the resources that team has and never stop improving. If you go to a college that has a less-developed team, I hope you work to improve your skills and the skills of your future teammates.

All in all, I hope you enjoy yourself this weekend. Play as hard as you can and leave nothing behind. Value the friendships you have on your teams and on the teams of your competitors. I look forward to talking with you and watching you play this weekend.

Cami Nelson, Iowa State University Woman Scorned

DEAR ATHLETES OF THE USA ULTIMATE CENTRAL HIGH SCHOOL CHAMPIONSHIPS:

Congratulations on qualifying for the USA Ultimate Central High School Championships! On behalf of the Iowa Sports Foundation, it is a privilege to welcome you to Ames, Iowa State University and the great state of Iowa.

We are excited to host these championships for the first time at the Southeast Recreation Complex on Iowa State University's beautiful campus. The Southeast Recreation Complex has played host to the Iowa Games Ultimate Championships since 2003, as well as the 2012 National Beep Baseball World Series.

One of our goals of hosting this championship in lowa is to increase the awareness and exposure of ultimate in lowa and ultimately (pun intended) increase ultimate participation throughout the state. We thank you for your participation and for providing this opportunity to expand ultimate in lowa.

Although not everyone can take home a medal, all are winners for having participated. Best wishes to all the athletes, coaches, volunteers, families and friends. I hope you take home many good memories and a sense of accomplishment from the 2014 USA Ultimate Central High School Championships.

Sincerely, Kevin Bourke, Chief Operating Officer Iowa Sports Foundation





WEEKEND OVERVIEW

FRIDAY, MAY 16 AT AMERICINN

7:30 - 8:30pm Team Registration

SATURDAY, MAY 17 AT IOWA STATE UNIVERSITY SE RECREATION FIELDS

8:00am Captains' Meeting 9:00am - 6:00pm Competition Begins

4:30pm - 7:30pm Meal for athletes, coaches and chaperones; showcase game;

interactive games

SUNDAY, MAY 18 AT IOWA STATE UNIVERSITY SE RECREATION FIELDS

8:30am - 2:00pm Competition Continues

2:30pm Finals

Post-Finals Award Ceremony. Immediately following the finals, awards will

be presented to the champions and second-place teams in each division, as well as Team Spirit Award winners and Individual

Spirit Award winners.

EVENT STAFF

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

Tournament Directors - Cami Nelson & Kevin Bourke Volunteer Coordinators - Lana Seiler Hospitality Coordinator - Kim Abels Head Scorekeeper - Magon Liu Head Statkeeper - Ryan Tucker Assistant Headkeeper - Niko Beauchamp Local Media Coordinator - Shawne Ungs Logistics Coordinators - Seann DeMaris & Megan Main

USA ULTIMATE STAFF

Manager, Events - David Raflo

Manager, Competition and Athlete Programs - Ernest Toney

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 2014 USA Ultimate Coaching Development Program.





COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
- All games to 13, point cap at 15, except:
 - Boys C Pool & Girl's B Pool games are to 15/17
 - Girls A Pool games are to 11/13
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 13 goals, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- 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.
- · Caps do not affect timeouts.

SITE RULES

- NO ALCOHOL OR TOBACCO! Facility, event staff and security will be checking to make sure people are not drinking or smoking. Please abide by these rules.
- NO GLASS OR METAL BOTTLE CAPS!
- PETS, GLASS CONTAINERS, MOTORIZED VEHICLES AND ANY OTHER ITEMS THAT ARE DEEMED UNSAFE ARE PROHIBITED.
- VEHICLES ARE NOT ALLOWED ON THE GRASS PLAYING SURFACES AT ANY TIME. Parking is prohibited on the grass playing surfaces.
- SPECTATORS AND EQUIPMENT MUST STAY AT LEAST 3 YARDS AWAY FROM SIDELINES! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 3 yards.
- TRASH AND RECYCLING! Place recyclables in the recycling receptacles, and place trash in the trash. Keep the facility clean.
- LANGUAGE This is a youth event and overall a family environment. Please keep this in mind.

DIRECTIONS

FROM IOWA STATE UNIVERSITY SE RECREATION FIELDS TO MARY GREELEY MEDICAL CENTER (1111 Duff Avenue, Ames, IA 50010)

- Head North on University Boulevard, pass Hilton Coliseum on your left and take the next right onto Lincoln Way and proceed 0.7 mile
- Turn left onto Grand Avenue and proceed 0.8 mile
- Turn right onto 13th Street and proceed 0.5 mile
- Turn right onto Duff Street, and Mary Greeley Medical Center will be approximately 0.1 mile down on your right.

OFFICIAL PHOTOGRAPHY

USA Ultimate

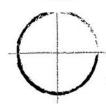


photography graphic design website video









cbmtultimate.com









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 can be found online at usaultimate.org/about/usaultimate/media_policies.aspx or may be obtained from the USA Ultimate staff at your event.

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 to submit them to USA Ultimate for possible use in USA Ultimate magazine, please contact USA Ultimate Manager of Communications & Publications Stacey Waldrup at stacey@hq.usaultimate.org.



CATHEDRAL HIGH SCHOOL



Phoenix

City/State: St. Cloud, MN

Website: cathedralultimate.com

Coaches: Paula Meyer, Maria Mahowald

Cathedral Ultimate began in the mid-1990s as four mixed intramural teams who scrimmaged local college teams. In the early 2000s, the high school team was rebuilt and grew to become a solidly competitive team. In 2010, Cathedral women placed second at Westerns in Burlington, WA, and won the Minnesota State Championship. In 2011, we took second at State. In 2012, with virtually the entire team returning, we took second at Centrals in Naperville, IL, and won the Minnesota State Championship. In 2013, we did a lot of rebuilding and training of some new athletes and renamed our team "Phoenix" to symbolize a rebirth and renewed fire. We intend to step it up this year at 2014 Centrals and prove that Phoenix is a force to be reckoned with.

