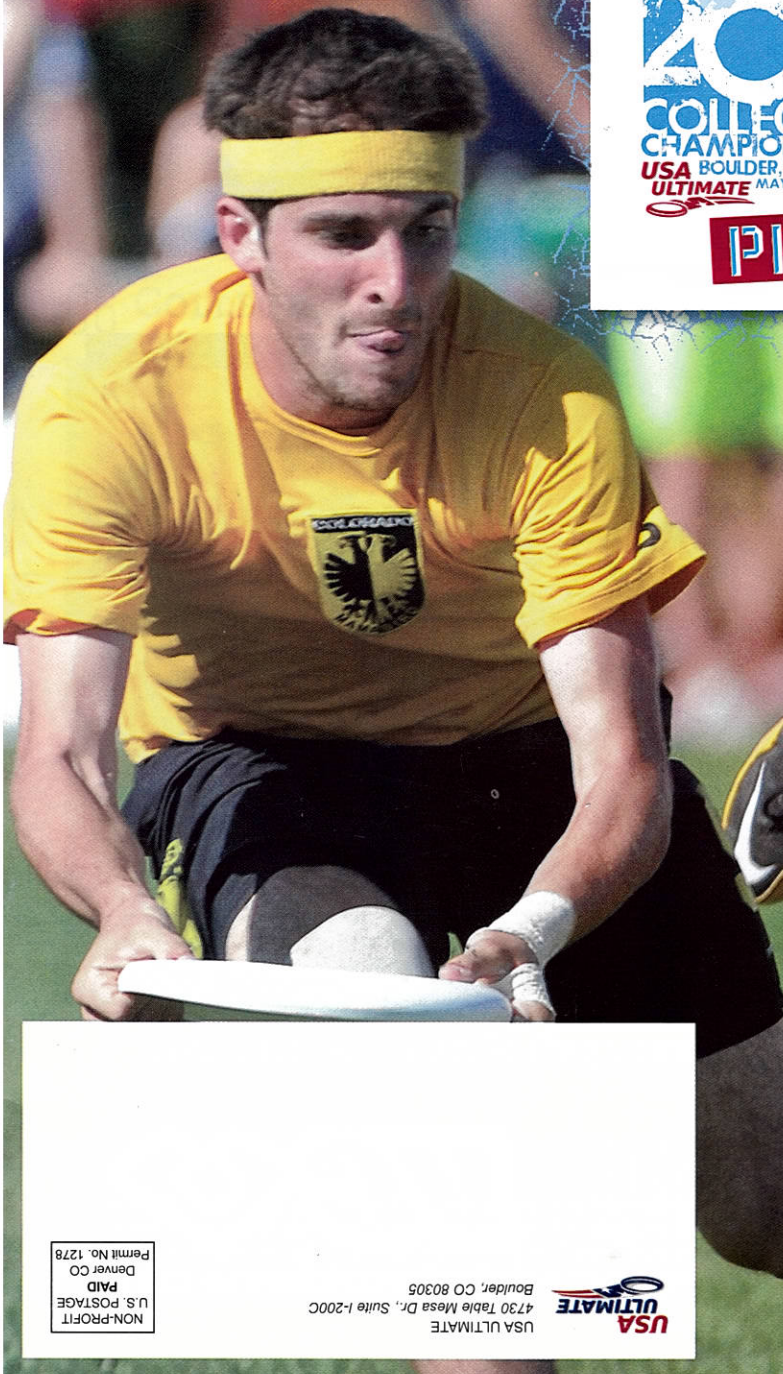


USA ULTIMATE

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PREVIEW



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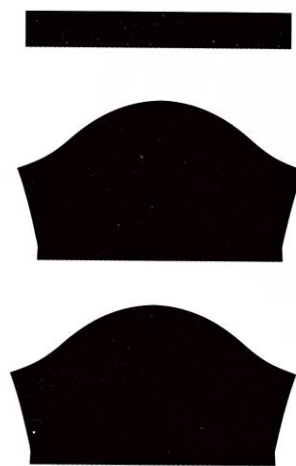


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Clockwise from top: 1. Florida looks to replicate its 2010 title after a solid regular season. PHOTO BY: ANDREW DAVIS 2. Take a look inside YHB Ultimate and see why it's the most popular sport on campus. PHOTO BY: KEVIN LECLAIRE 3. Anna Reed and the Carleton Syzygy are in search of a national championship. PHOTO BY: MATT LANE

ON THE COVER

Hosting the 2011 USA Ultimate College Championships, the fourth-ranked Mamabird from the University of Colorado will have to contend with the likes of Wisconsin and other top teams to win a title on home turf in the Open division while the Burning Skirts from UC-Santa Barbara leads a long list of contenders in the Women's division. PHOTOS: ANDREW DAVIS

MISSION STATEMENT

To advance the sport of Ultimate in the United States by enhancing and promoting Character, Community, and Competition.

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USA Ultimate is a non-profit organization and serves as the national Governing Body for the sport of Ultimate in the United States. Founded in 1979 as the Ultimate Players Association (UPA), **USA Ultimate** is one of the first flying disc sport organizations in the world and the largest, with more than 40,000 members and a national volunteer network.

USA ULTIMATE

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Ultimate Sails into the "Big Five"

Our sport becomes one of the top-3 fastest growing team sports in America

Each year the Sporting Goods Manufacturing Association (SGMA) – the long-standing sports industry trade association – independently tracks sports trends and participation in the United States. Their annual participation report for 2010 was just published, and has some interesting information for USA Ultimate as we track our progress and growth.

Ultimate joined the five fastest growing sports in the nation this year. Leading the way...by a long shot...was triathlon/adventure racing, which grew by an astounding 47%. It seems that lots of folks have overcome their fear of drowning! Triathlon has been booming for years and the trend is certainly continuing. Recent articles in the New York Times have described triathlon as the "new golf" due to all the business executives on Wall St. and in Silicon Valley who have taken up the sport and use it for exercise and deal-making.

As a surprise to no one, the second slot was filled by the very fast-growing sport of lacrosse, with 33% growth. U.S.

Lacrosse has over 300,000 members and has been on a steep growth curve for several years.

The balance of the top-five fastest growing sports were gymnastics at 28%, and then rugby and Ultimate at approximately 20% each. There is then a significant drop down to the 10% growth mark for several sports including surfing, volleyball (all disciplines combined) and badminton.

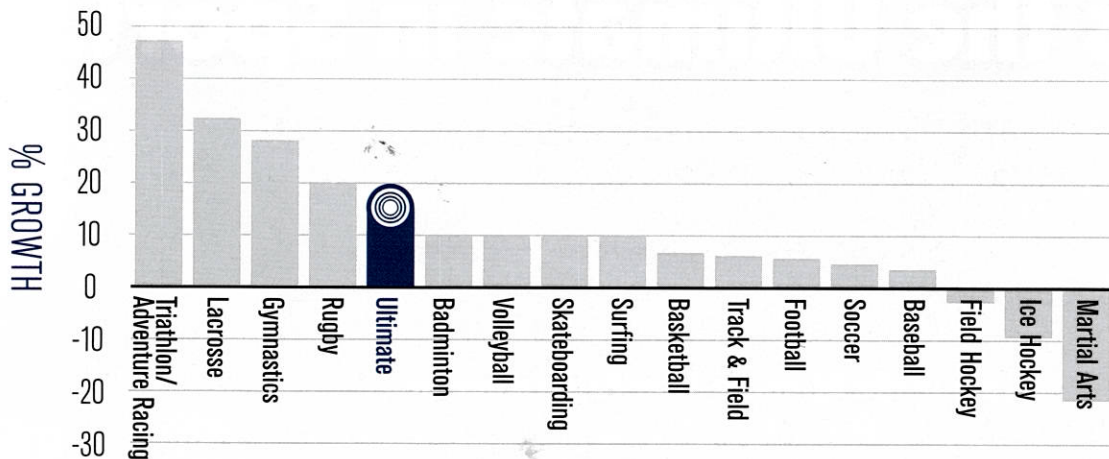
Some of the traditional U.S. sports also showed a bit of a rebound from declines in participation for the past few years. Baseball (3%), basketball (7.5%), football (6%) and soccer (4%) all had increases in participation. Sports with declining participation included skateboarding (-10%), martial arts (-22%), ice hockey (-9%), and field hockey (-2%).

The SGMA report noted some interesting trends that bode well for Ultimate. First, "Generation Y" is showing a greater interest in participating in team sports as opposed to individual sports. Second, there is gravitation towards participating

in activities that contribute to or sustain general fitness, and Ultimate certainly achieves that goal. Finally, while team sports in general fared better this year than in the past two years, the Big Three (lacrosse, rugby and Ultimate) seem to be sustaining the leadership trend in team sports.

Looking ahead, if we wish to emulate a sport like lacrosse, we must continue to develop opportunities for youth to experience our sport and have multiple outlets for playing. Lacrosse is very focused on the youth market, and as a result is 'booming' every year. Rugby has benefited greatly from its entry into the Olympic Games program – an unlikely outcome for Ultimate in the near future. So, we have to continue to develop the youth movement in our sport to stay competitive with the many other opportunities out there for kids. We know once they experience Ultimate they won't be able to stay away!

GROWTH IN SPORTS PARTICIPATION - 2010



*Source: 2011 SGMA Participation Topline Report

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CEO Reflections

It was my great pleasure to attend and participate in our National Organizers Convention in Washington D.C. last month, and I came away impressed and inspired by the great work being done all around North America by the many leagues and associations. I was impressed with the professionalism of all the attendees and speakers, and I was inspired by the passion and love for our sport. More than 40 different organizations were represented and it allowed for great information sharing and best practices discussions. Special guests added some unique historical context and led some animated discussions around Spirit of the Game, sportsmanship and keeping the 'play' element healthy in our sport.

There were several discussions in particular from which I wanted to share some thoughts. The first was the positive reaction to two new ideas that we described at the conference; namely, the creation of a "league championship," and a national player rating program. The 'league championship' would be targeted to recreational league players/teams, and would be an end of the summer event. The event itself would be 50% competition, and 50% pure fun. We look forward to finding out which is the best league in the U.S.!

The national player rating system is just in conceptual form right now, but the basic idea is that athletes at all levels of the sport would be able to go through a process and receive a rating that would tell them and all leagues across the U.S. what an individual player's skill level is, and thus what teams might be the best fit. Then, if an athlete moves from one region to another, their player rating will help them slide into the next league with relative ease. It will also allow us to structure a league championship with fair play and an even playing field.

We also had an interesting session on sports insurance, and I think that many leagues and associations learned that they may be under insuring their operations. Chuck Delich of Wells Fargo, who has insured a wide variety of National Governing Bodies (NGBs) for many years, reviewed several scenarios that many leagues may not have considered, and described to the attendees what quality factors to look for to be adequately covered. He also led an interesting discussion about the dangers of liability around alcohol use, and strongly encouraged everyone in attendance to make sure athletes were not playing after drinking, as accidents could not only be serious, but could lead to serious damages as well. He used an example from another NGB that eventually could not get insurance coverage because of the alcohol risks, and had to make significant changes in order to retain insurance coverage. His message was clear: no drinking while still playing in or managing an event, and leagues/events should not provide free alcohol to participants due to the serious liability issues. He described a scary potential scenario where an out of control intoxicated player racing across the field causes a serious neck or head injury, and the injured athlete's family discovers that the league was allowing players to play while intoxicated, and subsequently sues the league. As he asked, "Would you want to be sitting on the witness stand defending the decision?",

he reminded us all that the attorneys, judge and jury would most likely not be from the sport of Ultimate.

It was also interesting to listen to the differences emerging between various leagues and associations. Some have clearly embraced growth and the inclusion of children and youth programming into their leagues and associations, while others are still mostly focused on maintaining adult recreational opportunities. The trend line is definitely moving quickly toward youth opportunities as aging players have families, and more schools and states begin offering Ultimate as a sports option in junior high and high school. There were some great sessions on how to offer youth playing opportunities and how to run youth camps. The leagues with the youth structures also seem to be the leagues that have made the important step of hiring paid staff to manage the league, competition scheduling and field utilization. A national infrastructure is developing for Ultimate that will continue to provide many opportunities for play and growth.

Speaking of youth, I recently returned from attending the national American Alliance for Health and Physical Education, Recreation and Dance (AAHPERD) convention where we annually promote Ultimate to teachers, schools and coaches from all across the U.S. AAHPERD is the largest gathering of physical education teachers and coaches in the U.S., and we set up a booth and do demonstrations to promote our sport to this national audience. We get a great response, particularly when demonstrating the sport. But it was also clear that we have to compete very effectively with many other sports bodies that are aggressively marketing their sports to the youth and school market. I am confident that we have a great product, but we have to strategically compete for teachers' and kids' attention or we will get passed by other sports and organizations that believe just as passionately in their activities. We also need to be ever cognizant of our image and reputation as we market our sport and invite children and families into our organization.

Finally, some quick updates you may find interesting:

In the future the national conference will get folded into our U.S. Open event, which will also include a Board of Directors meeting, coaching and observer education, and the best teams from around the world competing for the US Open Championship all during the same 5-day period.

We are in the final stages of building our new technology platform which will provide new organizing resource options for our leagues, sanctioned events and tournaments. We hope to roll this fully integrated platform out by the end of the year and make some exciting new options available to our members, leagues and events. Stay tuned!

And, coming soon! Your new USA Ultimate online store featuring a wide range of branded products and apparel for your consumption!



IF YOU WANT A STRAIGHT ANSWER TO THE QUESTION OF WHO WILL WIN THE 2011 USA ULTIMATE COLLEGE CHAMPIONSHIPS, YOU HAVE COME TO THE WRONG PLACE.

Making a prediction doesn't seem hard at first. After all, at 2011's biggest pre-Series tournaments (Warm Up: A Florida Affair, the Stanford Invite, and College Easterns), only Carleton, Florida, Pittsburgh, and Colorado made appearances in a final. But among them, Carleton has lost twice to Florida, Florida has lost twice to Colorado, Colorado has lost twice to Pittsburgh, and Pittsburgh has lost to Carleton, which makes it very hard to name a frontrunner.

Beyond those four, another group has shown itself to be more than capable of breaking through into the semifinals or beyond. British Columbia went undefeated at West Coast tournaments Santa Barbara Invite and Presidents Day, Michigan put up wins over Colorado and Oregon as they added an Easterns semifinal appearance to their win at Queen City Tune-Up, and Oregon beat Pittsburgh at Stanford. Harvard also has a semifinal showing at Stanford, as well as a hard-fought quarterfinal game against Carleton at Easterns despite a very shorthanded roster, and Wisconsin has continued to play up to its championship pedigree by posting wins over Florida and Carleton.

Other key players are California-Santa Cruz, a team that comfortably qualified for quarterfinals at both Santa Barbara and Stanford, and Colorado College, who took down a shorthanded British Columbia to win Centex. Add in Texas, San Diego State, Minnesota, and Virginia, all squads that have shown flashes of brilliance, and you've got a Championship field that is wide open.

