40th ANNIVERSARY [(S Ε G A Ν D 0 A С U.

EVENT GUIDE \$2





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EVENT STAFF

Event staff will be wearing "Event Staff" shirts. If they can't answer your questions, they can point you to one of the following people to help you out:

USA ULTIMATE STAFF

Chief Executive Officer – Dr. Tom Crawford Director, Finance & Development – Julia Echterhoff Lee Manager, Finance & Administration -Kayleigh Hudson Managing Director, Competition & National Teams – Will Deaver Manager, Competition & Athlete Programs (Club) - Carolina Gonzalez-Llanos Manager, Competition & Athlete Programs (College) – Tom Manewitz Manager, Events – Byron Hicks Manager, Events – David Raflo Competition Coordinator – Dana Jefferson Manager, Event Sanctioning – Teal Dabney Manager, Community Services & Development – Leah Dolan-Kellev Manager, Youth & Outreach Programs – Sarah Powers Manager, Youth & Education Programs -Sam Callan Managing Director, Marketing, Communications & Brand – Andy Lee Manager, Digital Marketing & Communications – Maelyn Wisch Senior Manager, Communications – Stacey Waldrup Communications Coordinator – Larry Melton National Men's Director – Adam Goff National Mixed Director – Remy Schor National Women's Director – Kate Wilson

LOCAL ORGANIZING COMMITTEE STAFF

Tournament Director – Keith Temple Volunteer Recruiting Coordinator – Camille Sultana Volunteer Coordinator – Richard Chang Hospitality Coordinator – Leslie Willis Media Coordinator – Justin Goodman Media Coordinator – Will Griffin Head Scorekeeper – Abe Sklar Assistant Scorekeeper – Emily Blazar Head Statkeeper – Shannon Temple Assistant Statkeeper – Melissa Battis Youth Liaison – Cliff Hanna Surf Cup Sports Liaison – Robyn Ridley Stadium Coordinator – Kyle "Snoop" Brown Admissions Coordinator – Benjamin Eto Field Logistics Coordinator – Michael Lovisa PA Announcer – Steve Dunn

OBSERVERS

Mitch Dengler (Head Observer), Alan Baggish, Jeff Blair, Bill Bourret, Brian Bradburn, Rusty Brown, Alex Bush, Vincent Chang, Mark Fritz, Janna Hamaker, Stephen Hubbard, Peter Kapostasy, Amy Kendziorski, Linda Kudo, Wally Kwong, Dan Laurila, Jake McKean, Laura Meyer, Kate Monforti, Jonathan Monforti, Carl Nelson, Sam Shapiro, Jonah Shaver, Joseph Tillman, Bradley Tinney, Marvin Vuong, Matthew Whited, Jason Wilkinson, Sam Wood

SPECIAL THANKS

Diego Ultimate Disc Experience, Discraft, ESPN, San Diego Tourism Authority

WELCOME

On behalf of the San Diego Tourism Authority, congratulations on qualifying for the USA Ultimate National Championships and welcome to San Diego!

San Diego is a destination that truly has something for everyone. With an average temperature of 72 degrees, we hope that you're able to enjoy our 70+ miles of coastline including scenic vistas in La Jolla and Sunset Cliffs. If you're bringing the family, be sure to check out the world-renowned San Diego Zoo or SeaWorld San Diego. The Gaslamp Quarter is popular for fine dining and nightlife, and we certainly can't leave out the cultural hubs of San Diego including Balboa Park and Old Town.

We're sincerely excited to host the National Championships and hope you'll enjoy San Diego!

All the best,

Joe Terzi President and CEO



TOURISM AUTHORITY



Dear USA Ultimate athletes, coaches, family and all other ultimate enthusiasts who have chosen to attend the 2019 National Championship here in San Diego,

Diego Ultimate Disc Experience (DUDE) would like to welcome you to our wonderful city. We are excited to be hosting this exciting event for the second year in a row.

We hope that, in addition to the competition, you can enjoy the many activities and sites San Diego has to offer. We boast many beaches, such as La Jolla, Coronado and Del Mar; we also recommend Balboa Park and Zoo, SeaWorld and Legoland. There's also Old Town San Diego, the Midway and the historic Gaslamp Quarter. Additionally, San Diego is known as the 'Craft Beer Capital of America' so check out some of the local places.

Don't forget to try a California Burrito as you explore the dining options throughout the San Diego area.

DUDE is delighted to welcome you to sunny San Diego and the tournament. We hope you enjoy your time here.

Sincerely,

Emily Blazar President Diego Ultimate Disc Experience



WEEKEND OVERVIEW

Wednesday, October 23 at Hilton Del Mar

6:30-8:30pm Discraft Welcome Reception and Mandatory Team Registration

Thursday, October 24 at Surf Cup Sports Park

9:00am-5:30pm Pool Play

Friday, October 25 at Surf Cup Sports Park

9:00am-6:00pm Bracket Play

Saturday, October 26 at Surf Cup Sports Park

9:00am-10:45am	Pro-Flight Play-In Games,
	Placement Games (5th, T-7th, 11th, 13th, 15th
	Mixed)
9:00am-11:00am	Learn to Play Clinic
10:00am-11:45am	Women's Semifinal #1,
	Mixed Semifinal #1 at Surf Cup Sports Park
11:15am-1:00pm	Men's and Women's 15th Place Game at Surf Cup
	Sports Park
12:00-1:45pm	Women's Semifinal #2 at Mira Mesa High School
2:30-4:15pm	Mixed Semifinal #2 at Mira Mesa High School
5:30-7:30pm	Participant Dinner
5:30-7:15pm	Men's Semifinal #1 at Mira Mesa High School
8:00-9:45pm	Men's Semifinal #2 at Mira Mesa High School

Sunday, October 27 at Mira Mesa High School

10:00am-11:45am	Women's Final at Stadium
12:30-2:15pm	Men's Final at Stadium
3:00-4:45pm	Mixed Final at Stadium



SITE RULES

- No Alcohol
- No Tobacco
- No Glass
- No Weapons
- No Abusive Language
- Observe Parking Restrictions and Handicap/Staff Spots
- Dogs Must be Leashed
- Spectators and equipment must stay at least five yards away from sidelines! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least five yards.
- Trash and Recycling Place recyclables in the recycling receptacles, and place trash in the trash cans.

COMPETITION RULES

- USA Ultimate Official Rules of Ultimate, 11th Edition
 - Modifications: 20-yard end zones; "contact" marking violation call
- All games to 15, point-cap at 17.
- Halftime is 10 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 15 goals, overtime occurs when the score reaches 14-14).
- Soft time cap: Goes on 20 minutes before the hard cap. Add two points to higher score after first score after soft time cap. Game ends when first team reaches new game total or when first team reaches 15 or more ahead by at least two points, whichever comes first.
- Caps do not affect timeouts.
- Hard caps will not be used in the Pro Flight play-in games, semifinals or finals.



NOISEMAKER GUIDELINES

The following guidelines for noisemakers will be applied at USA Ultimate events. They are designed to strike a balance between limiting artificial noise that adversely impacts the competition or the on-site experience of participants with allowing for noise that helps create an enthusiastic, fun and supportive environment. Players, teams and spectators are expected to abide by these guidelines while on site at the event.

- Powered noisemakers are not allowed at the event site. This includes, but is not limited to, air horns, sirens and electronic bullhorns.
- Novelty noisemakers are NOT permitted, except under the following conditions:
 - Must remain outside of the equipment lines.
 - May only be used between a goal being scored and the offense signaling readiness for the next point.
 - May not be used during timeouts taken during active play.
 - Novelty noisemakers include, but are not limited to, whistles, vuvuzelas, squeeze horns and musical instruments.
- Music-playing devices with external speakers are permitted under the following conditions:
 - Must remain outside of equipment lines, except during warm-ups and half-time.
 - Must remain at a reasonable volume considering other event participants and attendees.
 - May not be used to play music with offensive lyrics or themes.
- No noisemaker of any kind is permitted that may present a safety hazard.
- Any noisemaker permitted above may be disallowed if the volume or content of the noise is deemed to be offensive or disruptive to the enjoyment of the event, or the noisemaker is used in an unspirited manner such as to taunt, intimidate or give a team an undue competitive advantage, as determined by event staff.

Event staff and observers will inform teams and individuals of these guidelines as needed. Repercussions for violation of these guidelines may include confiscation of the noisemaker, removal of the individual from the event site and/or in-game sanctions associated with the Misconduct System.

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USA ULTIMATE TRIPLE CROWN TOUR

The USA Ultimate Triple Crown Tour is a competition structure, introduced in 2013, for the USA Ultimate club season, including the summer regular season and the fall Championship Series for the men's, mixed and women's divisions. Teams in this structure qualify into one of four "Flights" based on their finish in the most recent Championship Series. Qualification for the 2019 National Championships means that all participating teams have earned their way into one of the two top Flights (Pro or Elite) for 2020.

At the 2019 National Championships, the top eight finishers will comprise the 2020 Pro Flight. Pro Flight teams will also earn bids to the 2020 U.S. Open Championships and the 2020 Pro Championships. The bottom eight teams at Nationals will comprise the 2020 Elite Flight, and will earn bids to the 2020 Elite-Select Challenge and 2020 Pro-Elite Challenge events.

PLACEMENT GAMES

Schedule Clarifications

Triple Crown Tour (TCT) Pro-Flight Qualification

- 5th Semis Bracket:
 - 5* through 8* are quarterfinal losers in order of post-regionals ranking.
- 9th Quarters Bracket:
 - 9* through 12* are pre-quarters losers in order of post-regionals ranking.
 - 13* through 16* are pool play losers in order of post-regionals ranking.
- Pro Flight Play-In:
 - Each fifth-place semifinal loser will match up against a ninth- place semifinal winner to compete for one the final two spots in the 2020 Pro Flight. Winners of these two games will qualify for the last two spots in the Pro Flight.

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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 20 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.

USA ULTIMATE NATIONAL CHAMPIONS

Year	Men's	Women's
1979	Glassboro <i>Glassboro, N.J.</i>	
1980	Glassboro <i>Glassboro, N.J.</i>	
1981	Condors <i>Santa Barbara</i>	B.L.U. <i>Boston</i>
1982	Rude Boys <i>Boston</i>	Zulu <i>Amherst, Mass.</i>
1983	Windy City <i>Chicago</i>	Fisheads <i>East Lansing, Mich.</i>
1984	Tunas <i>St. Louis</i>	Lady Condors <i>Santa Barbara</i>
1985	Flying Circus <i>Bay Area</i>	Lady Condors <i>Santa Barbara</i>
1986	Windy City <i>Chicago</i>	Lady Condors <i>Santa Barbara</i>
1987	New York <i>New York</i>	Lady Condors Santa Barbara
1988	Tsunami <i>Bay Area</i>	Lady Godiva <i>Boston</i>
1989	New York <i>New York</i>	Crush Club <i>Los Angeles/Santa Barbara</i>
1990	New York <i>New York</i>	Maine-iacs <i>Bay Area</i>
1991	New York <i>New York</i>	Lady Godiva <i>Boston</i>



Year	Men's	Women's	Mixed
1992	New York <i>New York</i>	Maine-iacs <i>Bay Area</i>	
1993	New York <i>New York</i>	Maine-iacs <i>Bay Area</i>	
1994	Death or Glory <i>Boston</i>	Felix <i>Bay Area</i>	
1995	Death or Glory <i>Boston</i>	Lady Godiva <i>Boston</i>	
1996	Death or Glory <i>Boston</i>	Lady Godiva <i>Boston</i>	
1997	Death or Glory <i>Boston</i>	Lady Godiva <i>Boston</i>	
1998	Death or Glory	Lady Godiva	Red Fish Blue Fish
	<i>Boston</i>	<i>Boston</i>	<i>Bay Area</i>
1999	Death or Glory	Fury	Raleigh Llama
	<i>Boston</i>	<i>San Francisco</i>	<i>Raleigh</i>
2000	Condors	Lady Godiva	Spear
	<i>Santa Barbara</i>	<i>Boston</i>	<i>Raleigh</i>
2001	Condors	Lady Godiva	Trigger Hippy
	<i>Santa Barbara</i>	<i>Boston</i>	<i>Missoula</i>
2002	Furious George	Lady Godiva	Donner Party
	<i>Vancouver</i>	<i>Boston</i>	<i>Tahoe, Calif.</i>
2003	Furious George	Fury	Donner Party
	<i>Vancouver</i>	<i>San Francisco</i>	<i>Tahoe, Calif.</i>
2004	Sockeye	Riot	Shazam
	<i>Seattle</i>	<i>Seattle</i>	<i>Seattle</i>

2005	Furious George <i>Vancouver</i>	Riot <i>Seattle</i>
2006	Sockeye <i>Seattle</i>	Fury <i>San Francisco</i>
2007	Sockeye <i>Seattle</i>	Fury <i>San Francisco</i>
2008	Jam <i>San Francisco</i>	Fury <i>San Francisco</i>
2009	Chain Lightning <i>Atlanta</i>	Fury <i>San Francisco</i>
2010	Revolver <i>San Francisco</i>	Fury <i>San Francisco</i>
2011	Revolver <i>San Francisco</i>	Fury <i>San Francisco</i>
2012	Doublewide <i>Austin</i>	Fury <i>San Francisco</i>
2013	Revolver <i>San Francisco</i>	Scandal <i>Washington, D.C.</i>
2014	Johnny Bravo <i>Denver</i>	Scandal <i>Washington, D.C.</i>
2015	Revolver <i>San Francisco</i>	Brute Squad <i>Boston</i>
2016	Ironside <i>Boston</i>	Brute Squad <i>Boston</i>
2017	Revolver <i>San Francisco</i>	Fury <i>San Francisco</i>
2018	PoNY <i>New York</i>	Fury <i>San Francisco</i>

Brass Monkey San Francisco

Mischief San Francisco

Shazam Returns Seattle

Mental Toss Flycoons Missoula

Axis of C'Ville Charlottesville, VA

Polar Bears San Francisco

Blackbird San Francisco

Blackbird San Francisco

Drag'n Thrust ington, D.C. Minneapolis

> Drag'n Thrust Minneapolis

Drag'n Thrust Minneapolis

Slow White Boston

Mixtape Seattle

AMP Philadelphia

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COMMON ULTIMATE TERMS

BREAKMARK - a throw made to other side of the field from what is being forced by the marker

BRICK MARK – the spot where play may be initiated when a pull lands out of bounds, typically 15 or 20 yards from the front of the offense's end zone and in the center of the field (yardage varies based on individual tournament rules); players have the option of making this call or taking the disc on the sideline closest to where it lands

 $\label{eq:callaham} \begin{array}{l} \textbf{CALLAHAN} - a \mbox{ defensive score, occurs when } a \mbox{ defender catches the disc in the end zone} \\ \mbox{ he or she is attacking} \end{array}$

CUP – the wall of defenders that surround the thrower in a zone defense; the wall typically consists of 3 players, but variations with 2 or 4 defenders are also common

FLICK - forehand, thrown outside, away from the handler's body

FORCE — side of the field to which throws should be contained; the marker will attempt to take away throws to one part of the field and is said to be "forcing" throws to go up in a certain direction

GREATEST — a jump, throw, catch combination that occurs when the disc is out-ofbounds, but a player jumps from in-bounds, catches the disc and successfully throws it back in-bounds to a teammate

HAMMER – an overhead throw that starts above the shoulders where the disc turns over in the air and lands upside-down

HUCK – a long throw

POACH – a defensive decision to leave a designated one-on-one matchup, usually temporarily, to clog a cutting lane or help defend a player other than the original

 \mathbf{PULL} – the "kick-off" of each point in which the defensive team throws the disc from their own end zone down the field toward the offensive team

STALL – the 10-second count for which a player is allowed to maintain possession of the disc; the opposing, defensive player must count the 10-seconds aloud; a "stall" occurs if the disc is held for more than the 10-second count

 $\ensuremath{\textbf{STRIP}}$ – occurs when a disc is knocked out of a player's hands after they have stopped rotation and achieved possession

С



Now you can bring ultimate with you everywhere you go, with a **USA Ultimate Visa** card! You get great benefits while supporting youth outreach efforts, U.S National Teams and grassroots development programs.