ROSTER

πC	BIEK		
1 2	Clare McCarty Aimee Delage University of Mary	So Sr	5'4" 5'2"
3	Antonia Baynes	7th	5'3"
4	Kelsey Kuhlman	Jr	5'6"
5 7	Hannah Lakmann	Jr	5'5"
7	Brooke Schwieters	7th	5'4"
8	Paula Kowitz	Jr	5'11"
9	Mary Kampa St. Scholastica	Sr	5'2"
10	Kristen Lucius	Jr	5'7"
11	Stephanie Isham	Sr	5'2"
	Arizona State		
12	Emily Brew	7th	5'1"
13	Brigid Brew	Sr	5'7"
	Benedictine		
14	Lindsay Lund	Jr	5'3"
15	Leah Mullin	Jr	5'5"
16	Carmen Ebel	Jr	5'5"
19	Anne Johnson	Sr	5'9"
	St. Benedict		F1011
20	Emily Schmitz	Jr	5'6"
21	Julia Brown	Sr	5'4"
	Minnesota-Rochester		F1011
23	Madeline Titus	Jr	5'2"
25	Madina McManus	Sr	5'1"
	Wisconsin-Milwaukee		F1011
28	Hannah Deaton	Jr	5'3"
55	Nicole Fish	7th	5'4"
95	Loundy Silkman	Jr	5'4"

GREAT RIVER SCHOOL



St. Paul Charter Stars

City/State: St. Paul, MN

Coaches: Kristin Henderson, Dave Zdenek

The Charter Stars started as a joint effort between Great River School, Twin Cities Academy and Ava-Ion - all STAR Charter Schools. The inaugural season was rough (2006), and the team earned only one point for all league games! As the years have gone on, they've gained and lost teammates but kept a solid foundation of dedicated players. Participation grew exponentially, and players developed within the program. 2012 proved to be a very successful season, coming home with second in the state! Now having branched into an established varsity and JV structure, the state of the Stars is strong! We're currently ranked first and second in our conference and hope to be first and second in the state! We're coming to Centrals with a combined roster and look forward to many learning opportunities.

2	Olivia Garceau	Sr	5'9"
2 5 7	Molly Duggan	So	5'10"
7	Elizá Skoler	Sr	5'8"
10	Anne Sullivan	So	5'7"
13	Lillian Cregan	Jr	5'4"
14	Leticia Pinto Teixeira	Jr	5'4"
22	Aidan Zielske	Sr	5'10"
23	Emma O'Brien	So	5'6"
24	Karah Vue Benson	Sr	5'6"
28	Isabel Olson	So	5'3"
32	Sadaf Pruitt	Sr	5'6"
33	Isabel Vazquez-Thorpe	Sr	5'6"
36	Olivia Anderson	Sr	5'5"
40	Maura McDaniel	So	5'4"
50	Ellen Aiken	Sr	5'6"
57	Haley Hoium	Jr	5'5"
61	Alexa Akre	Jr	5'7"
62	Grace Backes	So	5'6"
85	Jian Kettunen	Jr	5'4"



HOLY FAMILY CATHOLIC **HOME EDUCATORS**



Omega

City/State: Cincinnati, OH Coach: David Frv

Omega began in 2010 for the Ohio State Championships. This team of homeschooled girls developed from the mixed team Revolution, which has been a part of Youth Ultimate Cincinnati since 2000. Nearly all the Omega girls played in a junior league before they reached high school and now help coach young players. They enjoy playing in tournaments with challenging competition and good spirit of the game. The girls of Omega continue to grow girls' ultimate in Ohio by coaching and mentoring junior girls' ultimate players and teams.

ROSTER

6 12	Hayley Samson Anna Grace	So	5'4"
12	Stephenson	Fr	5'9"
13	Janey Vandegrift	Fr	5'4"
14	Kameron Horn	Fr	5'4"
16	Sara Friemoth	So	5'7"
17	Rachel Monnin	Sr	5'8"
	Sinclair Community Community Community	olleg	е
21	Emma Wilker	Fr	5'2"
22	Teressa Kenny	Fr	5'3"
27	Gracie Francomb	Sr	5'5"
33	Katie Brown	Ĵr	5'6"
42	Lucy Teller	Ĵr	5'5"
47	Ellie Fishlock	Fr	5'4"
49	Emily Dorsey	Jr	5'5"
63	Katherine Fry	Fr	5'1"
81	Holly Koch	Sr	5'8"
01	Franciscan University	0.	0 0
	of Steubenville		
86		Jr	5'8"
88	Kjersti Fry	Sr	5'5"
50	Cedarville	O1	0 0
99	Maddie Samson	So	5'5"
JJ	Madule Jalli3011	00	0 0

HOPKINS HIGH SCHOOL



City/State: Hopkins, MN

Website: hopkinsultimate.com Coaches: Alex Fraser, Jenna Dailey,

Lisa Barnes

Hopkins HERt. Established in 2002. Reborn in 2012. Hearts of fire and competition, souls of spirit. Part of the HURT family of noble warriors, working together to make one another better.

00 3	Lilly Shapiro	So	5'6"
3	Zoe Mosow	Jr	5'5"
4	Sarah Fogel	7th	5'1"
7	Kristina Myankova	Jr	5'8"
8	Samantha Tankenoff	Jr	5'7"
4 7 8 9	Carmen Garrigos	8th	5'7"
13	Noa Parker	Sr	5'5"
14	Claire Smart	Sr	5'5"
16	Winnie Brand	So	5'8"
17	Maddie Ansel	Jr	5'10"
18	Mickela Heilicher	Sr	5'6"
19	Katie Rudelius	So	5'6"
22	Maya Condon	Jr	5'7"
23	Becca Steinman	Sr	5'6"
27	Addie Sedoff	So	5'5"
28	Jordan Shear	Sr	5'3"
83	Kyla Kristal	So	5'4"

JAMES MADISON MEMORIAL HIGH SCHOOL



Spartans

City/State: Madison, WI Coach: Rex Beaber

Until 2013, the James Madison Memorial Girls Spartans was the only girls' high school ultimate team in the state of Wisconsin, having been around since the early 2000s. As such, they've made competition in regional and national tournaments their mainstay. Known for their overwhelmingly positive attitude, the team has won spirit awards at the Denver Invite, Madison MudBath and Easterns in the past three years. When not in games (and sometimes during games), they can be found singing or starting intersquad dance parties.