With hundreds of games in the books, there is at least enough information to take a guess at who will be playing their best Ultimate in Boulder. Before doing so, let's first take stock of a few take home points from the 2011 season.

Left: Brett Silverman and his Harvard Red Line teammates could fly below the radar and pull off some upsets.

PHOTO: ANDREW DAVIS

Right: Like the Hodags in 2010, Mamabird will have home field advantage in Boulder

PHOTO: ANDREW DAVIS

IF YOU WANT TO MAKE NATIONALS, YOU SHOULD GET A COACH...

In 2009, 15 of the 20 teams at the College Championships had a coach, and last year, that number grew to 17. During that span, only Virginia and Cornell qualified for the Championship quarterfinals without a coach. Coaches help teams by calling subs, planning practice, and teaching individual skills, all of which allow players to focus on the game at hand.

"Our coach, Josh McCarthy, is invaluable," says Harvard senior Whitt Virgin-Downey. "He recognizes in-game adjustments that need to be made, does a great job of incorporating new players and allowing them to develop in real game scenarios, and when we get too high or low as a team, he is there to keep us on track. Without Josh at the helm, it would be very difficult to keep our team focused for an entire season."

AFTER THAT, START PRACTICING YOUR DEEP GAME...

Huck-and-D is not just Florida's game. In fact, the Gators are more selective with its hucks this season, electing to work the break side for a number of throws until someone is really open deep. Pittsburgh, Wisconsin, Michigan, and Minnesota, though, are all teams that have found



PREVIEW

BY: JONATHAN NEELEY

OPEN





great success in their willingness to concede a turnover or two in exchange for big yards.

Pittsburgh took down Colorado at Easterns with an offense that was liberal with its deep game and a defense that buckled down and applied pressure after giving up the disc. "We really don't care if we turn it over," said coach David Vatz. "We just know that we have to get it back."

FINALLY, FOCUS ON YOUR DEPTH...

Under the new USA Ultimate College Season guidelines, every sanctioned game factors into how bids to the College Championships are allocated. Rather than maling it in after being eliminated from contention for first place, teams like San Diego State and Minnesota fought hard for 9th place finishes at Stanford Invite and Easterns, respectively. Playing consequential games late into Sunday requires teams to be deeper, which is another benefit of a meaningful regular season.

WITH THAT IN MIND, HERE'S A LOOK AT THE NATION'S TOP CONTENDERS:

CARLETON

Carleton puts on a clinic every time it runs its offense. Grant Lindsley and Julian Childs-Walker are menacing in the open field, and Christian Foster and Patrick Roberts do a fantastic job of cutting off of them to find the endzone. On the other side of the disc, Simon Montague and Alex Evangelides use their height and length to pressure opponents and convert turnovers into scores. An inability to take the disc away from opposing offenses has been CUT's biggest weakness, but on their side is the experience gained from playing in the national title game in 2009 and 2010.

FLORIDA

There are three keys to Florida's success: first, their risks are calculated, meaning that players outside of the top four rarely turn the disc over. Second, they keep it simple on offense, giving the dump plenty of space to get open and making sure only one cutter is in the lane at once. And third, they tend to recruit players that are fast, tall, or both. It's all pretty basic, but two wins over Carleton and an Easterns victory over Pittsburgh show that there are still not many teams that can stop the Gators.

PITTSBURGH

En Sabah Nur pulled out huge come from behind victories over British Columbia and Colorado in bracket play at Stanford, proving themselves as a force for 2011. At Easterns, Alex Thorne remained poised while throwing big break throws in the wind and stepping up to make big grabs against Florida while many of his teammates looked gassed. On both the offensive and defensive line, Pittsburgh's defense has been its anchor, allowing the team to constantly attack the endzone on offense. Going from top contender to national champion is a huge step, but with a number of fifth-year players on the roster, it may be now or never for Pittsburgh.



Clockwise from Top: After finishing the regular season as the top-ranked team, Carleton College heads into the championships as the team to beat.
PHOTO: ANDREW DAVIS

2. Michigan and Wisconsin both bring talent, experience and a top-10 ranking to Boulder in search of a national title.
PHOTO: ANDREW DAVIS

3. CU's Zander Padgett helped propel his squad to a fourth-place regular season ranking in 2011, while third-ranked Pitt looks to improve on last season's national semifinals appearance.
PHOTO: MATT LANE

4. Following a solid regular season, Oregon hopes to avenge last year's 14th-place finish.
PHOTO: ANDREW DAVIS



COLORADO

Colorado has had a different look at Warm Up, Stanford, and Easterns, experimenting with its offensive sets and sub calling throughout the season. At Warm Up, the team was split by experience, with Hylke Snieder, Matty Zemel, All-Region grad student Timmy Beatty, and Jack McShane (one of the steadiest and most underrated players in the division) holding down the upperclassmen while Jimmy Mickle lead a line of sophomores; at Easterns, many players had been swapped. While

Mamabird's offensive decision making has at times looked shaky and they have yet to win a tournament in 2011, this team is built to peak in late May and has all the talent to win gold.

BRITISH COLUMBIA

An unknown to many, British Columbia rolled through the West Coast in February with two big tournament victories, and while they lost to Colorado College in the Centex final, it was with a very short roster. A big reason for the Thunderbirds' transformation

from a team playing on Sunday at Northwest Regionals to a national contender is the arrival of standout handler John Norris, but as a program that has been producing impact club players for a long time, British Columbia is stacked with players that know how to win.

OREGON

Oregon's offense is among the best in the country. Captain Cody Bjorklund has been joined by John Bloch and freshmen Dylan Freechild and Ian Campbell, to form a unit capable of scoring in four throws or less anytime their opponent plays man defense. At Easterns, they also showed the ability to remain patient against zones. But as evidenced by blown leads against Harvard and Michigan, Ego is prone to the momentum swings typical of a young team.

MICHIGAN

It was hard to know what to make of Michigan's success at a watered-down Queen City Tune-Up, but their Easterns performance let everyone know that they are for real. When you watch their sideline, it is hard to tell whether they are winning or losing, a great sign of a team that is mentally balanced. MagnUM just missed the national semifinals last year with a one point loss to Cornell, and if they continue to improve under coach Ricky Eikstadt, they may finish among the top four in 2011.



WISCONSIN

The Hodags have done a great job of improving after each tournament this year, going from an unpredictable team that clogged lanes and depended on spectacular deep grabs at Warm Up to a more balanced and polished one at Easterns. They still are not where they want to be, having given up a late lead to Colorado and struggled against familiar foe Florida, but that's just the point: Wisconsin does not play for March, they play for May.

HARVARD

Harvard has arguably the best player in the country in George Stubbs, and as long as that is the case, it is hard to count them out. The team has been hurt all season, but if handlers Andrew Vogt, Adam Fagin, and Whitt Virgin-Downey heal like they are supposed to, Stubbs' freedom to get downfield is going to be a problem for opponents. If they do not, coach Josh McCarthy is going to need to work some magic with a shallow roster.



Above: Carleton and Florida – ranked 1 & 2 respectively – could square off in a rematch of last year's championship game.

PHOTO: ANDREW DAVIS

Right: After getting bounced in the quarterfinals a year ago, Michigan returns for another shot at a championship

PHOTO: ANDREW DAVIS

DI III PREVIEW

Compiled by Jonathan Neeley

If you're not Carleton College, the field at the College Championships is starting to look mighty big. The past few years have been dominated by State Universities like Colorado, Florida, Texas, Michigan, and Wisconsin, and until schools start giving out scholarships for Ultimate, success is largely dependent on the size of a team's tryout pool. Unfortunately, the days of Brown, Dartmouth, Pennsylvania, and William & Mary contending at the Championships look like they may be a thing of the past.

"Last year, UCLA had 130 people come to tryouts," says Riley MacPhee, a captain at the 5,000-student Claremont College. "We had 30. At some point, we're not going to be able to compete with that kind of size."

USA Ultimate understands MacPhee's predicament, and for the second year in a row, will be hosting the Division III Championships for schools with fewer than 7,500 students. The tournament will be held in Buffalo, New York on May 21-22.

Contenders for a DIII National Championship are full of talent. At Claremont, MacPhee is joined by Logan Shumacher, a Northwest School high school teammate with whom he won three High School Westerns titles, along with Tommy Li, a member of the 2008 Junior Worlds team. At Kenyon, Russell Wallack, another 2008 Junior Worlds player and an Amherst Regional High School graduate, is one of the best players in the Ohio Valley Region. And at Air Force, both Steve Roberts and Jimmy Wilder spent time playing with Johnny Bravo in 2010.

"The best players in Division III have emerged as some of the top talent in the college division," says Championship Series Manager Michelle Ng. "As teams continue to find meaningful opportunities for competitive play, the depth of talent in Division III will only continue to grow."

MacPhee also notes the gravity of qualifying for a national event of any kind. "If we go to DIII Nationals, we are in the spotlight, which will help us with future recruiting and legitimize our program with our school."

One big issue facing DIII Nationals is that the best eligible teams are not necessarily going to compete to qualify for the tournament. For 2011, last year's finalists Carleton GOP and Whitman, have already stated that they will exercise their option to compete at DI Regionals. But as the tournament grows, the competition will come.

"I think it's an issue of critical mass," says MacPhee. "As more small schools commit and make DIII Nationals a competitive and prestigious tournament, it will become something that more teams strive to win."



CALLAHAN TALK

WHO ARE THE FAVORITES TO WIN THE CALLAHAN THIS YEAR?
THE CONTENDERS' PEERS GIVE US THEIR THOUGHTS

BY: JONATHAN NEELEY

BEN FELDMAN, WISCONSIN

"Feldman is the leader of Wisconsin's fearsome defense and is responsible for converting breaks. He typically draws the number-one or number-two cutter matchup and beats them with speed, but he is also strong in the air. On offense, he has quick pivots and fakes, and the threat of his hucks opens up easy break throws that he takes relentlessly. If Wisconsin goes far this year, it will be in large part thanks to Feldman's fiery leadership and defense."

-Joaquin Nagle, California-Santa Cruz assistant coach

CASSIDY RASMUSSEN, CALIFORNIA- SANTA CRUZ

"Cassidy is fully capable as a handler, with good throws and breaks, but his true strengths are as a cutter, and this year he is finally free to be downfield full time. Cassidy can slice open defenses for 30-yard in cuts or full-field deep strikes, often drawing multiple defenders in the process. He is quick, fast, strong in the air, and has the club experience to get open at will on any college defender."

-Ryan Thompson, Stanford

COLE SULLIVAN, FLORIDA

"Cole has the biggest backhand in college ultimate, and he's always one of the strongest players on the field. His break throws on the goal line are crucial, as he uses his length and height to manipulate the mark before throwing a break. He always plays the game to win, and I enjoy playing against him."

-Matt King, Virginia

GEORGE STUBBS, HARVARD

"What sets George apart is his field vision. He's able to see things before most, and while lots of players have great throws, are fast, or cut well, he's able to use his vision to put those tools to use better than most. He has been the best player on the field in every game I've seen him in this year."

-Greg Vassar, North Carolina-Wilmington coach

GRANT LINDSLEY, CARLETON

"Whenever we face off against Carleton, plain and simple, we need to game plan around Grant. He is a dynamic player with speed, smarts and throws. He is so talented that even when we force him away (which has its own set of issues), he often times still gets the disc in power throwing positions, and then he ignites the rest of the Carleton offense with his pinpoint throws. He also sets a great example for college and younger players alike of how to play the game the right way, maintaining his composure through adversity and always respecting the boundaries of the rules."

- Josh McCarthy, Harvard coach

JOHN NORRIS, BRITISH COLUMBIA

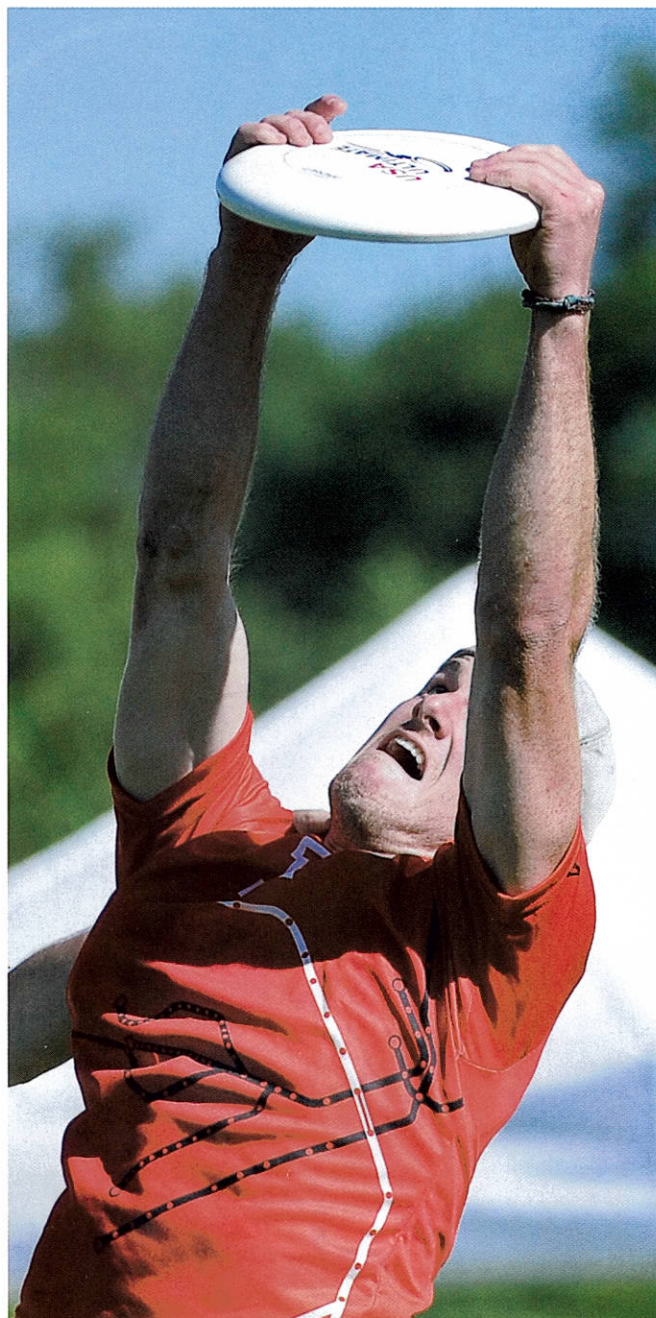
"Norris is a player that most defenses only hope to contain, not stop. He has a lightning quick forehand release that he uses for breaks and hucks, and both usually hit receivers in stride for goals. The bigger the game and the better the opposition, the more you notice Norris exerting his will on the game and opposing defense."

-Ryan Thompson, Stanford

OLIVER HONDERD, MICHIGAN

"Ollie distributes the disc well, gets it when he wants it, and doesn't turn it over nearly as often as other players that play roles similar to his on other teams. He has great fundamentals, and he is the clear pulse of Michigan's team."

