





# SAVAGE

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Join USA Ultimate and the international ultimate community  
**July 1-4, 2016 in Kingston, R.I.**, for the fifth annual U.S. Open  
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2016 SouthernHS\_r3.indd 2

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# WELCOME

Dear Athletes:

On behalf of the Atlanta Flying Disc Club (AFDC), Meet College Park Visitors' Bureau and the ATL Airport District, I am delighted to welcome you to the 2016 USA Ultimate Southern High School Regional Championships! Our tournament venue, Georgia Sports Park in College Park, has been the site for numerous USA Ultimate championship events at the high school, college and club levels. AFDC is very pleased to be hosting the fifth and final Southern here at Georgia Sports Park this weekend.

College Park, in the ATL Airport District, is conveniently located just west of Atlanta's Hartsfield-Jackson Airport and is home to the Dick Lane Velodrome and the Delta Flight Museum. Tournament visitors will find they are only a short MARTA rail or car ride to Atlanta and a variety of sites of interest, such as the Georgia Aquarium, the Coca-Cola Museum, the Center for Civil and Human Rights, the Atlanta Botanical Garden, the Martin Luther King Center, the High Museum of Art, the Atlanta History Museum, the College Football Hall of Fame and more. From walking on the Atlanta Beltline Trail through Atlanta's urban neighborhoods to taking a ride on SkyView, a 200-foot tall ferris wheel near Centennial Olympic Park in downtown Atlanta, there are many ways to see the city and many things to do in the ATL.

Featured in this year's Southern will be 16 boys' teams and 13 girls' teams from the region stretching from Maryland to Texas. Many of these teams will be returning from last year, including the girls' division champion, Paideia, from Atlanta, and the boys' division champion, Carolina Friends School, from Durham. Several teams will be competing in their first USA Ultimate championship event. We wish the best of luck to all the teams and extend sincere thanks to the players and coaches who continue to support and develop high school ultimate.

Food trucks will be on hand Saturday and Sunday with hearty and healthy menu options for players and fans alike, and a local food and fruit stand will also set up at GSP. Following play Saturday, a tournament cookout dinner will be provided for teams. During dinner, players will also enjoy a showcase game featuring some of Atlanta's best club ultimate players from Chain Lightning, Ozone, Bucket and other local teams, many of whom coach youth teams, conduct youth clinics and organize leagues for AFDC.

Events like the High School Southern Championships only happen with lots of volunteers. Volunteers set up fields, keep score, fill water coolers, set up tents, help serve food and run many errands before and throughout the tournament. Please acknowledge their hard work and dedication to supporting the sport of ultimate. Please say thanks when you see a volunteer.

As the USAU High School Regional Championship series comes to a close, we wish to thank USA Ultimate, the host communities of Chattanooga, Charlotte, Greenville and Winston-Salem, and all the participating teams in the region for making High School Southern successful and memorable over the past four years. We strive to make the fifth and final Southern a premiere championship tournament event on par with the rest!

Have a great weekend!

Chad Borer

Tournament Director and the Atlanta Flying Disc Club





# 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 2016 USA Ultimate Coaching Development Program.

**PLAY HARD. HAVE FUN.**  
**FIVEULTIMATE**

Team@FiveUltimate.com



photo by Billy D Photography





# WEEKEND OVERVIEW

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## FRIDAY, MAY 13, AT HAMPTON INN & SUITES ATLANTA AIRPORT WEST

7:00pm – 9:00pm: Team Registration

## SATURDAY, MAY 14, AT GEORGIA SPORTS PARK

8:00am: Captains' Meeting

9:00am – 6:00pm: Game Play

4:30pm – 7:00pm: Dinner and showcase game featuring players from Chain Lightning, Ozone, Bucket and more

## SUNDAY, MAY 15, AT GEORGIA SPORTS PARK

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

2:30pm: 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

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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:

## EVENT STAFF

Tournament Director – Chad Borer

Volunteer Coordinator – Robert Lawrence

Head Scorekeeper – Mark Swanson

Assistant Scorekeepers – Jin Lee, Megan Rizzo

Local Media Coordinator – Amy Maynard

Hospitality Coordinator – Kim Di Francesco

## USA ULTIMATE STAFF

Manager – Competition & Athlete Programs – Connor Maloney

Managing Director – Competition & Athlete Programs – Will Deaver





2016



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# 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 except Girls’ Pools B, C, and D games to 15/17.
- 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

Make sure your teammates know and follow the site rules:

- **NO ALCOHOL OR TOBACCO!**
- **NO ATHLETES, COACHES OR SPECTATORS ARE ALLOWED IN THE BUFFER AREAS BETWEEN ULTIMATE FIELDS!**
- **NO GLASS CONTAINERS!**
- **NO PETS!**
- **NO GUM!**
- **NO WEAPONS OR FIGHTING!**
- **LANGUAGE** - This is a youth facility and overall a family environment. Please keep this in mind when doing team cheers, etc.
- **TRASH AND RECYCLING!** Place recyclables in the recycling receptacles and place trash in the trash. Keep your sidelines clean.
- **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.

### HOW TEAMS CAN HELP KEEP GSP’S FIELDS IN GOOD CONDITION:

- Do Not Warm Up in the Heavy Traffic Areas. Most people probably do not realize the amount of damage done to natural grass soccer fields during pre-game warm-up routines. Many pre-game warm-up routines have a concentrated amount of foot traffic and a high repetition of movement in a small area that causes much more damage to the grass than normal wear from games.
- To keep grass alive on the entire field, warm-up routines and practice drills should be done in the corner areas of the soccer fields.
- Extremely damaging activities like “line drills” or “ladder drills” should always be done off of the fields.
- Soccer goal areas are the parts of the fields where it is most difficult to keep grass alive, and these areas should be off limits for everyone, except for games. That means there should be limited or no pre-game drills if at all possible, and definitely no free play from players or fans in those areas.
- Please help keep the park beautiful by putting litter in its place. Sunflower seeds should be spit in a cup. The salt is harmful to the soil, and grass will not regrow in those spots. Some types of beverages, like coffee and soda, can leave dead spots too.

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



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# ULTIMATE IN 10 SIMPLE RULES

---

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

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

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

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

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

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

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

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

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

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



# BOYS' TEAMS



## BETHESDA- CHEVY CHASE BARONS

### BETHESDA, MD

Coach: Andrew Nguyen

Captains: Kevin Versteeg, Ben Weinstein, Florence Brooks, Oren Lieber-Kotz

@BCCUltimate



B-CC has had an established ultimate team for over 10 years, and we became competitive about three years ago. Since then, we have been a dominant force at the Maryland State Championships, coming in second one year and winning for the past two years. Recently, we have been dedicated to trying to grow as a team and program, through heavy recruiting around our school and participating in more high-level tournaments.

### ROSTER

1	Grace Alston	So	5'4"
2	Thomas Gerard	Jr	5'9"
7	Theo Gonzalez-Tapley	Jr	6'0"
8	Ben Weinstein	Sr	5'6"
	<i>Richmond</i>		
10	Calvin Burns	Jr	5'8"
12	Sam Klueter	Jr	5'9"
15	Florence Brooks	Sr	5'2"
	<i>North Carolina</i>		
22	Theo Kerr	So	6'0"
23	Paul Griminger	Jr	5'7"
32	Sasha Frank-Stempel	Fr	5'4"
34	Zakri Siegel	Jr	5'8"
35	Oren Lieber-Kotz	Jr	5'9"
42	Ezra Schwartz	Sr	6'0"
	<i>Reed</i>		
48	Adam Park	So	5'6"
51	Kevin Versteeg	Sr	5'9"
	<i>James Madison</i>		
77	Nicolas Leitmann	Sr	6'0"
	<i>Washington</i>		

## BLACKMAN HIGH SCHOOL A

### MURFREESBORO, TN

Coaches: Robby Owen, Monty Waldron, Trevor Dehm-low, Brian Niles

Captains: Grant Waldron, Joey Brown

@BlackmanULTI



We were started by students in 2008. Tennessee State Champs last year. Our program and its alumni are responsible for starting five ultimate programs at other schools, founding three leagues and three club teams, including helping launch the Nashvillains YCC program. We are proud of our first WJUC player this year, Grant Waldron. We are honored to get to be a part of Southerns again this year and love all of our opponents.