ROSTER

3	Dina Carpenter-Graffy	Jr	5'8"
4	Taylor Shager	So	5'6"
8	Shelley Bretl	Sr	5'5"
0		JI	JJ
	Wisconsin-La Crosse	_	
13	Gabby Sanchez	Sr	5'4"
	Wisconsin-Milwaukee		
15	Sophia Vaccaro	Fr	5'7"
16	Maddy Green	Jr	5'6"
17	Hannáh Cole	So	5'6"
18	Ankita Jha	Jr	5'6"
31	Emily Hubbard	Jr	5'7"
42	Lexi Amundson	Jr	5'7"
63	Emma Leith	So	5'7"
88	Gratia Maloney	Sr	5'5"
	Wisconsin-La Crosse		
99	Annabelle Sobotik	So	5'6"
00	Tilliabollo dobotill		0

MINNEAPOLIS SOUTH HIGH SCHOOL



South Squall Girls

City/State: Minneapolis, MN Coaches: Maria White, Emily Regan

The South Squall Girls team has been around since 2005. We placed second in the state in 2009 along with winning the Spirit Award. In 2011, there were enough girls for two teams, and we split into varsity and junior varsity. That year, varsity won the State Championship while junior varsity won the Spirit Award. We have always had a competitive team that works hard to battle through the Minnesota elements of rain, snow and wind. We always manage to "Bring the Squall" with us. We look forward to a fun and competitive weekend at Centrals.

3 4	Maya O'Loughlin Cici Donovan	So Sr	5'0" 5'3"
5	Porto Murtinho Bronwyn Earthman Brigie Donovan	Fr So	5'5" 5'3"
5 6 7 8 9	Carly Eckstrom Tova Breen	Jr Fr	5'2" 5'6"
9	Anna Kleven	Şo	5'3"
10 11	Carly Siewert Chloe Coultrip	Jr Jr	5'5" 5'4"
12	Annika Detweiler	Sr	5'4"
13		Sr	5'3"
14	<i>Drake</i> Lydia Detweiler	Jr	5'5"
15	Annika Myers	Sr	5'7"
1.0	Wisconsin	_	F1011
16	Tahlia Simon Rochester	Sr	5'6"
17		Sr	5'3"
18	Guanani	^	F1011
	Gomez-Van Cortright Reed	Sr	5'6"
19	Clarasophia Gust	Jr	5'7"
20	Phoebe Eisenbeis	So	5'5"
23 24	Helen Walz Olivia Katz	Jr Jr	6'0" 5'10"
4	Olivia Natz	J 1	0 10



ROBBINSDALE ARMSTRONG HIGH SCHOOL



AU Gold

City/State: Plymouth, MN

Coaches: Jason Curtis, Melissa Davey

AU (Armstrong Ultimate) is the chemical symbol for gold. You can see this gold splashing out on the jerseys, but it also runs through our veins, driving us to be the best we can, both in play and in spirit! This is the seventh year for Armstrong's girls' team, and the team has made huge strides forward each year.

ROSTER

111	KODILK					
3	Nicole Speak Minnesota	Sr	5'7"			
4	Hailey Weber	So	5'1"			
7	Anastasia Magsig	So	5'4"			
8	Meghan Hayden	Sr	5'3"			
_	St. Benedict's	•	F1011			
9	Julia Roston	So	5'3"			
10	Theresa McNeill	Sr	5'7"			
	St. Thomas					
11	Cameo Mattingly	Fr	5'2"			
12	Leyla Mahabadi	So	5'4"			
14	Sarah Norman	Fr	5'6"			
15	Sarah Coryell	Sr	5'4"			
	St. Scholastica					
16	Hannah Cowan	Jr	5'6"			
18	Ellie Sjordal	Jr	5'5"			
19	Katie Čudo	Jr	5'4"			
21	Gwen Brown	Jr	5'8"			
22	Alina Dain	Sr	5'4"			
	Wisconsin					
32	Kaitlin Lucyk	So	5'7"			
33	Courtney Nelson	Jr	5'5"			
36	Alexandra Schneider	Fr	5'6"			
79	Jesse Spaulding	So	5'8"			
99	Katy Berglund	Jr	5'9"			

SOUTHWEST HIGH SCHOOL



mus

City/State: Minneapolis, MN

Website: southwest.mpls.k12.mn.us/ultimate_

frisbee

Coach: Chris VanHolmes

We are Moose Ultimate Southwest (MÜS), a letter status club at Southwest High School in Minneapolis. We have several volunteer coaches with extensive elite experience and a team of highly motivated captains and players.

Ultimate at Southwest has a strong tradition. We are one of the founding teams of the State League and are always competitive in league play. We focus on the fundamentals and strategies that make our players successful in the game and in life. We compete in Twin Cities Ultimate League, the Minnesota State High School Ultimate League, and in national and international qualifier events.

POSTED

ΛC	BIEK		
1	Alice Altbaum Puget Sound	Sr	5'3"
3 5 7	Ellie McCreary Sophia Morrissette	Fr Fr	5'8" 5'1"
7	Kate Arthur	Sr	5'8"
9	Marquette Ellie Schwob	Fr	5'10'
11	Izzy Carroll	Fr	5'4"
13	Mirabelle Spitzer	Fr	5'8"
13 17	Maya Gotzsche Lewis & Clark	Sr	4'11'
19	Geneva Larche	So	6'1"
24	Ellie Martin McGill	Sr	5'2"
31	Meghan Schwob Minnesota	Sr	6'0"
36		Sr	5'7"

NEUQUA VALLEY HIGH SCHOOL



NV Ultimate - Girls

City/State: Naperville, IL Website: nvultimate.com

Coaches: Jody Kissane, Carol LI, Halley McLean

Neuqua Valley is now in its seventh year as a program. We have grown from just 48 players to now having six boys' teams and one girls' team. The NV Girls team, or Envy, as we call ourselves, has grown to 24 players, and we hope to grow even more next year. We were fortunate enough to only lose three seniors last year, leaving us with a tight-knit core and tons of team chemistry. We hope to continue to help build the girls' ultimate scene in Illinois and foster our love for this amazing sport everywhere we go.

