

2017 USA Ultimate Western Regional Youth Championship November 4-5th Spokane WA





WELCOME

Hello and congratulations on being accepted to participate in the 2017 Western Youth Regional Championships in Spokane, WA. On behalf of USA Ultimate and the Spokane Sports Commission, we welcome you to Plantes Ferry Sports Park for two days of great regional ultimate competition.

Winter is here, and we hope that you will take appropriate care of yourselves while participating in this event. Included in this program are recommendations for cold weather play and what to do between rounds.

We are also particularly excited about our Saturday night social event, which will include Laser Tag and pizza. Details can be found later in this program.

We hope you enjoy your time in beautiful Spokane, Washington, and we look forward to a fun weekend of competitive and spirited ultimate.

WEEKEND OVERVIEW

Friday, November 3 7:00pm-9:00pm: TBD:	<u>Mirabeau Park Hotel and Convention Center</u> 1100 N Sullivan Road Spokane Valley, WA 99037 Team Registration U15 Coaches discussion
Saturday, November 4 9:00am: 10:00am-5:00pm: 6:00pm – 10:30pm:	<u>Plantes Ferry Sports Park</u> Captains' Meeting at Tournament Headquarters Game Play Laser Tag and pizza dinner at Laser Quest (see below for details)
Sunday, November 5 9:00am-2:00pm: Post-Finals:	Plantes Ferry Sports Park Competition Continues Award Ceremony. Immediately following the finals, awards will be presented to the first- and second-place teams along with Team Spirit Award and Individual Spirit Awards (one from each team).

EVENT STAFF

Local Organizing Committee Staff Tournament Director– Ian Balinsky Volunteer Coordinator – Anna McNulty Head Scorekeeper – Jon Rubertas

USA Ultimate Staff

Manager – Events – Byron Hicks Manager – Youth Competition & Athlete Programs – Joy Ferenbaugh

COMPETITION RULES:

•

U20 Mixed division

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - 20 yard end zones
 - "contact" marking violation call
 - All games to 15, point cap at 17.
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 15, overtime occurs when the score reaches 14-14).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

U15 Boys/Open division

- USA Ultimate Official Rules of Ultimate, 11th Edition will be in effect.
 - o 20 yard end zones
 - "contact" marking violation call
 - Other specifics to be discussed among coaches on Friday evening
- All games to 13, point cap at 15.
- Halftime is 5 minutes.
- Each team has two timeouts per half.
- Regardless of how many timeouts a team has used before overtime, during overtime each team has one timeout.
- Overtime: A game is in overtime if tied at one point less than original game total (e.g., in a game to 13, overtime occurs when the score reaches 12-12).
- Soft time-cap will not be used.
- Hard time-cap goes on at end of round time on schedule. Game is over at the end of the point in progress, unless tied. If tied, play one more point.
- Caps do not affect timeouts.

SITE RULES

No alcohol or smoking (or any tobacco products).

- No glass bottles.
- No weapons.
- No pets.
- Spectators and equipment must stay at least 5 yards away from sidelines! Where there are buffer lines, respect them. Where there are not buffer lines, stay back at least 5 yards.
- Trash and Recycling! Place recyclables in the recycling receptacles and place trash in the trash. Keep your sidelines clean.
- Language. Keep in mind that this is a youth event.

TEAMS: U20 Mixed

BamWagon

Bellevue, WA Coaches: David Hasbrook Captains: Austin and Julia Hasbrook Spirit Award Nominees: Austin Hasbrook and Michelle Nguyen Twitter: @bellevueultim8 Website: www.bellevueultimate.org6

Our team arose from the 5 on 5 Fall Mixed Leagues run by Bellevue Ultimate in 2015 and 2016 and in connection with the middle and high school leagues of the greater Seattle area, where most of our players began playing organized ultimate. In 2017, the team, known as RuffSide, traveled to five tournaments--3 mixed and 2 open--and experienced both great success and some disappointment from which to learn and build. We are attending Western Youth Club Regionals as BamWagon because we have BAM jerseys and several new players have jumped on the wagon this fall.