### ROSTER

0	Jonny Anderson	Sr	5'11"
	<i>Motlow</i>		
2	Drew Wade	Sr	6'1"
	<i>Tennessee Tech</i>		
3	Joey Brown	Sr	5'3"
	<i>Tennessee-Chattanooga</i>		
4	Grant Waldron	Sr	5'10"
	<i>Middle Tennessee State</i>		
5	Collin Pelletier	Sr	5'9"
	<i>Tennessee-Chattanooga</i>		
7	Nate Niles	Fr	5'10"
13	Brian Vilayphanh	Sr	5'8"
	<i>Tennessee-Chattanooga</i>		
22	Tyler Forsberg	Sr	6'0"
	<i>Tennessee</i>		
23	Michael Harris	Sr	6'2"
	<i>Tennessee</i>		
27	Tanner Niles	Sr	5'10"
	<i>Motlow</i>		
40	Reid Boyd	Fr	5'11"
42	Tyler Crockett	Jr	5'9"
43	Blake Hagan	Sr	5'10"
	<i>Tennessee</i>		
47	Ethan Boyd	Sr	5'9"
	<i>Tennessee-Chattanooga</i>		
50	Austin Forsberg	Jr	6'0"
51	Michael Rowe	Jr	5'8"



# BOYS' TEAMS



## CARDINAL GIBBONS CRUSADERS

### RALEIGH, NC

Coaches: Ian Pratt, Mark Tawater

Captains: Luke Chaput, Brian Davis, Ian Wirth



Cardinal Gibbons has the oldest continually operative high school ultimate program in the state of North Carolina. Gibbons has won the state championship tournament three times: 2001, 2002 and 2011. Gibbons has also won or placed highly in numerous regional and local tournaments, including Tidewater Tune-Up, Deep Freeze and Terminus (placing fifth most recently in 2016). Gibbons was a founding member of both the Triangle High School Ultimate Association (2004) and the Triangle Youth Ultimate League (2009).

### ROSTER

6	Alexander Madormo	So
9	Aiden Clabby	Fr
10	Jake Cheatham	Sr
11	James Abate	Fr
12	August Boge	So
13	Ben Colon-Emeric	So
14	Dalton Buckley	Fr
16	Josh Dombkowski	Fr
17	Drew Dunphy	So
20	Stephen Godwin	Fr
21	Ben Campbell	Jr
22	Blake Flournoy	Jr
24	Michael O'Neill	So
25	Brendan Goodrich	Fr
26	Alex Scott	Sr
27	Patrick Grossheim	So
28	Quentin Sieredzki	So
30	Holden Schachte	Fr
31	Quinn Whitehead	So
32	Andrew Miskimon	Fr
33	Ramon Terrero	Jr
34	Chris Nguyen	Fr
35	Ian Wirth	Sr
37	Zach Steffans	Jr
41	Leighton Whitehead	Sr
42	Brian Davis	Sr
48	Santiago Velosa	Jr
52	Thomas Schiltz	So
62	Luke Chaput	Sr
67	Matthew Skiko	Sr
95	John Benson	Jr
96	Ethan Ylizarde	So

SPECTATOR INFO

## CAROLINA FRIENDS FIGHTING QUAKERS

### DURHAM, NC

Coaches: Augie Kreivenas

Captains: Dillon Lanier, Conor Chickos, Liam Searles-Bohs  
@CFSUlti

facebook.com/515910541841213



The Carolina Friends Fighting Quakers ironically adopt their name from the peaceful nature of Quaker spirit.

This team has been fighting strong ever since the mid-80s and continues to grow stronger year after year. Through focus, effort and courage, this program has reached great heights over the past few years. Being in the Triangle Area of North Carolina with many strong teams has helped them grow in every aspect of the game. CFS has attended every Southern Regional Championship, starting in 2012 when they were virtually unknown, to now being the two-time defending champions. Hopefully with their great spirit and love of the game, they will have a great weekend.

### ROSTER

0	Conor Chickos	Sr
	<i>North Carolina State</i>	
1	Filiberto Espinosa-Cruz	Sr
	<i>Goucher</i>	
2	Ben Westlund	So
3	Luke Morton	So
8	Daniel Berenfield	So
9	Aaron Wynmor	Jr
10	Nick Tansey	Jr
11	Ben Hodgins	Fr
12	Liam Searles-Bohs	Jr
13	Sam Phelps	Jr
14	Dillon Lanier	Sr
	<i>Carleton College</i>	
18	Jack St. Clair	Sr
20	Jacob Zurbuch	Sr
	<i>North Carolina</i>	
21	Ben Alexander	Jr
22	Seth Lee	Jr
27	Jason Manning	Fr
43	Tim Bliss	Jr
44	André Maillard	So
50	Jake Taylor	So
51	Kevin Pignone	Fr
52	Anderson Proescholdbell	Fr
58	Simon Covington	Fr
66	Jackson Meisner	Fr
72	Ian Marks	Jr
75	Peter Johnson	So
83	Daniel Johnson	Sr
	<i>North Carolina</i>	
88	Soren Emerson	Jr
99	Roy Farrell	So



# BOYS' TEAMS



## CARRBORO CLAMS

### CHAPEL HILL, NC

Chapel Hill, NC

Coaches: Britta Jones, Patrick Welsh, Schuyler Kylstra

Captains: Dean Merritt, Yuma Kobayashi, Jonah Kadens

@carrboroclams



The Carrboro Clams were founded in 2009 with a coach-to-player ratio of 1:1. Past Clams have graduated onto starting lines on college teams including North Carolina, Elon, North Carolina State, North Carolina-Asheville, Davidson and NYU. Our charismatic aquatic family, aka ClamFam, includes our B team, the Mussels, and the Carrboro Koi (#keepinitkoi). Once a Clam, always a Clam. #onthehalfshell

### ROSTER

0	Daniel Caruso	Jr	5'11"
2	Owen Welsh	So	5'11"
6	Ben Heuser	Jr	5'10"
8	Andrew Rento	Sr	5'10"
	<i>North Carolina</i>		
10	Matas Zdanavicius	Sr	6'1"
	<i>Appalachian State</i>		
14	Jonah Kadens	Jr	5'8"
17	Caleb Bollenbacher	Jr	5'8"
19	Matthew Singleton	Jr	6'0"
24	Neel Herfarth	Sr	6'0"
	<i>North Carolina</i>		
27	Henry Sawyer	Jr	6'0"
28	Arthur Bentulan	Sr	5'7"
	<i>East Carolina</i>		
32	Yuma Kobayashi	Sr	5'6"
	<i>North Carolina</i>		
37	Curtis Kinnaman	So	5'9"
44	Connor Greene	Jr	5'7"
45	Rees Braam	Sr	6'3"
	<i>North Carolina</i>		
55	Dean Merritt	Sr	5'9"
	<i>North Carolina-Asheville</i>		
64	Max Randall	Jr	5'8"
77	Kyaw Kler	Jr	6'1"

## CATHOLIC BAYOU HAZARD

### BATON ROUGE, LA

Coach: Michael Aguilar

Captain: Steve Engborg

@catholic\_ulti

catholichigh.org



Anyone in South Louisiana will tell you that somewhere, deep down in the bayou, lurks something unknown, something dangerous, something that will drag you into the infinite depths of the muck and mire from whence it came. These things are unnamed, for fear of calling them will evoke their presence. For that reason, we simply call them Bayou Hazard.

### ROSTER

2	Matt Freeburgh	Jr	5'10"
3	Preston Nelson	Jr	5'7"
4	Kenny Hingle	Sr	5'8"
	<i>LSU</i>		
5	Dylan Reviere	Jr	6'0"
6	Tyler Rogers-Himel	So	5'8"
7	Louis Mouck	Sr	6'4"
	<i>LSU</i>		
10	Collin Hebert	Jr	5'8"
11	Hayden Jack	Jr	5'10"
12	Michael Crick	So	5'7"
19	Chris McElveen	Jr	5'7"
20	Michael Delatte	Sr	5'11"
	<i>Air Force</i>		
21	Miles Polito	So	5'10"
23	Gabe Hardy	So	5'11"
24	Parker Hanks	Jr	6'2"
25	Nick Major	So	5'7"
27	Patrick Popadic	Sr	6'0"
	<i>Louisiana - Lafayette</i>		
36	Dominic Toranto	Jr	5'9"
38	Connor Chustz	Jr	5'8"
41	Jacques Gaspard	So	5'10"
52	Landen Gremillion	So	5'8"
88	Marty McGreal	So	6'0"



# BOYS' TEAMS



## EAST CHAPEL HILL EAST

### CHAPEL HILL, NC

Coach: Aaron Stern

Captains: Sean Murray, Tommy Williams, Tyler French  
@ECHHSUltimate



East Chapel Hill's team started in 2008. We have grown our program to three teams (girls, A and B teams) since that time. We pride ourselves on being able to compete with anyone we face, while maintaining a high level of Spirit of the Game. We not only help grow our kids into good players, but also young adults through the game we all love.

### ROSTER

0	Henry Caron	Jr
1	Tyler French	Jr
5	Sean Murray	Sr
	<i>North Carolina State</i>	
6	Timothy Hu	So
7	Alec McCleary	Sr
9	Tristan Manturuk	Sr
	<i>Utah</i>	
10	John McDonnell	Jr
12	Jack McCleary	Fr
13	Jerid Mei	So
14	Grant Lyerly	Fr
17	Bryce Sit	Jr
20	Thomas Williams	Sr
21	William Brody	So
23	Michael Young	Sr
	<i>Rice</i>	
24	Bui Biechele	Jr
28	Vincent Chen	So
29	Paul James	Jr
38	Alex Zhuang	Fr
40	Shiliang Long	Sr
	<i>North Carolina State</i>	
52	Eashwar Mahadevan	So
64	Max Gilchrist	Jr
85	Teddy Randy	Jr
93	Lucas Risinger	Jr

SPECTATOR INFO

## GRADY GAUNTLET BOYS VARSITY

### ATLANTA, GA

Coaches: Max Leonard, Justin Mattingly

Captains: Mack Hodges, Noah Li, Drew Di Francesco

@gradyultimate

gradyultimate.org



Grady Ultimate Gauntlet (GUG) began in 2006, growing from a ragtag coed team that rarely had seven on seven at practice to a thriving program comprised of two varsity and two JV teams (boys and girls) that partners with Inman Middle School. Grady Ultimate was originally sponsored by Susie Mercer, a teacher at Grady High School. Ms. Mercer coached and managed the ultimate program for eight years before retiring her post in 2014. She left behind a wonderful legacy for Grady youth ultimate.