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CHAIN LIGHTNING

ATLANTA, GA

Captains: Matthew Smith, Christian Olsen Coach: Miranda Kay Knowles (S) @ATLchain



Founded in 1981. Chain Lightning has been illuminating the Southeast for the past 38 years. We took a small hiatus, but have struck the big stage once again with two Club Nationals appearances these past few seasons. Some say that lightning never strikes in the same place twice. We'll see about that.

> S: she/her/hers T: they/them/their(s) H: he/him/his

CONDORS

SOUTHERN CALIFORNIA

Captains: Dom Leggio, Sam Fontaine, Tyler Bacon @condorsultimate



Once nearly extinct, Condors are thriving amongst supportive communities that continue to strengthen and expand to new territories.

ROSTER

ROSTER

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00 Daniel Sperling Will Lindquist

Austin Taylor

Player Pierce

Zack Avello

Danny On

Josh Turner

John Stubbs

Anders Olsen

Sean Sears

Sun Choi

Paul Lally

88 Matt Smith

Alex Trautman

Jacques Perivier

Christian Gaeta

Devin Waldrop

Joe Pat Burns

Trenton Spinks

Mac McClellan

Michael Fairley

Christian Olsen Sam Batson

Kelvin Williams

Phillip Dougherty

Jonathan Helton	35	6'0"
Michael Kivoi	33	5'9"
Sean Ham	28	5'10"
Michael Tran		5'11"
		6'0"
		5'10"
		5'10"
		6'0"
		6'0"
		6'2"
		6'3
		6'4"
	18	6'0"
	25	
Jeff Silverman	33	5'9"
Wesley Groth	26	6'1"
David Ritchie	30	5'10"
Collin Gall	29	5'11"
Bailey Wu	22	5'8"
Jacob Bartholomew	26	6'1"
Marcel Osborne	23	6'1"
Tim Okita	25	5'8"
Tyler Bacon	33	5'8"
Travis Dunn	28	6'2"
Calvin Brown	18	6'0"
Jesse Cohen	27	6'0"
Sam Fontaine	28	5'11"
	Michael Kiyoi Sean Ham Michael Tran Scott Radlauer Nate Bridges Nathan Ransom Max Hume Sean McDougall Steven Milardovich Dom Leggio Will Turner Zach Theodore Kenrick Koo Kyle Rubin Jeff Silverman Wesley Groth David Ritchie Collin Gall Bailey Wu Jacob Bartholomew Marcel Osborne Tim Okita Tyler Bacon Travis Dunn Calvin Brown Jesse Cohen	Michael Kiyoi33Sean Ham28Michael Tran24Scott Radlauer24Nate Bridges27Nathan Ransom25Max Hume25Sean McDougall29Steven Milardovich30Dom Leggio29Will Turner25Zach Theodore29Kenrick Koo18Kyle Rubin25Jeff Silverman33Wesley Groth26David Ritchie30Collin Gall29Bailey Wu22Jacob Bartholomew23Tim Okita25Tyler Bacon33Travis Dunn28Jesse Cohen27





23 6'0" H

22 6'0"

26 5'9"

Matthew Knowles 33 5'11" H 28 6'2" 25 6'4" Н 27 5'9" 27 5'11 22 6'0" 5'11" 25 5'6" 29 6'4" 26 5'10" 40 6'4" 25 6'1" 23 5'9" H 25 5'11" 22 5'10" 31 6'0" 27 5'9" H/T 28 6'0" 27 5'10" Н 33 5'9" Bradley Seuntiens 26 6'1" 30 5'7" 27 5'10" H 29 6'3" 25 5'9"

DIG

BOSTON, MA

Captains: Noah Backer, Mac Hecht, Willie Stewart Coaches: Josh McCarthy, Nathan Wicks, Jacob Luria @DigUltimate



Coming off a last place finish in San Diego last year, this team's expectations were down in the dumps. They walked away feeling like absolute garbage. Amongst all the trash, however, two ancient artifacts were found: a DoG scented Air-Wick and old McCarthvism poster framed in iron. The team

embraced the rare rubble and formed a new identity to match. From the city built upon trash, Boston DiG comes back in its fourth iteration to prove that one team's trash is another team's treasure.



00 010

ROSTER

2	Ryan Dinger	20	6'2"
3	Gabe Colton	28	5'7"
4	Tanner Halkyard	29	6'3"
5	Noah Backer	24	6'1"
6	Rocco Linehan	23	6'0"
7	Jay Clark	29	6'2"
8	Mike Sender	27	5'7"
9	Ben Field	20	6'2"
10	Willie Stewart	24	6'3"
11	Mat Little	33	5'10"
12	Malcolm Hecht	23	6'2"
14	Andrew Hooker	30	6'0"
16	Ned Dick	23	
17	Jonah Kurman-Faber	25	5'11"
21	Ethan Bloodworth	21	5'10"
22	Ben Tseytlin	26	6'1"
23	Jeremy Bernier	19	6'0"
24	Henry Babcock	24	6'3"
25	Ilya Yudkovich	23	5'10"
31	Ben Krupp	26	5'11"
32	Spencer Diamond	27	5'10"
33	Michael Dillard	23	5'10"
42	Brent Lo	25	
44	Tyler Chan	26	5'10"
65	Topher Davis	29	
97	Alex Dagley	31	6'1"
99	Joshua Markette	40	5'8"

SPECTATOR INFO

DOUBLEWIDE

AUSTIN, TX

Captains: Abe Coffin, Jay Froude, Chase Cunningham Coach: Chase Cunningham @doublewidetx

dw + tx

Hearts of gold encased in pecs of steel. A well-nasty brotherhood since 2001.



FURIOUS GEORGE

VANCOUVER, B.C.

Captains: Alex Davis, Kevin Underhill, Fred Lam Coaches: Matthew Berezan, Troe Weston furiousultimate.com @furiousultimate



Furious is an elite open-division ultimate team from Vancouver, British Columbia. In its history, Furious has won three UPA titles, three Worlds titles and 11 Canadian titles, including the 2019 Canadian crown.

The current group of Angry Monkeys is pack-minded, driven and positive, group-focused on building success now and into the future. The athletes of Furious George continue to travel the world both as a club and in service of the Canadian national teams.

Founded in 1995, Furious George is celebrating its 25th anniversary this year.

ROSTER

0 1 5 6	Robbie Brennan William Vu Ty Barbieri Andre Gailits	28 25 22 31	
7	Bobo Eyrich	31	6'2" H
8	Morgan Hibbert	37	6'4"
9	Brayden Gee	26	5'10"
11	Ari Nitikman	23	5'10" H
12	Patrick Baylis	33	5'10"
14	Cole Keffer		5'8"
16	Tim Tsang	28	5'10"
17	Mat Goodkey	29	6'0" H
21	Andrew Dick	27	6'1"
23	Fred Lam	27	
24	Peter Yu	26	5'8"
27		37	6'2"
44	Devon Thomson	21	5'11" H
45	Malcolm Bryson	24	
50		23	
68	Dave Neilson	29	
73	Ben Burelle	25	
77			5'11"
86			5'10"
89	Kevin Underhill	29	
98	Brendan Wong	37	6'1"

S: she/her/hers

T: they/them/their(s)

H: he/him/his

GOAT

TORONTO, ON

Captains: Thomson McKnight, Geoff Powell, Jacky Hau, Jaret Meron, Iain MacKenzie goatultimate.com @GOATultimate



GOAT was founded in 2002 to create a top level team out of Ontario. The predominant habitat of the herd is Toronto, where we proudly graze. GOAT has achieved many successes, including multiple Canadian Championships ('02, '06, '15 and '17), two semifinal appearances at USA Ultimate National

Championships ('07 and '14) and most recently a bronze medal at the 2018 World Ultimate Club Championships.

ROSTER

1 2 3 5	Akifumi Muraoka Kieran Charnock Andrew Carroll Luc Comiré	25 19 29 20	6'0" 5'10"	
6 7 8	Jason Lam Michael MacKenzie Paul Mensah	25 22 29	6'0" 5'10"	Н
9 11 13	lain MacKenzie	26 28 26	6'0" 6'2" 6'1"	
15 16 17	Jacky Hau Ben Pries Isaiah Masek-Kelly	27 27 28		
18 19 21	Anatoly Vasilyev Thomson McKnight Geoff Powell	36 32 31	6'2" 6'0"	
24 26 27		30 23 24		H
34 85 86	Dan LaFrance	23 26 24	5'8" 6'1"	Н
89 91	Mark Lloyd Cam Harris	30 30	6'2" 6'3"	Η

S: she/her/hers T: they/them/their(s) H: he/him/his





JOHNNY BRAVO

BOULDER, CO

Captains: Bennett Lohre, Elliott Erickson, Kevin Johnson Coach: Jim Schoettler



Johnny Bravo was founded in 1996 by Dan Ackerstein, Wes Williams and Dan "Jello" Revelle. The team was founded on vengeance by castoffs from the top Boulder-area team. Soon, Johnny Bravo overtook their rivals and began their reign as the top elite team in Colorado. By cultivating a strong relationship

with local college teams (notably Colorado and Colorado State) and drawing top talent from across the nation, Johnny Bravo grew from a national afterthought, to a perennial quarterfinalist and, finally, to a title contender. Johnny Bravo's base is solidified by a group of players who recognize that natural talent and athleticism can get you to the next level, but hard work and brotherhood will help you transcend that level.

ROSTER

SPECTATOR INFO

MACHINE

CHICAGO, IL

Captains: Jack Shanahan, Nate Goff, Pawel Janas, Walden Nelson Coaches: Andy Neilsen (H), Denis Agniel chicago-machine.com @MachineUltimate



Machine represents Chicago at the National Championships for the 14th year in a row.

0	Jesse White	24	6'0"
	Joey Kennedy	19	
2 3	Jeff Holm	22	
4	Seth Weaver	20	
5	Johnny Bansfield	26	
6	Dex Dremann	20	
7	Kurt Gibson	33	
8	Stephan Mance	30	6'2"
9	Jeff Weis	22	6'4" H
10	Von Alanguilan	30	• • • • •
11	Nate Goff	24	
12	Kyle Rutledge	22	
13	Alex Evangelides	30	
16	Yiding Hou	26	
17	Keegan North	24	
19	Paul Arters	24	
24	Michael Pardo	25	
25	Ross Barker	25	
26	Peter Graffy	28	
27	Zane Rankin	27	6'2"
31	Walden Heiwa Nelson	32	
32	Sam Kanner	31	
55	Pawel Janas	25	
61	Eric C Schumacher	26	
88		22	
91	Joe White	21	6'2"
94	Jack Shanahan	23	6'2"

S: she/her/hers
T: they/them/their(s)
H: he/him/his



32 5'11" H

26 5'9" H

29 5'10" 27 6'0" H

27 6'0" Н 30 6'0"

30 5'11"

32 5'11"

28 6'2"

30 6'0" 28 5'9"

28 6'3"

37 6'4"

27 6'0" Н 26 5'10" H

27 6'6" 25 6'3"

30 5'10"

29 5'9"

29 6'0" Н

27

24

28 5'11" H

6'0" Н 6'2"

Н

Η 27 6'0"

Η

Н

Н 6'2" 25

Н 23 6'3"

Н

26 5'11" H

PONY

NEW YORK, NY

Captains: William Dean, Jimmy Mickle, Isaac Saul Coaches: Ben Van Heuvelen (H), Bryan Jones, Jimmy Leppert (H), David Blau @PrideofNY



This is what the summer's all about.

S: she/her/hers T: they/them/their(s) H: he/him/his

REVOLVER

SAN FRANCISCO, CA

Captains: Simon Higgins, Byron Liu, Jordan Marcy, Sawyer Thompson Coach: Molica Anderson (S) revolverultimate.com @RevolverIHD



Revolver was established in the spring of 2006 when Nick Handler, Chris McManus and Marc Weinberger came together to build a new Bay Area ultimate program from scratch. They sought a team where young players could learn from veterans, where lasting friendships can be made and where the goal was to

get better in every practice and game - rise.

Although Revolver did not set out to win championships, it quickly became apparent that the program's focus on young talent, role playing and great spirit had great potential. leading to five national and two world championships over the last decade.

This year's Revolver team brings in 11 new faces, but the same core values that have shaped the team throughout the years still ring true - intensity, humility and discipline.



8 Harper Garvey Samuel Little 9

ROSTER

2

5

6

7

10 Grant Lindsley 12 Matthew Lemar

Sean Keegan

Clark Cofer

Michael Brenner

Joshua Stevens-Stein

- Evan Padget 13
- 15 Kevin Norton 16 Michael Drost
- 17 Benjamin Katz
- 18 Tyler Haskell
- 19 Isaac Saul
- 21 Alex Thorne
- 23 Jimmy Mickle 27 Jack Hatchett
- 31 Chris Kocher
- 47 Conrad Schloer
- 50 Beau Kittredge
- 60 William Dean
- 66 Jibran Mieser 69
- Benjamin Jagt 82 Margues Brownlee
- 87 Jeffrev Babbitt
- 97 Benjamin Spielman
- 99 Milo Snyder

0 1 3 4 5 6 9	Bob Liu Simon Higgins Andrew Moore Kainoa Chun-Moy Danny Miesen Julian Childs-Walker Cassidy Rasmussen	32 26 27 23 29 28 30	6'4" 6'0" 5'8" 5'11" H 5'10" H			
13	lan Sweeney	22	6'3"			
14	Justin Lim	25				
15	Michael Spear	32				
16	Jake Thorne	19	6'1"			
17	Sawyer Thompson	25	6'4" H			
19		26				
21	Caleb Merriam	22	5'8"			
22		27	6'1"			
23		26				
24	Elijah Kerns	27	5'11" H			
25	Nick Stuart	28				
27	Ashlin Joye	31				
32	Jordan Marcy	27	5'10" H			
33	Mark Lin	26				
48			5'10"			
49		23	6'0" H			
88		28				
93			5'10"			
94	Adam Rees	24	6'1"			
	S: she/her/hers					
	T: they/them/their(s)					



RHINO SLAM!