-Grant Lindsley, Carleton



This Page: Senior George Stubbs of Harvard is one of the favorites to earn the Callahan Award.

Next Page (Left): Daniel Smith (UC-Santa Barbara) looks to pass the disc while being covered by Jordan Pritchard (Florida) during pool play of the 2010 USA Ultimate College Championships.

(Right): Julie Chen (Wisconsin) and Rachel Habbert (Stanford) sky for the disc during pool play on the opening day of the 2010 USA Ultimate College Championships.

ALL PHOTOS: ANDREW DAVIS

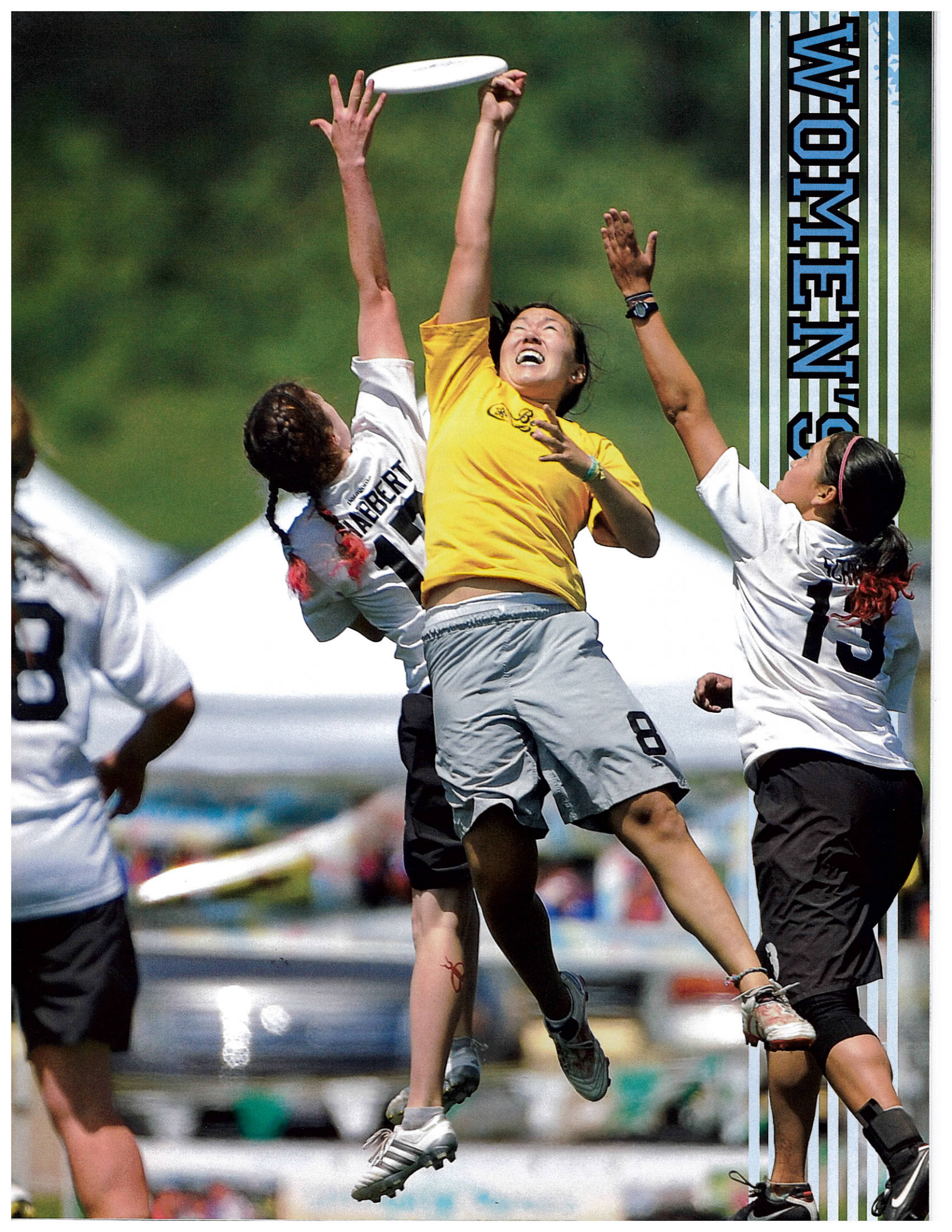
2011
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PREVIEW

OPEN



WOMEN'S





PREVIEW

BY: MICHAEL LUN

WOMEN'S

EVERYONE CAN AGREE THAT THIS YEAR'S WOMEN'S DIVISION FEATURES MORE PARITY THAN IN RECENT YEARS. IT'S HARD TO SAY IF THE QUALITY OF TEAMS ACROSS THE BOARD IS UP FROM LAST YEAR OR IF THE WEST COAST TEAMS ARE SIMPLY HAVING A DOWN YEAR.

Either way, the usual suspects are back in contention from the West Coast. Although many teams have had good seasons, the Burning Skirts from Santa Barbara are the only team that has really separated themselves from the pack. Even the Skirts have shown a few chinks in the armor on Saturdays, but have pulled it together on Sundays when it really matters.

A number of teams are good enough to make quarters at Nationals this year. From there it's a crapshoot. UCSB, California, Stanford, Oregon, Washington, UBC, Iowa, Wisconsin, Carleton, Tufts, UNC-W, UNC, Michigan, Northwestern, Virginia, Ottawa... the list goes on of quality teams in the hunt this year. If nothing else, it will be exciting to see who can survive and make it out of the pack.

The Callahan watch is also full of deserving candidates. Here are a few to lookout for:

- Robyn Fennig – Iowa**
- Becky Malinowski – Michigan**
- Kelly Tidwell – UNC-Wilmington**
- Carolyn Finney – UCSB**
- Julia Sherwood – Oregon**
- An-Chi Tsou – California**
- Leila Tunnell – North Carolina**
- Anne Mercier – Ottawa**

Region-by-Region, here are the favorites to contend for the 2011 USA Ultimate College Women's Championship:

ATLANTIC COAST

UNC-Wilmington is quite possibly the fastest team in the country. They might not be the deepest team, but they have speed to burn and use it well.

Look out for Kelly Tidwell and Claire Chastain. Wilmington has proven that conditioning isn't a problem with a shorter roster after winning Queen City Tune-Up, losing in semis at Easterns, and making finals at Centex. Tidwell's rare combination of blazing speed, grace, and skill put her in the Callahan conversation. It will be interesting to see how they fare in windier conditions. Wind is the great equalizer when it comes to athleticism.

Led by fifth-year star Leila Tunnell and fellow captains Kaitlin Baden and Lindsay Lang, North Carolina is in strong contention. After a solid victory against Oregon at Centex, UNC fell victim to Tufts' surprising run in pre-quarters, but look for them to rebound with strong veteran leadership and long-time coach, Lindsay Hack, providing valuable experience.

Virginia rounds out the top of the Atlantic Coast. Hydra seems to be an up-and-down team at tournaments, but only have losses to quality teams.

GREAT LAKES

Michigan Flywheel and Northwestern GungHo have set themselves apart from the rest of the region. Flywheel is tall, athletic, and balanced. Becky Malinowski is the driving force behind Michigan and a frontrunner for the Callahan this year. With Malinowski, AnnaMaria Paruk, and Paula Seville leading the way, Michigan is a serious contender to win it all this May. Offensively, Michigan can beat teams in a lot of different ways. They'll do a great job of breaking the mark and completing swings, and anytime you combine good fundamentals with Flywheel's type of athleticism and height you have a recipe for success on both sides of the disc.

GungHo has a talented core of handlers in Lien Hoffmann, Sara Miller, Sarah Hong, and Angel Li, while having the experience of Ron Kubalanza on the sideline will undoubtedly make a difference

Senior Marie Madaras leads top-ranked UC-Santa Barbara into nationals, while UNC-Wilmington is the East Coast's best bet for a championship run in the Women's division.

PHOTO: SCOTT ROEDER



in big games. Expect Northwestern to rely heavy on their handlers, and if they can find a rhythm or open up its deep game, they could easily sneak into the quarterfinals in Boulder. In general, possession based offenses don't have as much success in the Women's division, but if Northwestern can find a rhythm or open up its deep game they could easily sneak into quarters in Boulder.

METRO EAST

Ottawa has quietly come along as the favorite to take the lone bid from the Metro

East. Ottawa lives and dies by Anne Mercier, but should make some noise this year.

NORTH CENTRAL

Grad student Robyn Fennig, has become a household name around the country for Iowa and deserves a lot of credit in Iowa's return to National contention. Her hucks and breaks open up Iowa's offense while she also anchors the defense. Fennig is on the short-list of favorites to win the Callahan, but she'll be the first to tell you that Iowa would be nowhere without the efforts of

Andrea Uhl, Megan Greenwood and Kristen Appelson. Only a couple of seasons ago, Saucy Nancy was in disarray until these three took over and righted the ship.

Wisconsin, led by Emelie McKain and Jenny Gaynor, is a much different team than last year's National semifinalists. It seems like Belladonna is still searching for its offensive identity; defensively they haven't missed a beat. They're able to throw different junk sets that frustrate teams and stifle set plays, and when they switch to man they contest every throw.

Carleton is returning All-Region handler Anna Snyder. Syzygy has the head-to-head advantage over Bella, and they seem to be peaking at the right time like Carleton teams always seem to do.

Iowa State has been knocking on the door and has a chance to break through. With Jasmine Draper coming back for a fifth year, anything is possible for this team.

NEW ENGLAND

Tufts had a late but strong start to the season taking many teams by surprise at Centex. Leading the way are captains Anna Chute and Laura Glassman. This team is scrappy and will always fight to win. At first it seems like every 50/50 play is just falling their way until it happens over and over again. It will be interesting to see if Tufts' demeanor will change now that they have a target on their back.

NORTHWEST

Out of the Northwest, Oregon and Washington are looking strong. It's clear that team mentality is stressed above all else in the Northwest. Although Oregon has been battling injuries for much of the year, they're still a favorite to contend down the stretch. If Julia Sherwood and Oregon's slew of young, up-and-comers, can stay healthy, Oregon has a legitimate shot at repeating.

Element is coming on strong. With the most recent head-to-head victory over Oregon, Washington's confidence is high going into the Championships. Like Oregon's Lou Burruss, coach Danny Karlinsky preaches a strong team first attitude and is very confident in his team.

British Columbia is also a contender. Results from Centex suggest UBC will have trouble hanging with the deep rosters of Washington





and Oregon, however UBC has yet to have its full squad together and has battled some injuries. Captains Katie Berezan and Crystal Koo focus on the positives and know their team is still coming together. Also, look for senior Hannah Epperson and grad student Rachel Moens to make plays for UBC.

OHIO VALLEY

The Ohio Valley Region is up for grabs. Penn State, Pennsylvania, Ohio State, and Pitt will be in a dogfight to take the Ohio Valley's single bid.

SOUTH CENTRAL

The South Central is an interesting region with only two bids for a number of quality teams. Texas and Washington University are at the top, but Colorado College is close behind. Texas looks to be the favorite to win the region by a small margin. Wash-U is close behind in the rankings, but have losses to Colorado College and Colorado this spring.

SOUTHEAST

The Southeast is the weakest region in the country, but look for Florida to take the top spot without too much trouble.

SOUTHWEST

Last, but definitely not least. The Southwest is clearly the deepest region in the country and fittingly home to the favorites – last year's runner-up, UCSB. Even with UCLA battling injuries to key players, including Sarbrina "Kodiak" Fong, the Southwest managed to get three bids, although some thought they deserved fourth.

The Burning Skirts feature the strongest 1-2 punch in the country in Carolyn Finney and Marie Madaras, and both are legitimate Callahan nominees. Both provide unwavering confidence in high pressure situations. Stephanie Karba, Alina Warner, Shannon Bubb, and Arianne Johnson provide a more than capable supporting cast. What's scary is that the Skirts are

still finding themselves as a much younger and smaller team compared to the last few seasons.

California has an arsenal of offensive weapons with An-Chi Tsou leading the way along with Palak Shah's and Claire Desmond. An-Chi is easily one of the most complete players in the country and has to be mentioned in any Callahan discussion. Claire Desmond is a game changer. She always seems to have a good matchup in the air. Hopefully the fans will get to see Claire go up against Becky Malinowski from Michigan or Leila Tunnell from UNC at Nationals. Cal's ability play small ball or go for the homerun makes its offense one of the most balanced in the country.

Stanford Superfly has had some solid pickups, including Jenny Wang from Harvard, and Yvette Fisher from UCLA. Look for Caitlin Rugg to throw a lot of deep goals and for Sam Law to bring a lot of them down.

Left Top: Ranked second in the nation, the University of Washington and senior Lindsey Wilson will be in the mix for a title.

PHOTO: ANDREW DAVIS

Left Bottom: Bailey Zahniser and the University of Oregon Fugue have a strong shot at repeating and a rematch with the Burning Skirts for the title could just be a matter of time.

PHOTO: MATT LANE

Right Sequence: Wisconsin's Becca Ludford and the 10th-ranked Bella Donna have the memory of last season's semifinals loss at home to motivate them for another run at a championship.

