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WELCOME

Dear Athletes:

Congratulations on qualifying for the USA Ultimate Central High School Championships! On behalf of the City of Ames, Iowa Convention Bureau, Iowa State Ultimate Clubs, and the greater Des Moines ultimate community, it is a privilege to welcome you to Centrals 2016!

One of the goals of this tournament is to continue to grow the ultimate community in Iowa. I hope this tournament inspires you to work and train harder to be the best player you can be.

As you look toward the future and begin to make plans after high school, I would encourage you all to continue to play ultimate. As you continue to play, you will grow as an athlete, a teammate, a student and a leader while also learning valuable life skills. Whether the college you end up choosing has a very developed program or they are just starting out, I hope you will continue to improve your skills and the skills of your future teammates.

All in all, I hope you enjoy yourself at this tournament. Play as hard as you can and leave it all on the field. I look forward to meeting you and watching some competitive ultimate.

-Linda Behrer
Iowa State University Woman Scorned
EVENT INFO

FRIDAY, MAY 13 AT GATEWAY HOTEL & CONFERENCE CENTER
7:30 – 9:00 p.m.: Team Registration

SATURDAY, MAY 14 AT IOWA STATE UNIVERSITY SE RECREATION FIELDS
8:00 a.m.: Captains’ Meeting
9:00 a.m. – 6:00 p.m.: Competition Begins
4:30 p.m. – 7:30 p.m.: Meal for athletes, coaches and chaperones; interactive games
6:00 – 7:00 p.m.: Mixed showcase game featuring Iowa (Saucy Nancy and IHUC) v. Iowa State (Woman Scorned and ISUC)

SUNDAY, MAY 15 AT IOWA STATE UNIVERSITY SE RECREATION FIELDS
8:30 a.m. – 2:00 p.m.: Competition Continues
2:30 p.m.: Championship Games
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 light blue 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 Director – Linda Behrer
Volunteer Coordinators – Lana Seiler, Alec Sauerbrei
Hospitality Coordinator – Taylor Arseneau
Logistics Coordinator – Seann DeMaris
Head Scorekeeper – Kate Hunter
Assistant Scorekeepers – Natalie Bidner, Niko Beauchamp, Joel Morton
Local Media Coordinators – Bri Gerke, Crystal Davis

USA ULTIMATE STAFF
Manager – Events – David Raflo
Manager – Youth & Education Programs – Dan Raabe
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!

USA ULTIMATE
COACHING DEVELOPMENT PROGRAM

Five Ultimate is proud to sponsor the 2016 USA Ultimate Coaching Development Program.

PLAY HARD. HAVE Fun.
FIVEULTIMATE

Team@FiveUltimate.com

photo by Billy D Photography
COMPETITION RULES

• USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
  - 20-yard end zones
  - “contact” marking violation call
• All games to 13, point cap at 15.
• Halftime is 5 minutes.
• Each team has two timeouts per half.
• Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
• Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 13, 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 staff, 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.
GET READY FOR SUMMER TOURNAMENTS!

SCREEN PRINT TANKS:
$17 1 COLOR LOGO
ADD #S FOR $3/TANK

REVERSIBLES:
1 COLOR LOGO ON EACH SIDE
ADD #S FOR $7/REVERSIBLE
$20

SPOT SUB TANKS:
1 DESIGN AREA
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FULL COVERAGE DESIGN
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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 in 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.
AMES PARALLEL

Coaches: John Misra
Captains: Joey Kosterman, Ben Popken

Parallel, the Ames High School Ultimate Club, was founded in 2009 by a group of students. We remain a small club with a passion for ultimate. We have been runner-up at the Iowa State Championships for the last four years and placed third last year at Madison Mudbath. We have not done historically well at Centrals, but we plan to come out fighting in 2016.

CATHEDRAL GRIFFIN

SAINT CLOUD, MN

Coaches: Matt Banks
Captains: Riley Braegelmann, Aidan Brew, Grant Marolf
@CthdrlUltimate

Cathedral Ultimate started in 1995 as four mixed teams in St. Cloud who scrimmaged local college teams and each other. In 2003, the first high school team was formed. Since then, Cathedral Ultimate has had a strong tradition in central Minnesota. Cathedral Ultimate is a team consistently playing near the top of the rankings. We have several players who have gone on to play at higher levels. We are a strong supporter of expanding the sport of ultimate in Central Minnesota. We host two tournaments every year, including the Granite City Classic which is one of the longest-running high school tournaments in the state. We have expanded to four teams this year: high school boys, high school girls, high school mixed and middle school mixed.
**BOYS’ TEAMS**

**CENTER GROVE TROJANS**

GREENWOOD, IN

Coaches: Jacob Phillips, Levi Jacobs
Captains: Conner Henderson, Heath Kalaba, Trey Dynes
@CGUltimateClub
centergroveultimateclub.org

Center Grove Trojans, formerly known as “Holy Mack-erel,” is the longest-running and most successful high school team in Indiana – founded in 2003 and crowned state champions six out of nine years. With a focus on community, character and competition, it is our goal to be a champion of youth ultimate for our state and the Midwest and to provide a foundation for our growing statewide ultimate community at the college and club levels. As we find success and alumni move on to the highest levels of play, we are determined to remain humble as a program, with a deliberate focus on effort and attitude, and growing as players and people, regardless of the outcome.