SALEM, OR

Captains: Vinh Bui, Raphy Hayes, Trevor Smith, Jon Lee facebook.com/pages/category/Organization/Rhino-Slam-406995056021898 @RhinoUltimate



Born on the bluffs of Nature Cathedral on a well-lit night despite no stars, Rhino slams onto the national stage riding a magic carpet fueled by THUG (Trust + Horns Up + Growth). The core of this year's Crash are an age-spanning roster. Rhino has been in the club

division since 1990, a year in which 80% of the current roster were not yet even a glimmer. Future and present Rhino aside, this team has a long history of representing Oregon in the open division, and the range of personalities over the past several decades has lent itself to becoming quite the clown-car of a team.

Honk Honk - Horns Up!

ROSTER

Holden Carroll	29	5'9"	
	45	5'11"	
Jason Simms	25	6'0''	
	29	5'9"	ŀ
Chris Hancock	32	5'8"	
Jon Stone	32	6'0"	Н
	31	5'9"	
Jon Lee	27	6'0"	
Timmy Perston	30	6'3"	
Raphy Hayes	27	6'0"	
Bill Shaw	26	6'0"	
Grant Cole	34	5'7"	
Kuochuan Ponzio	19	5'11"	
Nick Jackson	29	6'0"	
Austin Kelly	26	6'2''	ŀ
Trevor Smith	27	5'11"	ŀ
David Sealand	22	6'2"	ŀ
Sam Franer	26	5'9"	ŀ
Sam Gordon-Koven	25	6'5"	H
Vinh Bui	25		
Daniel Lee	24		
Owen Murphy	29		
Duncan Mcnally	26		H
Leandro Marx	22	5'9"	
	Dan Young Chris Hancock Jon Stone Kyle Hambone Jon Lee Timmy Perston Raphy Hayes Bill Shaw Grant Cole Kuochuan Ponzio Nick Jackson Austin Kelly Trevor Smith David Sealand Sam Franer Sam Gordon-Koven Vinh Bui Daniel Lee Owen Murphy Patrick Beckett Duncan Mcnally	John Cairns45Jason Simms25Dan Young29Chris Hancock32Jon Stone32Kyle Hambone31Jon Lee27Timmy Perston30Raphy Hayes27Bill Shaw26Grant Cole34Kuochuan Ponzio19Nick Jackson29Austin Kelly26Trevor Smith27David Sealand22Sam Franer26Sam Gordon-Koven25Vinh Bui25Daniel Lee24Owen Murphy29Patrick Beckett20Duncan Mcnally26	John Cairns 45 5'11" Jason Simms 25 6'0" Dan Young 29 5'9" Chris Hancock 32 5'8" Jon Stone 32 6'0" Kyle Hambone 31 5'9" Jon Lee 27 6'0" Timmy Perston 30 6'3" Raphy Hayes 27 6'0" Bill Shaw 26 6'0" Grant Cole 34 5'7" Kuochuan Ponzio 19 5'11" Nick Jackson 29 6'0" Austin Kelly 26 6'2" Trevor Smith 27 5'11" David Sealand 22 6'2" Sam Franer 26 5'9" Vinh Bui 25 5'7" Daviel Lee 24 6'1" Owen Murphy 29 6'1" Patrick Beckett 0 6'1"

S: she/her/hers T: they/them/their(s) H: he/him/his

_	-	
RING	OF	FIRF

RALEIGH, NC

Captains: Matt Gouchoe-Hanas, Noah Saul, Allan Laviolette, Sol Yanuck

Coaches: David Allison, Mike Denardis ringultimate.org @ringulimate



Celebrating our 30th season, Ring of Fire is North Carolina's premier open club ultimate team. Founded in 1989, Ring is one of the oldest club ultimate teams in the world and has a long-standing tradition of success on the national scene, qualifying for the National Championships for 23 straight years. Ring

has also competed at WFDF World Ultimate Club Championships five times, finishing fourth (1993, 1995), fifth (1999, 2018) and ninth place (1997).

S: she/her/hers
T: they/them/their(s)
H: he/him/his

ROSTER

1	Justin Allen	28	6'1"	
2	Ross Ward	27	6'3"	
3	JD Hastings	25	5'6"	
4	Dillon Lanier	21	6'1"	
6	Jacob Mouw	27		
7	Alex Davis	22		
9	Bobby Ley	27	5'10"	
10	Henry Fisher	23		
11	Mischa Freystaetter	27	6'7"	
12	Joey Cretella	31	6'0"	
13	Shane Sisco	32		
14	Liam Searles-Bohs	20	6'1"	
15	Eric Taylor	23		
16	Anders Juengst	21	5'7"	
18	Elijah Long	21	6'0"	Н
19	Stan Birdsong	21		
21	Matt Gouchoe-Hanas	23		Н
22	Sol Yanuck	23		
23		23		
24	Noah Saul	30	6'0"	Н
26	Allan Laviolette	30	5'8"	
28	Jack Williams	25		
30	Andrew McKelvey	23		
34	Austin von Alten	21		
51	Tim McAllister	25		
52	Connor Russell	20	6'5"	
99	Josh Hartzog	30	6'1"	
55	JU311 1101 120g	30	01	

SPECTATOR INFO

2019 USA ULTIMATE NATIONAL CHAMPIONSHIPS



Sockeye

SEATTLE, WA

Captains: Chris Kosednar, Simon Montague Coaches: Mike Caldwell (H), David Hogan seattlesockeye.org @SeattleSockeye



Sockeye is an ultimate Frisbee club from Seattle, Washington, and has been one of the most dominant ultimate teams of the past two decades. Sockeye competes annually at the USA Ultimate National Championships, where they've qualified every year but one since 2000 and are three-time champions.

In 2008, Sockeye represented the United States as the U.S. National Team at the World Ultimate Championships in Vancouver, Canada, earning silver. Sockeye also traveled to the World Ultimate Club Championships twice, winning silver in both Prague (2010) and Lecco (2014).

The team is composed of amateur athletes who dedicate themselves to being the best ultimate players in the world. Sockeye is committed to the growth of the sport through youth engagement and promoting positive sporting and community values. Many current and former Sockeye players have been key pieces in the development of the wonderful youth ultimate scene that we have here in Seattle!

T: they/them/their(s) H: he/him/his

ROSTER

0	Jacob Janin	29	5'9"
1	Garrett Martin	21	5'11"
2	Brice Dixon	28	
3	Mitch Kulczak	26	
4	Zach Goulson	25	
5	Nathan Kwon	23	
6	Phil Murray	30	
7	Eli Friedman	32	
8	Camden Allison-Hall	30	6'0"
9	Simon Montague	28	6'3"
10	Dongyang Chen	25	5'7"
11	Christian Foster	31	5'9"
16	Trent Dillon	26	5'11" H
19	Husayn Carnegie	35	5'5" H
22	Billy Katz	28	6'0"
23	Xander Cuizon-Tice	23	5'7" H
24	Tony Venneri	18	5'7" H
27	Dylan Freechild	28	5'10" H
28	Duncan Linn	29	5'6"
30	Matty Russell	26	6'0"
31	Matt Rehder	27	6'4"
34	John Randolph	20	5'11"
70	Julian Hausmann	30	6'3"
77	Ben Snell	27	
87		32	
89	Milan Ravenell	23	6'2"
90	Shane Worthington	25	6'2"

SUB ZERO

MINNEAPOLIS, MN

Captains: Nicholas Simonelli, Colin Berry Coach: Tallis Boyd subzeroultimate.com @SubZeroUltimate



Sub Zero has been representing Minneapolis men's ultimate since 1997. Sub has qualified for the National Championships 18 times, and has been chasing its best finish of third in 1999. In 2018, Sub Zero finished seventh at Club Nation-

als and qualified for the USA Ultimate Pro-Flight.

In 2019, the team is captained by Nicholas Simonelli and Colin Berry. With a mix of seasoned veterans and an influx of talent, Sub Zero looks to improve on last year's success to battle the best teams at Club Nationals.

1 2 3 4 5 6 8 10	Ryan Osgar Logan Pruess Colin Berry Greg Cousins Charlie McCutcheon Charles Weinberg Nick Vogt Tony Poletto	26 26 27 25 25 23 24	6'3" 5'11'' 5'9"
11	Andrew Meshnick	30	6'2"
13	Cole Jurek	21	6'0"
15	Kristian Johnson	23	5'10"
16	Bill Everhart	31	6'1"
17	Ethan Rasmussen	27	5'8"
18	Wystan Duhn	22	6'0"
19	Grayson Pangburn	31	
20	Thomas Echols	25	5'9"
21	Codi Wood	24	
26	Jordan Taylor	25	
29	Josh Klane	27	5'9"
32	Andrew Roy	21	6'0"
33	Connor Anderson	25	5'6"
66	Jason Tschida	27	5'7"
69	Josh Kautz	25	6'2"
71	Nicholas Simonelli	29	6'0"
80	Kevin Pettit-Scantling	28	6'2"
92	Kevin Brown	27	6'2"
99	Tristan Van De Moortele	24	5'10"





TEMPER

PITTSBURGH, PA

Captains: Thomas Edmonds, Mark Fedorenko, Alex Thomas Coaches: Andrew Willig, Ari Weitzman @pahtemper



Pittsburgh Temper was started in 2014 in an effort to attract the top talent from the Greater Pittsburgh Area. Throughout Temper's tenure as a men's club team, the goal of uniting the city of Pittsburgh's ultimate community to be able to consistently compete with the other top teams in the nation has finally come to fruition. It has been

a long time since a men's club team from Pittsburgh has attended the National Championships in back-to-back years. #herewego

ROSTER

0	Jeremy Langdon	27	6'2"
1	Max Sheppard	24	5'8"
2	Jonathan Mast	25	6'0"
3	Patrick Earles	26	
4	Ben Banyas	35	5'9"
5	Ryan Hoffman	22	6'3"
6	Anson Reppermund	27	6'2"
7	Mark Fedorenko	27	6'3"
8	Thomas Edmonds	25	5'11"
9	Patrick McMullen	29	5'7"
10	Max Thorne	26	5'7"
11	Alex Spenceley	23	6'0"
12	Kevin Tsui	20	5'8"
14	Kenny Furdella	30	6'2"
15	Dylan Best	24	5'11"
18	Kyle Hartley	23	6'2"
22	Owen Watt	23	6'2"
24	Alex Thomas	24	6'0"
25	Adam Burgess	25	5'11"
27	Jasper Tom	23	5'8"
29	Hafeez Shams	23	6'0"
34	Casey Mann	20	5'8"
45	Brett Matzuka	34	5'8"
48	Jimmy Towle	24	5'10"
49	Sam VanDusen	25	6'0"
55	Chris Graber	20	
81	Tyler DeGirolamo	30	6'3"

SPECTATOR INFO

TRUCK STOP

WASHINGTON, D.C.

Captains: David Cranston, Nate Castine, Rowan McDonnell Coaches: Darryl Stanley, Alex Crew @truckstopulti



Washington, D.C. residents do not have a vote in either the House of Representatives or the U.S. Senate, yet we pay federal taxes AND many serve in the U.S. military.

> S: she/her/hers T: they/them/their(s) H: he/him/his

0	Ted Sither	21	6'0" H
1	Max Cassell	24	6'10"
2	Christian Boxley	23	5'10" H
3	Chance Cochran	23	5'8" H
4	Delrico Johnson	29	5'10" H
5	David Cranston	30	6'1"
7	Joe Freund	21	6'4"
8	Jeremy Hess	20	6"2"
10	Tyler Monroe	24	6'1"
14	Lloyd Blake	27	6'4" H
15	Nate Castine	31	5'11"
17	Eric Miner	32	6'5"
21	Rowan McDonnell	30	6'0"
22	Ryan Swift	24	6'0"
25	Marcus Thaw	26	6'0"
29	Christian Johnson	27	6'2"
30	David Bloodgood	24	6'0" H
36	Nicky Spiva	30	6'1" H
43	Nathan Prior	26	5'9"
45	Jeff Wodatch	32	6'1"
51	Kevin Versteeg	21	5'10"
52	Gus Norrbom	21	5'9"
63	David Shields	24	5'9"
70	Chris Strub	26	5'9"
90	Markham Shofner	30	
91	Troy Holland	25	6'0"
99	Joseph Richards	23	6'3"

AMP

PHILADELPHIA. PA

Captains: Linda Morse, Steve Rosso, Danielle Walsh Coaches: Patrick Sherlock, Matt Zumbrum phillyamp.com @PhillyAMP



Planet Earth (Season 3. Episode 1) - narrated by Dr. Emilv J. Shields:

In autumn, the dusty hues of the desert are brought to life with the arrival of a FLAMboyant seasonal visitor. Flamingos. They have migrated to the plateaus of San

Diego for one purpose: a spectacular dance. Fueled by a diet of spotted lantern flies, goldfish and toast, the flamingos are prepared for competition. Cries of 'Caw!' and 'Haw!' echo from the flock. As the sun sets on hot girl summer, flamingo fall spreads its wings.

AMP is proud to represent the Founders Section and Philadelphia. Since 2006, AMP has gualified for 14 USA Ultimate National Championships and competed at the 2010 and 2018 World Ultimate Club Championships.

> S: she/her/hers T: they/them/their(s) H: he/him/his

ROSTER

1	Bobby Roos	30		Н
4	Raha Mozaffari	33		
5	Michael Panna		5'9"	Н
7	Steve Rosso	30		
8	Luke Ryan	27		
9	Andrea DeSabato	33		
10	Spencer DeRoos	22		
11	Ryan Flamberg	26		
12		26		
13		19		
14		27		
18	Emily Shields	27		
19	Anna Thompson		5'3"	
21	Linda Morse	24	5'9"	S
22	Liz Hart	24	5'9"	
23	Natalie Bova	23	5'3"	
24	Danielle Walsh	29	5'8"	
25	Andrew O'Connor	28	5'10"	
26	Julia Mankoff	22	5'7"	
33	Jordan Rhyne	28	6'1"	
44	Max Charles	26	5'7"	
55	Mike Campanella	25	6'1"	
70		22	5'8"	
79	Michael Ing	22	6'1"	
81			5'9"	
88		20		Н
99	Eric Nardelli	26	6'0"	

BFG

SEATTLE, WA

Captains: Alexa Kirkland, Andi Coleman, Lili Gu Mental Training Coach: Petra Kowalski facebook.com/SeattleBFG @SeattleBFG



BFG was founded in 2016 by Lili Gu and Alexa Kirkland on the values of positivity, process and perseverance. It's been an exciting three years, with two National Championship appearances and a firstplace finish at the World Ultimate Club Championships. A team is no one, and we believe.