PHOTO: ANDREW DAVIS

CALLAHAN TALK

THE CALLAHAN WATCH IS ALSO FULL OF DESERVING CANDIDATES. HERE ARE A FEW TO LOOKOUT FOR:

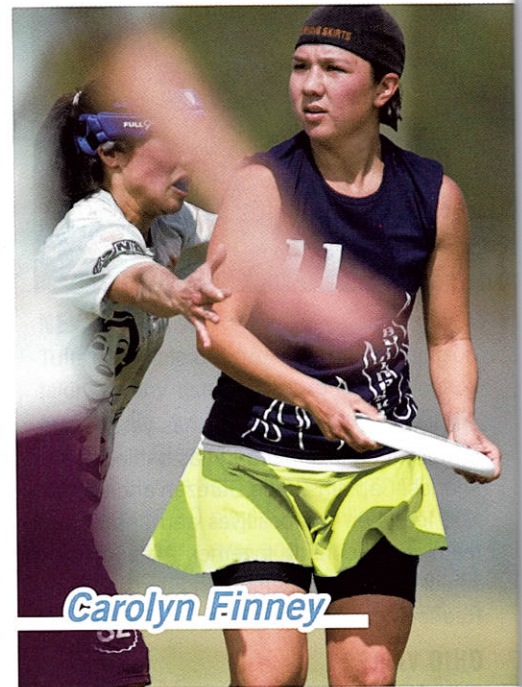
Robyn Fennig – *Iowa*
Becky Malinowski – *Michigan*
Kelly Tidwell – *UNC-Wilmington*
Carolyn Finney – *UCSB*

Julia Sherwood – *Oregon*
An-Chi Tsou – *California*
Leila Tunnell – *North Carolina*
Anne Mercier – *Ottawa*

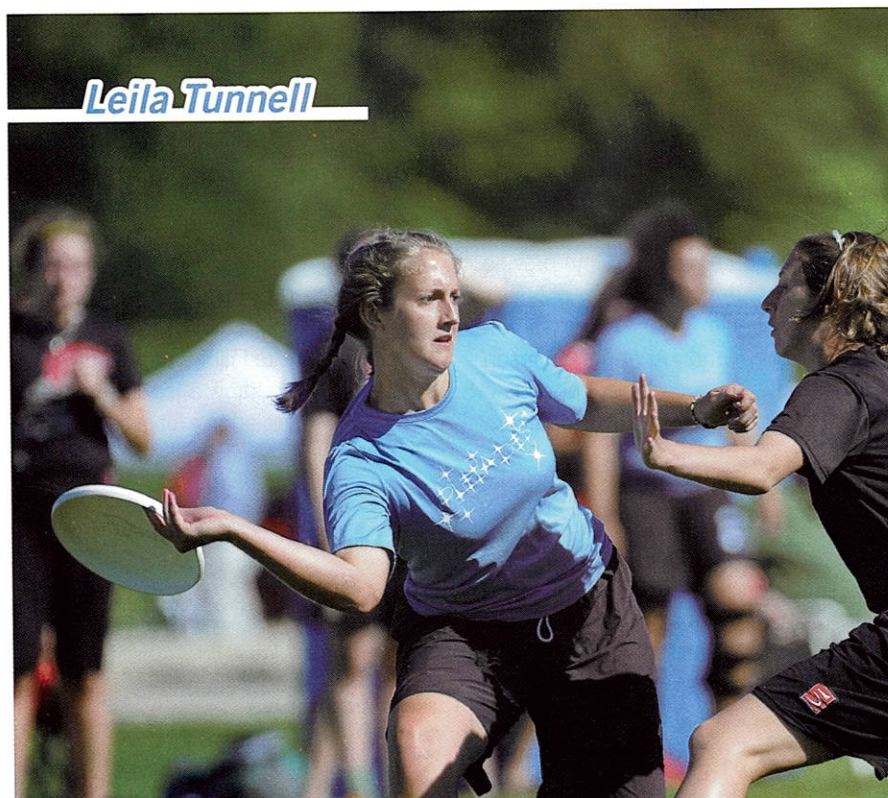
Cal's An-Chi Tsou, UNC's Leila Tunnell and UCSB's Carolyn Finney head up a long list of Callahan contenders in the Women's division. PHOTOS CLOCKWISE FROM TOP: ANDREW DAVIS, SCOTT ROEDER, ANDREW DAVIS



An-Chi Tsou



Carolyn Finney



Leila Tunnell



Follow the action and more at usultimate.org

After the release of the preliminary rankings and the second-ever DIII Championships on tap for mid-May, it's time to take a quick look at the exciting small-school competition that is gearing up across the country. Since this is the first year that Division III teams have had a championship series to call their own, it's difficult to predict just who will come out on top in Buffalo. There is, however, a defined group of DIII teams that have had significant wins and a standout rate of success this season. Here's a quick look at some of the possible contenders:

**Editors Note: This preview assumes all teams below compete in the DIII Championships, although there is a strong possibility several of these teams could qualify for the DI Championships.*

COLORADO COLLEGE

Colorado College has come out of the regular season with some important wins against some nationally ranked D-I teams such as Pittsburgh (11-3) and UCLA (10-5) at Women's College Centex. They have an especially deep team this year, boasting players who are both skilled and extremely athletic; this, combined with strong leadership, is certainly taking them to big places this year. The question remains: will Colorado College choose to perform at the DI level this year, or will they try to win the DIII championship?

RICE

The "Ice Climbers" are another very successful DIII team that has yet to determine in which division they will compete. Rice is led by primary handlers Edith Teng and Catherine Chen, who both have impressive low-release flicks that easily break defenders. The agility and field sense of star cutters such as Emily Wheeler, Kathleen Wiest and Freshmen of the Year (FOTY) nominee, Monica Matsumoto, complete their quick offense, while their closeness as a team has helped them improve as much as they did this year.

SWARTHMORE

After coming in second to Pacific Lutheran last year, the Swarthmore Warmothers are more motivated than ever to perform to their highest potential. Boasting well-placed, varied deep throws from Hannah Jones, consistent break throws from Anna Levine, and aggressive defense lead by Kara Stoeber and Sarah Heffernan, Swarthmore has had more potential to succeed than it has had in years, despite having an extremely rookie-heavy team. Does Swarthmore have a deep enough team to win DIII Nationals, or will their lack of experience hold them back from a national title once more?

CLAREMONT

The Claremont Greenshirts started the 2010-2011 year with a team dominated by rookies, but those rookies learned fast. Their quick learning curve, combined with 2008 Junior Worlds power-player Erika Baken and veteran Liz Duda's leadership, has kept Claremont competitive. Claremont's inexperience hurt their early season results and recent injuries have put a hold on their progress, but they plan to contend for the national title this year.

LUTHER

The extremely athletic Luther is having a standout season. They have had big wins over both DI and DIII competition this season, beating Wisconsin-Eau Claire (9-5) and shutting out Grinnell (7-0) at Midwest Throwdown, while also beating Carleton Eclipse (10-7) at College Southern.

CARLETON-B

Don't be fooled by their official name—Carleton Eclipse is no "B" team. Eclipse has its own culture and talent apart from Carleton Syzygy, and has the results to prove it: wins against teams like Wisconsin-Eau Claire (10-4) and St. Olaf (8-4) at Midwest Throwdown and College Southern have shown their ability to shine despite being overshadowed by their nationally-ranked sister team.

OCCIDENTAL

Occidental boasts the strongest team that they have had in years. Their key players, Nicole Copti and Lissa Farrington, accompanied by 2010 Junior Worlds teammate Sally Landefeld, have led their team in cohesiveness and skill; watch out for their across-the-board athleticism and strong cuts.

GRINNELL

Grinnell is coming out with a particularly dedicated group of players. Beating some of their competitors by large margins—Kenyon 13-1, Kansas State 13-2—and losing games to Luther (0-7) and St. Olaf (8-10) at Midwest Throwdown shows that they are playing at-level games with a variety of teams.

VALPARAISO

After losing six senior handlers and gaining 11 new players, Valpo's season was spent rebuilding. Despite that, key players such as Erika Wagner and Sarah Peters have kept Valpo winning games, playing a particularly strong zone offense and coming in second at the Woodside Invite. Their lack of focus, however, lost them three out of four games on the first day of the Chicago Invite; will Valparaiso be able to conquer their mental game before DIII Nationals?

SMITH

Smith came out surprisingly hard at Keystone Classic, winning a close game with Towson (8-7) and going on to beat nationally-ranked team Middlebury (12-9). Two-time Junior Worlds and Brute Squad player Amber Sinicrope leads the way with her incredible skill and energy; does Smith have a deep enough line to place at DIII Nationals?

With so much recent growth in women's Ultimate, it is particularly exciting to see what will happen at DIII Nationals this year.

DIII PREVIEW

by Anna Levine



NEWS

EVENT INFORMATION

2011 USA ULTIMATE COLLEGE CHAMPIONSHIPS

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WARHEADS® TO SPONSOR 2011 USA ULTIMATE COLLEGE CHAMPIONSHIPS



WARHEADS®, the authentic, edgy sour candy, has signed up to be a leading sponsor of the 2011 USA Ultimate College Championships as the event's Official Candy. As part of its sponsorship, WARHEADS will be giving away samples of Extreme Sour Hard Candy and Sour Chewy Cubes all weekend long. Their custom-designed Ultimate booth game will also allow spectators to win WARHEADS-branded items, such as full-size Ultimate discs, visors, water bottles and bandanas. WARHEADS will also be hyping the event through its website (www.warheads.com), Twitter® page, and 750,000-member Facebook® page.

"We are pleased to have WARHEADS represented at the USA Ultimate College Championships," stated WARHEADS Director of Marketing, Andy Telatnik. "Ultimate is the most extreme and edgy team sport around, and this event and the skilled athletes of this sport are a perfect fit for the extreme, edgy nature of the WARHEADS brand."

Scheduled for May 27-30 in Boulder, Colo., the annual event represents the culmination

of the college Ultimate season and will host more than 900 student-athletes from 40 college Ultimate teams around the country.

CBS SPORTS NETWORK EXPANDS COVERAGE OF COLLEGE CHAMPIONSHIPS



The 2011 USA Ultimate College Championships return to national television with expanded coverage on the CBS Sports Network, which will air the Championships for the seventh year. The extended coverage is part of a new two-year partnership between USA Ultimate and CBS Sports Network that extends through 2012.

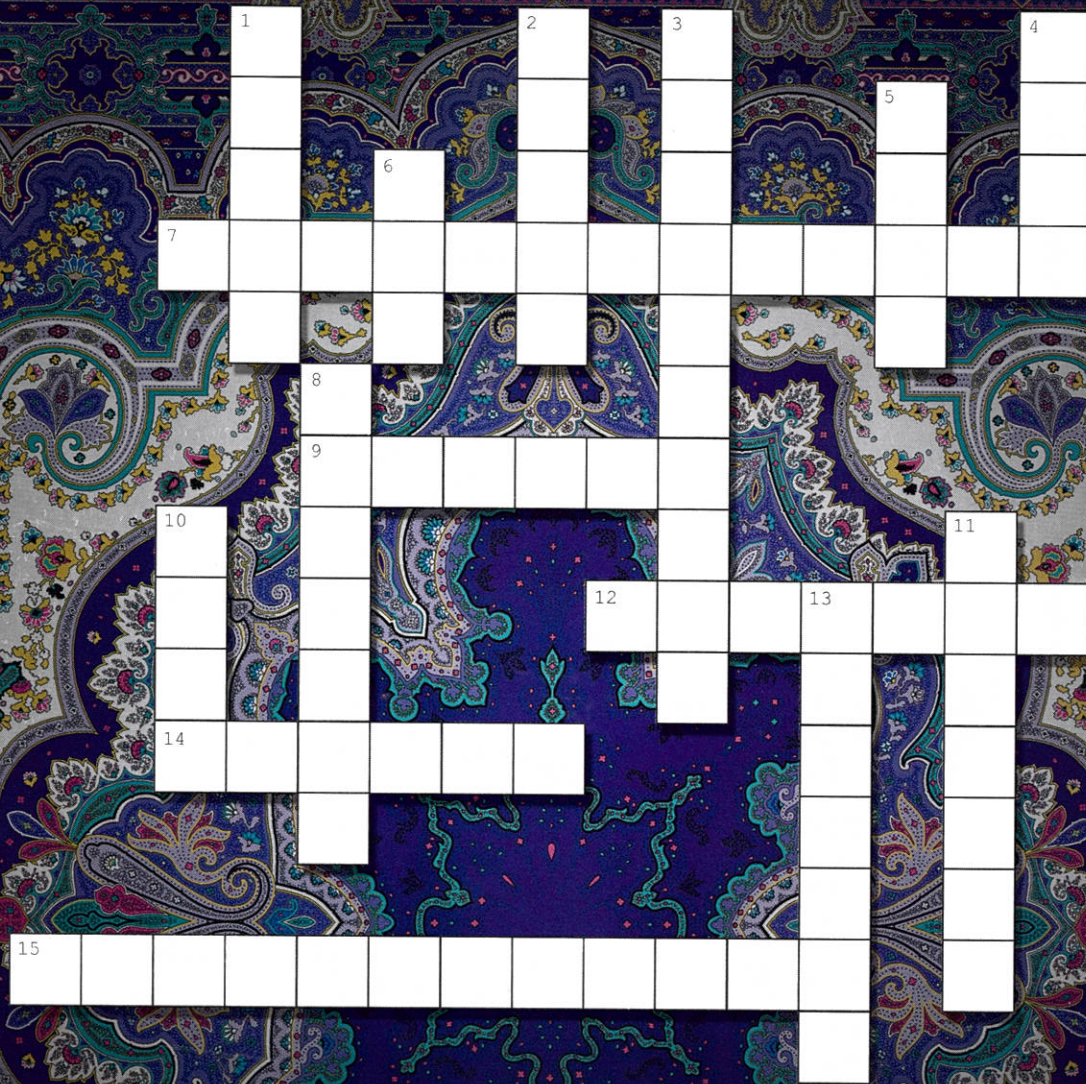
The 2011 USA Ultimate College Championships will be prominently featured on CBS Sports Network as part of its Alt Games programming, debuting Friday, June 24 through Sunday, June 26. The Open and Women's division semifinals will air as two 90-minute programs on Friday, June 24 (7:00-10:00 p.m. ET). On Saturday, June 25 (2:00-3:00 p.m. ET), highlights of the USA Ultimate College Championships will be featured in a special one-hour Alt Games Preview Show on the CBS Television Network.

CBS Sports Network will continue its extensive USA Ultimate programming, airing the Women's division final on Saturday, June 25 and the Open division final on Sunday, June 26. The Women's and Open Championship Finals will also air as stand-alone 90-minute programs in mid-July. Additionally, CBS Sports Network will live stream each of the four semifinal matches and both championship finals online.



Tyler Degirolamo of Pittsburgh gets the D on Carleton's Julian Childs-Walker in the semifinals of the 2010 USA Ultimate College Championships.

PHOTO: ANDREW DAVIS



ACROSS

- 7. David Barkan, Israel, Palestine, etc.
- 9. College Women's 2010 Champions
- 12. Home of the Five Ultimate Crew
- 14. Chronically shirtless Cal/Carleton player
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DOWN

- 1. Errant hammers, floaty hucks, etc.
- 2. Six years, no deaths, some arrests: Trouble in _____
- 3. Victor Malafronte's Two-Finger Macho _____
- 4. Artwork charges at Five Ultimate
- 5. Beats Ninja, loses to cowboy, always the right choice
- 6. Often gratuitous
- 8. NYNY Star: "This isn't a game, this is your life!"
- 10. Beats scissors (and water)
- 11. College Mens 2010 Champions
- 13. Not an ideal throw, usually, or is it?

Email us a picture of this completed crossword by May 31st for a chance to win a free set of white shorts for your team: Culture@FiveUltimate.com

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YHB YOUTH MOVEMENT

BY: JONATHAN NEELEY

Before classes have even ended at H-B Woodlawn high school, a half-dozen students are already throwing a disc on the tennis court, realizing that if they release at the right angle, they can make it hit the ground and bounce up over the net en route to their target. Not far away, a group of freshman boys throws hammers that brush inches from the main office window, a game they've played before and one they hope doesn't end in detention. And in the parking lot, members of the girls' and boys' varsity teams hop in their cars and head down the street to a turf field for practice.

"See that?," Dave Soles asks me, grinning through his goatee as he points a long arm out of his window. "That's why Ultimate is our sport."