2016’s iteration of our A team is young but harder working and more focused than ever.

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**EDINA GREEN LANTERN VARSITY**

EDINA, MN

Coaches: Nate Wohl, Stephen Lederman, Michael Jordan
Captains: Sam Hammar, Joe Lagorio, Drew Otterlei
@EdinaUltimate
EdinaUltimate.org

The Edina Ultimate program was founded in 2002. The program had some high and low points during the early years. In 2010, a core group of sophomores entered the program with the team’s current head coach, and the program transformed, taking off in popularity within the school and showing success on the field. Every season since, Edina has been one of the top programs in Minnesota and one of the largest programs in the Midwest. Edina produces the most YCC players in the state, and recently, our graduates have gone on to play large roles on elite college and club teams. We pride ourselves on taking successful athletes from other sports, as well as new players, and making them into athletes who are successful in ultimate. Our culture is to have fun, be spirited and prepare our athletes for their future successes in life.
FISHERS, IN
Coach: Will Drumright
Captains: Robby Workman, Justin Abraham
@fishers_ultimate
fishersultimate.com

Fishers Ultimate is a second-year team from Fishers High School. In our first season, we finished fourth in the state of Indiana. We are looking to grow from our first year’s success and improve as a team. Our team nickname is “BAJA.” The name originated because players used to play pick-up ultimate at a field behind Taco Bell.

GREAT RIVER SCHOOL
ST. PAUL, MN
Coaches: Galen Ryan, Jonah Malenfant
Captains: Cole Zielske, Leo Sovell-Fernandez, Ben Fjetland-Souza

We were formerly known as the St. Paul Charter Stars because there were players from multiple charter schools in the past, but the team has boiled down to represent only one school. Now known as Great River Stars, we represent Great River School, a public Montessori school (grades 1-12) with approximately 450 students in the whole school.

With a Big Bang, the universe began. Luminous spheres of plasma churned out the materials we see around us. We are but sentient beings made of stardust roaming our universe, however small, with a mission to create lasting peace. We are the Great River Stars.

ROSTER

FISHERS

0 Matthew Olry Jr 5'10”
1 Devantaye Jones Sr 5'11”
3 Race Ewing So 5’8”
4 Andrew Hudson So 6’5”
5 Robby Workman Jr 5’9”
6 Jacob Beaver So 5’3”
7 Eric Hoy Fr 5’10”
12 Justin Abraham Jr 5’10”
13 Alex Green Jr 5’8”
14 Tyler Stahl Jr 6’0”
15 Mason Schulman Jr 5’11”
17 Adam Wintrow Jr 5’10”
18 Andrew Sin Fr 5’9”
19 Sam Trent Sr 5’8”
20 Lucas Lawyer Jr 6’1”
22 Leo Sovell-Fernandez So 5’6”
7 Sam Thompson Jr 6’0”
8 Diego Luevano-Pappas So 5’9”
9 Kinkaid Kruse-Frink So 5’10”
10 James Kiser Jr 5’11”
12 Alexander Hitchler 8th 5’8”
14 Ezra Scribner-O’Pray Jr 6’0”
17 Evan Anderson Fr 5’8”
18 Mauricio Badillo Moorman 8th 5’9”
20 Jeremy Skoler Jr 5’8”
24 Cole Zielske So 5’9”
26 Ian Bromander So 5’9”
27 Jeremy Rylicki Jr 5’10”
30 Max Iverson So 5’10”
33 Henrik Mikko So 5’8”
39 Ben Fjetland-Souza So 5’8”
44 Connor Alvarez Jr 6’0”
50 Guthrie Pritchard Fr 5’8”
77 Sean Cusick Jr 5’11”
88 Jonathan Madera Jr 6’0”
BOYS’ TEAMS

HOLY FAMILY CATHOLIC REVOLUTION
CINCINNATI, OH
Coaches: Steve Conrad, Phil Hale
Captains: Jordan Monnin, Jake Kenniv

Revolution began in 2000 when a group of homeschooled athletes helped start Youth Ultimate Cincinnati (YUC), which has grown to over 30 teams. Revolution has won every YUC title since 2003 and every state championship since 2005, except for 2011 when we finished second in the last High School Eastern Championship. Over the past several years, Revolution has competed in and won Deep Freeze, Chicago Invite, Paideia Cup and our very own Rivertown Throwdown.