Jersey #	First Name	Last Name
2	Angelina	Kang
4	Louise	King
6	Anna	Kelly
7	Emmy	Hunt
8	Ana	Tanaka
10	Spencer	Lofink
12	Elijah	Nobis
15	Gabe	Nobis
16	Chackgarin	Brown
17	Corbin	Atack
19	Tom	Deasy
26	Quentin	Harrison
30	Cian	McGinn
33	Julia	Hasbrook
36	Michelle	Nguyen
44	Oliver	Colleran
51	Jovahn	Cruz
77	Austin	Hasbrook

Bankroll – DiscNW

Seattle, WA Coaches: Taylor Kanemori, Khalif El-salaam and Sam Terry Captains: Justin Jones Spirit Award Nominees: Abby Hecko and Justin Jones

Seattle Bankroll was created last winter to compete at YCC 2017. We practiced throughout the summer and came into the tournament ready to play and just as importantly represent our city. Our team finished second in our strongest showing ever at that tournament. A core group of the team wanted to run it back and have decided to make a showing at this year's youth Westerns and we couldn't be more excited.

Jersey #	First Name	Last Name
6	Kennadi	Hairston
11	Liz	Chrach
12	Hai	Trang
13	Justin	Jones
18	Kaloni	Saddetanh
19	Hazel	Ostrowski
19	Matthew	Liu
23	Carly	Campana
24	Abby	Hecko
26	Steph	Phillips
29	Ngan	Le
33	Cristian	Arriola
42	Ronnie	Estoque
99	Michelle	Yee

Berkeley High Co(upROAR)

Berkeley, CA Coaches: James Sheridan, Margot Stert and Linh Hoang Captains: Anna Reed and Noah Ball-Burack Spirit Award Nominees: Tate Hoyer and Maytal Bach

The Berkeley High Coup Ultimate Club was started in 2007 by a few Berkeley High School students, a self-described ragtag group, excited about learning a new and challenging sport. Today, with over 90 BHS students participating on four squads, three California state championships, two Spaghetti Westerns titles, three finals appearances at USAU High School Westerns, and alums (both men and women) on successful college teams, our players and volunteer coaches have built one of the largest and most competitive high school Ultimate programs on the west coast. The Coup has been co-ed from the beginning, but we've always played Open. Co(upROAR) is brand new (only eight practices!) and is our first ever Mixed team. We look forward to having fun, meeting new friends, and playing with passion, humility, and Spirit of the Game representing Berkeley High School at USAU Club Westerns this year.

Jersey #	First Name	Last Name
1	Pele	Varadi-Mulia
5	Neo	Barnes
12	Ethan	Nikcevich
13	Sean	Hoffman
16	Luca	Spycher
24	Riley	Kirkman-Davis
26	Seth	Wells
38	Emmet	Holton
45	Рере	Tekpa
46	Lauren	Carothers-Liske
47	Graham	Freifeld
49	Anna	Reed
50	Leo	Gordon
54	Emily	Levenson
56	Jayna	Frank
58	Gigi	Mancuso-Jackson
59	Logan	Gade
60	Liam	Ereneta
63	Allyn	Suzuki
70	Lilly	Baker
73	Eliza	Lerman
80	Tate	Hoyer
85	Aidan	Price
86	Fae	Rauber
87	Abigail	Daffner
88	Noah	Ball-Burack
89	Maytal	Bach
94	Tanya	Bearson

G-Birds

Vancouver, BC Coaches: Jason Wang and Alex Yang Captains: Kayla Zhu and Daniel Ta Spirit Award Nominees: To be Decided

We normally play as a high school team from Vancouver (Eric Hamber Griffins). As the Eric Hamber Griffins, we finished the season with a record of 19-10 this past spring. We had a very slow start to the season but we finished strong winning both the Tier 1 Vancouver City High School Championships and the BC Provincial Tier 1 High School Championships. We also finished 5th at Spring Reign (Division A).

Jersey #	First Name	Last Name
2	Alexia	Lee
3	Yuma	Debroux
4	Joey	Liu
5	Christy	Yong
6	Lucas	Ноу
7	Justin	Shou
8	Mona	Ou
9	ji	Yoo
13	Daniel	Та
14	Cassidy	Gee
20	Zoe	Luke
21	Claudio	Quinones
22	Ryu	Hashimoto
23	Kayla	Zhu
27	Karen	Kang
72	Jayden	Ghieuw
77	Alex	Regis
88	Ryan	Kondo

TEAMS: U15 Boys/Open

Boise Ultimate Flyway

Boise, ID Coach: Jason Sutter Captains: Chris Holstine, Kosmos Sutter and Damon Wargo Spirit Award Nominee: Jeremy Lechten Website: <u>http://boiseultimatefrisbee.com/busyouth/</u>

Named for the aerial highway running along the Boise Front above the capital city of Idaho, **Boise Ultimate Flyway** honors our city's affiliation with birds of prey. Just as they soar high above the Snake River Canyon and the raptor epicenter of North America, our team strives for the qualities of endurance, energy, and elevation embodied in the aeronautical quest of these exceptional aviators.