Looking around his chemistry classroom, I see that Dave isn't kidding. On the bookshelves, there are numerous pictures of him with YHB teams, and in each, he sports a different whacky hairdo as he stands among a group of kids that is bigger than the one in the photo from the year before. On a filing cabinet sits a trophy from the Virginia High School Championships, and next to it, the Winter 2009 copy of USA Ultimate that highlights two of his former players on the cover. All around the room, it seems that for every chemistry book and poster, there is a piece of Ultimate memorabilia.

"It's big here," Dave says matter-of-factly, grabbing his coat and a clipboard and slipping out into the

hallway. "Ultimate is our only sport, and since we've only got about 350 kids, everyone knows what it is. As long as we give kids the chance to play early and often, they get hooked."

As we walk and talk, it becomes apparent that if my questions are not about YHB Ultimate or other local youth programs, Dave doesn't have all that much to say. When I ask how many H-B alumni have played at Club Nationals, he steers the conversation toward the afternoon practice, and when I want to know about his appearances at the state championships, he brings up the Capitol Ultimate camps that he directs during the summer.

What I want to know, though, is how all of this came to be. YHB Ultimate teams are perennial contenders at the state championships, and they have placed as high as second at High School Easterns. There are well

over 100 participants on YHB teams, enough to field a Varsity, JV, and beginner's-- genially referred to as "newbies"-- team for each gender. In just a decade, Ultimate has ingrained itself in the culture at H-B Woodlawn; something is clearly being done right.



Heading down the hall toward practice, I am about to get my first glimpse at what that is.

"Let's hear those 'up' calls!"

"Make sure you're sprinting!"

"Challenge yourself! You should be tired!"

On a rainy day in Arlington, the girls varsity team is practicing in the H-B gym. With her players split into groups of three, coach Christy Johnson shouts encouragement while two girls throw and one runs back and forth to set a mark.

Opposite Page: YHB Varsity is looking to capture their first H.S. Easterns title in the girls division after finishing second to Amherst Regional H.S. in 2010.

This Page: Issac Macdonald lays out at the 2010 H.S. Eastern Championships. PHOTOS: KEVIN LECLAIRE



"We didn't throw as many breaks as we wanted at our last tournament," comments co-captain Clara Nice, sidelined for the day with an injury. "So Christy has us working on stepping out and getting around the mark."

This kind of structure and focus at practice is a testament to how much Ultimate has grown at H-B. In the early 1990s, the Ultimate team was a loose organization of H-B students and members of nearby Yorktown High School's track team that played casual pickup. In 2001, Tim Fu, a H-B student that played in Washington Area Frisbee Club's rec leagues with his dad, led a handful of friends to a WAFC Spring Clique C League Championship. The following year, YHB Ultimate turned its focus toward youth competition, winning Hip Hop on Pop, a juniors' tournament in Philadelphia, and attending Junior Nationals in Atlanta. Since then, the team has reached a new milestone seemingly every year, with the number of male players ballooning from 22 to 57 and the girls participants growing even more remarkably from 7 to 71.

Clockwise from top left: Emmerson Sieverts makes the D at the 2010 USA Ultimate H.S. Eastern Championships.

PHOTO: KEVIN LECLAIRE

"Coaching is the cornerstone of our growth," Dave tells me over post-practice burritos. "Every step we've taken has been about adding more coaches. With every new coach, we're able to put more focus on individuals, and that's huge." Taking two bites to each of my one, he rattles off a quick timeline that demonstrates his point. In 2002, Ben Cohen, a former University of Wisconsin Hodag and, at the time, a

Dave to coach a separate girls team for the first time. And in 2008, the arrival of Katie Klein, a captain of the highly competitive DC Scandal became the head girls' coach, so Dave was able to make varsity and JV splits.

At this point, Dave takes a moment to drive home just how important teachers are to youth Ultimate. "If coaches aren't teachers, it's very hard for them to work with school administrations or connect to the kids off the field," he says emphatically. "If we want this sport to grow, we've got to get more Ultimate players into teaching and more teachers into playing Ultimate."

If coaching is the cornerstone to YHB Ultimate, Dave says that inclusion is the foundation.

"Last week, I had a girl on the newbie team ask me, 'Dave, is it ok if I just come to practice?' I told her 'Of course!'" he says with a laid back chuckle. "Right now, she just wants to hang out with her friends after school, and it just so happens that most of them play Ultimate. Maybe she'll get into competition, maybe she won't. Either way is fine by me." The message to take away, he says, is that virtually any interest is good interest, and that if you make Ultimate fun for newcomers, they are likely to keep coming back.

"Really, the story here is Dave," says H-B principle Frank Haltiwanger. "He loves to organize and give people opportunity, and his drive to do so has given us our Ultimate program."

member of top DC Open team Electric Pig, brought the strategy necessary to take the team to Nationals. In 2005, the addition of Will Smolinski, a Physical Education teacher at nearby Williamsburg Middle School, allowed

Such is the case with Nice, the injured player that was watching practice in the gym. A soccer player for nine years, she was turned off by how critical and rigid her teammates and coaches

Dave Soles (front left) and the entire YHB program takes a break for a quick photo op.

PHOTO COURTESY: DAVE SOLES

Alika Johnson makes a sliding grab at the 2010 H.S. Easterns.

PHOTO: KEVIN LECLAIRE



became while training for competitive play. Her freshman year, Dave gave her a disc and invited her to Ultimate practice. “When I met girls from the team, it wasn’t just that they were friendly, it was that they were eager to help me learn how to play. I just found the Ultimate community to be very welcoming. I wound up quitting soccer and committing full time to Ultimate.”

From varsity to newbies, Dave wants everyone to feel welcome. Recalling the mentality of a few of his most dedicated players after attending Nationals in 2002, Dave remembers the ultimatums that they wanted to place on the entire team. “Basically, they wanted it to be either you focused on winning and did nothing but practice Ultimate, or find something else to do. But you can’t exclude your way to being a better team. If you do, you wind up without enough kids for a team in the first place.”

When Dave talks about Ultimate at H-B Woodlawn, he lists numerous quality coaches and a determination to welcome any interested student as the two most important factors in the program’s success. But when talking to YHB players, coaches, and parents both past and present, virtually all of them invariably list a third: the dedication and personality of Dave Soles.

“Really, the story here is Dave,” says H-B principle Frank Haltiwanger. “He loves to organize and give people opportunity, and his drive to do so has given us our Ultimate program.”

Varsity girls co-captain Makshya Tolbert points out Dave’s impact in greater detail. She talks about his creation of Penultimate Day, a part of H-B’s final week of school celebration wherein a number of Ultimate players draft teams of classmates that don’t typically play Ultimate for a day of games. She also recalls Dave tossing out discs to middle school students at H-B Town Meetings. “Really, I think teams have to have a driving force like Dave,” Tolbert says. “Without him, there’s nobody to get kids off the fence and keep them playing together.”

It’s Sunday morning at the YHB Invite, and spread out on fields across Arlington are 22 high school Ultimate teams — 12 boys and 10 girls. The teams have come from as far north as Brooklyn and as far south as North Carolina, and while the morning snow dusting has melted, it is uncharacteristically cold for late March. Still, every field is lined with parents, friends, and fellow players, all of them a testament to just how far high school Ultimate has come.

Taking a brief moment away, Dave walks up from the H-B soccer field

to unlock the gym so that a group of alumni and their friends can play indoor. While the Club Championships shorts and the elite team jerseys on the court indicate that the skill level inside is pretty high, a look outside tells you that the players on the field aren’t too far behind.

After saying a quick hello, Dave makes his exit, clearly focused on the ongoing tournament. Above his head as he walks out of the gym, a Helen Keller quote painted by a former H-B student sums up the message that YHB teams send to the Ultimate world.

“One can never consent to creep when one feels an impulse to soar.”



Each year, USA Ultimate recognizes some of the dedicated and generous individuals who have served the championship series, the national governing body and the ultimate community as a whole through their donations of time and energy as volunteers. And although each and every volunteer deserves an enormous “thank you” for their efforts, USA Ultimate would like to point out a handful of coordinators who have stood out this past year for their exceptional contributions.

Sectional Coordinators are the primary link between USA Ultimate and many of the sports’ athletes, including USA Ultimate members and other players around the nation. Their “jobs” revolve primarily around organizing Sectionals – the first qualifying stage of the Championship Series – which entails a plethora of logistical and administrative tasks. Regional Coordinators are some of the most experienced and passionate Ultimate organizers in the country. This small group works year-round recruiting and managing a team of Sectional Coordinators, while also managing Regional Championships – some of the most exciting events of the year.

The State Youth Coordinator (SYC) is responsible for overseeing all aspects of State Championship competition within their respective state and maintaining communications between USA Ultimate and the athletes who compete in the State Championships. Also, the SYC assists the education and training director in coordinating other aspects of the youth and coaching programs locally.

On behalf of the Ultimate community across the country, USA Ultimate would like to thank the 2010 Coordinators of the Year!

USA ULTIMATE CLUB CHAMPIONSHIP SERIES

MIXED DIVISION

SECTIONAL COORDINATOR OF THE YEAR DAN SIGEL – EAST NEW ENGLAND

Dan worked really hard to recruit teams to increase our chances of the wildcard bid. But for him it wasn’t just about the numbers. He made every team at the tournament feel important. I heard players from some of the lower seeded teams thank him for making them feel important at the tournament. It’s easy to recruit teams, but he also works hard to retain them so that his section grows every year. He is also very helpful to me with new SC’s. Since BUDA is so organized with the Regional Tournaments for so many divisions, my job is much easier than it could be. He steps in to help any SC that has a question. – *Natali Espinal, Northeast Mixed RC*

MIXED DIVISION

REGIONAL COORDINATOR OF THE YEAR DAVE KLINK – CENTRAL REGION

Dave did a great job this past season in dealing with the number of different challenges that presented themselves leading up to, and during, the Club Series. In addition to his regional tournament duties, Dave took over as SC for the EP/MI section and he was also instrumental in troubleshooting for the NP section when weather forced a site change the day before the tournament. As a rookie RC, he managed these setbacks with apparent ease, communicated and coordinated well with the appropriate people, and helped ensure that mixed teams throughout the Central region still had a quality Club Series experience. – *Kris Kelly, National Mixed Director*

Honorable Mention: *Hugh Daschbach – South RC*

OPEN DIVISION

SECTIONAL COORDINATOR OF THE YEAR JEFF MARTIN – NORTH CAROLINA

Jeff once again put together a high quality event for all attending teams and worked overtime to answer questions and provide timely communication. He’s always looking for ways to improve his event, and he continues to go above and beyond the call of duty. This year he composed and compiled sectional follow-up surveys and was instrumental in putting together Mid-Atlantic Regionals. – *Baker Pratt, Mid-Atlantic RC*

Honorable Mention: *Mike Greathouse – Florida*

OPEN DIVISION

REGIONAL COORDINATOR OF THE YEAR BAKER PRATT – MID-ATLANTIC

Baker once again excelled as an RC. His efforts in ensuring that quality events were run for sectionals and regionals in the Mid-Atlantic were obvious in the number of positive comments received from participants. Baker will be a great asset as he moves on to work at USA Ultimate HQ. – *Adam Goff, National Open Director*

WOMEN’S DIVISION

SECTIONAL COORDINATOR OF THE YEAR KRISTEN LAURIN – UPSTATE NEW YORK

As Upstate NY SC, the biggest challenge Kristin Laurin deals with is the lack of teams. Many of the college teams in this section do not compete in the Club Series for a number of reasons, and this year was no exception. With just two teams in the section, she convinced the Capitals and the RIT Lady Spuds to meet in Buffalo for a one-game tournament. To make the trip worthwhile for both teams, she asked the Capitals to host a skills clinic for the Lady Spuds following the game. Thank you and congratulations for your work! – *Beth Nakamura, Northeast RC*

WOMEN'S DIVISION

REGIONAL COORDINATOR OF THE YEAR

NESS FAJARDO – NORTHWEST

Ness stepped in and hit the ground running as the Women's Regional Coordinator in the Northwest. She is a dedicated player and volunteer, and she strives to ensure the success of the women's division by providing the best opportunities for players and teams to participate in a well-run regional event. Ness understands the guidelines and policies of the USA Ultimate club series and is an excellent communicator. I look forward to another successful year working with Ness in the Northwest Region! – *DeAnna Ball, National Women's Director*

MASTERS DIVISION

REGIONAL COORDINATOR OF THE YEAR

JOHN BOSWELL – MID-ATLANTIC

Working with John was a pleasure for me as National Masters Director and, more importantly, for the players of the Mid-Atlantic Region. John epitomized efficiency and professionalism in his work and his communication. His knowledge and implementation of the policies and procedures of the USA Ultimate Championship Series and his demeanor in the face of very challenging conditions for Regionals that involved an 11th hour rescheduling were exemplary. – *David Raflo, National Masters Director*

USA ULTIMATE COLLEGE CHAMPIONSHIP SERIES

OPEN DIVISION

SECTIONAL COORDINATOR OF THE YEAR

GREG VASSAR – CAROLINA

Greg is a man with many hats and does a great job wearing them all. Whether he is coordinating his section, coaching a college team, or running high-level tournaments, Greg's passion for the sport makes him a highly-valued volunteer for the organization. – *Matthew Bourland, former USA Ultimate Championship Series Manager*

Honorable Mention: *Steven Naji – Ozarks*

OPEN DIVISION

REGIONAL COORDINATOR OF THE YEAR:

DAVE BRANICK – METRO EAST

A familiar name to this award, Dave sets the bar for the College RC position. From formats to rostering, to weather concerns, he is consistently able to provide the answers and support teams' needs, allowing the players to focus on the competition. – *M.B.*

Honorable Mention: *Dennis Tarasi – South*

WOMEN'S DIVISION

SECTIONAL COORDINATOR OF THE YEAR

RYAN FREAS – COLONIAL

Ryan took over the Colonial Section from a long-standing coordinator, and she hit the ground running and managed the difficulties surrounding a geographically small section with a high density of teams. – *M.B.*

Honorable Mention: *Sara Gibson – Bama*

WOMEN'S DIVISION

REGIONAL COORDINATOR OF THE YEAR:

EMILY WEST – NORTHWEST

As is the case with many RCs, Emily moved up from being a Sectional Coordinator and did a great job managing her region. Her attention to detail and responsiveness helps her make the job of being a coordinator look so easy. – *M.B.*

Honorable Mention: *Kayla Burnim – New England*

USA ULTIMATE STATE HIGH SCHOOL CHAMPIONSHIPS

STATE YOUTH COORDINATORS

ALLEN THOE – CALIFORNIA

Allen excels in his early tournament preparation, recruiting new teams and making sure established teams continue their participation in the state championship tournament. He has led the way in getting his teams to use the online rostering system which has improved the reporting efficiency of his events. – *Byron Hicks, Manager of Competition and Athlete Programs*

Honorable mention: *Justin Salvia – Colorado*

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Building a Successful Program

A LOOK INSIDE ARNOUSH JAVAHERIAN'S ULTIMATE FRISBEE CLUB AT NEUQUA VALLEY

When Arnoush Javaherian (a.k.a Coach Java) first entered Neuqua Valley High School in Naperville, Ill. he thought for sure a school with a student body of more than 4,000 kids would definitely have an Ultimate program, especially considering the Naperville Polo Grounds – the host of many amazing Ultimate tournaments – sat in the school's backyard. Surely this school in suburban Chicago would have to have some Ultimate team or Club, right?