ROSTER

1 5 7 8 9	Molly Frank Mindy Radike Casey Golden	- 1	Fr Fr Fr
7	Megan Halverson		rı Jr
ν	Allison Radike		Sr
9	Stephany	,	וכ
J	Stumphauzer		Jr
10	Lauren Weil		So
11	Kara Coffel		So
13	Mary Sullivan		So
17	Cassie Simchak		Fr
17	Chloe Sabado		Fr
18	Sabrina Salvador		Fr
18	Meg Nair		Fr
19	Kat Sandstrom		Fr
24	Kelly Crowley		Jr
27	Paige Passaro		Sr
28	Annie Wells		Fr
57	Kelly Rusin	(Sr
76	Laura Holland		٩r

77 Maggie Stachewicz



AMES HIGH SCHOOL



City/State: Ames, IA Coach: Joe Wheelock

Parallel: Started in 2008 by David Shirbourn and a group of friends, Parallel has competed in many youth tournaments and helped to grow the ultimate community in Ames. From 2011, Parallel was led by Jack Sanders and Cody Brown, and in 2012, they won their first state championship. Now lead by juniors Peter Miller and Bryan Hall, Parallel returns to their second regional championship.

ROSTER

U	Eli Bratsch-Prince	Jr	510
3	Luke Smith	Jr	5'7"
8	Aaron Marner	Jr	5'11"
13	David Wallace	Jr	6'0"
15	Jack Swanson	Jr	5'9"
17	lan Kolb	Sr	5'10"
	lowa		
18	Rahul Seshappa	Sr	6'2"
	Iowa State		
23	Ben Joerger	Jr	6'3"
34	Ryan Helton	So	6'3"
35	Peter Miller	Jr	5'10"
37	Ben Popken	So	5'10"
52	Bryan Hall	Jr	5'10"
65	Luke Heilman	Jr	5'11"
80	Joey Kosterman	So	5'9"
81	Kyle Schaudt	Jr	5'11"
91	Vincent Montabon	Jr	6'2"

CATHEDRAL HIGH SCHOOL



City/State: St. Cloud, MN

Coaches: Matt Banks, Caleb Jones

Cathedral Ultimate is consistently a top-ranking team in Minnesota and has been around for nearly a decade. Cathedral has produced many great players who have gone on to play at higher levels and take the sport of ultimate further. We have had many high-placing finishes at both state tournaments and past regional tournaments. We want to continue the tradition of playing great ultimate and showing respect for the game as well as for every team we face.

13 14 17 18 19 21 22 24 28 31	Ben Dullinger Jared Funk Michael Maleska	Sr Jr Sr Jr Sr Fr Sr Fr Sr Fr Fr Fr Fr	6'3" 5'10" 5'8" 5'9" 5'9" 5'10" 5'8" 6'2" 5'11" 5'10" 5'8" 6'3" 5'8" 5'8" 5'7"
		Fr	5'7"
34		Jr	5'11"
	Anders Zetterlund	Şr	5'10"
84	Tyler Brott	Fr	5'10"

CENTER GROVE HIGH SCHOOL



Holy Mackerel

City/State: Greenwood, IN

Website: HolyMackerelUltimate.com

Coaches: Jake Phillips, Nick Hutton, Travis Carpenter, Alex Hutton, Keenan Plew, Brian

Story, Nick Marley

Holy Mackerel was founded in 2003 by a casual group of ultimate players and a teacher - Eric Howe. The team was founded on the principal of mutual respect and integrity being of high importance, in a hope to foster our players growth as people, as well as athletes. Since then, we have grown and run a summer league at our high school for students, teachers and alumni and another more competitive league for adults. Our team began its journey winning our state's inaugural championship in 2007. Following that, we finished in second place in 2008, 2009 and 2010. After those defeats, our players were motivated to grow and improve, adding extra practices and conditioning days to our year-round schedule. Since then, we have won the Indiana State Championship three years in a row and are pursuing regional competition to push the Indiana ultimate community forward. At the beginning of our 11th year, we obtained school status as an athletics club.

ROSTER

110) DILLIN		
2	Donovan Triplett	Sr	5'10"
4	Evan Laux Indiana	Sr	6'0"
7	Levi Jacobs IUPUI	Sr	5'8"
8	Dean Balish	Sr	6'1"
10	Connor Halloran	Jr	5'9"
11	Charlie Galoozis	Jr	5'8"
12	Nigel Jackson	Sr	5'10"
13		Jr	6'2"
15	Ron Braun	Jr	5'10"
20	Jackie Humphress	Sr	5'2"
22	Kyle Ries	Jr	5'10"
32	Nick Lucero	Jr	5'10"
33	Phillip Simcox	Jr	6'0"
	Eric Wessel Indiana State	Sr	6'3"
77		Sr	5'10"
92	Josh Nunez IUPUI	Sr	5'11"
99		Sr	5'11"

EDINA HIGH SCHOOL



Green Lantern

City/State: Edina, MN

Website: twitter.com/EdinaUltimate Coaches: Nate Wohl, Stephen Lederman

Edina High School's first ultimate team took the field in 2003. That team made the Minnesota State Championships semifinals; however, that would be as high as Edina would finish for several years. Since then, Edina Ultimate has gone through numerous name changes, but in 2008, captains voted to make a brand. EHS's primary school color being green, the team chose several names relating to that identity. History shows "Green Lantern" was elected over "Gang Green." Since officially becoming Green Lantern, the team has grown each season. This year is the first year Edina fields a 9/10 dynasty team, and our girls' team has great expectations for success as well. In 2013, Lantern finished second in the Minnesota State Championships and second at Hopkins Hustle, not losing to another Minnesota team other than Hopkins. The 2014 varsity team is the most talented squad Edina has ever assembled.

CTTD

ROSTER				
3	Nick Vogt Wisconsin	Sr	6'2"	
5	Tom Rhoades	So	5'10"	
6	Armeen Shahriar Marquette	Sr	5'9"	
7	Danny Langevin	Sr	5'11"	
8	Colorado Alex Ogren	Sr	5'8"	
9	Wisconsin Isaac Chestler	Sr	5'9"	
11	Colorado Tanner Morrison	Ir	6'1"	
17	Mark Harmon Ohio State	Sr	6'1" 5'10"	
19	Griffin Ward Indiana	Sr	6'2"	
21	Joey Schwappach Minnesota	Sr	5'10"	
22	Jesse Marquisee Ohio State	Sr	5'8"	
23 25	Brennan Scott	So	6'2" 6'3"	
25	Alec McFarlane St. John's	Sr	6'3"	
28	Max Martin Hofstra	Sr	5'10"	
29	Sam Huff Iowa State	Sr	5'9"	
46	Joe Lagorio	So	5'9"	
71	Cullen Raasch St. Olaf	Sr	6'0"	
73	Blake Otterlei Gustavus Adolphus	Sr	5'10"	
77	Dom Fulk Indiana	Sr	5'8"	
80	Jay Pederson	Sr	6'0"	
81	Minnesota Drew Otterlei	So	5'8"	
93	Matt Dulas	Sr	6'2"	
99	Northwestern Nick Stastny Alabama	Sr	5'10"	