Jersey #	First Name	Last Name
1	Dan	Allred
2	Holden	McCarthy
3	Tucker	Bolick
7	Damon	Wargo
9	Chris	Holstine
10	Augie	Campbell
12	Leo	Jamboretz
13	Jeremy	Lechten
21	Emmet	Rohweder
22	Kosmos	Sutter
23	Liam	Brown
24	Zachary	Swassing
80	Finnegan	Ctretser-Radlof

Oakland Sparks

Oakland, CA Coaches: Valerio Iani, Kevin Lee, Josh Wulkan Captains: Adam Wulkan, Daniel Bauman, Luca Adams and Zane Warsen Spirit Award Nominee: Julian Korchin

This is the foundational year of Oakland Ultimate Club. The Club started this fall as a 10-week U15 program for intermediate and advanced players interested in competitive Ultimate. Almost 70 players signed up and two teams were selected from the group. Players come from several different elementary, middle, and high schools and from cities around the East Bay: Oakland, Berkeley, Richmond, Piedmont, Alameda, Moraga, Danville. With 100 kids already registered for the Club's Winter program, the future looks bright and maybe one of these young players will become the next Olympians!

Jersey #	First Name	Last Name
2	Adam	Wulkan
5	Ben	Oxendine
9	Daniel	Bauman
8	David	Klunder
7	Dylan	Nice
10	Elijah	Geduldig
11	Ethan	Saunders
12	Finn	Barr
14	Gregor	Huth
17	Jason	Gutstadt
19	Julian	Korchin
22	Luca	Adams
23	Lucas	Steele
85	Ridge	Huang
32	Sebastien	Minn-Murray
33	Toby	Warren
35	Walker	Thompson
36	Zane	Warsen

Oakland Wolfpack

Oakland, CA Coaches: Valerio Iani, Harris Masket, Greg Klunder Captains: Gabriel Morris, Jeremy Dove, Marcus Lee and Niko Fidler

Spirit Award Nominee: Kiyoshi Monsalve

This is the foundational year of Oakland Ultimate Club. The Club started this fall as a 10-week U15 program for intermediate and advanced players interested in competitive Ultimate. Almost 70 players signed up and two teams were selected from the group. Players come from several different elementary, middle, and high schools and from cities around the East Bay: Oakland, Berkeley, Richmond, Piedmont, Alameda, Moraga, Danville. With 100 kids already registered for the Club's Winter program, the future looks bright and maybe one of these young players will become the next Olympians!

Jersey #	First Name	Last Name
1	Aaron	Paskow
3	Andrew	Bell
4	Avi	Paulson
6	Campbell	Walter
13	James	Byron
15	Henry	Burg
18	Jeremy	Dove
20	Kiyoshi	Monsalve
21	Leif	Carlson
24	Marcus	Lee
25	Miles	Fisher
26	Niko	Fidler
27	Oscar	Harth
28	Reggie	Masket
30	Ronan	Ereneta
31	Saul	Weiss
34	Tyler	Weng

Oregon Eruption!

Portland, Or Coaches: Jay Cohen, Rick Melner, Ke'ali McCarter Captains: Emmett Warner and Will Dillender-Kinast Spirit Award Nominee: Sam Mayer-Radke Website: *portlandultimate.org*

Oregon Eruption! was formed in June 2017 when Portland Ultimate received a bid to YCCs in the U-17 boys' division. The 19 players who went to Minnesota had an average age of 14.5. Eleven of the YCC players are U-15 eligible, and 10 are making the trip to Spokane. Oregon Eruption! went to YCCs ranked 19 out of 20 teams and finished ranked 12th with wins over Philadelphia, Pittsburgh, Texas, Columbia, and Colorado. The team has taken the energy generated at Minnesota and has continued to practice three days a week since August with a focus on Spokane.

Jersey #	First Name	Last Name
0	Max	Melner
1	Will	Dillender-Kinast
2	Ben	Thoennes
7	Felix	Moren
8	Jackson	Whalen
15	Jack	Fassett
16	Mio	Fassett
17	Benny	Cohen
18	Emmett	Warner
23	Calder	Muller
24	Andrew	Alstot
26	Sam	Maye-Radke
31	Henry	Wayte
44	Alex	Fleming
52	Reid	Jetton
55	Jerred	Smith
71	Тоby	Boudreau
88	Blake	Кеу

Utah Swarm

Wasatch Front, UT Coaches: John Selfridge, Sean Graff Spirit Award Nominee: To be determined

This is the first year of Utah Swarm U15 we have no history. We are an all Utah team made up of players from the Wasatch Front which is the populated area west of the mighty Wasatch Mountains. We are the youngest Utah team to travel out of the Beehive State. Utahans relate the beehive symbol to industry and the pioneer virtues of thrift and perseverance, Utah Swarm (of bees).