Gauntlet is so named to celebrate our affiliation with Grady High School's mascot, the Grey Knight, while maintaining our separate identity. The team's original logo was a chain mail (armor) fist punching through a disc.

### ROSTER

0	Reid Barry	So	6'0"
1	Dhruv Mehra	So	5'8"
2	Jacob Dillard	So	5'9"
3	Drew Di Francesco	Jr	5'7"
4	Conor Downey	Sr	6'2"
6	Aidan Downey	Fr	5'11"
9	Jack Persons	Fr	5'6"
11	Harrison Thweatt	Jr	6'0"
14	Jack Paddock	Jr	6'0"
16	Harrison Briggs	Fr	5'5"
17	Corwin Robison	Jr	5'9"
18	Adam Miller	Fr	5'8"
19	Kiran Potula	Sr	5'8"
21	Jaden Medley-Fowlkes	Fr	5'7"
22	Noah Li	Sr	6'1"
	<i>Georgia</i>		
23	John Roorbach	Jr	6'1"
24	Chase Kleber	Jr	6'2"
27	Jacob Greenhill	Fr	5'9"
28	Mack Hodges	Sr	6'0"
34	Noah Hammond	Jr	6'2"
41	Theodore Sifnaios	Jr	6'2"
66	Hank Persons	Sr	5'6"
	<i>Georgia Tech</i>		
77	Miles Pearlstein	So	5'11"



# BOYS' TEAMS



## HB WOODLAWN

### ARLINGTON, VA

Coach: Cody Johnston

Captains: Gus Norrbom, Ted Sither  
yula-ulti.org



Originally a joint team between Yorktown High School and HB Woodlawn (YHB), the team split after the 2013 season in order to grow ultimate in our area, and we haven't looked back since. Both high schools now have varsity and JV teams, as well as thriving middle school programs. Our program has produced players like Alike Johnston, Jenny Fey and Alan Kolick, and we're excited to see which of our alumni make it big next.

### ROSTER

2	Haroon Matties	Jr	6'3"
4	Lucas Reichert	So	5'8"
7	Nate Hess	Sr	5'9"
9	Sparsh Srivastava	Sr	5'11"
	<i>Virginia Tech</i>		
12	Adam Norrbom	Sr	5'6"
13	Owen Maskelony	So	6'0"
15	Jordi Parry	So	5'9"
16	Evan McLean	Sr	6'4"
18	Austin Do	Sr	5'9"
	<i>Maryland</i>		
26	Tommaso Piccorossi	So	5'11"
27	James Reed	So	5'4"
30	Miles Kelley	Jr	5'10"
31	Michael Escamilla	So	5'3"
32	Gus Norrbom	Sr	5'9"
34	Austin Alvarado	So	5'10"
38	Sam Atkins	Jr	6'0"
88	Ted Sither	Sr	6'0"
	<i>Oregon</i>		
94	Harry Wolfson	So	5'11"
98	Nick Seah	Sr	6'1"
99	Jack Bledsoe	So	6'0"

## INDEPENDENCE FLIGHT

### SPRING HILL, TN

Coaches: Will Graham, Jordan Roe, Brian Mackee, Justin Schroeder

Captains: Boone McClellan, Coleman Davis



Independence Ultimate has its roots in a regional ultimate gathering that began in the city of Spring Hill in 2006 for middle schoolers all the way up to masters-age players. As the sport grew, high school students began to gather, along with the founder of that gathering, to pilot the start of a new fall weekly ultimate program at Independence

High School in order to grow the sport. By 2009, the first competitive team was fielded and now has grown to two boys' high school teams, one girls' high school team and a strong alumni presence showing up in college and club ultimate all over the eastern half of the United States. FLIGHT is committed to speed, precision and sportsmanship. Our desire is to continue to learn and grow the game while seeing the values that ultimate brings instilled into future generations of ultimate players.

### ROSTER

8	Blake Oliver	Jr	5'8"
9	Ronald Champion	Sr	5'9"
10	Boone McClellan	Sr	5'9"
	<i>Tennessee</i>		
15	Coleman Davis	Sr	5'9"
16	Josh Redmond	Sr	5'9"
18	Jacob Flowers	Sr	5'11"
	<i>Tennessee</i>		
21	Jakob Green	Sr	5'10"
25	Christian Campbell	Jr	6'1"
31	Daniel Waller	Sr	5'10"
32	Dawson Fox	Jr	5'7"
33	Cole Hudgin	So	5'8"
34	Cielo Ponton	Sr	5'9"
35	Chris Weathers	Sr	6'2"
60	Matthew Schwartz	Jr	5'9"
65	Daniel Miller	Jr	5'11"
71	Bjorn Stenslet	Jr	5'10"



# BOYS' TEAMS



## LAKESED VIKINGS

### ATLANTA, GA

Coach: Fred Perivier

Captains: Krishan Chib, Myles Craig, Victor Ochoa  
@LHS\_Squad



The Lakeside High School ultimate team started as a rather small club sport at Lakeside and has remained that way in many aspects. The team focuses on grit and toughness as they do not have a large program. The Vikings were ranked seventh in the nation last year by Ultiworld before they lost many of their seniors and transitioned into a very young team. Their team name, the Vikings, comes from their school mascot.

### ROSTER

00	Myles Craig	Sr	5'10"
1	Jay Burnett	Jr	5'10"
3	Katie Powell	So	5'6"
5	Justin Burnett	Fr	5'7"
12	Cole Chernow	Fr	5'6"
13	Victor Ochoa	Jr	5'10"
15	Clark Rice	Fr	5'8"
19	Carlo Vanni	Fr	5'0"
21	Kendall Ridley	So	5'8"
33	Krishan Chib	Jr	5'10"
52	Zane Page	Jr	5'8"
55	Govindon Veliyath	Jr	5'2"
66	Marie Perivier	So	5'6"
67	Alex Kalman	Fr	5'7"
75	Wyatt Maher	Fr	5'7"
84	JP Miller	So	5'9"
87	Josh Warner	So	5'10"

SPECTATOR INFO

## NORTH CAROLINA SCHOOL OF SCIENCE AND MATH SMUF

### DURHAM, NC

Coach: Alex Kaja

Captains: Edward Zhuang, Jeffrey He



NCSSM has one of the largest ultimate teams in the Durham area and is devoted to the development of players from all experience levels from all across the state. While our school's program has been established for a number of years now, our team loses approximately half its players each year, as our school only has juniors and seniors. This proves to be a large obstacle for the continuity of a strong team. Each year, however, we overcome this obstacle by continuously introducing newcomers to the wonderful sport of ultimate. Since our school draws people from all across the state, we are able to develop youth ultimate in demographics that would otherwise be unreachable due to the relatively small region of the state which has large ultimate programs. SMUF is a program that simultaneously welcomes newcomers to ultimate and teaches them to play at a competitive level.

### ROSTER

3	Austin von Alten	Sr	5'9"
	<i>North Carolina State</i>		
5	Abinav Udaiyar	Jr	6'0"
8	Suhas Rao	Sr	6'1"
	<i>California</i>		
9	Miguel de los Reyes	Jr	5'10"
11	Ben Haydon	Sr	5'10"
	<i>North Carolina State</i>		
12	Joseph Chen	Sr	5'9"
	<i>Virginia Tech</i>		
13	David Borkowski	Jr	6'3"
20	Mukil Guruparan	Jr	5'11"
28	James Boyd	Jr	5'11"
31	Junmo Ryang	Sr	5'10"
	<i>Duke</i>		
42	Josh Krause	Sr	5'10"
	<i>North Carolina</i>		
44	Edward Zhuang	Sr	5'8"
	<i>Duke</i>		
88	Jeffrey He	Sr	5'8"
	<i>Duke</i>		
97	Rob Mitchell	Sr	5'9"
	<i>Alabama</i>		



# BOYS' TEAMS



## PAIDEIA PYTHONS

### ATLANTA, GA

Head Coach: Michael Baccarini

Assistant Coach: Martin Aguilera

Captains: Noah Cohen, Stan Birdsong, Coleman Tappero



Paideia's boys' ultimate team, known since its founding as Gruel, is in its 24th season. The team name is a result of two incidents. The founders wanted to be named something "decidedly southern," so hoped to go by "Grits." That name was already taken by a team in N.C. While undecided on a name, one of the school's favorite English instructors was teaching Wuthering Heights.