HOPKINS HURT
HOPKINS, MN
Coaches: Lou Abramowski, Greg Cousins
Captains: Zach Shear, Noah Fogel, Alex Campbell

In the 15 seasons of Hopkins varsity boys’ ultimate, they have won eight state championships, four USA Ultimate Championships and two Paideia Cup titles. They pride themselves on being a model program, upholding standards of spirit, displaying sportsmanship and supporting the ultimate community at large. Hopkins also hosts the Hopkins Hustle, one of the premier youth ultimate tournaments in the Midwest.

ROSTER

HOLY FAMILY CATHOLIC

1  Ben Reutener  Jr  6’2”
9  Josh Vietas  Sr  5’9”
11 John Morris  So
12 Brendan Conrad  Fr  6’2”
13 Luke Monnin  Fr  5’10”
15 Nathan Schuster  Fr  5’9”
16 Sebastian Kunkel  Jr  6’0”
18 Jesse Edwards  Sr  6’0”
20 Mark Schuster  Jr  5’10”
24 Jake Kenniv  Sr  6’2”
25 Gabe Dorsey  8th  5’5”
29 Ethan Bissonnette  Sr  6’1”
30 Jordan Monnin  Sr  6’2”
54 Matthew Muldoon  So  6’0”
88 Michael Schuster  Fr  5’7”
89 Evan Bissonnette  Sr  6’1”
98 Jeremy Bucher  Jr  6’1”

HOPKINS

1 Max Seffren  Sr  5’10”
4 Sam Resnick  Jr  5’8”
6 Carl Miller  Sr  6’1”
7 Max Stillman  Sr  5’7”
12 Ben Pavelka  Sr  5’11”
15 Ethan Kadet  So  5’8”
16 Zach Shear  Sr  5’9”
17 Andrew Patel  Sr  5’7”
18 Theo Lentsch  So  5’5”
19 Jacob Borenstein  Sr  6’0”
22 Drew Pearson  Sr  5’8”
23 Alex Campbell  Jr  6’1”
27 Aba Passman  Jr  5’8”
28 Jordan Passman  Fr  5’3”
36 Adam Friedman  Jr  5’5”
42 Ben Cohen  So  5’6”
47 Sam Stillman  Fr  5’7”
50 Noah Fogel  Fr  6’2”
52 Max Wolpert  Jr  5’9”
54 Andrew Fern  Sr  6’0”
55 Evan Segal  So  5’9”
61 Noah Kaplan  Jr  5’9”
81 Alex Condon  So  6’1”

2016 USA ULTIMATE HIGH SCHOOL CENTRAL CHAMPIONSHIPS
IOWA CITY WEST METALLIC WINGS

IOWA CITY, IA
Coach: Colin Lord
Captain: Dillon Crowell
@ICWingUlti

Started in the spring of 2013, Metallic Wings has won the past three Iowa State Championships. The program puts an emphasis on preparing players for the transition to college ultimate.

Our team name and school colors come from our school not wanting to associate with us.

JAMES MADISON MEMORIAL SPARTANS

MADISON, WI
Coaches: Jon Fok, Greg Maddox, Chris Olig
Captains: Paul Slaughter, Ben Kishter, Ryan Yee, Ted Schewe

Madison Memorial has been in existence since 1997. The program, once known as Midwest Express, has participated in Nationals/Easterns/Centrals since 2000 with the exception of two years. The team has always been excited to travel to various parts of the country over the years, from Corvallis, Ore., to Arlington, Va., and places in between. While the team has reverted back to the Spartans, which is the high school team name, the program continues to be one of the best teams in the state of Wisconsin. After placing fifth at Centrals last year, the team is eager to build off that success and looking forward to the competition this year.
MINNEAPOLIS SOUTH SQUALL

MINNEAPOLIS, MN

Coaches: John Chandler, Jacob Salzman
Captains: Oscar Leinbach, Ezra Bergmann, Marco Dregni
@SquallUltimate
southsquall.wordpress.com

Minneapolis South Squall has a long history of being one of the premier teams in Minnesota, dating back to 2001 when the club was founded. Squall has placed in the top 10 at the state championships in all but one year of its history. In recent years, Squall finished seventh (2014) and third (2015) at the Minnesota State Championships, as well as making it to the finals twice (2009, 2012). The name Squall comes from the unpredictable Minnesota weather that has come to define us as a team.