GENEVA HIGH SCHOOL



City/State: Geneva, IL

Website: twitter.com/VikingsUltimate Coaches: Joe Schoen, Chris Vieau

Vikings Ultimate had its beginnings in 2004, when a group of scholastic bowl students at Geneva High School, over an end-of-the-year dinner at Chili's, told Coach Schoen how they loved playing ultimate. Coach Schoen shared a similar love for the game, and together, they started the first ultimate club at Geneva High School. We played casual pickup ultimate for the first several years, steadily increasing in numbers to a 50+ member club. In the winter of 2009, another ambitious group approached Coach Schoen and told him they wanted to compete with other schools. Those players signed up for the Chicago Invite 2010. From there, a lasting legacy of Vikings Ultimate was born. The 'Vikings' part came from our school mascot, who we represent proudly.

ROSTER

1	Michael Guffey	So	6'3"
5	Michael Wagner	Jr	6'3"
8	Evan Mikos	Sr	6'1"
9	Wes Ruby	Sr	5'11"
10	Matt Nelson	Sr	5'11"
12	Cal O'Connor	Sr	6'3"
16	Alex King	Sr	5'10"
	Adam Turnquist	Ĵr	6'1"
20	Sean Johnston	Jr	6'2"
21	Adam Vial	Jr	6'2"
31	Daniel Guffey	Sr	5'11"
	Jason Soto	Sr	6'1"
44	Ren Henry	Sr	6'1"

HOLY FAMILY CATHOLIC HOME EDUCATORS



Revolution

City/State: Cincinnati, OH Coaches: Steve Conrad, Phil Hale, Scott Bissonnette

Revolution Ultimate has been part of Youth Ultimate Cincinnati since helping to start the league in 2000, which has now grown to 30 teams. Being comprised of players who are home schooled and drawing from a group of only 120 eligible students, Revolution has won every YUC league championship since 2003. In 2005, the team won the first Ohio State Championship and has repeated every year since. In 15 years of playing ultimate, Revolution has competed in eight different states and played teams from 23 states. Revolution is well represented on Cincinnati's YCC teams. We finished first at the 2013 High School Central Championships. The name Revolution came to us our second year as we realized how 'revolutionary' we were to be home-schooled athletes, starting a new league and playing an avant-garde sport with a 'revolving' disc.

10	Spencer Dorhout	Jr	6'3"
11	James Morris	Jr	5'11"
13	Luke Monnin	8th	5'8"
16	Sebastian Kunkel	Fr	5'9"
18	Jack Brink	So	5'10"
20	Mark Schuster	So	5'7"
21	Josiah Kenniv	Sr	5'11"
	Cedarville		
22		Sr	5'10"
	Franciscan University		
	of Steubenville		
23	John Beatrice	Jr	6'1"
24	Jake Kenniv	So	6'2"
30	Jordan Monnin	So	6'2"
39	Nicholas Bissonnette	Sr	6'2"
43	Stephen Kenny	Sr	5'9"
	Cincinnati	-	
89	Evan Bissonnette	So	6'0"
98	Jeremy Bucher	Fr	6'0"

HOPKINS HIGH SCHOOL



City/State: Minnetonka, MN Website: hopkinsultimate.com

Coaches: Erin Mirocha, Lou Abramowski, Dan Hunt

Started in 2002 by Justin Berg and friends, Hopkins Ultimate has become a perennial national contender in high school ultimate. Hurt regularly attends national and international tournaments and has hosted a home tournament (Hopkins Hustle) for the past seven years. Hopkins teaches their players to be noble warriors and to embrace and embody the spirit of the game. At the end of the day, Hurt is a family working together to make one another better.

KC	STER		
2 3 5 7	Bradley Kaplan Liam Bronstein Will Cohen Max Wolk	Jr Jr Jr Sr	5'11" 6'0" 5'5" 6'2"
8	Wisconsin Ben Pavelka Braden Spencer Kansas	So Sr	5'8" 6'0"
11	Jackson Melin	Sr	6'0"
13	Montana Michael Lieberman Wisconsin	Sr	6'0"
15 16 18 20 22 24 26	Trey Taylor Zach Shear Sam Kaminsky Matt Molnar Drew Pearson Spence Boney Ty Lo	Jr So Jr So So Jr Sr	5'8" 5'7" 6'0" 5'8" 5'9" 6'0" 5'7"
31 32	Minnesota-Duluth Jacob Elias Adam Shapiro Minnesota	Jr Sr	5'9" 5'10"
36	Ethan Friedman	Sr	5'10"
44 88	Madison Jonathan Lovagnini Isiah Hansen Air Force	Jr Sr	6'2" 6'3"

JAMES MADISON MEMORIAL HIGH SCHOOL



Memorial Ultimate

City/State: Madison, WI

Website: sites.google.com/site/memorialultimate Coaches: Dan Raabe, Jon Fok, Kevin Orner

Previously known as Midwest Express. Memorial Ultimate began in 1997. In the past, we have traveled to tournaments all over the United States enjoying competition wherever we can find it. We have enioved much success on the field, having won the Wisconsin State Championship six out of the nine vears it has been held.