During discussion, he stated in his thick Irish accent, "They ate grew-ill." A young Moses Rifkin and Kyle Weisbrod were in the class and asked, "They ate what?" Upon hearing him repeat it, they decided that should be the team's name! It may not be southern, but it is a thin watery porridge, and it sure sounded cool!

The Simpsons get credit for helping solidify the name. An episode which aired around the same time saw the kids at a work camp being made to eat gruel. Once the team watched that episode together, it was a done deal.

The team was coed until 2001, when we were able to split squads. Sticking with the "Gr" theme, the girls' team is Groove, while the junior high mixed team is Grind.

All that said, our school now has an official mascot, so all Paideia's sports teams go by the Pythons.

## ROSTER

3	Henry Laseter	Sr	6'0"
4	Noah Cohen	Sr	5'10"
	<i>Carleton College</i>		
5	Ben Dameron	Fr	5'8"
9	Julian Shrader	Fr	5'10"
11	Matthew Shu	So	5'9"
14	Leo Mancusi-Ungaro	Jr	5'11"
15	David Chalmers	Fr	5'7"
19	Stan Birdsong	Sr	6'2"
	<i>Carleton College</i>		
21	Coleman Tappero	Jr	5'11"
22	Luke Smith	Jr	6'4"
23	Tim Jernigan	Sr	5'9"
	<i>Emory</i>		
25	Evan Mapes	Jr	6'1"
31	Daniel Fridkin	Jr	6'0"
34	Max Marcovitch	Sr	5'11"
	<i>Michigan</i>		
40	Tyler Russell	Sr	6'0"
	<i>Georgia</i>		
43	Isaac Sencer	Jr	5'11"
44	Bryson Levisay	Sr	6'1"
	<i>UCLA</i>		
55	Sam Smith	Jr	6'4"
71	Houston Shrader	Sr	5'10"
	<i>Emory</i>		
81	Brandon Pal	Sr	6'2"
	<i>Georgia Tech</i>		
84	Alex Shrader	Sr	5'9"
	<i>Emory</i>		
99	Nicholas Forbes	So	5'8"

## UNIVERSITY SCHOOL OF NASHVILLE BRUTAL GRASSBURN

### NASHVILLE, TN

Coach: Justin Moore

Captains: Nicky Farren, Mathieu Agee, Sam Fisher



The boys' team at USN has been in existence since 1995. To date, we have competed in national, regional, state and club tournaments. We have a history of aggressive playing on the field while respecting our opponents, working hard for our teammates, maintaining a positive attitude and having a pretty great time while competing.

The name Brutal Grassburn came from the mom of a founding member of the boys' team in 1995. While washing her son's jersey after a hard day of ultimate, she exclaimed "Wow, these are some brutal grass burns!" The name stuck, and as the slogan goes, "we have been trading skin for glory" ever since.

## ROSTER

0	Nathan Petty	Fr	5'9"
1	Tate Kloepfel	Fr	5'7"
2	Will Howard	Fr	5'9"
3	Sam Bergeson	Jr	5'10"
5	Michael Becker	Sr	6'2"
6	Quinn Wheelock	So	5'10"
7	Patrick Chickey	Jr	6'0"
8	Benjamin Harris	Jr	5'10"
9	Joe Bailey	Jr	5'10"
10	Mason Coverstone	Fr	5'8"
12	Tom Shaw	Sr	5'9"
15	Mathieu Agee	Sr	6'2"
17	Sam Kingsbury	Jr	5'7"
19	Joshua Gabella	Jr	5'10"
24	Nicholas Farren	Sr	6'2"
27	Alex Bahner	Jr	6'2"
30	Gavin Clark	Jr	5'10"
33	Sam Fisher	Sr	5'11"
99	Mitchell Coverstone	Sr	6'3"



# BOYS' TEAMS



## WASHINGTON-LEE SLARENEGS

### ARLINGTON, VA

Head Coach: Michael Klemencic

Assistant Coaches: Elise Jackson, AJ Goodman

Captains: Andrew Roy, Kees Humes



The Washington-Lee High School Slarenegs began their first season in the 2012-13 school year. The team name comes from the school's mascot, the Generals, spelled backwards. The team started as a small group but has vastly increased since then.

Much of this is attributed to not only their desire and enthusiasm to play, but also their understanding and emulation of the Spirit of the Game and the growing support from the community. Additionally, each year, the team's standing has increased. At Virginia's 2014 State Championships, the team placed fifth, and in 2015, the team placed fourth. However, last year's ranking did not fully reflect how well the team played or how much they have grown. Overall, the team continually has worked to become better in every way while also encouraging the growth of ultimate.

### ROSTER

00	Zephren Collinson	Sr	5'10"
	<i>Georgia Tech</i>		
4	Jon Tiernan	Jr	5'8"
7	Noah Kline	Jr	5'10"
8	Garrett Johnston	So	5'10"
10	Jamey Fendley	Jr	5'9"
13	Kees Humes	Sr	5'11"
	<i>Williams</i>		
16	Christian McCord-Snook		
		So	5'10"
17	Andrew Lewis	Sr	6'0"
	<i>Tulane</i>		
21	August Wagner	Jr	6'1"
22	Jackson Trice	Sr	5'7"
32	Andrew Roy	Sr	5'11"
	<i>Davidson</i>		
34	Mathieu Delmar	So	5'9"
38	Gabe Westergren	Sr	6'0"
39	Benjy Kline	Fr	5'6"
45	Beau De Koninck	Jr	6'0"
50	Matthew McKnight	Fr	5'10"
60	Jeremy Thacker	Sr	6'4"
	<i>James Madison</i>		
81	Johnston French	So	5'11"
99	Theo Schutz	Sr	5'9"
	<i>George Mason</i>		

SPECTATOR INFO

## YORKTOWN PATRIOTS

### ARLINGTON, VA

Coach: Kevin Riley

Captains: Anders Juengst, Jonny Malks

@yorktownulti

yula-ulti.org



The Patriot is our school mascot. Yorktown High School has had a team since 2001. It started as a joint team with HB Woodlawn and played in recreational leagues in the Washington Area Flying Disc Club. The team made its first appearance at Junior Nationals in 2002 and has been an active member of the competitive youth scene ever since.

### ROSTER

1	Markus Wolf	Jr	6'2"
6	Garrett Fleming	Sr	6'4"
8	Rob Overstreet	So	5'6"
11	Anders Juengst	Sr	5'6"
12	Sam Markowitz	So	5'8"
13	Ben Preiss	So	6'2"
14	Hunter Shumaker	Sr	5'9"
15	Matt Tornquist	Sr	6'0"
17	Jack Overstreet	So	5'6"
23	Ben Dickson	Fr	5'7"
33	Michael Sheldon	Fr	5'10"
35	Zack Bogorad	Sr	6'0"
41	Chris Hahn	Fr	5'5"
43	Marcelo Ruggiero	Fr	5'11"
53	Johnny Malks	Jr	5'11"
60	Nick Bowers	So	5'7"
81	Michael Botis	Sr	5'8"



# GIRLS' TEAMS



## BLACKMAN HIGH SCHOOL GIRLS

### MURFREESBORO, TN

Coaches: Heather Gardner, Lynn Boyd  
Captains: Catherine Kanemitsu, Michaela Creech  
@BlackmanULTI



2016 is the fourth year for Blackman Ultimate Girls (or B.U.G.), and we are excited to continue to be a part of the developing youth girls' ultimate scene. We have consistently finished second in the state of Tennessee over our tenure as a team and strive to embody the Spirit of the Game.

### ROSTER

3	Michaela Creech	Sr	5'6"
	<i>Middle Tennessee State</i>		
4	Christine Monchecourt	Sr	5'6"
	<i>Middle Tennessee State</i>		
10	Aubrey Bell	Jr	5'4"
11	Marissa Parker	Jr	5'3"
12	Catherine Kanemitsu	Sr	5'3"
	<i>Motlow</i>		
18	Nahzeen Pierce	Fr	5'2"
19	Emma Farris	So	5'4"
20	Ashley Singleton	Sr	5'4"
	<i>Webster</i>		
23	Michaela Sommer	So	5'5"
24	Bre Graham	Sr	5'2"
26	Julia Beasley	Sr	5'3"
	<i>Middle Tennessee State</i>		
27	Sydni Blanton	Sr	5'6"
	<i>TN College of Applied Technology</i>		
33	Taylor Adkins	Sr	5'7"

## BROOKWOOD INFERNO

### SNELLVILLE, GA

Head Coach: Erin Thompson  
Assistant Coach: Matt Thompson  
Captains: Jenny Choi, Liz Reeves  
@infernoulimate



After years of having a few ladies play here and there on the open team, last year our female leadership stepped up and recruited enough to cobble together a team with at times only eight or nine healthy bodies. That lead to an intense recruitment effort, and the fire of Inferno rose, and with it, our program took off this year, growing to 28 players!

It is because of incredible heart and leadership this year that our program has blossomed, and we represent the unquenchable fire of a raging Inferno, not just on the field, but in how consummate we are as teammates and friends.