NEUQUA VALLEY NV ULTIMATE A

NAPERVILLE, IL

Coaches: Arnoush Javaherian, Ryan Smith
Captains: Dylan Power, Thomas Reidy, Ben Swiatek
@nvultimate
nvultimate.com

Neuqua Valley A is now in its ninth year as a program. We started off with only 48 players in the program but have now grown to over 200 across seven different teams, including two girls’ teams. We have competed at the elite youth level for several years now and continue to enjoy the competition and teams we face each year. This year, we have a new crop of players but continue to show how our program builds great teams.
BOYS’ TEAMS

NEUQUA VALLEY NV ULTIMATE B

NAPERVILLE, IL
Coaches: Adam Wright, Shane O’Farrell
Captains: Alex Diener, Nick Amendola, Jack Penrose

Neuqua Valley B is a developmental team that prepares each of its players to improve until they are able to compete at the highest levels of high school ultimate.

ROBBINSDALE-COOPER WRENCHBEATERS

NEW HOPE, MN
Coaches: Matt Nelson, Chris Northard, Erik Johnson
Captains: Will Johnson, Kyle DeJesus, Isaac Griffin-Wiesner, Trent Brunner

Our team was formed seven years ago. We are a program that has grown significantly over the past three years in both wins and player numbers. We won our first tournament last year at the Goeke Memorial. Our team name came from finding our hard-work and blue-collar attitude.

ROSTER

Neuqua Valley B

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<th>Pos</th>
<th>Name</th>
<th>Grade</th>
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<td>Ben Diener</td>
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<td>2</td>
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Robbinsdale-Cooper Wrenchbeaters

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St. Paul Central Ultimate started in 2007 when Central and TCA played together as one team. In 2008, Central made the split with TCA, forming the Challenged Penguins. The team had 12 players. They finished 16th in the state with only eight players. In 2009, the team changed its name to Overflow Ultimate and added a few new players. They finished 13th in the state. The team officially became a club in 2010 and renamed itself Revolution Ultimate. Since 2010, Revolution has continued to grow and change. Due to popularity and success on the field, they have grown into a boys’ and a girls’ team, both of which are working to compete more and more each year.

Our name came from the need to evolve past the program we used to be when we were affiliated with York High School. Each of the high schools in Elmhurst (two private, one public) have at least one color represented in our jerseys (red, green, blue). We represent one unified Elmhurst.

ROSTER

St. Paul Central

1 Logan Macgowan  So  6’4”
3 Ben Bushnell  Jr  5’8”
4 Elijah Grow-Hanson  Sr  5’8”
5 Samuel Agnarsson  Sr  6’0”
10 Nelson Moroukian  Sr  5’10”
16 Will Bergstrom  Sr  5’9”
18 Asher Bernick-Roehr  So  5’9”
19 Simon Brooks  So  5’11”
21 Carl Baxter-Zink  So  6’0”
22 Adam Ickler  So  6’0”
23 Cooper Schwartz  Fr  5’8”
27 Lance Xiong  Sr  5’5”
29 Aiden McVey  Sr  6’0”
31 David Shanahan  Minneapolis  Sr  5’10”
40 Jack Dzik  Fr  5’10”
53 Thor Cramer Bornemann  Florida  Sr  5’10”
55 Spencer Warejoncas  Texas Tech  Sr  5’10”
65 Armel Alagbo  Fr  5’8”
72 Michael Brennan  Jr  5’9”
99 Sigurd Ostlie-Olson  Ohio  Jr  6’0”

YORK COMMUNITY

Elmhurst Evolution

00 John Yacko  Jr  5’11”
2 Holt Puckett  Fr  5’8”
3 Joe Brown  Fr  5’7”
6 Nick Soldano  Jr  5’9”
8 Steve Doan  Jr  6’0”
10 Lucas Brush  Sr  6’2”
12 Ryan O’Donnell  Jr  6’1”
15 Andres Perez  Jr  5’10”
18 Evan Haug  Jr  6’3”
19 Ian Smart  So  6’0”
21 Cal Tornabene  Sr  6’4”
22 Quinn Corcoran  Sr  6’1”
23 Jordan Ciccarone  Sr  6’2”
25 Sam Jordan-Wood  Jr  6’2”
26 Jimmy Chaudoin  Jr  6’1”
29 Morgan Gorecki  Jr  5’9”
32 Danny Mendrala  Sr  5’9”
33 Dylan Pozeck  So  6’0”
34 John Carey  Jr  5’6”
42 Calvin Shollenberger  Jr  5’9”
88 Alek Malone  Fr  5’5”
98 Conner Markuson  Jr  5’11”
99 Brandon Parr  Jr  6’2”
CATHEDRAL PHOENIX

SAINT CLOUD, MN

Coaches: Kale Daniel, Raechell Bayerl
Captains: Toni Baynes, Gretchen Curtis
@CthdrlUltimate
cathedralultimate.com

Cathedral Ultimate started in 1995 as four mixed teams in St. Cloud who scrimmaged local college teams and each other. In 2003, the first high school team was formed. Since then, Cathedral Ultimate has had a strong tradition in central Minnesota. Cathedral Ultimate is a team consistently playing near the top of the rankings. We have several players who have gone on to play at higher levels. We are a strong supporter of expanding the sport of ultimate in Central Minnesota. We host two tournaments every year, including the Granite City Classic which is one of the longest-running high school tournaments in the state. We have expanded to four teams this year: high school boys, high school girls, high school mixed and middle school mixed.