Jersey #	First Name	Last Name
00	Max	Dehlin
1	Airam	Alvarez
3	Aryana	Maffly
4	Zane	Pew
5	Alex	Yannelli
6	Gene	Allen
7	Oscar	Graff
8	Will	Selfridge
9	Isabelle	Dehlin
10	Isaac	Arnold
11	Anna	Jiricko
12	Everett	Saunders
15	Audrey	Selfridge
16	Winston	Dehlin
22	Elliot	Rettburg
23	Mirae	Oaks
27	Ryan	Roberts
33	Sam	Dellapenta
34	Preston	Hawkes
35	Jackson	Keate
52	Luke	Sorensen
65	Connor	Thackery
88	Elijah	Watchalotone
99	Grayson	Rettburg

HEALTH AND SAFETY

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

If you have medical issues that require attention in the morning before play (needing an ankle taped, etc.), please show up early to avoid long lines. The trainers will be at the fields one hour prior to game time each day.

Cold Weather Concerns

The coaches/chaperones/captains will have to be very diligent about watching their teams for signs of hypothermia. It can happen quickly and be very dangerous. One of the first signs is a decrease in mental awareness, so a player may not recognize s/he needs assistance.

- Prevention: 1. Use the heated spaces (building and large tent with propane heaters) for shelter between games and during the lunch break. If you have time, you can also go to heated vehicles or your hotel.
 - 2. Hydration and proper calorie intake are very important in these conditions. Warm drinks will be provided by USAU, and the concession stand will be open with cold and hot food available throughout the day.
 - 3. Dry clothing will help maintain body temperature. Players should bring AT LEAST one pair of dry socks per game so that they minimize wet feet (this also helps prevent blisters). A small towel or cloth to dry feet can be helpful. Synthetic layers with a waterproof, breathable outer layer are useful to adjust to playing/non-playing rotations. Hats and gloves are also advised.

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: <u>usaultimate.org/membership/usa_ultimate_membership_forms.aspx</u>

Coaching Requirements

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

Removal & Return to Play

• All guidelines identified by the CDC must be strictly followed in the event of a suspected concussion. 1. Remove athlete from play.

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

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

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

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

Doctor's Note Requirement

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

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 if there is a lightning danger. Play then will be stopped, and everyone should seek shelter.
- Safe shelter for players and spectators at the field site includes any fully enclosed building or vehicle with a hard top and closed windows.
- Event staff will use the "flash-to-bang" method to determine when to send people to shelter. By the time the flash-to-bang count has reached 30 seconds, all individuals should be in a safe shelter location.
- Event staff will indicate to players when play is going to resume. Team captains or coaches should meet at Tournament Central to receive instructions for resuming play and any schedule modifications.

SPIRIT OF THE GAME

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

10 Things You Should Know About Spirit of the Game™

1. The golden rule: treat others as you would want to be treated.

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

2. Control: SOTG takes real effort.

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

3. Heckling and taunting are different.

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

4. SOTG is compatible with championship play.

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

5. Don't "give as you got."

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

6. Breathe.

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

7. When you do the right thing, people notice.

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

8. Be generous with praise.

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

9. Impressions linger.

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

10. Have fun.

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

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

SPIRIT CIRCLES

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

SATURDAY EVENING SOCIAL EVENT

Laser Quest <u>202 W 2nd Ave Suite 4, Spokane, WA 99201</u> (509) 624-7700

Laser Quest can accommodate 36 people per game, but your group must start to gear up 20 minutes prior to your game slot.

We have game slots at 6:00, 6:20, 6:40, 7:00, 7:40, 8:00, 8:40, 9:20, 9:40, and 10:00pm. This means that the first group needs to arrive by 5:40, the second by 6:00, etc.

We set the game slots so that each person should be able to play two games.

Since the U20 division is ending earlier on Saturday than the U15 division, we are hoping that the U20 group will take the first and second game slots to give the U15 teams time to change and warm up after their last round.

We will have pizza and soft drinks at Laser Quest beginning at 7pm.

FIELD MAP



COMPETITION SCHEDULES