ROSTER

S: she/her/hers T: they/them/their(s) H: he/him/his







COCKTAILS

COLUMBUS, OH

Captain: Jeffery Brauning columbuscocktailsu.wixsite.com/cbusmixed @cbusmixed



We are a competitive mixed ultimate Frisbee team based out of the Columbus. Ohio area. Columbus Cocktails was formed in 2016 after the city was missing a competitive mixed team for over a year. The first year, the team was focused on a spirited and fun season. Very shortly into the first year, the team

realized its potential and has since been working towards a greater goal -- making Club Nationals. Even though Club Nationals became a common goal, we never lost sight of our origin and strive to provide a spirited and competitive atmosphere. Each year, the program has progressed and continues to place higher each year at regionals. This year, we defended our regional title and are so excited to go back to Club Nationals

20 Elizabeth Diamond 5'6" 2 Funing Zhang 21 5'6" 3 5'9" Ben Sever 30 **Emily Barrett** 22 5'8" 4 David Valentine-Elam 37 6 6'4" Jeffery Brauning 30 5'7" 8 21 5'10" Michael Kromer 9 Rvan Kindell 25 5'10" Jordan O'Neill 28 5'11' 10 24 5'4" Jackie Matonis 11 20 5'9" 12 Sion Agami 24 5'8" Caitlin Duffner 14 Caroline Gulla 20 5'2" 17 Ben Reith 31 5'10" 5'8" 18 Axel Agami 19 5'4" Mallory Griffith 24 21 5'3" 26 Cara Sieber 21 32 6'0" 31 Eliot Alexander 23 5'6" 33 Lexi Thomas 43 Chloe Lim 22 5'3" 5'9" 47 Phil Cherosky 31 Maddie Pletzke 21 5'8" 88 92 Neil Taylor 25 6'4" 21 5'9" 98 Zach Braun 99 Lloyd Furuta 25 5'11"

SPECTATOR INFO

DRAG'N THRUST

MINNEAPOLIS, MN

Captains: Brett Sullivan, Emily Regan, Kat Ritzmann, Sarah Meckstroth Coach: John Groess (H) draanthrust.com @dragNthrust



Drag'n Thrust is a mixed ultimate team from Minneapolis, Minn., that is currently in its 11th season. Since 2010, Drag'n has attended the National Championships, winning three years in a row (2013-2015). We also won a Worlds title in the club division in 2014. Fin-

ishing sixth at last year's National Championships, our Drag'ns are ready to climb back to the top of the mixed division. Drag'n Thrust values trust, hard work, individual growth and building relationships, as well as spirit and equity. Winning the Team Spirit Award at the 2014 National Championships is something we are extremely proud of. We are excited and honored to compete with the best athletes in the world and can't wait to showcase our talented Drag'ns during the 2019 season.

ROSTER

ROSTER

1

2	Brett Sullivan	26	6'1"	
3	Pat Niles	35	5'10"	Н
4	Erica Baken	29	5'7"	
5	Ellie Sjordal	22	5'5"	S
6	Logan Weiss	30	6'0"	-
7	Blake Trantina	25	6'3"	Н
8	Greta Regan	25	5'5"	
9	Emily Regan	28	5'3"	S
10	Erin McCann	20	5'4"	S
12	Marty Adams	23	5'8"	Н
13	Jacob Lien	27	5'11"	
14	Austin Lien	30	5'8"	Н
16	Brian Schoenrock	29	6'1"	Н
17	James Hron	31	6'3"	
18	Sam Berglund	25	6'1"	
19	Tavis Leighton	24	6'1"	
20	Neal Hanke	29	6'0"	
22	Kat Ritzmann	24	5'2"	S
24	Holly Denecour	35	5'4"	S
26	Becca Ludford	29	5'6"	
30	Leo Sovell-Fernandez	19	5'9"	Η
31	Maggie Peck	22	5'4"	S
33	Jaime Glader	33	5'1"	
43	Bryan Vohnoutka	29	5'10"	
44	Sarah Meckstroth	27	5'8"	S
49	Caleb Denecour	30	5'9"	Η
59	Claire Thallon	23	5'8"	S
	S: she/her/hers			

T: they/them/their(s) H: he/him/his

2019 USA ULTIMATE NATIONAL CHAMPIONSHIPS



MISCHIEF

SAN FRANCISCO, CA

Captains: Gina Schumacher, Cody Kirkland, Robin Meyers Coach: Andrew Berry (H) mischiefultimate.com @mischief nation



Mischief. It means trickery, chicanery and spirited fun. It means winning games with our legs, and when our legs can't run anymore, it means going the last mile with heart. It means always having more in the tank. It means putting everything on the line for our team and taking pride in the best we are capable of becoming. Above all, it means love and family.

Mischief was founded in 2003 and our goal is to foster a supportive and fun environment that motivates us to work hard, commit and sacrifice for each other to compete at the highest level.

> S: she/her/hers T: they/them/their(s) H: he/him/his

> S: she/her/hers T: they/them/their(s) H: he/him/his

ROSTER 1

1	Lexi Zalk	29	5'8"
2	Cori Hanson	28	5'11" S
3	Deanna Abrams	24	5'3" S
5	Matthew Crawford	32	
6	James Hansell	31	6'2"
8	Mia Bladin	23	5'7"
9	Ben Feng	29	6'1" H
11	Cody Kirkland	26	5'10" H
12	Jacob Smith	25	5'9" H
13	Robin Meyers	31	5'10" H
14	Sean Childers	30	6'2"
18	Caitlin Rugg	31	5'6" S
19	Lily Steponaitis	29	5'11" S
23	Jordan Jeffery	30	6'4"
25	Audrey Wei	30	5'4" S
27	Connie Chan	26	5'3" S
31	Ethan Falat	28	5'11"
33	Scott Gatto	30	5'9" H
36	Jenny Wang	23	
47	Gina Schumacher	29	5'7" S
48	Julia Salvacion	26	5'2"
72	Devin Drewry	28	
77	Emily Prader	29	5'5"
80	Kevin Smith	34	6'0"
85	Evan Brydon	29	6'1"
96		29	5'5"
99	Max de Visser	21	6'1"

MIXTAPE

SEATTLE, WA

Captains: Khalif El-Salaam, Arianne Lozano @seattlemixtape



MLWLBD - At the end of the day, everyone wants the same thing. Buckets.

19 20 21 22 23 24	Michael Brisbois Abby Hecko Reed Hendrickson Hazel Ostrowski Zach Sabin Emily Cai Alexa Romersa Adam Simon Jesse Bolton Evan Klein Nikki Bruce Zhi Chen	27 28 33 28 31 25 29 30 31 18 25 18 25 23 25 36 25 30 24 25	Н
27 28 32	Dominic Cavalero Deb Scheibe Emily Smith-Wilson	27 42 37	S
33 34	Sophia Palmer Brian Stout Ari Lozano Khalif El-Salaam	17 37 25 25	S/T



MOONDOG

MONTANA

Captains: Kyla Crisp, Kari Shelkey, Caleb Stanek, Matt Konen, Ethan Yourd @MoondogUltimate



Montana Ultimate was first put on the map when 2001's Trigger Hippy and the 2008 Mental Toss Flycoons won Club Nationals. Through roster turnover and rebrandings, the elite ultimate scene in Montana was lost in the wind, like Cold Smoke on the Ridge at Bridger Bowl. But desire does not lay dormant long, and soon a new drive to compete against the

elite was reforged, just as Anduril was remade from the fragments of Narsil. The bond between elves and men was made anew as Bozeman Bozos and Missoula Mental Toss Flycoons laid down their arms to challenge darkness. Together, these men and women united under one flag, the MOONDOG. Bound to no master, the MOONDOGs have created the most exciting pre-ski-season hype in a decade.

POLAR BEARS

SAN FRANCISCO, CA

Captains: Aaron Shi, Margot Stert, Orion Edwards Coach: Drew Galiaer @pbrawr



Polar Bears is a mixed ultimate team hailing from the California Bay Area. We started as a Lei Out team in 2010 and had so much fun that we decided not to stop! Polar Bears went on to win the National Championship in that first year, and this is our eighth Club Nationals appearance in 10 seasons. Rawr!

ROSTER

Lucy Williams	28	5'8" S
Brian Mitchell	34	6'0" H
Demri Horton	24	5'10" S
Scott Albrethsen	28	5'9"
Matt Konen	32	6'0" H
Drew Mozzer	24	5'10"
Kyla Crisp	26	
Kari Shelkey	28	
Kelton Enich	26	5'8" S
Johannah Kohorst	26	5'7" S
Shae Wallen	23	5'2" S
Ethan Yourd	27	5'11"
Sarah Megyesi	40	
Samantha Treu	36	
Elysia Crockett	28	5'9" S
Drew Shanafelt	25	6'0" H
Sam Hines	28	6'1" H
Zach Baumann	22	5'10"
Caleb Stanek	31	5'10" H
Genesea Meha		
Tyler Albrethsen	32	5'11" H
Kevin Ryder	30	6'0" H
Sam Berkelhammer	27	
Tyler Honsinger	26	
Jack Lokowich	20	5'7" H
Craig Harkey	28	6'0" H
	Brian Mitchell Demri Horton Scott Albrethsen Matt Konen Drew Mozzer Kyla Crisp Kari Shelkey Kelton Enich Johannah Kohorst Shae Wallen Ethan Yourd Sarah Megyesi Samantha Treu Elysia Crockett Drew Shanafelt Sam Hines Zach Baumann Caleb Stanek Genesea Meha Tyler Albrethsen Kevin Ryder Sam Berkelhammer Tyler Honsinger Jack Lokowich	Brian Mitchell34Demri Horton24Scott Albrethsen28Matt Konen32Drew Mozzer24Kyla Crisp26Kari Shelkey28Kelton Enich26Shae Wallen23Ethan Yourd27Sarah Megyesi40Samantha Treu36Elysia Crockett28Drew Shanafelt25Sam Hines28Zach Baumann21Genesea Meha28Tyler Albrethsen32Kevin Ryder30Sam Berkelhammer27Tyler Honsinger26Jack Lokowich20

SPECTATOR INFO

ROSTER

0	Aaron Ham	00	EICH	
0	Aaron Hom	23	5'6"	Н
2	Molly Munson	28	5'5"	
3	Amanda Meroux	24	5'0"	
4	Orion Edwards	26	6'2"	
5	Aaron Shi	24	6'2"	
7	Chuck Cao	27	6'0"	
9	Ellen Jacobus	24	5'7"	
10	Steven Chang	30	6'0"	Н
11	Carolyn Drewry	23	5'5"	S
12	Ziyue Chen	25	5'7''	
13	Robert Yeagle	26		
14	Kate Schlag	30	5'6"	_
17	Margot Stert	26	5'9"	S
18	Nicholas Alexander	26	5'8"	Н
19	Alex Pan	21	5'11"	Н
21	Lisa Couper	27	5'8"	
22	Andrew Ouyang	25	5'10"	
23	Ryan Messersmith	22	6'0"	Н
24	Joe Thompson	25	6'2"	
25	Daniel Naruo	34	5'9"	
34	Jesse Buchsbaum	26	6'9"	Н
36	Sara Nolan	28	5'7"	
42	Matt Jaffe	29	6'1"	
51	Tommy Lin	22	5'9"	
52	Sam Ápplegate	31	5'7"	S
88	Linh Hoang	32	5'0"	S
90	Annie Lee	27	5'6"	

S: she/her/hers T: they/them/their(s) H: he/him/his

S: she/her/hers T: they/them/their(s) H: he/him/his

35 5'10" 28 5'9" 25 5'8"

25 5'10" 29 5'10"

25 6'0"

29 5'9"

25 6'2" 26 5'10"

20 6'3"

25 5'1"

25 5'4" 18 5'7"

23 5'6"

28

22 6'0" S

27 6'0"

22 6'0"

29 5'9"

38 5'11"

35 5'9" S

5'2" S 32

5'6" S 5'7"

5'7"

6'1"

26 6'0"

28 29

22 5'11"

41 5'6"

PUBLIC ENEMY

DALLAS, TX

Captains: Matt Hudspith, Dani Runzo, Michael Hayes, Jamie Eriksson Coaches: Adam Goff, Harrison Schwarzer

@UltiPublicEnemy



Public Enemy is a collective of Dallas-Fort Worth's rowdiest individuals, nicest kids, try-hard extraordinaires, peculiarly unassuming non-suches and conch-loving hooligans.

> S: she/her/hers T: they/them/their(s) H: he/him/his

SHAME.

FORT COLLINS, CO

Captains: Vinny Fiacco, Doug Stenclik, Marilyn Reich, Ashley Daly Morgan, Zack Fleming @ultimate_shame



That other mixed team from the South Central region. #annoyinglysuccessful

ROSTER

ROSTER ٥

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19

24

26

27

50

72

95

Brandon Malecek

Julie Malecek

Jason Chrisian

Matt Hudspith

Eric Carter

Chris Casey

Ari Glantz

Josh Moore 10 Nico Cesar

Chris Pleshek

Veronica Coombs

Kevin Christian

Megan Tormey

Abe Gambert

Michael Hayes

Emma Ackels

Jenna Bigbie

42 Skye Fernandez 46 Helen Eifert

Jon DeAmicis

Alan Villanueva

Brooke Wooldridge

Jamie Eriksson 34 Madison Tomasek

20 Casey Hogg

21 Dani Runzo

Jonathan Costello

Maricar Lafita Navarro 33

Kowin Horroro	22	6'0"
		5'9"
		5'5"
		5'7"
		57 6'0"
		5'10"
		5'3"
		5'10"
		5'10"
		5'6"
		6'1"
		6'0"
		5'6"
		6'0"
		6'0"
		5'7"
Owen Westbrook		6'2"
Alex Daniels	28	5'5"
Ryan Pesch	30	5'9"
Aubree Dietrich	26	5'8"
Spencer Tibbs	27	6'2"
Nick Snuszka	32	6'1"
Danielle Love	25	5'6"
Adrienne Altobelli	35	5'7"
Vinny Fiacco	34	6'2"
	24	6'3"
Sarah Pesch	28	5'10"
	Ryan Pesch Aubree Dietrich Spencer Tibbs Nick Snuszka Danielle Love Adrienne Altobelli Vinny Fiacco Kasey Anderson	Hugh Carey34Kelcie Glick36Ashley Daly Morgan35Kevin Coulter20Jon Snyder29Kiera Lindgren22Doug Stenclik34Nick Lance31Jade McLaughlin29C Ryan Morgan37Joseph Anderson37Liz Murphy21Peter Raines29Zack Fleming25Marilyn Reich26Owen Westbrook35Alex Daniels28Ryan Pesch30Aubree Dietrich26Spencer Tibbs27Nick Snuszka32Danielle Love25Adrienne Altobelli35Kasey Anderson24





FIO

SLOW WHITE

BOSTON, MA

Captains: Alex Trahey, Hannah Baranes, Olivia Hampton Coach: Marshall Goff @slowwhite



Slow is a team whose average age changes like the direction of a school of fish. This year. Slow finds itself closer to its beginnings, some 15 odd years ago, with a bunch of college kids -- kids who act like they're still in college -- and your odd grandparent or two. There are some new faces to the crew

and others who have returned to travel the yellow brick road for another year (oh sorry, wrong story). What we know for sure though is that this team doesn't look like dwarves at all (very tall) and would much prefer leeks to apples.