GREAT RIVER SCHOOL

GREAT RIVER STARS

ST. PAUL, MN

Coaches: Dave Zdenek, Andrea Christensen, Trevor Ruwitch
Captains: Isabel Olson, Grace Backes, Emma O’Brien

We were formerly known as St. Paul Charter Stars because there were players from multiple charter schools in the past, but the team has boiled down to represent one school only. Now known as Great River Stars, we represent Great River School, a public Montessori school (grades 1-12) with approximately 450 students in the whole school.

With a Big Bang, the universe began. Luminous spheres of plasma churned out the materials we see around us. We are but sentient beings made of stardust roaming our universe, however small, with a mission to create lasting peace. We are the Great River Stars.
GIRLS’ TEAMS

HOLY FAMILY CATHOLIC OMEGA
CINCINNATI, OH
Coach: David Fry
Captains: Sara Friemoth, Hayley Samson, Maddie Samson
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 to 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.

HOPKINS HURT
HOPKINS, MN
Coaches: Dan Martin, Haley Arenson, Jessie Lambert
Captains: Lilly Shapiro, Winnie Brand, Addie Sedoff
HURT stands for Hopkins Ultimate Recreational Team. We have been a club team since starting in 2002 with barely enough girls to make a team. Since then, we have grown dramatically as a club, more specifically a girls’ team. This year, we have the largest amount of girls playing in Hopkins history. With this large amount of girls, we have the ability to participate and compete in many more opportunities than in the past.
MINNEAPOLIS SOUTH
SQUALL

MINNEAPOLIS, MN

Coaches: Maria White, Emily Regan, Cici Donovan, Tobie Miller, Daniel Schmit
Captains: Brigie Donovan, Maya O’Loughlin, Phoebe Eisenbeis
@squallultimate
southsquall.wordpress.com

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.
NEUQUA VALLEY
ENvy
NAPERVILLE, IL
Coaches: Andrew Baginski, Jamie Wolf
Captains: Mindy Radike, Kara Coffel
@NeuquaGirlsUlti
nvultimate.ultimatecentral.com

The NV ultimate program is centered around the idea of family and inclusion of all who wish to participate in the sport of ultimate. The integrity of the game is held in the highest regard. The women’s high school team, eNVy, was started in 2010 and has been a growing force in the ultimate world ever since. Last year’s team won Centrals after competing against many top-level teams in very close and exciting games. This year, eNVy brings a new team of girls. Their minds are set on providing tough and spirited competition to their opponents.

ROBBINSDALE-
ARMSTRONG
GOLD
PLYMOUTH, MN
Coaches: Jason Curtis, Melissa Davey
Captains: Hailey Weber, Leyla Mahabadi, Jesse Spaulding

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 eighth year for Armstrong’s girls’ team, and the team has made huge strides forward each year.

ROSTER
1 Molly Frank Jr 5’3”
4 Tessa Kucharski 8th 5’6”
7 Violet Shamo Sr 5’3”
8 Mindy Radike Jr 5’7”
10 Grace Feehan So 5’5”
11 Kara Coffel Sr 5’4”
12 Allie Swiatek 8th 5’5”
13 Mary Sullivan Sr 5’8”
14 Hailey Shane So 5’4”
16 Kara Garland Jr 5’3”
17 Chloe Sabado Jr 5’3”
18 Sabrina Salvador Jr 5’3”
19 Kat Sandstrom Jr 5’7”
22 Ally Alford So 5’7”
23 Giovi Kelly Jr 5’5”
25 Lindsey Ishman Jr 5’6”
77 Maggie Stachewicz Jr 5’8”
81 Marissa Kucharski Fr 5’5”

SPECTATOR INFO

2016 USA ULTIMATE HIGH SCHOOL CENTRAL CHAMPIONSHIPS

19
GIRLS’ TEAMS

ROBBINSDALE-COOPER CULT
NEW HOPE, MN
Coaches: Sarah Thornburgh, Elle Yesnes, Jeanette Vyhanek, Jeanine Miakotina
Captains: Jessica Halverson, Sofie Fitzsimmons, Jacalyn Gisvold
@CUltimateLT

After attempting to start the team in 2012, Kirsten White successfully formed a girls’ team for Robbinsdale-Cooper High School in the spring of 2013, her senior year. The name CULT, standing for Cooper Ultimate Ladies Team, was suggested in one of the team’s first meetings and instantly caught on. During its first season, the team was coached by Jordan Norcutt, who helped lay the groundwork for the team’s success today. Many of the athletes who played for CULT in its inaugural year are now seniors and have seen the team grow in size and talent every season. In the beginning, the team played in the second tier at the Minnesota State High School Championships and, in 2015, broke seed in the first tier. In 2016, CULT hopes to continue to rage and have its best season yet.