KODIEK					
Rami Paust	Jr	5'11"			
Ryan Menninga	Jr	6'1"			
Sam Silverberg	Sr	5'9"			
Wisconsin-Eau Claire					
Ben Kishter	So	5'10"			
Ben Schewe	Sr	6'2"			
Wisconsin					
Ben Shovers	Fr	5'9"			
Razi Shofaniye	Jr	5'10"			
Brandon Mueller	Sr	6'2"			
Wyatt Cook Silvern	So	6'2"			
Geordi Haerr-Hartmann	Jr	5'10"			
Nate Larson		5'2"			
Tyler Johnson	Sr	6'0"			
Madison College					
Sam Szotkowski	Sr	6'0"			
Wisconsin					
	Sr	5'9"			
		6'1"			
		6'1"			
	Sr	6'2"			
		5'10"			
		5'4"			
		6'0"			
		5'11			
		5'10"			
	Sr	5'8"			
		6'0"			
		5'11"			
	Sr	5'11"			
St. Norbert					
	Rami Paust Ryan Menninga Sam Silverberg Wisconsin-Eau Claire Ben Kishter Ben Schewe Wisconsin Ben Shovers Razi Shofaniye Brandon Mueller Wyatt Cook Silvern Geordi Haerr-Hartmann Nate Larson Tyler Johnson Madison College Sam Szotkowski	Rami Paust Jr Ryan Menninga Jr Sam Silverberg Sr Wisconsin-Eau Claire Ben Kishter So Ben Schewe Sr Wisconsin Ben Shovers Fr Razi Shofaniye Jr Brandon Mueller Sr Wyatt Cook Silvern So Geordi Haerr-Hartmann Jr Nate Larson Tyler Johnson Sr Madison College Sam Szotkowski Sr Wisconsin Sam Stowers Sr Tulane Adrian Godfrey Jr Paul Slaughter So Brad Gillman Sr Wisconsin Nate Swanson Jr Giovanni Serusi Jr Brian Orcutt-Jahns Jr Joe Venuta III Jr Nick Rieger Jr Sam Brooks Sr Wartburg Amos Kaldor Jr Lan Fitzgerald Fr Reggie Roemer Sr			



MINNEAPOLIS SOUTH HIGH SCHOOL



South Squall Boys Varsity

City/State: Minneapolis, MN

Website: southsquall.wordpress.com Coaches: John Sandahl, John Chandler, Chris York. Martin Lohman

South High Ultimate was founded through the efforts of the lunchtime ultimate crew from 2001 at South High in Minneapolis. Since our first tournament (the first-ever state tournament in Minnesota in 2001), we've continued to build our program. We now boast one of the largest and most consistent programs in the state with both varsity and JV girls' and boys' teams. Our varsity boys' team has finished as high as fifth at the Western Regional Championships, and we've finished second at Minnesota States twice. We're hoping you can bring your best game, so that we might have the honor of learning from you at the same time. S.O.U.F. is our cheer. Feel free to quess what it's all about.

ROSTER

1	Kean Johansen	Jr	5'8"
2	Jakob	L	F:11:
2	McCabe-Johnston	Jr	5'11" 5'5"
3	Klayton Elliott	Jr Jr	5'10"
6	Jojo Baldus Adam Ahmed	Sr	6'1"
U	Minnesota-Duluth	SI	0 1
7	Tim Nelson	Sr	5'9"
/	Bemidji State	SI	3 3
8	Cole Wallin	Jr	6'0"
9	Oscar Leinbach	So	6'0"
10	Will Casperson	Jr	5'9"
	Avery Kojis	Jr	6'0"
12 14	Tyler Thomegreene	Sr	6'0"
14	Minnesota-Duluth	SI	0 0
15	Ezra Bergmann	So	5'4"
16	Riley Siewert	Sr	5'9"
10	Minnesota-Duluth	OI.	5 5
18	Johan Cavert	Jr	5'10"
20	Mitchell Schilling	Ĵr	5'9"
21	Nathan Van Brunt	Fr	5'6"
22		Fr	5'9"
23		So	5'10"
24	Avery Craves	Jr	5'11"

NAPERVILLE CENTRAL HIGH SCHOOL



Redhawks

City/State: Naperville, IL Coaches: Lynne Nolan, Chris O'Hara, Joe Maish, Matt Wenzel

The first Naperville Central High School Ultimate team was formed in 1994-95. We actually hosted one of the first high school ultimate tournaments in Illinois, with six teams participating. Revived in 2001, a combined Naperville North and Central team participated in the Chicago Ultimate Juniors Program for several years until both schools had enough players to field teams.

With the advent of Illinois Youth Ultimate's Chicago High School Ultimate League – West play, the Redhawk program has grown in the past three years from one team to three. We steadily improve in tournament play and finished in the middle of the pack last year at state with nine rookies on the roster. This year, those "rookies" are the core of an emerging team that is athletic and hungry to learn. They continue to develop their individual skills and "team play" concepts. Most of all, they are fun and love the sport. We're here at Centrals to test our skill against the best programs in the region! Let's go Redhawks!

KODILK				
1 Ad 3 Ky 5 Re 11 Da 12 Etl 14 Dr 15 Bil 20 Au 24 Jol 25 Ma 55 Se 73 Pe 77 Ha	Inny Drinkard am Bills lee Hersma leed Hersma lenny Peterson han Werner ew Quiriconi lly Giger stin Werner hn Trowbridge att DeVane ck DeFily th Murawsky ter Ko lining Agandasamy	Jr So Jr Fr Sr So Jr Jr Sr Sr Fr	5'10" 5'7" 5'9" 5'8" 5'10" 5'8" 5'11" 6'6" 6'0" 5'9" 6'0"	
79 Joe	ey Williams	Sr	5'10"	

NEUQUA VALLEY HIGH SCHOOL



NV Ultimate - O

City/State: Naperville, IL Website: nvultimate.com

Coaches: Arnoush Javaherian, Cullen Geppert

Neuqua Valley A is now in its seventh year as a program. We started off with only 48 players in the program but have now grown to over 160 consisting of seven different teams, including one girls' team. We won the Illinois State Championship the last three years, placed 11th at Easterns in 2011, third at Centrals in 2012, and second at Centrals in 2013. This year, we have a new crop of players but continue to show how our program builds great teams.

RC	ROSTER				
3	Karl Beck Illinois State	Sr	5'7"		
6	Jacob Manna Jack Shanahan	Sr Sr	5'9" 6'3"		
10	Illinois State Mike Giere Utah	Sr	6'1"		
12	Jeremy Burril Illinois State	Sr	5'9"		
15	Chad Fahrenbach Western Illinois	Sr	5'7"		
16 17 18	Jake Marrapode Dylan Power	Jr So Sr	6'0" 5'11" 5'10"		
	Chris Oesterreich Illinois State				
20	Nick Pistolis <i>Missouri</i>	Sr	5'8"		
22 24	Parker Alford Dom Peluso <i>lowa</i>	Jr Sr	6'0" 5'7"		
25	Adam Wong <i>lowa</i>	Sr	5'8"		
27	Michael Hannigan	Sr	5'9"		
59	lowa Mike Sandstrom lowa State	Jr	6'2"		
69	Ben Gleason Western Illinois	Sr	6'3"		
77 97	Ben Swiatek Alex Diener	Fr So	5'8" 6'0"		

NEUQUA VALLEY HIGH SCHOOL



NV Ultimate - B

City/State: Naperville, IL Website: nvultimate.com

Coaches: Rob Gross, Jon Ogrodnik

Since its inception, the NV Ultimate program has had a B team, but the team truly took off a year ago when they finished in the top five in the state of Illinois. This is our second appearance at Centrals. NVB lives by four simple rules: 1) Always be improving. 2) Focus on performance over results. 3) When the disc is in the air, it's yours. 4) Always give your best for your club, your teammates and yourself.