> S: she/her/hers T: they/them/their(s) H: he/him/his

SNAKE COUNTRY

BOSTON, MA

Captains: Anna Beddor, Davis Whitehead @Snakecountry



Snake Country was established in 2009 by a group of Middlebury alumni who wanted to play together after college. This year, the 11th anniversary of the team, is the second season the Snakes are competing in the USA Ultimate Club Series. Previously, the team has found success at Get Ho Ho in Falmouth, Mass. (except in searching for a certain

> S: she/her/hers T: they/them/their(s) H: he/him/his

someone while playing night time Sardines) and the Wildwood Beach Ultimate Tournament in Wildwood, N.J.

R	DSTI	ER	
~	D .	~	

6

6	Piper Curtis	24	5'6" S
9	Eric Shaw	27	6'0" H
10	Ryan Turner	27	6'1"
15	Caitlin Fitzgerald	27	5'5"
19	Olivia Hampton	24	5'4" S
21	Pat Barron	23	6'3"
24	Andy Schachter	31	5'11" H
27	Lauren Baecher	28	5'7"
50	Shaun Doherty	30	5'11"
51	Tannor Johnson	22	6'4"
52	Alex Trahey	31	6'4" H
53	Bretton Tan	22	6'0"
54	David Friedman	24	6'1"
55	Ryan Cardinal	25	5'9" H
56	Amy Stoddard	23	5'8" S
57	Ari Nelson	21	5'8" S
59	Renata Pepi	21	5'3"
60	Caitlin Go	24	5'3" S
61	Caroline Collis	22	
62	Leanne Go	23	
63	Tess Johnson	19	5'9" S
64	Ivan Tran	23	5'9"
65	Eli Motycka	24	
66	Emilia Scheemaker	25	5'9" S
67	Walker Hatchett	29	6'0"
68	Marcel Oliart	21	6'2" H
69	Orion Cable	18	6'5" H

SPECTATOR INFO

00	Jacob Tayler	32	6'4''
1	Brian Garcia	36	
2	Allison Springer	30	
3	Anna Beddor	27	5'4''
4	Davis Whitehead	27	6'0'' H
5	Kirsten Lundquist	30	5'5''
6	Tessa Jones	24	5'2'' S
7	Jon Cox	29	
8	Peter Prial	31	6'3''
10	Alex Grin	32	6'0''
11	Ryan Levins	32	
12	Chris Waite	33	
13	Kimberly Culpan	30	
17	Aura Mackenzie	40	
21	Misha Herscu	28	
22	Chelsea Murphy	30	
23	David Reshef	32	5'9''
24	Jesse Wolf	28	5'9''
25	Chelsea Witte-Garcia	35	
27	Colette Pellegrini	23	5'8'' S
28	Shellie Cohen	26	
32		30	
33	Jake Herman	30	5'10''
35	Piers MacNaughton	29	
43	Jon Hirschberger	31	
64	Jamie Quella	31	6'0'' H
89	Annie Fisher	29	5'6''





SPACE HEATER

WASHINGTON, D.C.

Captains: Jenny Fey, Alan Kolick Coach: Ty Aderhold spaceheaterultimate.com @spaceheaterulti



Space Heater is a second year team out of Washington, D.C. and the epitome of warmth and convenience.

ROSTER

1Zach Norrbom3Pete MacArthur4Patrick Shriwise7David Boylan-Kolchin8Ashley Sylvester9Kyle Khalifa10Jenny Fey12Ella Juengst15Ryan Cooper19Georgia Bosscher23Mia Greenwald27Cody Johnston32Anthony McLean38Gabe Westergren43Megan McVey45Beau DeKoninck50Hannah Boone53Jonathan Malks61Erik Salmi69Clea Poklemba81Sydney Rehder99Alan Kolick	24 37 31 37 31 26 34 19 20 32 27 27 26 20 36 20 36 20 36 20 19 32	6'2" 6'1" 5'5" 5'11" 5'8" S 5'1" 5'11" 5'7" 5'6'0" 6'0" 6'1" 5'7" 6'0" 5'11" 5'10" S 6'0" 5'11" 5'11" 5'11"
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S: she/her/hers

T: they/them/their(s)

H: he/him/his

SUPERLAME

ASHEVILLE, NC

Captains: Ryan Sitler, Ann Sitler @SuperLameUlti



Superlame, formerly the second team named Mixfits registered with USA Ultimate, is based loosely in Asheville, N.C., with players residing across the Southeast and up the Eastern Seaboard. Our namesake mostly says it all, and the rest has been perfectly summed up by everyone else. In case you aren't on Twitter, though, you'd probably like to

know that everyone on our team is close to grand masters age. Our primary training focus is adding a second half twist to our goldfish's floor routine (*flush*), and years of team sunglasses decision-making has been validated with a trip to more sunshine. To close, in truth, we are excited and honored to represent our region on the national stage and look forward a memorable weekend with the wild and whacky crowd that makes up our great sport.

> S: she/her/hers T: they/them/their(s) H: he/him/his

ROSTER

1	Ruth Stokes	31	5'7"
2	Taylor Minch	30	
4	Chris Cosgrove	32	
5	Taylor Pope	40	6'2"
6	Sara Dieter	36	5'6"
7	Michaela Dube	26	
8	Matt Rushing	31	5'11"
9	Ryan Sitler	33	
10	Ann Sitler	31	
11	Joel Wooten	41	6'5"
15	Ingrid Humphrey	26	
16	Kelly Sullivan	26	5'7"
17	Cate Yackey	34	5'4"
18	Allison Bashford	24	5'3"
19	Rachel Johnson	27	5'6"
22	Harris Woody	35	6'1"
23	Blake Hannah	30	6'3"
25	Sara Gibson	31	5'9"
27	Mo McCamley	38	5'5"
32	Karl Ekwurtzel	29	6'2"
34	Ray Davenport	34	6'2"
37	Ben Dieter	37	6'3"
42	Jeff Nordgren	28	5'10"
66	Simone Whale	28	6'0" S
81	Sean Murray	37	6'2"
86	Ryan Stokes	34	5'6"
99	Andrew Cohen	24	5'8"



MIXED TEAMS

TORO

DURHAM, NC

Captains: Heather Zimmerman, Tristan Green, George Guthrie, Mike Pannone @ToroUltimate



Toro is a mixed club team from Durham, N.C., founded in 2016, and we are excited to be stampeding back to Club Nationals in 2019, now for the third year in a row. This season's squad features 12 rookies and 15 returners. Our goal since existence has been to bring back a nationally relevant mixed team to the Triangle

area, and to have more fun than any other team in the process.



ROSTER

~	1/2 411	07	
0	Kiron Allen	27	6'0" H
3	Dean Culver	31	6'2" H
5	Mary Rippe	23	5'4" S
6	Kalene Morozumi	27	5'4" S
7	Grayson Sanner	24	5'7" H
8	Heather Zimmerman	31	5'1" S
9	Michael Meilstrup	29	5'7" H
10	George Guthrie	34	
13	Tyler Smith	21	5'7" S
14	Tanner Barcus	25	6'1" H
15	Vikram Sethuraman	25	5'10"
16	Frank Qin	29	6'0" H
17	Brian Clark	28	6'0" H
18	Jake McGoogan	25	6'2"
19	Tracy D'Arbeloff	27	5'8" S
21	Cynthia Jones	26	5'4" S
25		32	6'1"
27	Toni Gomes	32	5'5"
31	Alex Kaja	29	5'9" H
32	Jake Coleman	27	6'4"
34	Tristan Green	28	5'8"
35	Maggie Adams	21	5'6" S
43	Matt Wilson	28	5'11"
45	Caitlin Gross	21	5'8" S
52	Sydney Harris	25	5'5"
88	Christine Bookhout	34	5'6" S
	sector soontoor		•

SPECTATOR INFO

S: she/her/hers T: they/them/their(s) H: he/him/his

T: they/them/their(s) H: he/him/his

WILD CARD

BOSTON, MA

Captains: Hannah Crowley, Kyle Johnson, Matt Heath Coach: Michael MacKenzie (H) facebook.com/wildcardult @wildcardult



Born in 2012 from the idea that diverse talent with focused, hard work can achieve great things, Wild Card returns to Club Nationals for a sixth time after a oneyear absence. With unfinished business from last year, Wild Card returns 24 players to this year's roster ready to keep building together. The team arrives in San

Diego well-traveled and battle-tested, notching tournament victories at the Elite-Select Challenge and the Northeast Club Mixed Regional Championship. Despite having more 30-year-olds on its roster than any other time in team history, Wild Card is excited to still be bringing 10 players to their first Club Nationals. Wild Card always looks to build its season one point at a time, supporting each other by creating a positive atmosphere while honoring its opponents and the spirit of competition on the field. Keep rising! S: she/her/hers

ROSTER

2	Reba Havis	26	5'5" S
3	lan Engler	29	6'1" H
4	Hannah Crowley	23	5'4"
5	Andrew Pillsbury	26	6'3" H
6	Jac Carreiro	22	6'0'' H
7	Max John Rick	28	6'0"
8		26	5'9"
	Connor Fortin		
9	John Rahill	24	5'10"
11	Lloyd Olson	30	6'0"
12	Andrea Brown	22	5'9" S
15	Claire Dunn	21	5'8"
17	Tamar Austin	25	5'4" S
21	Eva Petzinger	26	5'10" S
22	Kayla Drew	30	5'7"
23	Jodi Robert	29	5'6" S
27	Sarah Judd	22	
30	Kyle Johnson	24	
31	Sarah Hansen	27	
33		20	
34	Gus Haflin	27	6'3" H
		29	
35	Cody McInnis		
37	Matt Heath	31	
46	Luke Webb	21	6'1" H
73	Katharine Sullivan	30	
84	Alex Kapinos	30	
87	Nate August	26	6'3" H
88	Hailey Alm	28	5'9'' S



6IXERS

TORONTO, ON

Captains: Jenna Mcleod, Jordan Meron Coaches: Carla Difilippo, Alena Papayanis @6IXERSULTIMATE



The 6ixers were formed in Toronto in 2016. Since then, the team has reached Club Nationals twice, placing ninth (2017) and sixth respectively (2019). The team is formed mainly of local players, but has extended its borders to Kitchener-Waterloo and Ottawa this season. This year, the 6ixers placed third at

both the Pro-Elite Challenge and Pro Championships, and are looking to finish strong at Club Nationals.

ROSTER

1	Krystal Dos Santos	24	5'7"
3	Jessie Tsang	21	5'4"
4	Cindy Truong	25	5'5"
	Sara Mar	21	5'4"
6 7	Jeannette Quach	30	5'3"
8	Hannah Dawson	25	5'3"
11	Laura Kinoshita	22	5'6"
12	Alyssa Mason	21	5'7"
13	Anouchka Beaudry	21	5'9"
14	Miriam Tingle	25	5'5"
14	Jessica Chen	23	
17	Nico Bertsch	25	5'7"
20	Lauren Kimura	26	5'8"
22	Sarah Bobak	31	5'8"
23	Cat Phillips	29	5'8"
28	Jenna Mcleod	32	5'5"
35	Molly Lewis	24	5'10"
41	Sarah Jacobsohn	18	5'9"
44	Kim Morin	27	5'5"
51	Sarah Innes	26	5'4"
53	Christine Jurychuk	25	5'6"
61	Adrianna Rowe	27	5'10"
70	Brit Dos Santos	19	5'8"
90	Jordan Meron	29	5'7"

BRUTE SQUAD

BOSTON, MA

Captains: Courtney Verhaalen, Kami Groom, Vicky Negus Coaches: Ariel Jackson, Rob Brazile brutesquadultimate.com @100percentbs



Boston Brütesquad was founded eight years after "Kiss From a Rose" by Seal was first released in 1994, and we've been living in its shadow ever since. We are two-time National Champions (2015, 2016) and five-time National Finalists (2009, 2015, 2016, 2017 and 2018) who pride ourselves on

our gritty defense, attacking mentality and ability to find joy and ridiculousness in our TEAMmates. We are also proud to be part of the conversation, action and change surrounding gender equity in our sport.

When not playing ultimate, Brutes can be found cheering on the Yard Goats, honing their tennis skills, catching up on "Are You the One" and carefully pronouncing chicken cordon bleu. We seek to bring a double dose of butter as well as power, pleasure and PANIC into everything we do this season, and we are ever striving to be the neon light that hits the gloom on the grey.

S: she/her/hers T: they/them/their(s) H: he/him/his

ROSTER

0	Alex Ode	26	5'8" S/T
2 3	Sophie Hulbert	24	5'8"
3	Courtney Verhaalen	32	5'7" S/T
4	Lien Hoffmann	28	5'6"
5	Julianna Werffeli	23	5'8"
6	Claudia Tajima	28	5'6"
7	Kami Groom	29	5'5"
10	Amber Sinicrope	30	5'4" S
11	Viki Chen	31	5'3"
12	Nicole Canning	27	5'9" S
13	Becky Malinowski	30	5'10"
14	Tulsa Douglas	23	5'9" S/T
16	Erin Rea	27	5'9"
17	Angela Zhu	23	5'5" S
22	Vicky Negus	29	5'9" S
23	Lauren Sadler	28	5'2" S
25	Lane Siedor	27	5'10"
26	Elana Schwam	32	5'4" S
27	Jessie Grignon Tomas	30	5'7" S
29	Caitlyn Lee	22	5'6"
32	Megan Wilson	23	5'8" S
33	Yuge Xiao	22	5'3"
37	Claire Trop	20	5'6"
38	Hannah Henkin	25	5'3" S
42	Rachel Kramer	24	5'4"
46	Jojo Emerson	26	5'6"
71	Cassie Wong	31	5'3"



FURY

SAN FRANCISCO, CA

Captains: Carolyn Finney, Meeri Chang Coaches: Matty Tsang (H), Idris Nolan (H), Alex Snyder, Ness Fajardo (S) furyultimate.com @furyultimate

FURY Since its inception in 1997, Fury has been comprised of a diverse group of women, but everyone has shared a common goal: to excel at the sport we love, together. Today, we are proud to play in a league alongside ULTIMATE athletes and with a governing body who value gender equity, and we are optimistic and excited about the

opportunities that will be available to future Furies and other female athletes in our sport.

ROSTER

S: she/her/hers T: they/them/their(s) H: he/him/his

IRIS

PROVINCE OF QUEBEC

Captains: Marie-Eve Beauchemin, Corine Masse Coach: Alison Fischer (S) facebook.com/irisultimate @iris ultimate



Iris was founded in 2015 as a way to bring the top players in the province of Quebec together to challenge the top tier Canadian women's teams. Practicing together just once a month from March through August, the team has podiumed every year

it has competed at Canadian Nationals (silver 2015; bronze 2017; gold 2018; silver 2019). The team has also gualified for USA Ultimate National Championships each year it has participated in Fall Series (2015, 2016 and 2019). Since 2017, Iris has been coached by a trio of former Team Canada players-turned-coaches: Alison Fischer, Isabelle Lemay and Audrey St-Arnaud. The team's motto is #fières #unies #vaillantes which stands for #proud #united #valiant.