### ROSTER

0	Millie Negron	Jr	5'5"
4	Nirvanie Persaud	Fr	5'6"
6	Ruby Lee	Fr	5'7"
7	Steffi Walker	So	5'8"
8	Paola Reyes	Sr	5'6"
10	Rebecca Xiong	Fr	5'5"
12	Kim McGinnis	Jr	5'9"
14	Jenny Choi	Sr	5'6"
16	Liz Reeves	Sr	5'6"
	<i>Kennesaw State</i>		
17	Taelor Matos	Fr	5'6"
21	Vivan Le	Fr	5'1"
24	Katherine Pearson	Sr	5'8"
	<i>Georgia State</i>		
26	Arzina Hussain	Fr	5'5"
35	Anna Hu	So	5'6"
37	Lindsay Cameron	8th	5'9"
42	Shelby Sanregret	Fr	5'6"
45	Erin Fowler	Jr	5'10"
48	Abby Lemma	So	5'9"
52	Shelby Vong	So	5'5"
70	Eunice Choi	So	5'7"
78	Angelica Wagner	Jr	5'8"
79	Diana Lee	Sr	5'7"
80	Emma DeJarnette	Sr	5'9"
84	Nicole Kaba	So	5'7"
88	Nicole Rice	Sr	5'8"
	<i>BYU</i>		
93	Busola Banjoh	So	5'8"
95	Merlena Kenson	Sr	5'8"
	<i>Georgia</i>		
97	LaShaundranique Marshall	Sr	5'8"
	<i>Elon</i>		



# GIRLS' TEAMS



## CARRBORO KOI

### CARRBORO, NC

Coaches: Suzanne Derby-Wright, Annie Reuben  
Captains: Bella Winkler, Emily Lauterbach, Kate Lanier



In 2014, Carrboro Koi was born out of the Carrboro Clams, the Carrboro High School open team, and formed from ultimate-loving girls in the Carrboro/Chapel Hill area who love Finding Nemo references. The team is largely composed of players from Carrboro High School, Chapel Hill High School and Carolina Friends School. In its second year of existence, and despite graduating seven players, Carrboro Koi has continued to grow, adding new young talent, and they look forward to another strong performance at Southern. #justkeepsfloating #sharkbait #donthitthebutt

### ROSTER

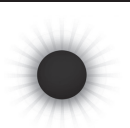
1	Maya Birkhead	8th	5'6"
3	Bella Winkler	So	5'6"
4	Grace Cohen	So	5'0"
7	Erica Zurbuch	So	5'8"
13	Rachel Deininger	Sr	5'5"
14	Ellen Yu	So	5'6"
17	Kate Lanier	So	5'6"
19	Lanie O'Neill	Fr	5'5"
21	Florence Gester	Sr	5'3"
25	Nola Kim-Mayer	So	5'6"
31	Katherine Li	So	5'4"
33	Clii Phillips	8th	5'2"
71	Emily Lauterbach	Sr	5'5"
	<b>UCLA</b>		
85	Annika Emerson	Fr	5'5"
99	Rose Fisher	So	5'8"

SPECTATOR INFO

## EAST CHAPEL HILL ECLIPSE

### CHAPEL HILL, NC

Coaches: Josh Hartzog, Jenny Wei, Elisabeth Parker  
Captains: Zoe Chen, Helen Jiang, Beth Manturuk



This is the second full year of competition for East Eclipse. Our goals are to promote excellence both on and off the field in ourselves and our surrounding area. Whenever we step onto the field, we will improve ourselves and the competition by playing with maximum effort. We are committed to the continued growth of the girls' division in North Carolina and the South Region.

### ROSTER

3	Rose Newell	Jr	5'5"
6	Makenna Meyer	So	5'5"
8	Laura Mahon	Jr	5'5"
9	Esther Son	So	5'0"
10	Grace Conerly	Fr	5'4"
11	Dawn Culton	So	5'5"
12	Maia Donald	Fr	5'2"
15	Jennifer Qian	So	5'4"
16	Zoe Chen	Jr	5'3"
17	Sarah Jennings	So	5'4"
18	Natalie Troy	So	5'1"
21	Beth Manturuk	So	5'7"
27	Xintong Xiang	Fr	5'2"
28	Hailey Wunder	Fr	5'8"
33	Ellie Cubrilovic	Fr	5'4"
37	Jasmeen Kaur	Jr	5'1"
42	Linnea Van Manen	Jr	5'1"
52	Julia Sawin	Jr	5'6"
88	Helen Jiang	Jr	5'4"



# GIRLS' TEAMS



## GRADY GAUNTLET GIRLS' VARSITY

### ATLANTA, GA

Coach: Haley Reese

Captains: Meredith Fossitt, Eavan Hendry, Maggie Miller

@gradyultimate

gradyultimate.org



Grady Ultimate Gauntlet (GUG) began in 2006, growing from a ragtag coed team that rarely had seven on seven at practice to a thriving program comprised of two varsity and two JV teams (boys and girls) that partners with Inman Middle School.

Grady Ultimate was originally sponsored by Susie Mercer, a teacher at Grady High School. Ms. Mercer coached and managed the ultimate program for eight years before retiring her post in 2014. She left behind a wonderful legacy for Grady youth ultimate.

Gauntlet is so named to celebrate our affiliation with Grady High School's mascot, the Grey Knight, while maintaining our separate identity. The team's original logo was a chain mail (armor) fist punching through a disc.

### ROSTER

2	Park Li	Jr	5'7"
3	Sloan Hodges	Sr	5'8"
4	Georgia Smith	Jr	5'7"
5	Camilla Kasper	Jr	5'1"
6	Melissa Drake	Jr	5'5"
7	Meredith Fossitt	Sr	5'7"
8	Ashley Carter	Sr	5'4"
	<i>Georgia</i>		
9	Robi Roberts	Sr	4'11"
	<i>Davidson</i>		
11	Jess Hume	Sr	5'4"
12	Liliana Chanler	So	5'7"
13	Ebet Lansing	So	5'11"
14	Phoebe Mason	Jr	5'10"
16	Callie Thweatt	So	5'7"
21	Carrie Miller	Fr	5'6"
26	Eavan Hendry	Sr	5'2"
33	Maggie Miller	Jr	5'3"
38	Colleen Miller	Fr	5'5"
88	Mazie Switzer	Jr	5'6"

## GREEN HOPE TITANS OF MISCHIEF

### CARY, NC

Coaches: Michael Shyu

Captains: Tiffany Wei, Connie Cui, Miranda Munoz



TOM, short for Titans of Mischief, is a team centered in the Cary-Raleigh area that represents Green Hope High School. The team was started three years ago and was previously known as THUG and Cutting Edge, before finally settling on TOM as

a joke based off of a player's parent: Tom Munoz. However, our love for ultimate is no joke! With the help of our coach, Mike Shyu, and our friends from the Durham School of Arts (Bulldogs), our small but passionate and close-knit team is ready to bring the heat!

### ROSTER

3	Tiffany Wei	Sr	5'8"
	<i>Duke</i>		
8	Jennifer Wang	Fr	5'5"
11	Katherine Liu	Sr	5'5"
	<i>California</i>		
12	Jessica Wu	Fr	5'3"
13	Connie Cui	Jr	5'8"
17	Lauran Jones	So	5'7"
19	Rachel Milkereit	Jr	5'4"
21	Abigail Campbell	Jr	5'3"
23	Miranda Munoz	Jr	5'1"
29	Allison Church	So	5'7"
55	Victoria Nichols	Jr	5'5"
94	Julia Lee	Jr	5'5"



# GIRLS' TEAMS



## HB WOODLAWN PANDAMONIUM

### ARLINGTON, VA

Coach: Leslie Keller

Captains: Maddy Boyle, Agnes Cheng

yula-ulti.org



The HB Woodlawn girls' team has had many names over the years, but for the past two seasons has been called Pandamonium. Established originally as a mixed team, the girls formed their own team about 10 years ago, along with girls from Yorktown High School, then later with girls from Washington-Lee High School, as well. Last year, HB formed its own girls' team for the first time and had a great season. Pandamonium players are all about playing hard, being students of the game, displaying excellent spirit and, above all, being outstanding teammates and friends to each other.

### ROSTER

1	Caroline Tornquist	So	5'3"
2	Caroline Kassir	So	5'7"
5	Kirsten Knisely	So	5'8"
9	Katie Franz	Sr	5'6"
10	Ella Juengst	So	5'1"
17	Julianne Meany	Jr	5'2"
18	Nicole Getter	So	5'7"
22	Franci		
	Swisher-Gomez	So	5'2"
28	Maddy Boyle	Sr	5'2"
31	Agnes Cheng	Sr	5'9"
35	Bryn Kabiri	So	5'6"
36	Maya Nir	So	5'8"
44	Juliana Walker	So	5'3"
48	Miranda Baltaxe	Fr	5'9"
55	Ava Jones	So	5'8"
57	Ellie Heil	So	5'4"
60	Maura Shapiro	Jr	5'6"
77	Kaiya Gordon	So	5'3"

SPECTATOR INFO

## INDEPENDENCE FLIGHT

### SPRING HILL, TN

Coach: Stacey Strickland

Independence Ultimate has its roots in a regional ultimate gathering that began in the city of Spring Hill in 2006 for middle schoolers all the way up to masters-age players. As the sport grew, high school students began to gather, along with the founder of that gathering, to pilot the start of a new fall weekly ultimate program at Independence High School in order to grow the sport. By 2009, the first competitive team was fielded and now has grown to two boys' high school teams, one girls' high school team and a strong alumni presence showing up in college and club ultimate all over the eastern half of the United States. FLIGHT is committed to speed, precision and sportsmanship. Our desire is to continue to learn and grow the game while seeing the values that ultimate brings instilled into future generations of ultimate players.