WRONG.

On his second day of teaching, Coach Java realized that an Ultimate program might not be in the cards. He brought up the idea of Ultimate in one of his Anatomy and Physiology classes, and nobody knew what he was talking about. He was in awe, and could not believe that his students had not been given the opportunity to play one of the greatest sports ever created.

Thus in 2008, Coach Java started up the Ultimate Frisbee Club at Neuqua Valley. That year, only 48 students showed any interest in joining. Many of these players had never even thrown a disc. After doing some research around the metro area, Java started three teams and joined the city league known as the Chicago Ultimate Juniors Organization (CUJO). Practices were tough as these players didn't even possess the basic vocabulary or skill set to play an organized game. No one knew what a stack was and only one kid on the team had a flick.



Java devoted himself to teaching the game of Ultimate from the very beginning, going over the different throws, rules, and basic elements of the sport. Slowly, the players learned and soon came to love the sport like anyone else who plays it. During the next two years, the club grew to more than 100 students and last season the club embarked on its first out-of-state trip to Madison Mudbath in Wisconsin. That same year, the club won its first CUJO championship.

This year, Neuqua has a record 134 players in its club, fielded six teams in the Chicago Invite tournament, and will attend its first USA Ultimate High School Eastern Championships in Philadelphia.

Just three years ago, Ultimate was unheard of here. Now it's part of the school's identity. How did it get from point A to point B so quickly and effectively?





If you're reading this article, you probably know how great the game is, but what about the rookie who's never even picked up a disc? What about the player that has yet to feel the thrill of laying out in the end zone to score a point? How do you get them involved? It's all about having them buy into your program on many different levels, and Coach Java's template should serve as a model to all aspiring programs.

Neuqua Valley has succeeded because the players have ownership in the program. They design all of the logos for the club. Whether it's the Discraft discs used in practice or competition, their uniforms or t-shirts, the players always make the designs. Coach Java also includes his players in the decision-making process for a variety of things. The players get a say in virtually everything the club does from deciding which tournaments to enter to even more significant decisions such as who they think should make the 'A Team'. By allowing the players this unique level of ownership, they feel more personally invested in the team and ultimately care more. If the coach makes all the decisions, the players are only pawns in your game, thinks Java.

Even more importantly, Neuqua players simply have fun every day. Java makes sure his players are laughing and having a good time. Most coaches will say they need to be serious to get better, but that is where a balance must be struck. Like anything in life, success comes from balance. Yes, Neuqua Valley does take its practices seriously, but they complement that with having fun and goofing off, and knowing when to do which. For example, once in a while Neuqua will forego a routine practice day and simply split into several teams to just play for fun. This offers the younger players an opportunity to play with the more experienced ones. The club also does a team building retreat in the middle of the season in Wisconsin – complete with a ropes and obstacle course – to enhance team unity. Social activities such movie

nights, fundraisers and the end-of-year-banquet also add to the club's sense of camaraderie.

And finally, perhaps the most important aspect of building a successful youth program is to get parents and the community to buy into your program. Neuqua has a parent board that is actively involved in any and all things going on with the club. From the fundraisers to banquets and other activities, the parent board acts as advisors and helps out. But the one thing that has helped more than anything, according to Java, has been the ongoing education of those who support his club. As evidenced above, Ultimate is still a young and new sport in many communities that most people do not understand. Most board members (i.e. parents) told Java that they had no idea what Ultimate was or how to play it. It's not like football, baseball or soccer. People need to be educated.

At the beginning of the year, Neuqua hosted an "Ultimate Dinner" in which all players, parents and friends came to support the club. Food was free. Java wanted to make sure everyone came. The point of the evening was to help understand what Ultimate is, and more importantly, why it is such a great sport. That evening, all six teams were introduced to the attending parents before heading into the gym to play Ultimate. While games were being played, Java carefully and slowly explained the game to the parents as they relished the opportunity to watch their children compete and have fun. This exercise helped families buy into the club and understand its family-like atmosphere, while seeing firsthand how amazing the game can be.

Neuqua Valley Ultimate Frisbee is a family and Java's philosophy is that the X's and O's of Ultimate take a backseat to the rest of the intangible elements that put that "family" into place. Once that is secure, the success will come naturally.



Defending the Horizontal Offense: The Sag

As more teams utilize the horizontal offense as their primary offensive set, defensive-minded strategists have been looking for counters to control the horizontal and ultimately create opportunities for turnovers. One of the most popular counter-strategies to the horizontal is known as “the sag” or “the sponge.” The first version of this strategy was employed by Furious George in the mid-2000s to counter Sockeye’s aggressive horizontal offense.

First, when discussing any counter-strategy, it is important to keep in mind what the optimal path of the strategy is and its weak points. The large majority of teams that utilize a horizontal offense are looking to use the middle of the field as the primary cutting lane. By isolating one or two cutters in the middle 30 yards of the field, they force defenders to make a decision on what to allow the cutter; typically that decision is “do I pressure the under cut or do I pressure the deep cut?” The cutter can then react to the defender’s positioning and make a decision to take what the defender is giving him. All physical talents being equal, and assuming that there is plenty of space for the one on one match-up and that the thrower has the ability to throw to either the deep or under space, this is a battle that the offense can easily win.

In a horizontal offense the disc is most dangerous in the middle of the field. When the disc is on the sidelines, defenders who are guarding downfield, non-active receivers are now in play, reducing the “one-on-one” aspect of the horizontal.

The sag defensive strategy is intended to greatly limit the ability of the thrower to throw to the intended cutting lane and force the thrower to move the disc to the outside of the field – a weaker position for the offense.

With the disc in the middle of the field and a handler on each side, the marker forces straight-up. The handler defenders on each side step into the throwing lanes on either side of the thrower. These defenders are positioned between 10 and 15 feet away from the thrower and are facing and reacting to the thrower. On a stopped disc, once in position, these three defenders should be able to effectively cut off almost all underneath throws to the middle of the field and make deep throws very difficult.

Downfield defenders on cutters in the middle of the field are positioned underneath and on the inside of the cutter that they are guarding. This forces the cutters to the outside of the field while also allowing the defender to see

the outside cutter on their side in case they can poach or switch with the outside cutters defender on an under cut. These defenders should be close to the cutters, not giving much buffer.

Downfield defenders on the outside cutters are positioned inside of the cutters that they are guarding. In the horizontal, outside cutters are typically continue or secondary cutters (not primary cutters) and are often deep threats. By taking a deeper position than the cutter, the defender is likely positioning himself in the lane that the cutter wants to cut to, while also giving himself the ability to watch the middle cutters to assist on any deep throws. His position toward the sideline will give him a better read on a deep throw from the middle of the field than a receiver in the middle or his defender.

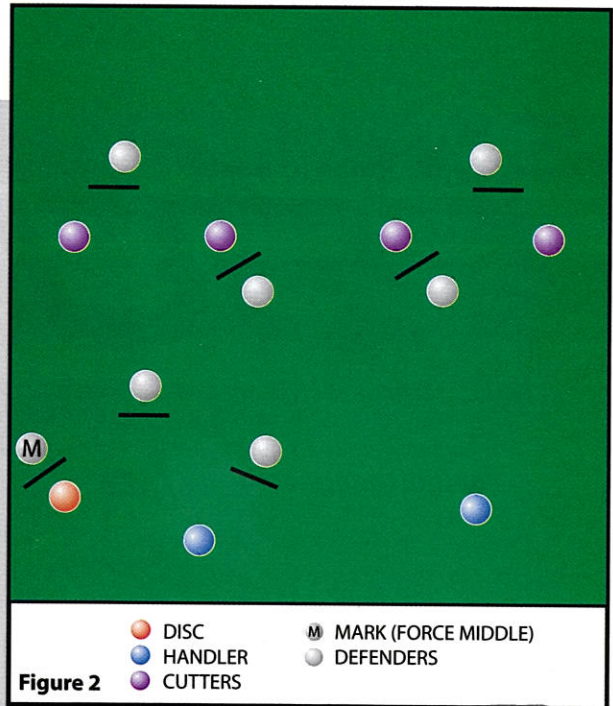
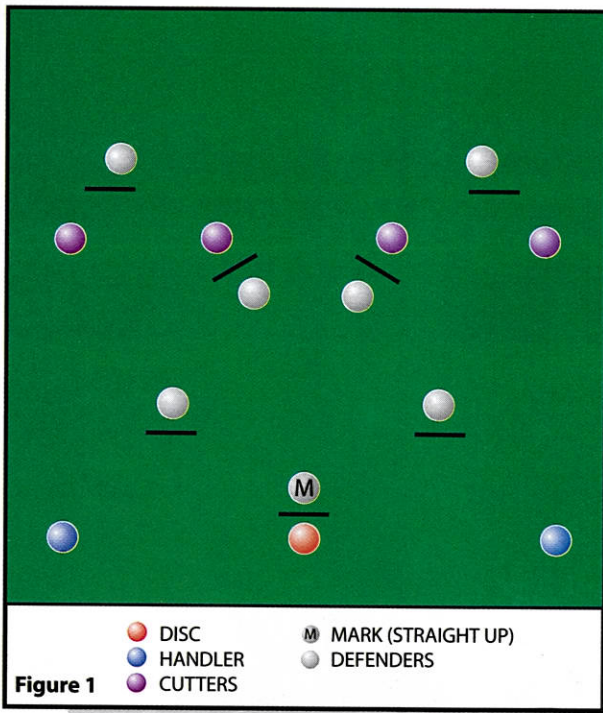
The defense is now overloading the middle of the field forcing the disc out toward the sidelines, most likely to one of the handlers whose defenders are off of them.

Once the disc moves to one of the side handlers, the new mark races over to cut off the continue and force back to the middle of the field. The defender on the nearest handler is then responsible for clogging the middle, which is both the force side and the offense’s cutting lane. He sags off of his handler to clog that space.

Meanwhile, the defender on the far handler can move toward the closer handler, putting pressure on him to lose yards on a reset. But that defender must remain aware of the far handler as well, lest he decides to break downfield.

With the disc with one of the side handlers, there is a distinct force, and downfield defenders should adjust to this. Both inside downfield defenders should now be positioned underneath on the force side while the outside downfield defenders can remain on the inside downfield of their receivers, keeping an eye out to help on deep throws to inside cutters.

Communication is key to any defense and there needs to be strong communication between the handler defenders. Handler defenders poaching the lane should be letting the marker know where they are so that they can appropriately force towards them. If one of the resets takes off downfield, his defender will be going with him, removing one of the poaches. In that situation the other sagged defender should let the marker know where he is so that the thrower is forced to the remaining sagged defender.



The sag defense will allow easy resets for the offense, but will make downfield throws very difficult. After a few reset passes, undisciplined horizontal offenses (which most are) will drift further and further downfield while the cutters get exhausted making the long cuts that the horizontal offense requires. As the offense

struggles to gain yards, the downfield cutters get out of position and tired, the handlers will get increasingly frustrated and nervous and your chances of generating a turnover on an ill-advised throw will rise.

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As players of a self-officiated sport, it is our responsibility to know the rules. This column features answers to your rules questions and clarifies common misconceptions about the rules.

? AS A DEFENDER, IS IT EVER LEGAL FOR YOU TO CALL A PICK ON THE OFFENSE WHILE PLAYING A ZONE DEFENSE?

ANSWER In order to call a legitimate pick, two requirements must be met:

1. You must be guarding an offensive player
2. That player or another offensive player must move in a way that causes you to be obstructed

The definition of guarding requires you to be within three meters of, and reacting to, a particular offensive player. Since a defender in a zone stays in an area more than guarding a particular offensive player, legitimate picks are somewhat rare, but not unheard of. Simply because zone is being played does not mean a pick call is illegitimate, but make sure the requirements are satisfied.

? DURING A HEATED GAME IN A SECTIONAL TOURNAMENT, PLAY BECAME INCREASINGLY PHYSICAL AND BOTH TEAMS BECAME FRUSTRATED. A RECEIVER CAUGHT A DISC AND THEN DROPPED IT TO THE GROUND AND DECLARED A "SPIRIT FOUL". IS THIS A LEGITIMATE CALL, OR IS IT A TURNOVER?

ANSWER As a self-officiated game, it is important for players to take responsibility when play becomes unspirited. A discussion between captains or coaches may be an appropriate resolution. Preferably this should occur between points, or at least during a stoppage of play if the situation becomes extreme.

That said, "spirit foul" is not a call and does not stop play. Therefore, an intentionally dropped disc results in a turnover (II.T.2). Furthermore, "foul" is not a general term for breaking the rules. Fouls require contact; infractions that are not fouls are called violations.

? WHEN A PLAYER CALLS TIME-OUT IN THE END ZONE THEY ARE DEFENDING, WHERE IS THE DISC PUT INTO PLAY?

ANSWER It depends how the player gained possession. If possession was not gained as the result of a turnover, the disc must be put into play at the pivot spot where the time-out was called. However, if possession was gained as the result of a turnover, the player has the option of putting the disc into play at the spot of the disc or at the closest point on the goal line in accordance with X.A. If the player calls the time-out immediately, they may choose either location and should place the disc at the point where they choose to establish their pivot. However, if they fake a throw or pause prior to calling the time-out, they must put the disc into play at the spot of their pivot when the time-out was called.



PHOTO: KEVIN LECLAIRE

? A DEFENDER MAKES A LEAPING INTERCEPTION, LANDS, HOLDS THE DISC FOR A COUPLE SECONDS, THEN DROPS IT. NO PIVOT WAS ESTABLISHED, NOR A STALL COUNT STARTED. IS THIS NOW ANOTHER TURNOVER?

ANSWER Possession is defined by section II.O: "Possession of the disc: Sustained contact with, and control of, a non-spinning disc." No pivot or stall count is required, so possession was established, then lost resulting in another turnover. There is one notable exception to this rule (XII.C):

A pass is intercepted if a defensive player obtains possession of the disc, but if the defender accidentally loses possession of the disc before or during ground contact related to the catch, the pass is considered blocked rather than intercepted.

However, that exception does not apply in this case because possession was not lost due to ground contact.

Hamstring Strains and Recovery

Hamstring injuries are common in many running sports including Ultimate. The powerful jumps, sprints, and lunges predispose players to injury. Also there is a very high rate of re-injury, which suggests that athletes may be returning to sports too quickly, rehabilitating their injuries inadequately, or both. Proper warm-up and adequate pre-season training that includes specific hamstring exercises can help both prevent and rehabilitate hamstring strains.