ROSTER

0 1 3 4 5 11 15 16 18	Penelope Robert Virginie Cote Virginie Maltais Marie Genest Alexandra Abboud Julie Landry Melissa Cadovius Marie-Eve Beauchemin Elsa Chu	19 26 25 24 32 37 33 30 25	S
19 21 22	Danielle Cantal Sophie Dagenais	23 23 27 30	S
22 23 25	Alisha Zhao Erin Daly Corine Masse	30 29 29	S
27 28 30 44	Nyna Prevost Gabrielle Beaudoin Marie-Andree Pambrun Catherine Poirier	21 30 35 28	S
55 70	Wynne Gee Gabrielle Ouellet	19 30	S
82 84 91	Isabelle Toutant Valerie Plante Jessica Circe	37 31 30	S

S: she/her/hers

T: thev/them/their(s) H: he/him/his

SPECTATOR INFO





MOLLY BROWN

DENVER, CO

Captains: Alika Johnston, Lisa Pitcaithley, Sara Taggart, Claire Chastain Coaches: Joe Durst, Joaquin Nagle

@MollyBrownTown



Molly Brown started in 2010 and is named in tribute to a 20th century Colorado suffragette and Titanic survivor Maggie "Molly" Brown. Throughout the past nine years, the Molly Brown ultimate team has continued the spirit of Margaret Brown's activism by supporting women's and youth participation and development in ultimate. Often recognized for our

abilities to inspire the masses to sprout mustaches in support, we lean into our mantra of grit, trust, whatever both on and off the field and enjoy honey-bowls, tank weather and being your truest self.

ROSTER

2 3 5	Jesse Shofner Liza Minor Nhi Nguyen	26 28 24		
6	Sam Peletier	28		S
7	Paige Applegate	27		
8	Manuela Cardenas	20	5'4"	
10	Chelsea Twohig	33		
11	Megan Henderson	23		
12		25		
13	Alika Johnston	25		S
15		28		
17	Emma Capra	22		
22	Allysha Dixon	25		S
26	Lisa Pitcaithley	26		
28	Stephanie Pritchard	29	5'9"	S
30	Melissa Devlin	30		
33	Bert Abbott	30	5'6"	S/T
36	Sophie Taylor	24	5'8"	S
40	Chip Chang	27		
44	Stacy Gaskill	19		
52	Claire Chastain	29	5'5"	S
55	Rachel Wilmoth	27	5'8"	S
65	Megan Ives	24	5'6"	S
88	Ronnie Eder	26	5'10" (S

S: she/her/hers

T: they/them/their(s)

H: he/him/his

NEMESIS

CHICAGO, IL

Captains: Allison Fish, Rachel Foster, Monica Matsumoto Coaches: Lindsey Hack, Raju Prasad, Lizzy Shiel chicago-nemesis.com @ChicagoNemesis

nemesís **** Nemesis is Chicago's elite women's ultimate team. Founded in 1986, we are the longestrunning women's program in the Great Lakes region, and one of the longest-running women's programs in the nation. Nemesis comes

from the Greek word "nemein," which means "to give what is due" or retribution. Our program is built on relentless defensive intensity, developing the depth of our roster and a commitment to play our best regardless of our opponent.

Can I get a "Hell Yeah, Brother?"

ROSTER

00 1 2 4 5 6 7 8 9 10 11 12 14 15 17 18 19 21 22	Clare Frantz Jessi LeDonne	28 28 30 29 27 29 22 26 20 25 28 26 20 25 28 26 23 28 26 22 28 27 31	5'6'' S 5'6'' S 5'4'' S 5'3'' S 5'7'' S 5'7'' S 5'7'' S 5'7'' S 5'7'' S 5'7'' S 5'6'' S 5'6'' S 5'6'' S 5'6'' S 5'6'' S 5'6'' S 5'6'' S 5'6'' S 5'6'' S 5'7'' S
24 25		28 25	
25 31 33 72 84	MK Andersen Abby Shure Joann Wong Jacqueline Jarik Sarah Lipscomb	25 28 31 27 22	5'5" S 5'3" S 5'8" S
	C aba/bar/barra		

S: she/her/hers T: they/them/their(s) H: he/him/his





SPECTATOR INFO

NIGHTLOCK

SAN FRANCISCO, CA

Captains: Kira Lou, Eliza Chang, Marisa Rafter Coach: Wes Chao (H) nightlockult.com @nightlockult



Nightlock is an elite women's club ultimate team in the Bay Area in California. Nightlock has continued to make its Club Nationals appearance since its inaugural year and is striving to be a team of grit, spirit and community. May the odds be ever in your favor

ROSTER

1	Maggie O'Connor	26	5'4"	
2	Marisa Rafter	26	5'8"	S/T
4	Claire Leichter	27	5'3"	S
9	Audrey Lyman	26	5'5"	S S S S
10	Angela Áie	25	5'3"	S
11	Iris Leung	32	5'3"	S
12	Lexi Hasan	24	5'8"	S
13	Michelle McGhee	23	5'5"	S
14	Emmy Kolanz	27	5'5"	
15	Alison Griffith	24	5'7"	
16	Eliza Chang	26	5'5"	S
17	Julia Kwasnick	23	5'10"	S
19	Adrienne Lemberger	29	5'7"	S S S S S S S S S S S S S S S
21	Megan Pera	27	5'4"	S
22	Katie Swinnerton	27	5'5"	S
23	Sabrina Fong	29	5'3"	S
24	Natasha Won	28	5'3"	S
27	Kira Lou	27	5'6"	S
42	Jackelyne Nguyen	23	5'6"	S
44	Kara Hammer	29	5'10"	S
51	Shayla Harris	23	5'8"	S
71	Manisha Daryani	36	5'4"	
81	Lani Nguyen	25		S/T
84	Hallie Dunham	22	5'4"	S/T

S: she/her/hers T: they/them/their(s) H: he/him/his

30 5'5" S

OZONE

ATLANTA, GA

Captains: Anraya Palmer, India Stubbs, Cate Woodhurst Coaches: Christopher Goodson, Martin Aguilera ozoneultimate.com @ozoneultimate



Ozone, aka Burban Sprawl, was formed in 1984, and our first tourney victory was at Fools Fest in Fredericksburg, Virginia, in 1987. From that point. Ozone claimed a spot as a perennial southern powerhouse - finishing in the top-8 at UPA/USAU National Championships from 1991-2008 (semifinalists 1987, 1993, 1995, 1998, 2001, 2002,

2005 and 2008; finalists 1994 and 1996) and gualifying for the World Ultimate Club Championships from 1991-2006 [1991 in Toronto, Canada; 1993 in Madison, Wis.; 1995 in Millfield, England (finalist); 1997 in Vancouver, Canada: 1999 in St. Andrews, Scotland: 2002 in Honolulu. Hawaii (finalist): 2006 in Perth. Australia and 2018 in Cincinnati. Ohiol.

ROSTER

89 Kim Long

1	Alex Fairley	22	5'4'' S
2	Emily Lloyd	28	
3	Paige Carver	27	5'0'' S
8	Sam Daugherty	23	5'9''
9	Anraya Palmer	28	5'6'' S
11	Quincy Booth	15	5'11" S
16	Leah Tsinajinnie	29	5'3'' S
19	Kayla Emrick	28	5'4'' S
20	India Stubbs	26	5'8'' S
24	Katherine Wooten	37	5'11"
25	Kate Hines	26	5'5'' S
26	Cate Woodhurst	26	5'10" S
27	Meg Harris	30	5'6'' S
31	Samantha Stovall	33	5'7''
32	Michelle Yang	29	5'7'' S
33	Ollie Peterson	21	5'2'' S
37	Maddy Frey	40	5'7'' S
44	Mira Walker	31	5'5'' S
52	Erynn Schroeder	26	5'6'' S
78	Charlotte Purcell	29	5'3'' S

S: she/her/hers T: they/them/their(s) H: he/him/his

2019 USA ULTIMATE NATIONAL CHAMPIONSHIPS

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PHOENIX

RALEIGH, NC

Captains: Lyra Olson, Ashley Powell, Lindsay Soo Coaches: Eddie Alcorn, Jessi Jones phoenixultimate.com @PhxUltimate



Stronger together, we play for each other. These birds are proud to represent North Carolina and the Southeast at Club Nationals for the second year in a row. In 2019, we've pushed ourselves to new heights at Pro-Elite, Elite-Select and the Pro Championships, and capped it off with the first regionals champion-

ship that many of our teammates have ever experienced. We've had a season-long focus on being fearless, holding trust for ourselves and our teammates, and showing relentless effort on and off the field. The whole team is so grateful for our exceptional coach Eddie, and for the hard work and constant support of our captains! Qualifying for Club Nationals is the best gift we could have given each other, and we can't wait to keep yeetin' and eatin' for one more tournament.

POP

MINNEAPOLIS, MN

Captains: Biz Cook, Makella Daley, Kalli Perano Coaches: Courtney Kiesow, Jon Gaynor popultimate.wordpress.com @PopUltimate



Pop Ultimate was founded in 2008 and is based in Minneapolis, Minn. Since its inception, Pop has been the top women's team in the Twin Cities competing within USA Ultimate's Triple Crown Tour. Pop players come from a wide variety of backgrounds and most players coach college, high school or middle school teams.

ROSTER

00	Kristen Reed	23	5'6"	
1	Lindsay Soo	25		
	Savannah Erwin		5'7"	
2 3	Lyra Olson	25		
4	Ashley Powell		5'5" S	
5	Jessi Jones	28		
6	Jenny Wei	24		
7	Elisabeth Parker	23		
8	Georgia Tse	24		
ğ	Jinny Eun Riedel		5'4"	
10			5'3"	
11	Dawn Culton		5'7" S	
12		27		
14	Lyla Stanland		5'5"	
15	Carmen Tormey		5'4"	
20	Bridget Mizener		5'6" S	
21	Kyra Catabay		5'2"	
22			5'4" S	
25	Judy Ledlee		5'2"	
28	Claire Revere	24		
31	Anna Ceschi		5'7"	
33	Amanda Murphy		5'3" S	
42			5'6"	
58			5'5" S	
62	Becky Widmayer	26		
66	Jackie Wang	27	5'4"	

ROSTER

1		Änna Hagstrom	37	5'4" S/T
2		Stephanie Perleberg	25	5'4" S
3	;	Makella Daley	24	5'3" S
4	Ļ.	Cassidy Kummrow	21	5'4" S
5)	Kalli Perano	27	5'2" S
7		Abigail Shilts	17	5'5" S
8	3	Haley Challgren	20	5'4"
9)	Sara Helm	25	5'8" S
1	1	Rachel Gage	32	5'4" S
1	2	Rebecca Enders	29	5'11" S
1	3	Rachel Johnson	24	5'4" S
1	4	Betty Stringfield	19	5'4"
1	5	Katie Godfrey		5'2"
1	8	Adrienne Baker	30	5'9" S
1	9	AJ Uthe	24	5'3" S
2	9	Anna Clements	19	5'10" S
3	0	Louise Beck	22	5'7" S
3	13	Kayla Blanek	22	5'11"
4	9	Rose Gruenhagen	28	5'7"
5	5	Jane Koch	22	5'6" S
7	7	Kristen Schultz	31	5'2"
g	1	Sadie Reding	21	5'6" S
9	13	Biz Cook	28	5'9" S

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H: he/him/his



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RIOT

SEATTLE, WA

Captains: Alyssa Weatherford, Bailey Zahnizer, Julia Snyder Coaches: Gwen Ambler (S), Rohre Titcomb (S/T), Andy Lovseth (H) seattleriot.ora @seattleriot



Seattle Riot was created as a goaltimate team in the winter of 1999/2000 and burst in to the ultimate scene in 2000! Riot has qualified for Club Nationals every year since 2001, bringing home the title in 2004 and 2005. Riot has won the World Ultimate Club Championships in 2002, 2014 and 2018. This year, we added a very talented group of rookies from the Pacific North-

west and around the world!

Silence in the face of injustice is complicity with the oppressor. -Ginetta Sagen

ROSTER

00 1 2 3	Samantha Rodenberg Kelly Johnson Lindsey Wilson Molly Sinnott	26 32 30 29	
7	Calise Cardenas	32	
8	Rachel Bradshaw	32	
9	Qxhna Titcomb	26	5'7'' S/T
10	Shira Stern	27	5'5" S/T
11	Kaede Yoshida	24	5'3" S
14	Hana Kawai	31	5'1" S/T
15	Bailey Zahniser	29	
16	Cassie Swafford	28	5'10"
17	Dominique Fontenette	44	
18	Maddie Gilbert	24	
19	Hannah Kreilkamp	32	
20	Charlie Eide	31	
21	Molly McKeon	32	
22	Jack Verzuh	22	
23	Aimie Kawai	27	5'11" S/T
25	Alyssa Weatherford	32	
26	Samiya Ismail	22	
27	Julia Snyder	27	
31	Stephanie Lim	26	5'4"
32		23	
33		20	
44		25	
81	Charlie Mercer	32	5'8" S/T

SPECTATOR INFO

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SCANDAL

WASHINGTON, D.C.

Captains: Amy Zhou, Nada Tramonte Coach: Alexander Ghesquiere @scandalultimate



DC's Flite Women's Flite Ultimate Club Team.

ROSTER

1	Katey Forth	44	
2	Laurel Oldershaw	27	
6	Lisa Kowalski	25	
7	Danielle Byers	25	
8	Kristin Franke	34	5'2"
10	Edith Teng	29	5'6"
11	Nada Tramonte	26	5'4" S
12	Amy Zhou	27	5'2" S
13	Kathleen Ratcliff	39	5'8" S
17	Caroline Tornquist	19	5'3" S
18	Christine Valvo	26	5'4" S
19	Verena Woloson	29	5'8"
20	Casey Gorman	30	5'7"
21	Jessica Sourbeer	21	5'5" S
22	Lauren Allen	24	5'5"
23	Sarah Lord	26	5'5" S
24	Kelly Ross	25	
25	Michelle Carey	25	
27	Akina Younge	29	
34	Ingrid Petterson	25	
36	Carolyn Normile	24	
44	Keila Strick	24	
49	Robyn Fennig		5'6" S
72	Lauren Boyle	33	
82	Molly Moore	32	
87	Austin Prucha	32	





SCHWA

PORTLAND, OR

Captains: Eva Popp, Julia Sherwood, Kathryn Weatherhead Coaches: Matt Melius, Bonnie Melius, Robert Gough oregonschwa.com @SchwaUltimate



Schwa was formed 24 years ago in Portland, Oregon, by a group of women who shared a love for the sport of ultimate. Over the decades, Schwa has strengthened its foundation by investing back into the community as well as the development of youth ultimate in Oregon. By relying on their values of "love, work, grit,

growth" Schwa has become a program that empowers teammates to be the best versions of themselves while also competing at the highest level of the sport.