STOUGHTON VIKINGS
STOUGHTON, WI
Coaches: Fran Kelley, Vanessa Thibado, Claire Kelley
Captains: Gracia Nauman, Sophie Pitney
@SHSUltimate

The Lady Vikings of Stoughton High School have been shaping the program for about three years. In 2014, we had a handful of girls playing with our open team. In 2015, we had a combination team with another local high school, and by 2016, we had enough interest to have our very own team. We are blessed to have girls with a lot of different backgrounds coming together to share the fun of the sport of ultimate and are extremely excited to get to compete against regional competition at Centrals.

ROSTER

ROBBINSDALE-COOPER CULT
3 Corina Machado Sr
5 Gracie Velasco Jr
7 Dani Dahlseid Fr
11 Erin Marshall So
13 Mary Knudson Sr
14 Allison Urevig Sr
17 Jodi Spencer Sr
18 Sarah Halverson Fr
20 Sofie Fitzsimmons Sr
29 Jane Kruskop Sr
30 Eliza Schmitt So
34 Lily Perkins Fr
39 Jessica Halverson Sr
Minnesota
75 Lucy Weld Fr
95 Jacalyn Gisvold Jr
98 Brie Max Sr

STOUGHTON VIKINGS
3 Maria Silva Jr 5’2”
8 Madi Bonebright Fr 5’4”
13 Athena Gates Sr 5’5”
Wisconsin-Stevens Point
14 Alex Asleson Sr 5’7”
15 Ken Silbaugh Jr 6’0”
16 Chloe Silbaugh Fr 5’8”
19 Hannah Wood Sr 5’5”
Minnesota
21 Julia Olson Sr 5’7”
Oregon
22 Sophie Pitney Sr 5’2”
26 Anna Callahan So 5’6”
30 Katie Iverson Fr 5’4”
31 Liz Auby Sr 5’6”
Colgate
32 Gracia Nauman Sr 5’8”
Wisconsin-Stevens Point
45 Colena Sankbeil Jr 5’2”
50 Bella Lenz Jr 5’10”

2016 USA ULTIMATE HIGH SCHOOL CENTRAL CHAMPIONSHIPS
GIRLS’ TEAMS

ST. PAUL CENTRAL REVOLUTION
SAINT PAUL, MN

Coach: August Brown
Captains: Eleanor Heberlein, Hannah Mayhew
@RevUltimate
sites.google.com/site/centralrevolution

St. Paul Central Ultimate started in 2007 when Central and TCA played together as one team. In 2008, Central made the split with TCA, forming the Challenged Penguins. The team had 12 players. They finished 16th in the state with only eight players. In 2009, the team changed its name to Overflow Ultimate and added a few new players. They finished 13th in the state. The team officially became a club in 2010 and renamed itself Revolution Ultimate. Since 2010, Revolution has continued to grow and change. Due to popularity and success on the field, they have grown into a boys’ and a girls’ team, both of which are working to compete more and more each year.

ROSTER

<table>
<thead>
<tr>
<th></th>
<th>Name</th>
<th>Grade</th>
<th>Height</th>
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<tbody>
<tr>
<td>3</td>
<td>Hannah Mayhew</td>
<td>Sr</td>
<td>5’7”</td>
</tr>
<tr>
<td>4</td>
<td>Sally Hand</td>
<td>So</td>
<td>5’6”</td>
</tr>
<tr>
<td>6</td>
<td>Ellen Gee</td>
<td>Sr</td>
<td>5’0”</td>
</tr>
<tr>
<td>10</td>
<td>Emma Church</td>
<td>Sr</td>
<td>5’4”</td>
</tr>
<tr>
<td>11</td>
<td>Eleanor Heberlein</td>
<td>Sr</td>
<td>5’5”</td>
</tr>
<tr>
<td>12</td>
<td>Ellie Casement</td>
<td>So</td>
<td>5’7”</td>
</tr>
<tr>
<td>14</td>
<td>Clara Mack</td>
<td>So</td>
<td>5’4”</td>
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<tr>
<td>15</td>
<td>Mei Hecht</td>
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<tr>
<td>17</td>
<td>Audrey McCarthy</td>
<td>Sr</td>
<td>5’8”</td>
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<tr>
<td>20</td>
<td>Madeline Timm</td>
<td>Jr</td>
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<tr>
<td>24</td>
<td>Bryn King</td>
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<tr>
<td>25</td>
<td>Dana Fried</td>
<td>Fr</td>
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<tr>
<td>26</td>
<td>Sierra Hinze</td>
<td>So</td>
<td>5’5”</td>
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<tr>
<td>32</td>
<td>Annika Peterson</td>
<td>Jr</td>
<td>5’6”</td>
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<tr>
<td>33</td>
<td>Juliet Olson</td>
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<tr>
<td>34</td>
<td>Olivia Persson</td>
<td>Jr</td>
<td>5’7”</td>
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<td>35</td>
<td>Abby Celander</td>
<td>Fr</td>
<td>5’2”</td>
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<tr>
<td>37</td>
<td>Aaisha Abdullahi</td>
<td>Sr</td>
<td>5’8”</td>
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<td>42</td>
<td>Rosy Weber</td>
<td>Jr</td>
<td>5’3”</td>
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<td>44</td>
<td>Alaina Portoghese</td>
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<tr>
<td>45</td>
<td>Ellen Yuska</td>
<td>Sr</td>
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</tr>
<tr>
<td>56</td>
<td>Natalie Ierien</td>
<td>So</td>
<td>5’6”</td>
</tr>
<tr>
<td>73</td>
<td>Annalena Klee</td>
<td>Jr</td>
<td>5’8”</td>
</tr>
<tr>
<td>86</td>
<td>Blia Yang</td>
<td>So</td>
<td>5’4”</td>
</tr>
<tr>
<td>88</td>
<td>Frankie Čerkvenik</td>
<td>So</td>
<td>5’4”</td>
</tr>
</tbody>
</table>
HEALTH AND SAFETY