4 8 9 10 13	Matt Kwon Aaron Halverson Alex Biskis Jake Kaindl Corey Dufresne Elmhurst	Fr Fr Jr So Sr	5'9" 5'7" 6'0" 5'10" 6'0"
13	Reid Martin	Fr	5'10"
14		Sr	6'0"
	Bradley		
15		Fr	5'8"
22	Thomas Reidy	So	6'2"
22	Adam Rice	Jr	5'9"
23	Adam Gernes	Jr	6'1"
	Alex Jacobson	Fr	5'8"
	Taran Moy	Fr	5'7"
25	Sam Nutt	Jr	5'10"
	Steven Biondo	So	5'7"
44	Michael Nally	Jr	5'10"
47	Ben Sabourin	Jr	5'10"
74	Bill Kellens	Jr	6'0"



PRITZKER COLLEGE PREP



Pritzker Jaguars

City/State: Chicago, IL

Website: facebook.com/JaquarUltimate

Coaches: Matthew McCabe, Richard Schrishuhn

The Pritzker Jaquars team was established in 2011 in Chicago's Hermosa neighborhood. The student population is upwards of 90 percent Latino. It is the first full Latino team in the city of Chicago and was formed from students that had never played ultimate in their lives. This year, we have grown to include a full varsity and JV program. The team ended last season by placing 8th at the Illinois State Championship. In the 2013 and 2012 Chicago Ultimate Juniors Program seasons, the team finished second in the city. The team has participated in the Chicago Invite every year since 2011, finishing in 21st in 2011, 25th place in 2012, and 23rd in 2013. Pritzker also had a chance to play last year at Centrals in Cincinnati and finished 10th.

ROSTER

1	Alfonso Portillo Luis Cerda	So Jr	5'11" 5'7"
7	Custo Ramirez	Sr	5'10"
9	Sostenes Roman Lincoln College	Sr	5'8"
13	Victor Ramirez	Sr	5'7"
16	Juan Renteria	Ĵr	5'10"
17	Carlos Garza	Fr	5'5"
19	Sylvestre Gonzalez	Fr	5'5"
23	Hector Moreno Illinois	Sr	5'8"
25	Jason Flores	Jr	5'8"
27	Ulises Bautista	Fr	5'9"
29	Esteban Perez	So	5'6"
34	Miguel Arzate	So	5'5"
75		So	5'7"
91	Martin Enciso	Sr	5'10"
	Luther		
99	Ioshua Sanahria	lr	5'10

ROBBINSDALE ARMSTRONG HIGH SCHOOL

Falcon Punch

City/State: Plymouth, MN Coach: Carl Nelson

This team has gone through ups and downs, graduating all but three players from its A team two years ago and graduating just one player last year. This year, the A team is solid, comprised of several players who participated in YCC and with everyone playing at a high level of competition.

110	, SILIK		
2	Parker Erickson	Jr	5'5"
4			5'5"
			5'10"
			5'11"
20	Marty Adams	Sr	5'7"
	Minnesota-Duluth		
22	Hutton Adams	Sr	6'2"
	North Dakota		
24	Sean Linc	Sr	5'10"
	Minnesota		
27	Chase Ponsonby	Jr	5'7"
		Sr	5'11"
	Minnesota		
36	Brennan Jaeger	Jr	5'8"
42		Sr	5'8"
		٥.	
44		Jr	6'4"
			5'9"
77	Thomas Norman	Îr	5'9"
	49 1220 222 24 27 28 36 42 44 69	4 Jon Bergly 9 Tom Duret 12 Grant Schroeder 20 Marty Adams Minnesota-Duluth 22 Hutton Adams North Dakota 24 Sean Linc Minnesota 27 Chase Ponsonby 28 Matt Greenstein Minnesota 36 Brennan Jaeger 42 Max Johnson Minnesota 44 Adam Herzuck 69 Cullen Cunningham	4 Jon Bergly Jr 7 Tom Duret Jr 12 Grant Schroeder Jr 20 Marty Adams Sr Minnesota-Duluth 22 Hutton Adams Sr North Dakota 24 Sean Linc Sr Minnesota 27 Chase Ponsonby Jr 28 Matt Greenstein Sr Minnesota 36 Brennan Jaeger Jr 42 Max Johnson Sr Minnesota 44 Adam Herzuck Jr 69 Cullen Cunningham Jr

ST. PAUL CHARTER



Stars

City/State: St. Paul, MN

Website: facebook.com/groups/CharterStars/Coaches: Jake Henderson, Alex Stanislaw

The St. Paul Charter Stars began back in 2006. The ultimate program at Charter has grown from its humble beginnings to producing some fantastic players and great teams. With just about 25 percent of the school population playing ultimate, we have become a perennial contender at the Minnesota State Championships. The Charter community is a community of Stars.

0	Joshua Eufinger	Jr	5'7"
1	Jonah Malenfant	Jr	5'11'
7	Alex Cusick	Jr	5'9"
9	Lucas Bulger	Jr	5'11'
10	Leonardo Keefe	Sr	5'9"
14	David Vazquez-Thorpe	Jr	6'0"
18	Aidan Clements	Jr	6'1"
19	Ben Fjetland-Souza	8th	5'5"
25	Kunle Ajao	Jr	6'0"
32	Jim Kiser	Fr	5'11'
36	Leo Sovell-Fernandez	8th	5'4"
40	Lucas Zimmer	So	5'7"
	Cole Zielske	8th	5'6"
97	Hunter Reeve	Jr	5'7"















HEALTH & 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/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 by 7:30 a.m. each day. Directions to the local hospital can be found in the "Directions" section of this program.

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: usaultimate.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 staterecommended 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.
 - Allow athlete to return to play only with permission from an appropriate health care professional.