Hamstring strains usually occur in two ways, thus resulting in two locations of injury. Located behind the thigh, the hamstrings are a group of muscles that both bend the knee and slow the knee down from straightening too quickly. When injury occurs during running or sprinting, the mid portion of the hamstring muscle is working hard to slow down the lower leg. This type of hamstring strain is felt in the mid to upper portion of the hamstrings and often makes it impossible to continue running (Fig 1).

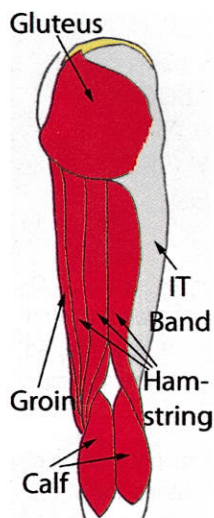


FIG 1

The other less common type of injury occurs when the hamstrings are either slowly or forcefully overstretched, as in high kicking or dancing. The kicking type of strain is felt way up high in the hamstring tendon, near its attachment to the pelvis (Fig 1). This type of hamstring injury takes much longer to heal due to the decreased blood flow to this part of the muscle.

In any muscle strain injury, there are different grades of severity depending on the amount of muscle or tendon that is injured:

Grade I (mild, minor damage) to Grade III (severe, complete rupture of the muscle or muscle tendon). No matter what grade of strain, an athlete who has injured their hamstring will usually feel immediate sharp pain and will limp. In more severe strains, the athlete may not be able to walk or bear weight or straighten their knee due to the hamstring muscle spasm and contraction due to injury. Most hamstring strains are severe enough that the athlete should not return to competition or practice. Return to play should not be attempted after an acute hamstring strain unless the athlete can run and jump without pain or limping. If an athlete suspects a hamstring injury, they should seek immediate medical attention before returning to play.

ACUTE INJURY

In the acute phase, the area of hamstring pain indicates the area of injury and should be treated with the R.I.C.E protocol: rest, ice, compression, and elevation. Wrap crushed ice onto the injured area with a wide elastic bandage and elevate the leg. Do not try to stretch it out or force the knee fully straight if it is painful. Use crutches if unable to put full weight on the leg or if unable to walk without limping. The injured player should see a sports medicine physician for evaluation and referral to physical therapy to begin the rehabilitation process.

REHABILITATION

Rehabilitation can begin once the swelling and pain have stabilized (usually after 24-48 hours).

Rehabilitation of hamstring strains should be taken seriously and should include massage, muscle stretching, muscle strengthening, balance, and coordination skills before returning to sports. These exercises can also be done to prevent injury when incorporated into a training program. Here are examples of some classic hamstring exercises typically included in a good rehabilitation program and hamstring injury prevention program

1) Hamstring stretches (Fig 2): Straight knee and with bent knee. Hold each stretch steady 30 seconds each. Repeat 2-3 times. 3-5x/day.

2) Hamstring curls in bridge-on-ball position (Fig 3): Double leg to start, progress to single leg. 10-15 slow repetitions. Repeat 2-4 sets.

3) Forward lunges with trunk twists (Fig 4): 10-15 slow steps. Repeat 2-4 sets.

4) Birdfeeders (Fig 5): Keeping knees straight, extend one leg behind while balancing on the other. Reach down to touch the ground in front of foot and return to standing. Start without dumbbells in hands, progress to 1-5 pound weights in each hand. 10-15 slow repetitions. Repeat 2-4 sets.

5) Hamstring curl machine. Usually seated or laying on your chest. 10-15 slow repetitions. Repeat 2-4 sets.

6) Sprinting, jumping and plyometric drills (Not until at least 6-8 weeks post injury for Grade II strains).

ECCENTRIC TRAINING

Research is beginning to show that eccentric training should be emphasized along with traditional



FIG 2

hamstring exercises. Eccentric training is a type of exercise that involves a lengthening muscle contraction. In this case, a reverse hamstring curl where you lower the weights slowly from a flexed knee position is the eccentric action of the muscle.

An eccentric training regimen might start with 1 set of 15 repetitions, three times per week, progressing to 2 sets of 15 repetitions, up to 3 sets of 15 repetitions. Increase resistance when the 3 sets become easy and strain-free. The ratio between the strength of

2. Full range of motion without pain
3. Replication of sport specific movements near maximal speed without pain (eg, incremental sprint test for running athletes)

EXPERIMENTAL TREATMENTS

Chronic hamstring strains can be difficult to rehab even with the best physical therapy regimen. Some experimental techniques have been suggested, though there is no good



FIG 3a

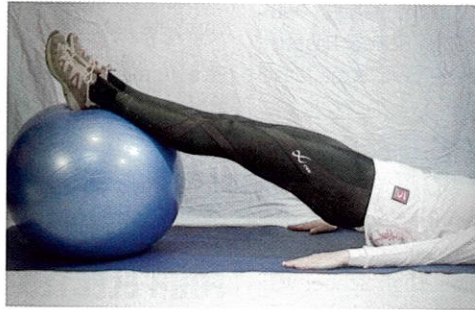


FIG 3b

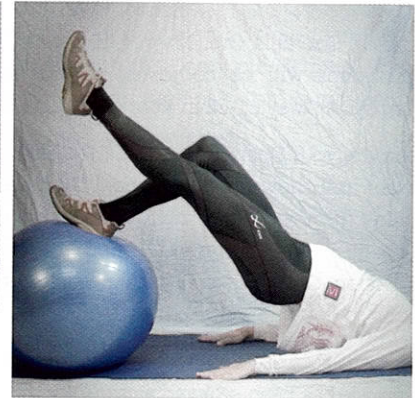


FIG 3c

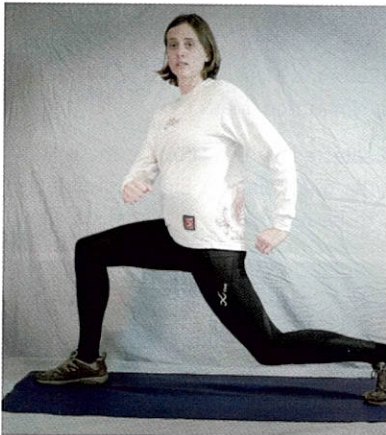


FIG 4

your hamstrings and your quadriceps muscles should be nearly 0.9 or 90% as strong. Specific suggestions can be found in the Heiderscheid article cited below.

CRITERIA FOR RETURN TO PLAY

1. Full strength without pain, defined as:
 - a. Four consecutive repetitions of maximum effort manual strength test in each prone knee flexion position (90° and 15°)
 - b. Less than 5% bilateral deficit in eccentric hamstrings (30°/s): concentric quadri-ceps (240°/s) ratio during isokinetic testing
 - c. Bilateral symmetry in knee flexion angle of peak isokinetic concentric knee flexion torque at 60°/s

scientific evidence that they work yet. One is called Active Release Technique or A.R.T. which involves manual deep tissue massage ("release"). Another group of techniques include injections. There are various kinds of injections into the injured tissue. Beware of spending a lot of money on these techniques. PRP or platelet rich plasma injections can cost up to \$1000. Other types of injections are less costly, but also still experimental. They include injecting corticosteroids, saline, lidocaine, whole blood, or simply dry needling. Experimental therapies should only be considered if standard treatment has not resolved your chronic strain.

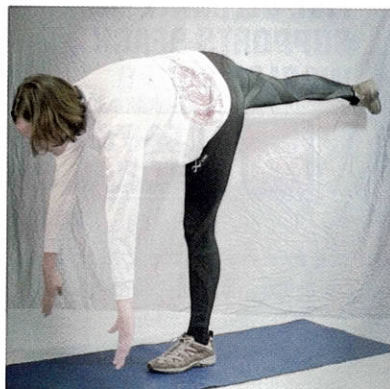


FIG 5

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USA ULTIMATE HIGH SCHOOL CHAMPIONSHIPS AROUND THE CORNER



The top high-school based teams will compete for regional championships this May as USA Ultimate is set to hold the 2011 High School Western and Eastern Championships.

Co-hosted by the Northwest Ultimate Disc Association (DiscNW), the High School Western Championships will

take place in Corvallis, Ore., May 14-15, while the High School Eastern Championships will be co-hosted by the Philadelphia Area Disc Alliance (PADA), May 21-22 in Kennett Square, Pa.

Approximately 16 Open teams and 12 Girls' squads will compete at each event and showcase high school Ultimate at its best. Defending champions from the Western Championships include South Eugene High School in the Open division and The Northwest School in the Girls' Division. On the East Coast, Amherst Regional High School will be looking to defend its titles in both divisions.

Continuing its support of USA Ultimate's youth programs and initiatives, Five Ultimate has been selected as the Official Merchandise Partner for the 2011 USA Ultimate High School Western and Eastern Championships. As the Official Merchandise Partner, Five Ultimate will design and sell event-specific gear to participants and spectators and provide its signature athlete hospitality and entertainment area on site.

DIVISION III COLLEGE CHAMPIONSHIPS SET FOR BUFFALO



In conjunction with the Buffalo Ultimate Club, USA Ultimate is set to host its second-annual Division III College Championships in the Upstate New York town of Hamburg, May 21-22. After the launch of the inaugural USAU DIII championships in Appleton, Wis. last year, teams from colleges and universities with enrollment of less than 7,500 students will again compete for titles in Open and Women's divisions.

Five Ultimate will serve as the Official Event Merchandise Partner to provide athletes and fans with a line of commemorative gear at the event, as well as an interactive hospitality and display area for fans and participants.

Last year's champions include Carleton College (GOP) in the Open division and Pacific Lutheran in the Women's division.

FOUR ELECTED TO ULTIMATE HALL OF FAME

USA Ultimate recently announced the class of 2010 for induction into the Ultimate Hall of Fame. The most recent class includes Open division inductees David Barkan (San Anselmo, Calif.), Michael Glass (Glencoe, Ill.) and Jeremy Seeger (Belmont, Mass.), as well as Women's division inductee Peggy Hollinger (Hopkinton, Mass.).

The four newest members were selected by the USA Ultimate Hall of Fame Voting Committee from the final "Slate of Eight" candidates and comprise the seventh class to be inducted. The finalists were

LEARN TO PLAY!

Are you thinking of running a series of skills clinics for youth players? Do you run a local youth league but want to attract more participants? Are you a member of a YMCA of Parks & Rec department that wants to add Ultimate to your program offerings? USA Ultimate's Youth Outreach Program is looking for motivated partner cities and organizations to pilot new Learn to Play programs. For more details, contact Meredith Tosta, USA Ultimate's Director of Education & Training at meredith@usultimate.org.

USA ULTIMATE HIRES ECHTERHOFF

USA Ultimate recently named Julia Echterhoff to the position of Manager of Finance and Administration. Echterhoff brings a blend of accounting and finance experience, along with a competitive Ultimate background to the organization, where she will oversee USA Ultimate's financial and administrative efforts. Her education includes a Master of Accounting degree and a Bachelor of Business Administration degree from the University of Georgia, while her professional experience draws from seven years of various tax, accounting and management positions – most recently as Accounting Manager at Stream Global Ser-

vices, a Massachusetts-based sales, customer service and technical support provider to Fortune 1000 companies. Echterhoff also captained the Ozone Ultimate Team in Atlanta, served as the team's treasurer and coached Ultimate at the Paideia School.

COMPLETE 2011 USA ULTIMATE CHAMPIONSHIP EVENT CALENDAR

As always, May is a busy month for championship Ultimate as USAU hosts the High School Western and Eastern Championships, as well as a pair of College Championship tournaments. USA Ultimate has also confirmed the dates and locations of other 2011

championship events, including the Youth Club Championships, Grand Masters and Masters Women's Championships and Club Championships.

FIVE ULTIMATE SUPPORTS BEACH WORLDS SQUAD



Five Ultimate was awarded the bid to serve as the Official Apparel Supplier of Team USA for the 2011 World Championships of Beach Ultimate in Lignano Sabbiadoro, Italy, Aug. 22-28. The event marks the first-ever World Flying Disc Federation (WFDF) staging of the event, which will include six divisions – Mixed



David Barkan **Michael Glass** **Jeremy Seeger** **Peggy Hollinger**

chosen from a highly-decorated pool of players and contributors by the USA Ultimate Hall of Fame Vetting Committee as part of an overall selection process that included recommendations from peers and input solicited from the USA Ultimate membership through its second-annual "Call to the Community"

"Each year we are presented with the difficult challenge of selecting those who are most deserving of consideration for induction into the Hall of Fame," said Suzanne Fields, Chair of the USA Ultimate Hall of Fame Committee. "This year's class once again embodies the highest level of excellence, as well as the special meaning behind our great sport, that induction into the Hall represents."

The Ultimate Hall of Fame was established in 2004 to honor the men and women who by their deeds as Ultimate players and contributors, and by the examples of their lives, merit acknowledgement by the individuals involved in the sport of Ultimate.

2011 COLLEGE REGULAR SEASON IN THE BOOKS

USA Ultimate recently wrapped up its second-ever College Regular Season heading into April's Conference Championships. In the Open division, last year's runner-up at the College Championships – Carleton College – claimed the top spot over the University of Florida, followed by Pittsburgh, Colorado and British Columbia. In the Women's division, it was also 2010's runner-up in Madison – UC-Santa Barbara – who finished on top, claiming the top position over Washington, Iowa, Oregon and Michigan.



In the Division III class, Colorado College finished atop the rankings in both the Open and Women's divisions. For full end-of-season rankings, visit usultimate.org.

CLUB RESTRUCTURING PROCESS FORGING AHEAD

In following its long-term strategic plan, USA Ultimate is deeply engaged in a significant restructuring of its Club division in order to enhance the opportunities to play organized and competitive Ultimate throughout the U.S. and showcase the sport at its highest level. The ongoing process has included a significant amount of input from key groups of the community, including the USAU Board of Directors, the Championship Committee, and a specifically-created Club Restructuring Task Force. Over the course of the last year, these groups have convened on several occasions to review feedback from surveys sent to the Ultimate community, analyze data and refine ideas. As a result, USA Ultimate has developed a preliminary

MORE ON NEXT PAGE →

Masters, Masters, Grand Masters, Mixed, Open and Women's. As the Official Apparel Supplier, Five Ultimate will be outfitting Team USA with top performance wear and casual clothing, while providing USA Ultimate with additional sponsorship benefits.

USA ULTIMATE NAMES 64 TO BEACH WORLD'S TEAM

Last month, USA Ultimate revealed the names of 64 athletes that will represent the United States at the 2011 WFDF World Championships of Beach Ultimate in the Open, Women's, Mixed and Masters divisions. The late-summer tournament will take place in Lignano Sabbiadoro, Italy from Aug. 22-28. The

teams were selected based on a variety of factors, including skill level, competitive experience, spirit, ambassadorship, reliability, geographical representation, chemistry, historical participation and contributions to the sport of Ultimate. For complete rosters, visit usultimate.org.

2011 USA ULTIMATE CHAMPIONSHIPS

USA Ultimate High School Western Championships
Crystal Lake Sports Complex
Corvallis, Ore.