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. Directions to the local hospital can be found in prior pages 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 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 three 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.
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!
Don't tell your friends how good you are—show them

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sales@ultiphotos.com
# Boys' Schedule

## 2016 USA Ultimate High School Central Championships - Boys' Division

**Saturday, May 14, 2016**

<table>
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<tr>
<th>All Games to 13</th>
<th>Pool A</th>
<th>Pool B</th>
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<tbody>
<tr>
<td>A1 (1) Edina</td>
<td>B1 (2) Holy Family Catholic</td>
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<tr>
<td>A2 (8) James Madison Memorial</td>
<td>B2 (7) Robbinsdale-Cooper</td>
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<tr>
<td>A3 (12) Cathedral</td>
<td>B3 (11) Fisher</td>
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<tr>
<td>A4 (13) Ames</td>
<td>B4 (14) York</td>
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<td>10:45 - 12:00</td>
<td>A1</td>
<td>A3</td>
<td></td>
<td>A2 v A4</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td>1:00 - 2:15</td>
<td>A1</td>
<td>A4</td>
<td></td>
<td>A2 v A3</td>
<td>3</td>
<td>-</td>
</tr>
<tr>
<td>2:45 - 4:00</td>
<td>A1</td>
<td>A2</td>
<td></td>
<td>A3 v A4</td>
<td>3</td>
<td>-</td>
</tr>
</tbody>
</table>

Re-seed teams 1-4 within each pool

| 4:45 - 6:00     | 2A  | v 3D | 5  | -   | 2B v 3C | 4  | -   | 2C v 3B | 7  | -   | 2D v A3 | 3  | -   |

### Consolation Bracket
**Sunday, May 15, 2016**

- **Loser 2Bv3C**
  - 8:30am-10:00am Field # 9

- **4A Loser 2Cv3B**
  - 8:30am-10:00am Field # 10

- **4D Loser 2Dv3A**
  - 8:30am-10:00am Field # 1

- **4C Loser 2Av3D**
  - 8:30am-10:00am Field # 8

- **4B Loser 4Av2B/3C**
  - 12:30-2:00pm Field # 7 13th Place (tie)

- **Loser 4Dv2C/3B**

- **Loser 4Cv2D/3A**
  - 12:30-2:00pm Field # 8 13th Place (tie)

- **Loser 4Bv2A/3D**

Consolation games to 13, cap 15
You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

### 2016 USA Ultimate High School Central Championships - Boys' Division

**Saturday, May 14, 2016**

<table>
<thead>
<tr>
<th>Pool C</th>
<th>Pool D</th>
</tr>
</thead>
<tbody>
<tr>
<td>All Games</td>
<td>C1 (3) Neuqua Valley A</td>
</tr>
<tr>
<td>to 13</td>
<td>C2 (6) Minneapolis South</td>
</tr>
<tr>
<td>Cap 15</td>
<td>C3 (10) Iowa City West</td>
</tr>
<tr>
<td>to 13</td>
<td>C4 (15) St. Paul Central</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Saturday</th>
<th>#</th>
<th>Score</th>
<th>Score</th>
<th>Bye</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:00 - 10:15</td>
<td>C1 v C3</td>
<td>10</td>
<td>-</td>
<td>D1 v D3</td>
</tr>
<tr>
<td>10:45 - 12:00</td>
<td>C1 v C4</td>
<td>10</td>
<td>-</td>
<td>D1 v D4</td>
</tr>
<tr>
<td>1:00 - 2:15</td>
<td>D3 v D4</td>
<td>10</td>
<td>-</td>
<td>D1 v D2</td>
</tr>
<tr>
<td>2:45 - 4:00</td>
<td>C1 v C2</td>
<td>10</td>
<td>-</td>
<td>C3 v C4</td>
</tr>
</tbody>
</table>