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 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 a 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 her good catch. Remark to a teammate that you admire their honesty in calling themselves out of bounds. Look players in the eye and congratulate them when you shake their hands after a game. These small acts boost spirit greatly, a large payoff for little time and effort.

9. IMPRESSIONS LINGER.

Not only does the realization that your actions will be remembered for a long time serve to curb poor behavior, it can also inspire better conduct. Many old-timers enjoy the experience of meeting an elite player who remembers their first rendezvous on the field and recalls the event in detail. A good first encounter with an impressionable young player can have considerable long term positive impact.

10. HAVE FUN.

All other things being equal, games are far more fun without the antipathy. Go hard. Play fair. Have fun.

Special thanks to Eric Zaslow and members of the 2005 Conduct Committee (Jeff Dunbar, Kate Bergeron, Eric Zaslow, Will Deaver) for the development of this document. Adopted by UPA Executive Committee, March 29, 2005.

SPIRIT CIRCLE

USA Ultimate has recommended post-game "spirit circles" to teams at the Youth Club Championships since 2010. It's an idea borrowed from international competitions throughout the ultimate world. For years, American teams have traveled to world championships 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 circle. 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 an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing opponents for what they really are: part of the same community that loves ultimate. Please note that this is not meant to replace other post-game traditions you may have (e.g., cheers, games, photos, gifts or trading gear). Good luck, and please let USA Ultimate staff and other event organizers how it goes!



SPIRIT AWARDS

Following every game, each team will be asked to rate its opponent on a scale of 1-5, with 5 being the highest level of sportsmanship. These ratings will be averaged, and the team in each division with the highest rating will be awarded the Team Spirit Award after their division's finals.

USA ULTIMATE SPIRIT RATINGS GUIDELINES

The ratings are ordered from 5 (indicating the highest level of spirit) through 1 (the lowest level of spirit):

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

INDIVIDUAL AWARDS

Teams are asked to nominate a player from their own team who displays the highest level of spirit. The definition of spirit is up to each team, but should include elements of respect, sportsmanship, leadership, perseverance, intensity, etc. Teams are asked to choose the player whose attitude should be emulated by teammates and admired by opponents. Individual spirit winners will receive a medal and prize disc (courtesy of DISCRAFT). Thanks to Discraft for their support of ultimate and Spirit of the Game!

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.



2014 USA ULTIMATE COACHING CERTIFICATION INFORMATION

During games at USA Ultimate Championship events where field access is restricted, teams with coaching staffs are required to have at least one Level-1 Certified coach or a coach who has attended the USA Ultimate Coaching Ethics Workshop in order for coaching staff to have player-level field access. All coaches must pass an NCSI background check, be current coach-level members of USA Ultimate and must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. All other non-player support staff, with player-level or limited field access, must read, sign and agree to abide by the USA Ultimate Coaching Code of Ethics and Spirit of Coaching Statement. Limits on number of coaches and other non-player support staff will be determined by specific event guidelines.

FOR MORE INFORMATION ON USA ULTIMATE'S SPIRIT OF COACHING OR COACHING CERTIFICATION

Requirements, please contact USA Ultimate Manager of Youth & Education Programs Mike Lovinguth at mike@hq.usaultimate.org, or visit the USA Ultimate website at usaultimate.org.

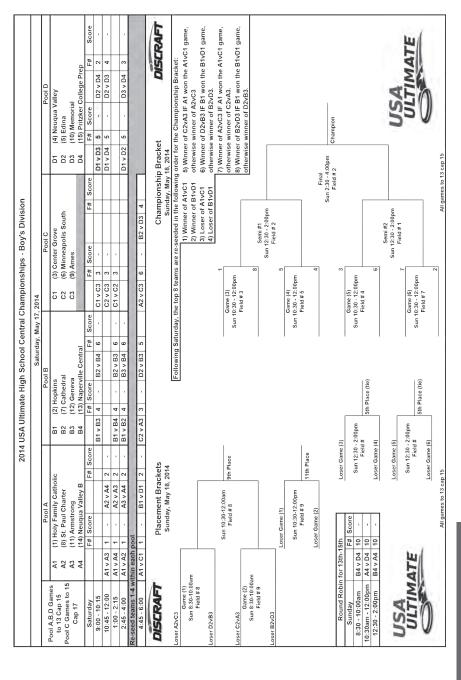
GIRLS' SCHEDULE

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	Pool A Games 11 Cap 13, Pool B Games to 15/17, & Pool C Games to 13/15	П		10:45 - 12:00 A		4:45 - 6:00 A										



SCHEDULES & MAP

BOYS' SCHEDULE





The biggest games from one of the year's biggest events – all broadcast live.

LIVE ON ESPN3 (ALL TIMES EST) Sunday, May 25

12:00pm Women's Semifinal

2:30pm Women's Semifinal

5:30pm Men's Semifinal

8:00pm Men's Semifinal

MONDAY, MAY 26

12:00pm Women's Championship Game

2:30pm Men's Championship Game

TAPE-DELAYED BROADCAST ON ESPNU (ALL TIMES EASTERN)

WEDNESDAY, MAY 28

8:00pm USA Ultimate College

Championships Semifinals

Highlights Show

9:00pm Men's Championship Game

10:00pm Women's Championship

Game

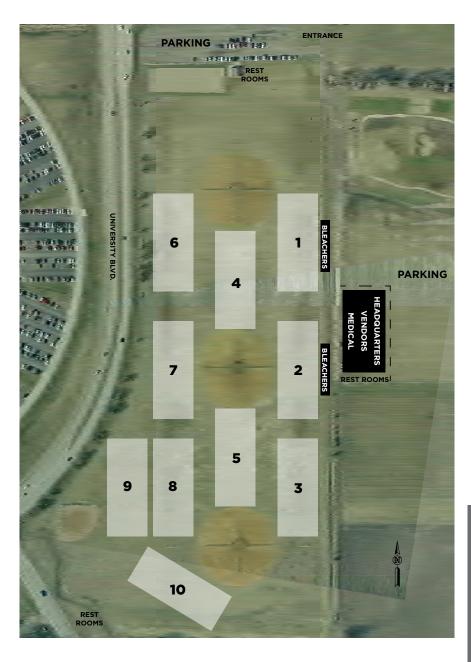






SCHEDULES & MAP

FIELD MAP





CENTER.



Customize your UltraStar with SuperColor center printing. Now USAU championship approved.