### ROSTER

7	Braedyn Hollingsworth	8th
9	Kristen Regenold	So
10	Malea Hill	Jr
20	Caroline Yates	Jr
22	Anna Dean	So
26	Ireland Tate	Jr
35	Stephanie Hansen	Jr
41	Danielle Hansen	So
46	Caitlyn Hints	Jr
51	Cassidey Reynolds	Jr



# GIRLS' TEAMS



## NORTH CAROLINA SCHOOL OF SCIENCE AND MATH SMUF

### DURHAM, NC

Coach: Katy Harris

Captains: Emma Bartlett, Hannah Callahan



We are a branch of our high school's original mixed team. We have been competing for two years, and this will be our second year at Southern! Our team name came from our school initials – Science and Math – and then Ultimate Frisbee, and we think it is super fun to say!

### ROSTER

3	Raquel Village	Jr	5'4"
4	Alyssa Heinze	Sr	5'8"
	<i>North Carolina</i>		
7	Jackie Warren	Sr	5'2"
	<i>North Carolina</i>		
13	Laasya Renganathan	Sr	5'6"
	<i>Cornell</i>		
17	Rose Huang	Sr	5'6"
	<i>Cornell</i>		
19	Annie Xie	Sr	5'5"
	<i>Princeton</i>		
25	Grace Marshall	Sr	5'6"
	<i>Emory</i>		
33	Claire Amon	Jr	5'7"
38	Emma Bartlett	Sr	5'3"
	<i>Case Western Reserve</i>		
63	Hannah Callahan	Sr	5'2"
	<i>North Carolina</i>		
72	Meredith Tobin	Jr	5'8"
92	Kendall Holleman	Jr	5'5"
98	Sharon Chen	Sr	5'4"
	<i>MIT</i>		

## PAIDEIA GROOVE

### ATLANTA, GA

Coaches: Miranda Knowles, Anraya Palmer, Marika West

Captains: Sarina Chalmers, Ollie Peterson, Isabel

Arevalo, Kaya Wurtzel

@PaideiaGroove

paideiaschool.org



Girls at Paideia played for several years with the boys' team in the 1990s, which is when now-head-girls'-coach Miranda Roth Knowles ('00) first played the game. In 2001, the girls' team formed and has been going strong ever since, but this is the second year the team has fielded both varsity and JV squads from the start of the season. Anraya Palmer and alumna Marika West ('07) are our assistant coaches. The team's name is Groove... because we like to dance all night.

### ROSTER

0	Parker Lunsford	Jr	
4	Sarina Chalmers	Sr	
	<i>Colorado College</i>		
5	Madison Goldstein	Sr	
	<i>Pennsylvania</i>		
6	Maggie Aschmeyer	Sr	
	<i>William &amp; Mary</i>		
7	Caroline Hubbard	Sr	
	<i>Vanderbilt</i>		
9	Alli Levitas	Jr	
10	Hannah Neiditz	Jr	
12	Vlada Watkins	Jr	
13	Emma Jones	So	
14	Charlotte Laseter	So	
17	Isabel Arevalo	Jr	
19	Kyra Bronfman	Jr	
20	Lulu Graham	So	
25	Sarah Jordak	Fr	
26	Kaya Wurtzel	Jr	
28	Celeste Padula	Sr	
	<i>Occidental</i>		
30	Katherine Jordak	Jr	
33	Ollie Peterson	Sr	
	<i>Georgia Tech</i>		
40	Ali Beskind	Fr	
44	Josie Veal	Jr	
47	Izzy Pitman	So	
49	Margot Thompson	Fr	
78	Bess Renjilian	Jr	
96	Carmen Tappero	Jr	



# GIRLS' TEAMS



## PAIDEIA DEMI-GROOVE

### ATLANTA, GA

Coaches: Allee Stargel, Sophie Kay, Shayne Crawford  
Captains: Adair Garrett, Isabel Draper, Ava Changnon



Demi-Groove is the JV team of Groove from The Paideia School, located in Atlanta, Ga. We have been in existence for three years, but Paideia has a much longer history of ultimate. We like to dance all night, give out avocados for spirit awards and dance to "Pretty Boy Swag" to pump up! You can count on us to rush the field and be really excited when we score. Our main goals are to learn and have fun!

### ROSTER

1	Pearl Sullivan	Jr
2	Dana Shapiro	Jr
3	Kaylin Woodward	Jr
8	Megan Walls	Jr
11	Ava Changnon	So
18	Sierra Petrash	8th
21	Marie Levisay	Fr
22	Amy Doneff	Sr
23	Kate Hubbard	Fr
24	Madison Chance	Fr
29	Eunheh Koh	Sr
31	ErinRose Johnson	Fr
32	Kate Vance	Jr
35	Lynn Jacobs	Jr
37	Isabel Draper	Jr
38	Allie Fridkin	Fr
55	Amber Latimer	Fr
73	Adair Garrett	Jr
81	Virginia Davis	Jr

SPECTATOR INFO

## UNIVERSITY SCHOOL OF NASHVILLE BRUTAL GRASSBURN

### NASHVILLE, TN

Coaches: Tobey Balzer, Sandy Strohl  
Captains: Alice May, Emily Bridgers, Rachel Weaver



The girls' team at USN has been in existence since 1999. We have competed in national, regional, state and club tournaments. We have a history of aggressive playing on the field, working hard for our teammates and having a pretty great time while competing. Over the last few years, our team has continued to grow in size and experience.

The name Brutal Grassburn came from the mom of a founding member of the boys' team in 1995. While washing her son's jersey after a hard day of ultimate, she exclaimed "wow, these are some brutal grass burns!" The name stuck, and as the slogan goes, "we have been trading skin for glory" ever since.

### ROSTER

2	Catherine LeMaster	So	5'6"
3	Estella Mosley	so	5'6"
4	Bella Barocas	Fr	5'7"
5	Braelyn Watt	Jr	5'6"
7	Pauline Hahnemann	So	5'8"
8	Stephanie Bloomenthal	Jr	5'5"
9	Louissa Friedman	Jr	5'6"
10	Emily Bridgers	Sr	5'6"
11	Ellie Hollahan	Fr	5'6"
12	Rachel Weaver	Sr	5'9"
<i>Dennison</i>			
13	Isla Tarelton	Fr	5'5"
15	Jane Goodwin	Fr	5'6"
16	Camille Townson	Jr	5'7"
17	Natalie Connor	Jr	5'6"
18	Mia Boero	so	5'6"
22	Lola Motley	So	5'6"
23	Alice May	Jr	5'3"
64	Janie Keenen	Fr	5'6"
65	Sarah Young	Sr	5'4"



# GIRLS' TEAMS



## YORKTOWN WASHINGTON-LEE YLEE COYOTES

### ARLINGTON, VA

Coaches: Colleen O'Brian, Julia Petro  
Captains: Marlee Cobb, Rachel Hess, Sydney Kane  
@yleeultimate  
instagram.com/yleeultimate



Embarrassingly enough, the idea for the team name originated from players' parents on the sidelines during YLee's first tournament. It's a play on the Looney Tunes character, Wile E. Coyote, using the first letter of Yorktown and the last syllable of Washington-Lee.

YLee was founded in 2015. It's the third girls' team from the Youth Ultimate League of Arlington (YULA), after HB Woodlawn Varsity and JV. YLee wrapped up their first season with their first tournament win (first place at Virginia States, 2015). It was rewarding to be recognized in Ultiworld's 2015 High School Power Rankings, and YLee hopes to make a big splash to finish out their second season!

### ROSTER

4	Caroline Bereuter	Sr	5'8"
	<i>Virginia</i>		
5	Khin Kyaw	Jr	5'0"
7	Margaret Pendleton	Sr	5'7"
	<i>William and Mary</i>		
8	CeCe Collinson	Fr	5'4"
10	Sydney Kane	Sr	5'7"
	<i>James Madison</i>		
11	Adrian Matthews	Sr	5'2"
12	Isabel Vasquez	Sr	5'0"
13	Marlee Cobb	Sr	5'0"
	<i>Virginia Polytechnic</i>		
14	Lily Pressman	Sr	5'8"
	<i>Virginia Commonwealth</i>		
17	Sara Gilbertson	Jr	5'1"
18	Athena Bonney	So	5'6"
21	Ayumi Yuzawa	So	5'4"
22	Abby Lewis	8th	5'1"
23	Sophie Hickey	Jr	5'5"
27	Nora Wagner	So	5'7"
32	Cecilia Butcher	So	5'6"
35	Stephanie Schofield	Jr	5'8"
37	Katherine Sanz	So	5'3"
38	Lucy Core	So	5'1"
43	Shaina Brown	Fr	5'6"
46	Dominique Maderal	Jr	5'2"
56	Christina Mack	Jr	5'6"
95	Rachel Hess	Jr	5'3"
97	Misha Putnam	Sr	5'8"
	<i>BYU</i>		



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# HEALTH AND SAFETY

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

If there is an injury on a field that needs medical attention, inform a field marshal, and he or she will radio to the trainers.