**Re-seed teams 1-4 within each pool**

**4:45 - 6:00**

### Championship Bracket

**Sunday, May 15, 2016**

- **1A**
  - Winner 2Cv3B
  - 10:30-12:00pm
  - Field # 6

- **1B**
  - Winner 2Av3D
  - 10:30-12:00pm
  - Field # 2

- **1C**
  - Winner 2Av3A
  - 10:30-12:00pm
  - Field # 1

- **1D**
  - Winner 2Dv3A
  - 10:30-12:00pm
  - Field # 10

- **Semifinal 1**
  - 12:30-2:00pm
  - Field # 6

- **Semifinal 2**
  - 12:30-2:00pm
  - Field # 2

- **Finals**
  - 2:30-4:00pm
  - Field # 6

- **Champion**

- **Loser 1Av2B/3C**
  - 12:30pm-2:00pm
  - Field # 10

- **Loser 1Bv2A/3D**
  - 12:30pm-2:00pm
  - Field # 1

- **5th Place (tie)**
  - **Loser 1Cv2D/3A**
  - **Loser 1Dv2A/3D**
## GIRLS’ SCHEDULE

### 2016 USA Ultimate High School Central Championships - Girls’ Division

**Saturday, May 14, 2016**

**Pool A**

<p>| | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
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</thead>
<tbody>
<tr>
<td>9:00 - 10:15</td>
<td>A1 v A5</td>
<td>6</td>
</tr>
<tr>
<td>10:45 - 12:00</td>
<td>A1 v A2</td>
<td>6</td>
</tr>
<tr>
<td>1:00 - 2:15</td>
<td>A2 v A5</td>
<td>6</td>
</tr>
<tr>
<td>2:45 - 4:00</td>
<td>A1 v A4</td>
<td>6</td>
</tr>
<tr>
<td>4:45 - 6:00</td>
<td>A1 v A2</td>
<td>6</td>
</tr>
</tbody>
</table>

Re-seed teams within each pool for Sunday play.

### Consolation Bracket

**Sunday, May 15, 2016**

- **4A**
  - Game (1) 8:30 - 10:00am
  - Field # 4

- **5B**
  - Game (5) 10:30 - 12:00pm
  - Field # 4

- **5A**
  - Game (2) 8:30 - 10:00am
  - Field # 5

- **4B**
  - Game (6) 10:30 - 12:00pm
  - Field # 5

- **L(1)**
  - Game (7) 12:30 - 2:00pm
  - Field # 5

- **L(2)**
  - Game (8) 2:30 - 4:00pm
  - Field # 6

**Consolation games to 13 cap 15**
You can keep up with the schedule and current scores in the Events section of the USA Ultimate mobile app.

### 2016 USA Ultimate High School Central Championships - Girls’ Division

**Saturday, May 14, 2016**

<table>
<thead>
<tr>
<th>Pool</th>
<th>Team 1</th>
<th>Score</th>
<th>Team 2</th>
<th>Score</th>
</tr>
</thead>
<tbody>
<tr>
<td>B1</td>
<td>B1</td>
<td>2</td>
<td>B3</td>
<td>1</td>
</tr>
<tr>
<td>B2</td>
<td>B1</td>
<td>2</td>
<td>B4</td>
<td>1</td>
</tr>
<tr>
<td>B3</td>
<td>B2</td>
<td>2</td>
<td>B4</td>
<td>1</td>
</tr>
<tr>
<td>B4</td>
<td>B2</td>
<td>2</td>
<td>B3</td>
<td>1</td>
</tr>
</tbody>
</table>

Reseed teams within each pool for Sunday play.

---

**Championship Bracket**

**Sunday, May 15, 2016**

1A

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

3A

- Game (3): 8:30-10:00am Field #7

2B

- Game (8): 10:00am-12:00pm Field #3

1B

- Game (16): 12:30-2:00pm Field #3

Final

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

Champion

- L(7)

3rd Place

- L(8)
Catch the semifinals and finals, all streamed live from Raleigh, N.C., on Sunday, May 29, and Monday, May 30.

CHECK OUT USAULTIMATE.ORG OR ESPN3.COM FOR BROADCAST TIMES

Then watch the Semifinals Highlights Show and both the Men’s and Women’s Championships games on ESPNU on Wednesday, June 1.
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