> S: she/her/hers T: they/them/their(s) H: he/him/his

SIEGE

BOSTON, MA

Captains: Jackie Willwerth, Nikki Ross, Analise Huysentruyt Coaches: Rosalyn Ano (S), Jeff Smith (H) siegeultimate.com @SiegeUltimate



Siege was founded in 2015 as a competitive women's team in the Boston area. Siege takes pride in its strong ties to Boston, bringing in talent from the Massachusetts youth scene and many Boston-area colleges. As a team, Siege strives to bring a relentless work ethic, energy and intensity every day to-

gether, and challenges teammates to be their best by supporting and pushing each other on and off the field. Siege enjoyed early success in the competitive Northeast region and has consistently finished in the top-25 nationally. This is Siege's first trip to Club Nationals as a program.

ROSTER

00	Kathryn Weatherhead	30	5'4"
1	Lillian Weaver	24	
2	Makena Strand	23	
4	Emily Flock	29	
5	Kimber Coles	29	
7	Shea Brennan	22	5'3" S
8	Eva Popp	27	
9	Brenna Bailey	24	5'5" S
11	Rachel Egan	22	
12	Mariel Hammond	28	
15	Katie Blise	26	5'8" S
16	Kristen Rosenblum	33	
17	Jenica Villamor	31	
18	Julia Sherwood	29	
19	Georgina Tetlow	27	
22	Natalie Hancock	30	
25	Lauren Truxillo	32	
27	Elizabeth Longmire	28	5'9"
33	Laura Bitterman	31	
34	Angelica Boyden	29	5'8"
37	Beckie Zipp	31	5'8" S
43	Ella Hansen	23	
44	Lyudmila Likhonina	28	5'5"
47	Madeleine Franz	27	
55	Emery Otopalik	25	
99	Noelle Takahashi	26	5'6" S

ROSTER

Chelsea Mower	28	5'5" S
Analise Huvsentruvt	26	5'3" S
	30	5'5" S
		5'9" S
		5'2" S
		5'11" S
		5'5" S
	19	5'8" S
Valerie Willocq	23	5'5" S
Charlotte Doran	24	5'6" S
Laura Fradin	25	5'7" S
Delanev Reardon	26	
	27	
		5'5" S
Tracey Lum	24	5'2" S
Annie Shriver	21	5'5" S
	Analise Huysentruyt Jackie Willwerth Chloë Rowse Alicia Collins Jordan Bricknell Sherry Li Nikki Ross Meredith Bernstein Claire Babbot-Bryan Valerie Willocq Charlotte Doran Laura Fradin Delaney Reardon Melissa Ellis Leija Helling Caroline Weinberg Audrey Love Rebecca Foster Samantha Gray Kennedy McCarthy Tracey Lum	Analise Huysentruyt Jackie Willwerth26 Jackie Willwerth30 Chloë Rowse26 Alicia Collins24 Z4 Jordan Bricknell20 Sherry Li25 Nikki Ross32 Meredith Bernstein Claire Babbot-Bryan23 Claire Babbot-Bryan23 Charlotte Doran24 Laura Fradin25 Delaney Reardon Leija Helling26 Melissa Ellis27 Leija Helling19 Caroline Weinberg Samantha Gray Samantha Gray25 Semantha Gray Z4 Leina Helling26 Melissa Ling27 Leiga Helling21 Leiga Helling21 Leiga Helling21 Leiga Helling21 Leiga Helling21 Leiga Helling22 Leiga Helling22 Leiga Helling22 Leiga Helling22 Leiga Helling22 Leiga Helling23 Leiga Helling2424Kennedy McCarthy18 Tracey Lum242424

S: she/her/hers T: they/them/their(s) H: he/him/his





TRAFFIC

VANCOUVER, B.C.

Captains: Betsy Chan, Catherine Hui, Laurel Jay Coaches: Matt Doyle, Jaimie Clay @traffic ulti



Traffic is a women's ultimate team from Vancouver, B.C. In 2007, Prime and Rough Riders merged into one, and Traffic was born. Since then, they have represented Canada at Worlds events in 2008, 2014, 2016 and 2018, and competed in 11 USA Ultimate

Championships. This year, Traffic is looking fresher than ever. Adding even more speed and new talent, look out for our newest teammates Brianne Wager, Denise Su, Jessica Chung, Jessie Tai, Kailin Chang, Monica Hsu and Paula Wong, backed by our seasoned veterans Betsy Chan, Jennifer Kwok and Terri Whitehead. Traffic is fast, dynamic and ready to play.

ROSTER

0	Terri Whitehead	36	5'6"	S
1	Jessie Tai	23	5'3''	
2	Laurel Jay	27		
3	Kailin Chang	24	5'6"	
5	Naomi Morcilla	22	5'4"	S
6	Betsy Chan	34	5'0"	
8	Lisa Wong	25	5'5"	
9	Jessica Rockliff	33	5'6"	
11	Katie Hikida	28	5'3"	
12	Daisy Lin	25	5'4"	
13	Denise Su	21	5'1"	S
15	Monica Hsu	20	5'6"	S
17	Paula Wong	29	5'7"	
19	Nagisa Fukuoka	28	5'2"	
20	Collefas Mot	22	5'5"	
22	Carly Sakai	34	5'0"	
23	Brianne Wager	24	5'5"	S
24	Julia Zhang	21	5'7"	
29	Sophia Chan	22		
33	Laura Mason	33	5'8"	S
48	Zellema Mot	22	5'4"	
77	Jennifer Kwok	20	5'6"	
81	Jessica Chung	23	5'5"	
87	Nicola Parker	27	5'8"	
90	Catherine Hui	29	5'5"	

SPECTATOR INFO

S: she/her/hers T: they/them/their(s) H: he/him/his

WILDFIRE

SOUTHERN CALIFORNIA

Captains: Lindsay Lang, Hani Pajela, Hannah Walter Coaches: Alisha Stoun (S), Andrea Duran, Angela Wells (S) facebook.com/wildfireultimate @sd wildfire



Wildfire is excited to be attending Club Nationals for the third time and again this year in our own backyard! Wildfire, founded in 2014, pulls talent from San Diego, Los Angeles, Santa Barbara and Orange County. With teammates spread out across Southern

California, our team embraces plenty of quality time during weekend practices (ask us about our road trip playlist). We are stoked to have so many incredible teams here and want to give a special shout out to DUDE for their local organization. Welcome to California; we hope you're as fired up as we are!

ROSTER

1	Laura Wehlitz	32	5'6"
2	Jasmine Childress	26	5'8" S
3	Emma Frankel	29	5'4"
4	Kristen Pojunis	25	5'7 S
5	Alex Diaz	21	5'6"
6	Rachel Ling	24	5'2"
8	Alexa Cohen	27	5'6"
10	Christy Jarman	24	5'10"
11	Melissa Dunn	28	5'4"
12	Angela Dong	24	5'4" S
15	Brittany Cabriales	29	5'4"
16	Audrey Brown	22	5'0"
18	Rebeca Ellis	22	5'9" S
19	Amanda Albi	29	5'2"
20	Kelli Iwamoto	22	5'2" S
22	Sheliemae Reyes	26	
28	Brittnee Grimshaw	25	
29	Juliana Jordan	25	
37	Hannah Walter	26	5'9" S
44	Rayna Wachs	25	5'2" S
47	Dena Elimelech		5'10" S
51	Lindsay Lang	28	5'6"
52		32	5'2"
61	Hani Pajela		5'4" S
81	Ellen Smith	27	5'4" S

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2019 USA ULTIMATE NATIONAL CHAMPIONSHIPS

SPIRIT AWARDS

Peter Farricker Spirit of the Game Award – The spirit award in the men's division is named for Peter Farricker, a player who embodied Spirit of the Game to those who played with or against him. Each qualifying men's team nominates one player from its roster who best represents Spirit of the Game and who exhibits personal responsibility, integrity and fairness, combined with a high standard of playing ability. At the National Championships, each nominee is honored with a disc and a pin or set of Mardi Gras beads. The goal is that those wearing the Mardi Gras beads will be connected to Pete, each other and the Spirit of the Game, and become role models for their teammates and opponents. Previous winners include Moses Rifkin, Andy Crews, Damien Scott, Jeff Eastham-Anderson, Allan Cowan, Chase Sparling-Beckley, Josh McCarthy, Robbie Cahill, Bart Watson, Matt Rebholz, Martin Cochran, Beau Kittredge, Danny Clark, Ashlin Joye, Owen Westbrook, Jay Froude and Grant Lindsley.

Kathy Pufahl Spirit of the Game Award – The Kathy Pufahl Spirit Award recognizes those individuals in the women's division who give back to our sport and is presented to the player deemed to have exhibited personal responsibility, integrity and selfless contribution to ultimate, combined with a high standard of playing ability. Each qualifying women's team nominates one player from its roster as the person who best represents Spirit of the Game and who has contributed substantially to their ultimate community. At the National Championships, each of the 16 nominees is honored with a memento reflective of Kathy's love of horticulture. Previous winners include Vida Towne, Kati Halmos, Kristine Gill, Deanna Ball, Allison Boyd, Jody Dozono, Michelle Ng, Gwen Ambler, Lauren Casey, Nancy Sun, Leila Tunnell, Alex Snyder, Anna Nazarov, Amber Sinicrope and Chip Chang.

Spirit and Equity Award – The mixed division spirit award is given to one femaleand one male-identified player (for the purpose of satisfying on-field gender ratios) each year. Each mixed team that qualifies for the National Championships nominates one male and female player who best represent Spirit of the Game and show a dedication to equity both on the field and in the community. This award is given to the players who have exhibited personal integrity, responsibility and fairness, along with a commitment to enhancing equity in play and in their communities. Previous winners include Allysha Dixon and David Protter, Kate Kingery and Paul Utesch, and Lili Gu and Andrew Hagen. 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 also have showed the international community the importance we place on respect for the game and for opponents. But, American players have also learned a lot from competing against teams from other countries, and invariably one of the most positive parts of the international experience has been the tradition of the post-game spirit circle. While there are a number of ways to do this, here are some quick tips to get your team started:

- Following each game, rather than lining up to slap hands, the two teams gather into a circle, alternating players on each team, facing inward, with arms around the shoulders of the person next to you.
- One or two people (often team captains 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 an experience that brings teams together and puts the game and the experience in perspective. It's all about respect for each other and the experience of bringing out the best in each other through competition. It's also about building relationships and seeing opponents for who 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!

Please engage in spirit circles and other post-game activities after you have filled out the spirit score sheets.



HEALTH AND SAFETY

NEAREST HOSPITAL:

Scripps Memorial Hospital Encinitas, 354 Santa Fe Drive, Encinitas CA 92024 Phone: (760) 633-6501

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

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

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

CONCUSSIONS

EDUCATION

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

COACHING REQUIREMENTS

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

REMOVAL & RETURN TO PLAY

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

- 1. Remove the athlete from play.
- 2. Ensure the 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 the athlete is a minor, inform the athlete's parents or guardians about the known or possible concussion and give them the fact sheet on concussions.
 - State of California Law for Under 18
 - IF removed from play for suspected concussion, no same day return to play.
 - IF determined NOT to have a concussion, must have a written doctor's note to present to the tournament staff in order to be allowed to return to play.
 - IF determined to HAVE a concussion, would not be allowed to return to during the tournament and must complete graded return to play protocol before competing in the future.
- 4. Allow the 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.

ATHLETE PROTECTION

- USA Ultimate takes the protection of event participants seriously. In accordance with SafeSport and the USA Ultimate Conduct Policy, all USA Ultimate employees, volunteers, athletes, members, coaches and chaperones are prohibited from engaging in the following conduct with athletes at any time (a more thorough description is available at www.usaultimate.org/protection):
 - Bullying
 - Hazing
 - Harassment, including Sexual Harassment
 - Emotional Misconduct
 - Physical Misconduct
 - Sexual Misconduct, including Child Sexual Abuse
- With the passage of the recent federal legislation to protect amateur and minor athletes, all SafeSport trained individuals (including coaches, team support, USA Ultimate staff) are now mandatory reporters.
- If you have questions or would like to file a complaint with USA Ultimate, please contact Tom Manewitz at tom.manewitz@hq.usaultimate.org.

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.

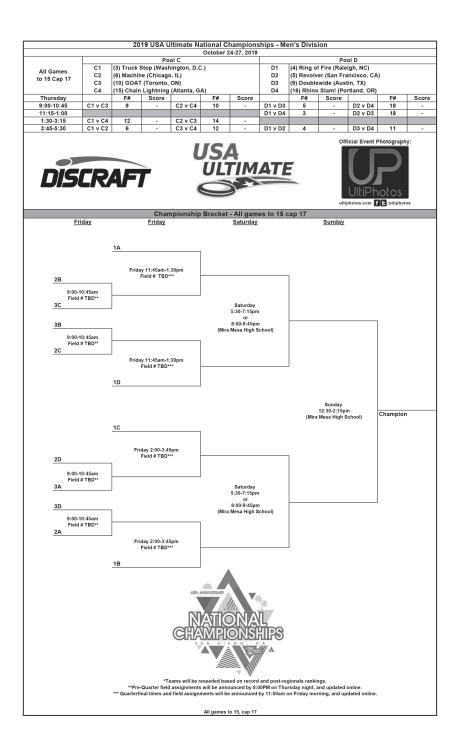
LIGHTNING GUIDELINES

- Event staff will communicate with players and spectators via a PA system and through field marshals equipped with radios if there is a lightning danger. Play will then 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 be monitoring radar and listening for thunder. If lightning is occurring within 10 miles or thunder is audible, play will be suspended and all individuals should get 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.