If you have medical issues that require attention in the morning before play, please show up early to avoid long lines. The trainers will be at the fields two hours prior to game time each day. 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](http://cdc.gov/concussion/headsup/youth.html).
- USA Ultimate’s participant waiver includes important information from the CDC regarding concussion safety: [usultimate.org/membership/usa\\_ultimate\\_membership\\_forms.aspx](http://usultimate.org/membership/usa_ultimate_membership_forms.aspx)

### COACHING REQUIREMENTS

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

### REMOVAL & RETURN TO PLAY

- All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion.

1. Remove athlete from play.

2. Ensure athlete is evaluated by a health care professional trained in concussion diagnosis and management.

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

3. If a minor, inform athlete’s parents or guardians about the known or possible concussion and give them the fact sheet on concussion.

4. Allow athlete to return to play only with permission from an appropriate health care professional.

## DOCTOR’S NOTE REQUIREMENT

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

## HEAT, NUTRITION AND HYDRATION

- Heat-related illness occurs when body cooling by evaporation is limited. Sweating depletes the body’s salt and moisture, which leads to dehydration. If a player recognizes any signs or symptoms of heat-related illness, he or she should treat the problem immediately.
- Signs and symptoms of heat illness can include changes in level of consciousness, abdominal cramps, nausea/vomiting, fatigue/tingling, chills, inability to spit, dry mucous membranes, decreased output and change in color of urine.





## PREVENTION AND TREATMENT OF HEAT ILLNESS

- Avoid alcohol, caffeine and carbonated beverages.
- Medications such as antihistamines, decongestants, certain asthma medications and diuretics can increase risk for heat illness. Avoid them if possible.
- Avoid certain nutritional supplements (such as caffeine and ephedrine) that can dehydrate the body and/or increase metabolism and heat production.
- Know your body – be honest! Are you fit enough to perform under current conditions?
- Eat and drink (water AND sports drinks) optimally before, during and after play. Potassium is important; good sources include sports drinks, yogurt, grapefruit juice, bananas and oranges. Sodium is also important; good sources include sports drinks, vegetable juices, pretzels, nuts, cheese and crackers. After play, carbohydrates are important: foods such as potatoes, honey, cereal, white bread, corn chips, sports drinks, jelly beans, rice cakes, bagels, crackers and gummy candies.
- Don't drink too much. Over-hydrating can be dangerous if it leads to a fluid and electrolyte imbalance.
- Monitor your urine. Clear/copious = hydrated. Dark = Need water/electrolytes.
- Be sensitive to prior illness. If you've been sick, your body may be more susceptible to dehydration.
- Rest and cool down after play. Find shade, wet the skin, get in front of a fan or breeze.

## SIDELINE SAFETY

- Spectators and equipment must stay at least 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.



# SPIRIT OF THE GAME

---

*Ultimate has traditionally relied upon the spirit of sportsmanship, which places the responsibility for fair play on the player. Highly competitive play is encouraged, but never at the expense of mutual respect among competitors, adherence to the agreed upon rules of the game, or the basic joy of play. — 11th Edition USA Ultimate Rules of Ultimate.*

## 10 THINGS YOU SHOULD KNOW ABOUT SPIRIT OF THE GAME™

### 1. THE GOLDEN RULE: TREAT OTHERS AS YOU WOULD WANT TO BE TREATED.

Spirited games result from mutual respect among opponents. Assume the best of your opponent. Give him or her the benefit of a doubt. You would want the same for yourself. But if you are thick-skinned, do not assume that your opponent is. Maybe you should think of this rule as, “treat others as you would have them treat your mother.”

### 2. CONTROL: SOTG TAKES REAL EFFORT.

SOTG is not just some abstract principle that everyone adopts and then games run smoothly without effort. Close calls are made in tight games. Hard fouls are committed. SOTG is about how you handle yourself under pressure: how you contain your emotionality, tame your temper, and modulate your voice. If you initiate or contribute to the unraveling of spirit, the concept falls apart quickly. If you act to mend things (or at least not exacerbate the situation) by following (1) above, the game heals itself.

### 3. HECKLING AND TAUNTING ARE DIFFERENT.

Ultimate has a long tradition of good-natured heckling. Heckles are friendly barbs, typically from non-playing spectators. Heckling can be fun, but taunting is unspirited and wrong. Harassing remarks after an opponent's foul call or close play are NOT heckling: they are abusive taunts which create unpleasant playing conditions and often escalate to acrimonious disputes.

### 4. SOTG IS COMPATIBLE WITH CHAMPIONSHIP PLAY.

It is a fallacy to argue that the stakes are so important that some aspect of SOTG can be cast aside. Time and again, great teams and star players have shown that you can bring all your competitive and athletic zeal to a game without sacrificing fair play or respect for your opponent.

### 5. DON'T “GIVE AS YOU GOT.”

There is no “eye for an eye.” If you are wronged, you have no right to wrong someone in return. In the extreme case where you were severely mistreated, you may bring the issue up with a captain, tournament director, or even lodge a complaint with the governing body. If you retaliate in kind, however, a complaint may be filed against you. We recall point (1): treat others as you would have them treat you, not as they have treated you. In the end, you are responsible for you.



## 6. BREATHE.

After a hard foul, close call, or disputed play, take a step back, pause, and take a deep breath. In the heat of competition, emotions run high. By giving yourself just a bit of time and space, you will gain enough perspective to compose yourself and concentrate on the facts involved in the dispute (was she in or out; did you hit his hand or the disc; did that pick affect the play). Your restraint will induce a more restrained response from your opponent. Conflagration averted, you may resume business as usual.

## 7. WHEN YOU DO THE RIGHT THING, PEOPLE NOTICE.

When you turn the other cheek, you know you've done the right thing. You may not hear praise, there may be no standing ovation, but people do notice. Eventually, their respect for you and their appreciation of the game will grow.

## 8. BE GENEROUS WITH PRAISE.

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

## 9. IMPRESSIONS LINGER.

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

## 10. HAVE FUN.

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



# SPIRIT CIRCLES

---

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

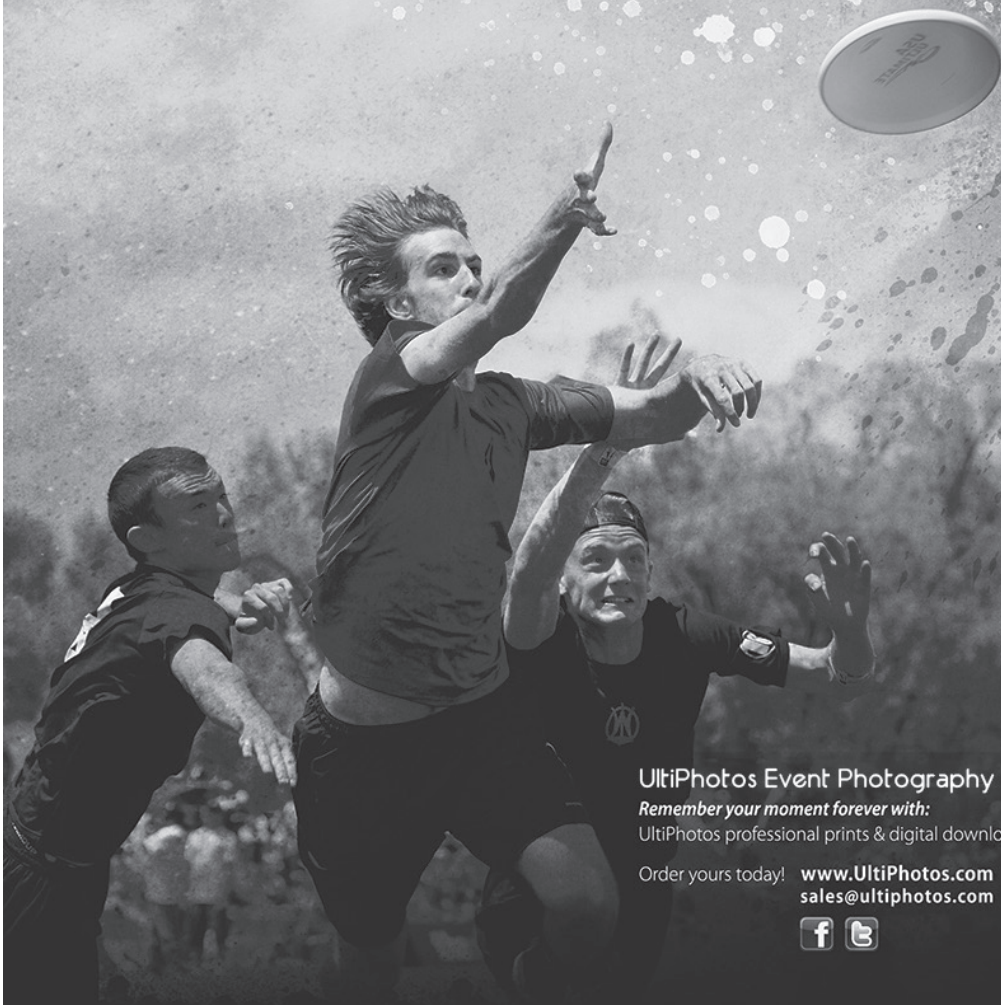
- Following each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One or two people (or spirit captains) on each team will talk briefly about the game. Usually the 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!





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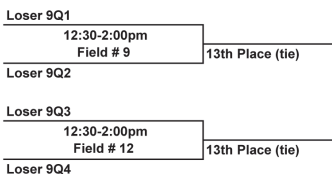
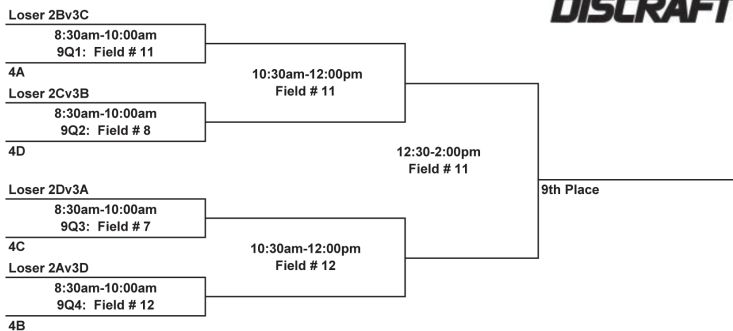




# BOYS' SCHEDULE

2016 USA Ultimate High School Southern Championships - Boys' Division												
Saturday, May 14, 2016												
All Games to 13 Cap 15 except B, C, & D pool games to 15/17	Pool A						Pool B					
	A1	(1) Carolina Friends					B1	(2) Paideia				
	A2	(8) Carrboro					B2	(7) Cardinal Gibbons				
	A3	(12) Washington-Lee					B3	(11) USN				
	A4	(13) Blackman					B4	(14) Bethesda-Chevy Chase				
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	C2 v C4	5	-	D2 v D4	6	-	B1 v B3	7	-	B2 v B4	8	-
10:45 - 12:00	A1 v A3	5	-	A2 v A4	6	-	C2 v C3	7	-	D2 v D3	8	-
1:00 - 2:15	A1 v A4	5	-	A2 v A3	6	-	B1 v B4	7	-	B2 v B3	8	-
2:45 - 4:00	A1 v A2	5	-	A3 v A4	6	-	B1 v B2	7	-	B3 v B4	8	-
Re-seed teams 1-4 within each pool												
4:45 - 6:00	2A v 3D	5	-	2B v 3C	7	-	2C v 3B	6	-	2D v 3A	8	-

## Consolation Bracket Sunday, May 15, 2016




Consolation games to 13, cap 15



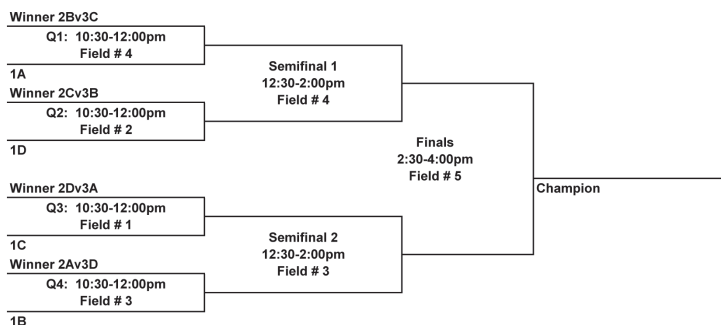
2016 USA ULTIMATE HIGH SCHOOL SOUTHERN CHAMPIONSHIPS



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 Southern Championships - Boys' Division										
Saturday, May 14, 2016										
All Games to 13 Cap 15 except B, C, & D pool games to 15/17	Pool C					Pool D				
	C1	(3)	East Chapel Hill			D1	(4)	Yorktown		
	C2	(6)	HB Woodlawn			D2	(5)	Grady		
	C3	(10)	Independence			D3	(9)	NCSSM		
	C4	(15)	Lakeside			D4	(16)	Catholic		
Saturday		F#	Score		Score	Bye				
9:00 - 10:15	C1 v C3	9	-	D1 v D3	10	-				Pool A
10:45 - 12:00	C1 v C4	9	-	D1 v D4	10	-				Pool B
1:00 - 2:15	D3 v D4	9	-	D1 v D2	10	-				Pool C
2:45 - 4:00	C1 v C2	9	-	C3 v C4	10	-				Pool D
Re-seed teams 1-4 within each pool										
4:45 - 6:00										

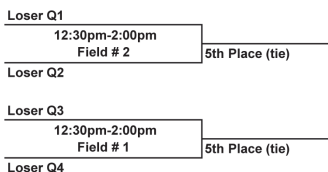
### Championship Bracket Sunday, May 15, 2016



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Championship games to 13, cap 15

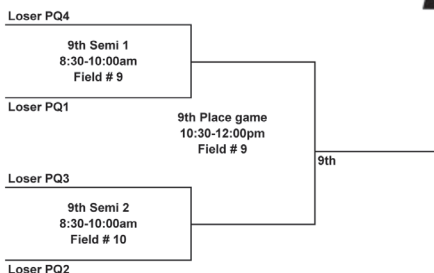
SCHEDULES & MAP



# GIRLS' SCHEDULE

2016 USA Ultimate High School Southern Championships - Girls' Division												
Saturday, May 14, 2016												
All Games to 13 Cap 15 except B, C, & D pool games to 15/17	Pool A						Pool B					
	A1	(1) Paideia Varsity					B1	(2) Carrboro				
	A2	(8) Y-Lee					B2	(7) USN				
	A3	(12) NCSSM					B3	(11) Paideia JV				
	A4	(13) Blackman										
Saturday		F#	Score		F#	Score		F#	Score		F#	Score
9:00 - 10:15	A1 v A3	4	-	A2 v A4	3	-	B1 v B3	2	-			
10:45 - 12:00	A1 v A2	4	-	A3 v A4	3	-	C1 v C3	2	-	D1 v D3	1	-
1:00 - 2:15	A1 v A4	4	-	B1 v B2	3	-	C1 v C2	2	-	D1 v D2	1	-
2:45 - 4:00	A2 v A3	4	-	B2 v B3	3	-	C2 v C3	2	-	D2 v D3	1	-
Re-seed teams 1-4 within each pool												
	PQ1	F#	Score	PQ2	F#	Score	PQ3	F#	Score	PQ4	F#	Score
4:45 - 6:00	2A v 3D	4	-	2B v 3C	3	-	2C v 3B	2	-	2D v 3A	1	-

## Consolation Play Sunday, May 15, 2016



Sunday		F#	Score
10:30 - 12:00	L9S2 v 4A	10	-
12:30 - 2:00	L9S1 v 4A	10	-

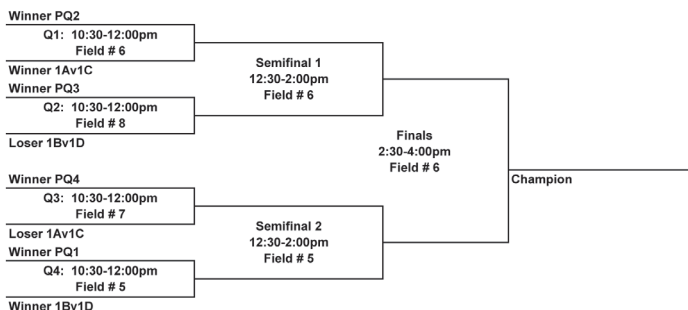
Consolation games to 13, cap 15



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 Southern Championships - Girls' Division						
Saturday, May 14, 2016						
All Games to 13 Cap 15 except B, C, & D pool games to 15/17	Pool C			Pool D		
	C1	(3) East Chapel Hill		D1	(4) HB Woodlawn	
	C2	(6) Brookwood		D2	(5) Grady	
	C3	(10) Independence		D3	(9) Green Hope	
<div><div>Saturday</div><div>9:00 - 10:15</div><div>10:45 - 12:00</div><div>1:00 - 2:15</div><div>2:45 - 4:00</div></div> <div></div>						
Re-seed teams 1-4 within each pool						
		F#	Score		F#	Score
4:45 - 6:00	1A v 1C	9	-	1B v 1D	10	-

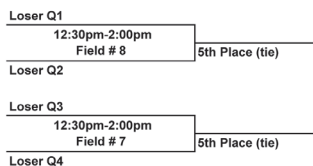
### Championship Bracket Sunday, May 15, 2016



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Championship games to 13, cap 15





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# FIELD MAP





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