MEN'S SCHEDULE

2019 USA Ultimate National Championships - Men's Division													
			Po	ol A	October 2	24-27, 201	9		Po	ol B			
All Games	A1	(1) Socke	eye (Seat	tle, WA)		B1 (2) PoNY (New York, NY)							
to 15 Cap 17	to 15 Cop 17 AZ (8) DIG (Boston, MA)						B2	(7) Sub 2	Zero (Min per (Pitts	neapolis,	MN)		
	A3 A4				ouver, B.	C.)	B3 B4	(11) Ten (14) Joh					
Thursday		F#	Score		F#	Score		F#	Score		F#	Score	
9:00-10:45	A1 v A3	11	-	A2 v A4	12	-				B 0 B 4	40		
11:15-1:00 1:30-3:15	A1 v A4 A1 v A2	11	<u> </u>	A2 v A3 A3 v A4		· ·	B1 v B3 B1 v B4	9	· ·	B2 v B4 B2 v B3			
3:45-5:30	7111742			710 1711			B1 v B2		-	B3 v B4		· ·	
Crossover for 4th place finishers from Pool Play													
Reseed 1	teams 1-4				gionals ra		5 II VIII I	1					
Fri	day		F#	Score		F#	Score	2					
	0:45am	1 v 4	13	-	2 v 3	14	-	4					
Winner of 1 v 4 game becomes 13 seed in Pro Flight Play-In Bracket Winner of 2 v 3 game becomes 14 seed in Pro Flight Play-In Bracket													
	Loser of 2 v 3 game becomes 15 seed in Pro Flight Play-In Bracket Loser of 1 v 4 game becomes 16 seed in Pro Flight Play-In Bracket												
	Loser of	1 v 4 gan	ne becom	nes 16 se	ed in Pro	Flight Pla	y-In Brad	ket					
		Pro	Flight	/ 5th Pla	ce Brac	ket - All	aames t	o 15 car	0 17				
5 4													
5* Game A		1											
Friday 4:15-6:0	00pm				_								
Field # TBI	D	Pro Fligh	nt berth										
8*		Sature	iay 9:00-10	1:45am									
7*		Junit	Field 16		5th Plac	e							
Game B Friday 4:15-6:0	0000												
Field # TBI	D	Pro Fligh	nt berth		1								
C1													
6*													
		Pro Fli	ght Play	/-ln / 7th	Place B	racket -	All gam	es to 15	cap 17				
9*					L (A)								
Game C Friday 11:45am-*]					
Field 15	1.30pm				Saturd	lay 10:00-1 Field # TBI	1:45am	7th Plac	e (tie)/Pro	Flight be	erth		
16*						FIEIU # 1 BI				-			
		Frid	Game I ay 4:15-6:0	10pm]					
13*			Field 13										
Game D Friday 11:45am-*	1.20 mm												
Friday 11:45am- Field 16	1:30pm				1								
12*													
11*													
Game E Friday 11:45am-1	1.20												
Field 13	1.50pm				1								
14*													
		Frid	Game J ay 4:15-6:0	00pm									
15*			Field 14		Saturd	lay 10:00-1	1:45am	1					
Game F Friday 11:45am-	1-30pm				Junio	Field #	1.45411	7th Blac	o (tio)/Pro	Elight by	orth		
Field 14					1			1 01 - 180	e (tie)/Pro	r nynt Di	ordi		
10*					L (B)]					
			Elite F	light Br	ackets -	All gam	es to 15	cap 17					
								- or pr 11					
						L (I)			1				
						Satur	day 9:00-10	:45am			_		
						1.60	Field 17		11th Pla	ce			
						L (J)			1				
			L (C)										
				Game G	46]							
			Frid	lay 2:00-3:4 Field 13	*opm	<u> </u>			1				
			L (D)										
						Satur	day 9:00-10	:45am	13th Pla	re	-		
			L (E)				Field 14		1301 Fid				
				Game H	45nm								
			Frid	lay 2:00-3:4 Field 14	+>pm	<u> </u>			1				
			L (F)										
						L (G)							
								4.00					
						saturda	iy 11:15am Field 1	-1:00pm	15th Pla	ce	-		
						L (H)]				
					All ga	o 15	7						
L					All games f	. о 15, сар 1	1						





MIXED SCHEDULE

		2019 L	JSA Ultir	nate Na	tional C	hampior	nships -	Mixed D	ivision				
			Po	ol A	October 2	4-27, 201	9		Po	ol B			
All Games	A1 A2	(1) Drag	n Thrust (Seattle, \	(Minneap	olis, MN)		B1 B2	(2) Mixta	pe (Seatt	le, WA) (Washingt	on D.C	\	
to 15 Cap 17	AZ A3		lic Enemy		TX)		B3		o (Durhar		on, D.C.)	
	A4	(13) Colu	umbus Co	cktails (Columbu		B4	(14) Pola	r Bears (San Franc			
Thursday 9:00-10:45	A1 v A3	F# 1	Score -	A2 v A4	F#	Score -		F#	Score		F#	Score	
11:15-1:00	A1 v A4	1	-	A2 v A3	4	-	B1 v B3		-	B2 v B4	2	•	
1:30-3:15 3:45-5:30	A1 v A2	1		A3 v A4	2		B1 v B4 B1 v B2		-	B2 v B3 B3 v B4	6	-	
3.43-3.30							-			03704		-	
Reseed	teams 1-4	in order	based or	post-reg	gionals ra	nkings	s from I	Pool Play					
	iday	1 v 4	F#	Score	2 v 3	F# 16	Score	23					
5.00-1	Winner of Loser of	of 1 v 4 ga of 2 v 3 ga 2 v 3 gar 1 v 4 gar	ame beco ne becom ne becom	mes 13 s mes 14 s les 15 sec les 16 sec	eed in Pro eed in Pro ed in Pro ed in Pro	o Flight P o Flight P Flight Pla Flight Pla	lay-In Br lay-In Br ly-In Brad ly-In Brad	acket acket cket cket					
		Pro	o Flight /	5th Pla	ce Brac	ket - All	games t	to 15 cap	o 17				
5*													
Game A Friday 4:15-6:	00nm												
Field # TB		Pro Flig	nt berth		1								
8*													
7*		satur	day 9:00-10 Field 3	.+sam	5th Plac	9							
Game B													
Friday 4:15-6: Field # TB	Jupm D	Pro Flig	nt berth		1								
5*													
		Pro Fli	ght Play	-ln / 7th	Place B	racket -	All gam	nes to 15	cap 17				
9*					L (A)								
Game C					= ()			1					
Friday 11:45am- Field 7	1:30pm				Saturd	ay 10:00-1 Field 7	1:45am	7th Place	e (tie)/Pro	Flight be	rth		
6*						Field /			,				
		Frid	Game I lay 4:15-6:0	10pm									
13*			Field 17										
Game D Friday 11:45am-	1:20.00												
Field 8	1.30pm				1								
12*													
11*													
Game E Friday 11:45am-	1:30pm												
Field 17					1								
14*			Game J										
		Frid	lay 4:15-6:0	0pm				_					
15*			Field 18		Saturd	ay 10:00-1	1:45am						
Game F Friday 11:45am-	1:30pm					Field 8		7th Place	e (tie)/Pro	Flight be	rth		
Field 18													
10*					L (B)								
			Elite F	light Bra	ackets -	All game	es to 15	cap 17					
						L (I)			1				
						Sature	day 9:00-10	0:45am					
							Field 1		11th Pla	се			
						L (J)]				
			L (C)	Game G		1							
					15nm								
			Frid	ay 2:00-3:4									
				ay 2:00-3:4 Field 17									
			Frid	ay 2:00-3:4		Satur	lay 9:00.44	0:45am					
			<u>L (D)</u>	ay 2:00-3:4		Saturo	day 9:00-10 Field 2	0:45am	13th Pla	се			
			L (D) L (E)	ay 2:00-3:4 Field 17 Game H		Saturo	day 9:00-10 Field 2	0:45am	13th Pla	ce			
			L (D) L (E)	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4		Saturo	day 9:00-10 Field 2	0:45am	13th Pla	ce			
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H		Saturo	day 9:00-10 Field 2	0:45am	13th Pla	ce			
			L (D) L (E)	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4		Saturo	day 9:00-10 Field 2	0:45am	13th Pla	ce			
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4	45pm		day 9:00-10 Field 2	0:45am	13th Pla	ce			
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4	45pm	 L (G)	Field 2		13th Pla	ce			
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4	45pm	 L (G)	day 9:00-10 Field 2 day 9:00-10 Field 15	0:45am					
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4	45pm	 L (G)	Field 2	0:45am	13th Pla				
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4	45pm	L (G) Sature	Field 2	0:45am					
			<u>L (D)</u> <u>L (E)</u> Frid	ay 2:00-3:4 Field 17 Game H ay 2:00-3:4	45pm	L (G) Sature	Field 2	0:45am					
			<u>L (D)</u> <u>L (E)</u> Frid	Game H ay 2:00-3:4 Field 17	45pm	L (G) Sature	Field 2 day 9:00-11 Field 15	0:45am					

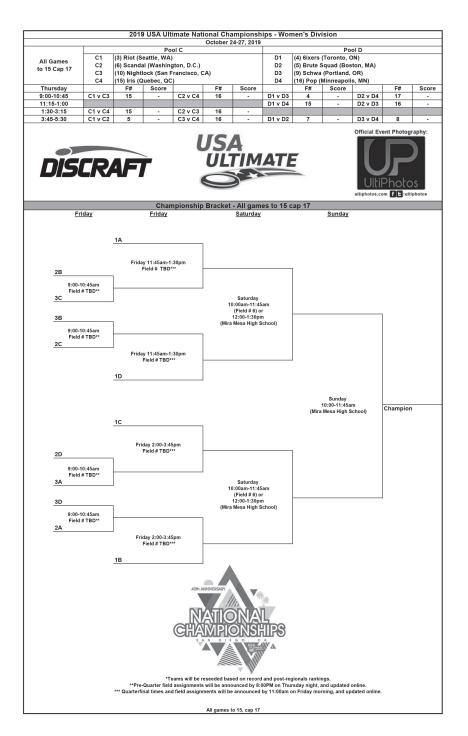




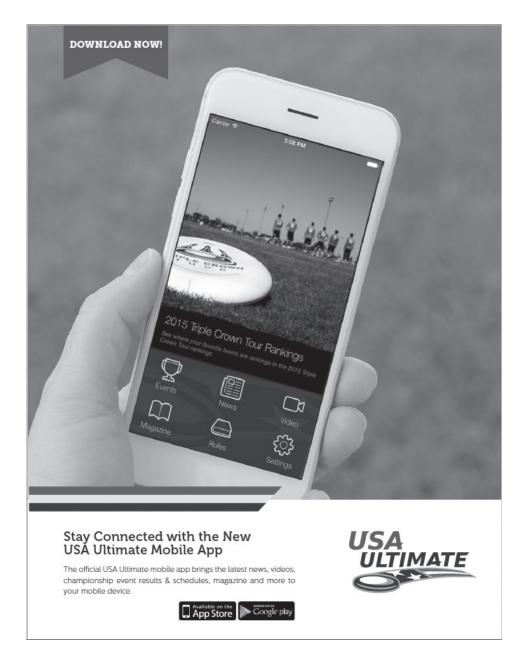
SCHEDULES & MAP

		2019 US	A Ultima	ate Nati	onal Cha	ampions	hips - W	/omen's	Divisio	1		
			Poo		October 2	24-27, 201	9					
All Games	A1	(1) Furv	(San Fran	cisco, C	A)		B1	Pool B B1 (2) Molly Brown (Denver, CO)				
to 15 Cap 17	A2	(8) Traffi	c (Vancou	ver, B.C	.)		B2	(7) Phoe	nix (Rale	igh, NC)	,	
lo lo oup li	A3 A4	(12) Ozo	ne (Atlant nesis (Chi	a, GA)			B3 (11) Siege (Boston, MA) B4 (14) Wildfire (San Diego, C/					
Thursday	A4	(13) Nell	Score	cago, IL)	F#	Score	B4	(14) WIIC	Score	Diego, CA	*) F#	Score
9:00-10:45	A1 v A3	7	-	A2 v A4	8	-						
11:15-1:00 1:30-3:15	A1 v A4 A1 v A2	7	-	A2 v A3 A3 v A4	8	-	B1 v B3 B1 v B4	17	-	B2 v B4 B2 v B3	6 18	-
3:45-5:30	ATVAZ	,		AJ V A4	0		B1 v B4	17		B2 v B3 B3 v B4	18	
						<i>c</i> · · ·						
Reseed	teams 1-4	in order.	Crossov based or	post-re	gionals ra	ankings	s from F	1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1 1	/			
					-		0	2				
	iday 0:45am	1 v 4	F# 11	Score	2 v 3	F# 12	Score -	3				
			ame becoi ame becoi									
	Loser of	2 v 3 gar	ne becom	es 15 se	ed in Pro	Flight Pla	y-In Brac	ket:				
	Loser of	1 v 4 gar	ne becom	es 16 se	ed in Pro	Flight Pla	y-In Brac	ket:				
		Pro	o Flight /	5th Pla	ce Brac	ket - All	games t	o 15 cap	o 17			
5*												
Game A		l I										
Friday 4:15-6:0 Field # TB	00pm	D	4.1		1							
8*	-	Pro Fligi	n perth									
		Sature	day 9:00-10	:45am	F41							
7* Game B			Field 11		5th Plac	e						
Friday 4:15-6:0 Field # TB	00pm											
Field # 1B	D	Pro Fligi	nt berth									
6*												
		Dro Eli	ght Play	ln / 7th	Place P	trackot -	All gam	os to 15	can 17			
		FIUFI	giii Fiay	-m / / m	Flace	oracket -	All gall	es to 15	cap 17			
0*					1 (A)							
Game C					L (A)			1				
Friday 11:45am- Field 9	1:30pm				Saturd	iay 10:00-1	1:45am	741- 01	- (4i)/D	Flight be	-41-	
16*						Field 12		1 UI FIAC	e (ue)/Fic	Flight be	TUT	
			Game I lay 4:15-6:0	o								
13*		FIG	Field 11	opm								
Game D Friday 11:45am-	4.00											
Field 10	1:30pm				1							
12*												
11*												
Game E Friday 11:45am-	1:30pm											
Field 11]							
14*			Game J									
		Frid	lay 4:15-6:0	0pm				1				
15* Game F		1	Field 12		Saturd	ay 10:00-1	1:45am					
Friday 11:45am-	1:30pm				J	Field 13 7th Place (tie) / Pro Flight berth						
Field 12 10*					L (B)							
								1				
			Elite Fl	light Br	ackets -	All gam	es to 15	cap 17				
						L (I)						
							iay 9:00-10	:45am				
						Jature	Field 10	.45411	11th Pla	ce		
						L (J)			J			
			L (C)									
				Game G		1						
			Frida	ay 2:00-3:4 Field 11	45pm	<u> </u>			1			
			L (D)									
						Sature	iay 9:00-10	:45am	13th Pla			
			L (E)			_	Field 9		rout ria			
				Game H av 2:00-3:4	15nm							
				Field 12	p iii	<u> </u>			1			
			L (F)]						
						L (G)			1			
						Saturda	y 11:15am	-1:00pm				
							Field 2		15th Pla	ce		
						L (H)			1			
					All games t	to 15, cap 1	7					

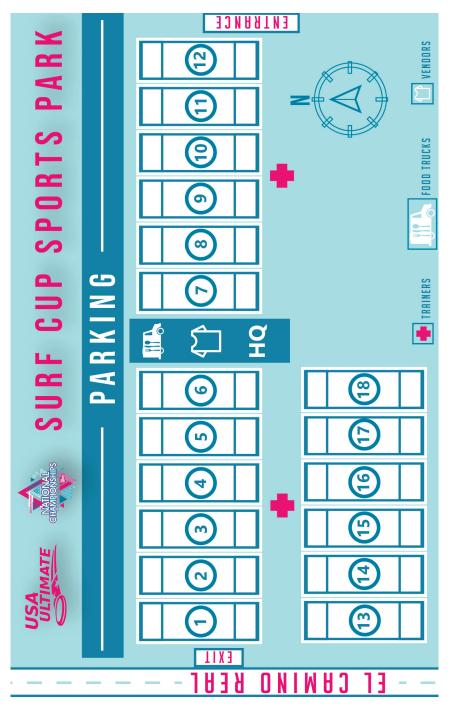




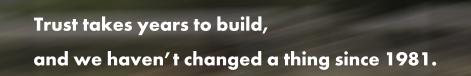
SCHEDULES & MAP



FIELD MAP



SCHEDULES & MAP





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