May 14-15
Hosted by: Northwest Ultimate Disc Association (DiscNW)

USA Ultimate High School Eastern Championships
Brandywine Polo Club
Kennett Square, Pa.

May 21-22
Hosted by: Philadelphia Area Disc Alliance (PADA)

USA Ultimate Division III College Championships
Lakeview Road Recreation Area
Hamburg, N.Y.

May 21-22
Hosted by: Buffalo Ultimate Club

USA Ultimate College Championships
Pleasant View Sports Complex
Boulder, Colo.

May 27-30
Hosted by: Grass Roots Ultimate (GRU)

USA Ultimate Grand Masters & Masters Women's Championships
Lebanon Sports Complex
Lebanon, Ohio
July 9-10
Hosted by: Cincinnati Ultimate Players Association (CUPA)

USA Ultimate Youth Club Championships

National Sports Center
Blaine, Minn.

Aug. 13-14
Hosted by: Minnesota High School Ultimate League and Twin Cities Ultimate

USA Ultimate Club Championships
Sarasota Polo Club
Sarasota, Fla.
Oct. 27-30
Hosted by: USA Ultimate

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plan and will be implementing some exciting new initiatives during the latter part of 2011 and throughout 2012.

Although details are still being finalized, the plan is designed to incorporate a list of priorities identified in USA Ultimate's strategic plan, including the creation of multiple tiered divisional playing opportunities, a regular season model for its top Club teams, and improvement of the geographical structure and qualification process. The restructuring plan also calls for building a league championship structure, a fall development series for college teams and athletes, and showcasing the sport of Ultimate with a major international event – the U.S. Open.

The basis for USA Ultimate's restructuring of its Club division is rooted in the organization's desire to continue to improve its programs and offerings to its various constituents. Within the confines of its Club division, there exist several distinct subsets of athletes and teams. These include the sport's most elite players, Masters and Grand Masters athletes, college athletes and participants who primarily play locally in their various hometown leagues. The various strategies are designed to address the needs and desires of each of these groups with the philosophy of "providing something for everyone".

Announcements will continue to be made regarding USA Ultimate's Club division restructuring plan as details become available. Stay tuned to usultimate.org throughout 2011 for the latest news!

VC ULTIMATE NAMED OFFICIAL MERCHANDISE PARTNER FOR COLLEGE CHAMPIONSHIPS



VC Ultimate will reprise its role as the Official Merchandise Partner of the 2011 USA Ultimate College Championships in Boulder this Memorial Day Weekend. College teams and athletes, their families and spectators will have the opportunity to purchase high-quality clothing and memorabilia at the event, including a wide variety of t-shirts, hoodies, jerseys, shorts, warm-ups, hats and water bottles. Also, VC Ultimate will again bring along its Green Program initiative to promote recycling and waste reduction efforts by everyone in attendance at the event.

HAVE A SUGGESTION? DROP IT IN OUR VIRTUAL SUGGESTION BOX



Do you have an idea or suggestion for USA Ultimate? If so, visit our online suggestion box and submit your ideas! We value your input and are always working towards providing better service to our members. It's simple, just log onto usultimate.org, click on "contact us" and follow the link to the suggestion box. Any and all feedback is welcome!

COACHING WORKSHOPS

Did you miss out on the winter series of Level I and Level II Coaching Development Workshops? Fear not, workshops are still being scheduled throughout late summer and early fall. If you are interested in bringing a workshop to your city in 2011, contact Meredith Tosta, Director of Education and Training at meredith@usultimate.org.

BECOME A MEMBER OF USA ULTIMATE!

Now that 2011 is well under way, be sure to renew your membership in order to continue receiving great benefits. The process is easier than ever, just visit www.usultimate.org/membership and follow the easy online steps to renew or register.

Member benefits include:

- Membership packet with your card and thank you gift
- Quarterly subscription to USA Ultimate magazine
- Ability to participate in USA Ultimate Coaching Education Certification and the Observer Certification Program
- Special discounts on Ultimate merchandise

- Liability insurance coverage for tournaments, practices and leagues
- A voice and a vote in the development, growth and organization of Ultimate
- Participation in USA Ultimate Championship Series events and sanctioned leagues and tournaments

For the first time, membership in USA Ultimate exceeded 35,000 members in 2010, representing an 11% increase over the 2009 season (31,588). Membership has more than doubled since 2003! Thanks to all of you who continue to support USA Ultimate!

RENEWAL OPTIONS	1 YEAR	3 YEAR	5 YEAR
Member Level		\$5 discount/year	5th year free!
Youth	\$29	N/A	N/A
College	\$50	\$135	\$200
Adult	\$50	\$135	\$200
Player/Coach	\$60	\$165	\$240
Coach	\$35	\$90	\$140
Friends & Family	\$25	\$60	\$100
Lifetime	\$900		

ULTIMATE

HISTORY ... ALL THE VOLUNTEERS!

BY JOE SEIDLER

The Ultimate Players Association (UPA) was founded in December of 1979. It had an unpaid staff of one (Tom "TK" Kennedy). But during its first year of existence, it also had 10 volunteers. In fact, the UPA functioned without a paid employee for 13 years. Every accomplishment, every tournament and every newsletter was possible because of people who donated their time and energy to the sport they love. It took 20 years before the UPA could afford to pay its entire staff. And through it all, volunteers served as the organization's lifeblood to keep it up and running.

If you ever attend an Ultimate event and have a complaint, suggesting improvements is a good thing. But remember all of the volunteers who made the field ready for you to play on and their tireless and unending dedication to the sport we love.

So who were all of these volunteers? It's impossible to account for everyone over the course of the last three decades, but those with the most number of years under their belt in a leadership role include Sholom (Eric) Simon, Mark Licata, Brian Murphy, Carney Fox, Frank Revi, David Raflo, Vic Kamhi, Suzanne Fields, Kathy Pufahl, Cindy Fisher, Andy Bornstein, Henry Thorne, Alexander Dee, DeAnna Ball, J.R. Reynolds, Stu Downs and Geoff Doerre.

To highlight a few:



SHOLOM (ERIC) SIMON

Simon is the longest-standing contributor to the sport of Ultimate. Due to his tenure from 1982-98, he was the unofficial depository of

institutional memory for the UPA for nearly two decades, ensuring consistency and efficiency in decision-making. His contributions include the College Top-25 rankings (which

he has computed weekly since 1986), refinement of college eligibility rules, significant involvement in the 7th, 8th, 9th, and 10th Editions of the Rules, the development and revision of regional boundaries, and numerous organizational innovations that are now standard practice. Simon has also authored a variety of instructional manuals that are still in circulation. Simon began his Ultimate playing career at Columbia High School in 1973 and founded the Michigan State Ultimate team in 1975 along with several other teams. During his playing career, he was an alternate to the WFC All-Star Game in 1976, and played on the Mid-Atlantic All-Star team in 1983 and the U.S. Masters teams at the World Championship in 1990, 1992 and 1994.

Sholom was a fixture in so much UPA work that it is nearly impossible to overestimate his contributions. He was active in nearly every aspect of the sport, whether as an RC, chair of the College Eligibility or Conduct Committees, board member, or any of another dozen roles. Ultimate wouldn't be the same without Sholom.

— Troy Frever



MARK LICATA

Licata is the only person to serve as Chair of the Disc Standards Committee since its inception in 1994. He is responsible for all aspects of the Disc Approval Process includ-

ing overseeing the testing of candidate discs and documentation of testing protocols. Mark has been a contributor for 25 years starting as a sectional coordinator in Pennsylvania and Delaware in 1986.

Licata implemented the first "pre-registration" process, now standard for all sectional tournaments. He also conducted experiments on Wham-O Frisbees that led to the adoption of Discraft as the standard disc for Ultimate. In 1990 he was asked to work with Neal Dambra to reorganize the UPA management roles resulting in a permanent UPA HQ and creation of the position of Director of Competition where Mark Licata served until 1993. He ended his tenure with a proposal to split the Western Region into two while simultaneously forming two new sections resulting in the present NW and SW Regions. Mark currently coaches the St. Christopher H.S. Ultimate team and participates in the Richmond, Va. and Buffalo, N.Y. summer leagues.



BRIAN MURPHY

Murphy served as the second National Director of the UPA, taking over from Tom 'TK' Kennedy. At that time, the UPA was still struggling to convince players that

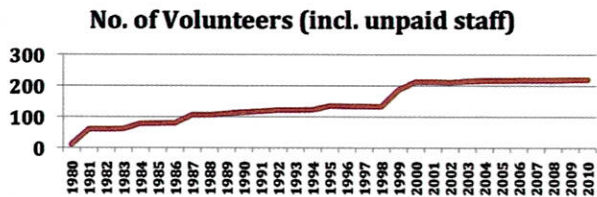
it was worth \$7.00 to join the UPA. "Murph" was a well known East Coast player, with West Coast experience, who provided players with confidence that the UPA had something to offer. Murph started the process of professionalizing the UPA and contributed to the organization as Co-chair of the 8th Edition Rules Committee with Irv Kalb, TD for Club Nationals (1983-85 & 1988), College SC (1989-91 Rocky Mountain), College Nationals TD (1991), and pro bono legal advisor to the UPA and the WFDF from 1989-2001. As a practicing lawyer, Murph rewrote the UPA's bylaws, reincorporated both the UPA and WFDF, and secured 501(c)(3) status for both organizations. Murph proudly maintains that his efforts helped to solidify Spirit of the Game as a founding principle of our sport.



CARNEY FOY

Carney had a 17-year tenure as UPA Treasurer. He provided financial guidance and organizational skills that kept the UPA functioning in its formative years and was a key officer from 1981 to 1997. Carney developed the systems to manage membership information, collect dues, and ensure that UPA newsletters got to paying members. As a CPA, Carney dutifully handled the finances, made sure the UPA paid its bills, and prepared the financial statements. Before there was an office, Carney's CPA firm served as the de facto UPA headquarters. Carney played Ultimate in the late 1970s and early 1980s and was a founding member of the La Peda Frisbee Club and the Arizona Plastic Surgeons.

THE CRUCIAL THREE



It seems the UPA was very well served by dedicated volunteers throughout long periods of time. But when asked who the most crucial volunteers have been, this is what you hear:

1. "When we began transitioning away from the IFA event committees in 1979, TK was the ideal guy to make sure that the new UPA stayed on track. Most of the earlier organizational leaders of Ultimate had East Coast roots, so TK provided a new and important balance to the mix. There were some very difficult issues in that transition and I remember many, many times being grateful that we had TK to make it all work to the benefit of the game and its players. His fingerprints will be on Ultimate forever." – Dan "Stork" Roddick
2. "There were a few times when the UPA was in danger of falling apart. When Robert 'Nob' Rauch took over in 1988 -- the entire UPA was literally in a box. Nob changed it from 'a box and a couple of organizers' to a corporation with a board of directors, a mission statement, etc. His time was comparatively shorter than some other long-term volunteers, but he put in 20-hour weeks, prepared briefing books, etc." – Sholom Simon
3. "After Ultimate expanded, it was close to collapsing under its own weight in 1993, and Cindy Fisher became a one-person office, working 60-hour weeks, all by herself, doing the administrative work of the entire UPA. She may have put more hours into the UPA than any other person -- until a full time office came along." - Sholom Simon

About the author: Joe Seidler has been an avid fan and spectator of Ultimate since his son, Jason, started playing at UCSB in 1992. Joe was the first non-player on the UPA Board of Directors 2002-2004 and published the first book on the history of the sport "ULTIMATE—The First Four Decades" in 2005. He now maintains the website www.ultimatehistory.com and lives in San Francisco with his wife.

USA ULTIMATE (a Colorado Nonprofit Corporation) STATEMENT OF FINANCIAL POSITION for the year ended December 31

ASSETS

	2009	2008
Current Assets		
Cash and cash equivalents	\$ 561,365	\$ 199,558
Certificates of deposit	408,364	769,216
Accounts receivable net of allowance for doubtful accounts of \$5,000	32,194	37,156
Inventory	11,647	8,000
Prepaid expenses	17,872	38,701
Total current assets	1,031,442	1,052,631

Property And Equipment

Furniture, fixtures and equipment	139,162	128,715
Less accumulated depreciation	(62,849)	(41,713)
Net property and equipment	76,313	87,002

Other Assets

Security deposit	2,200	2,457
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TOTAL ASSETS **\$ 1,109,955** **\$ 1,142,090**

LIABILITIES AND NET ASSETS

Current Liabilities

Accounts payable	\$ 16,921	\$ 64,399
Accrued liabilities	31,253	21,200
Deferred revenue	129,038	92,276
Total current liabilities	177,212	177,875

Net Assets

Unrestricted net assets	932,678	962,500
Temporarily restricted net assets	65	1,715
Total net assets	932,743	964,215

TOTAL LIABILITIES AND NET ASSETS **\$ 1,109,955** **\$ 1,142,090**

UNRESTRICTED NET ASSETS

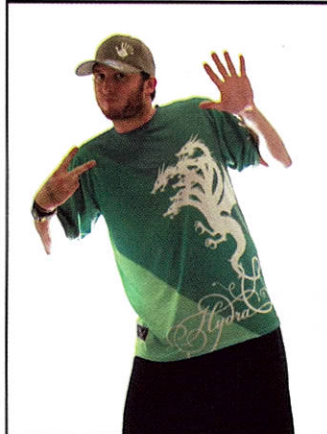
	2009	2008		
	Unrestricted	Temporarily Restricted	Total	Total
Support And Revenue				
Membership dues	\$934,494		\$ 934,494	\$ 863,650
Championship events	263,209		263,209	183,377
Corporate sponsorship	110,572		110,572	143,758
Merchandise sales	40,805		40,805	32,661
Cost of sales	(32,155)		(32,155)	(22,756)
Sport Development	66,333		66,333	70,082
National Teams	10,383		10,383	63,515
Coaching development	22,965		22,965	23,605
Advertising	11,852		11,852	8,067
Donations	21,786		21,786	16,117
Assets released from restriction	1,650	(1,650)	-	-
Miscellaneous	629		629	251
Sanctioning	7,037		7,037	9,654
Interest and dividends	16,755		16,755	30,201
TOTAL SUPPORT AND REVENUE	1,476,315	(1,650)	1,474,665	1,422,182
Expenses				
Program services				
Championship series	472,295		472,295	388,732
Public relations and communications	287,328		287,328	218,288
National teams	78,843		78,843	115,487
Member services	158,663		158,663	138,174
Youth development	55,057		55,057	35,988
Coaching development	57,776		57,776	43,848
Observer development	36,276		36,276	26,092
Marketing	51,977		51,977	66,925
Sport Development and Outreach	145,431		145,431	117,891
International	11,541		11,541	10,278
SOTG/ Rules	4,495		4,495	3,730
Total program expenses	1,359,682		1,359,682	1,165,433
Supporting services				
Headquarters	53,990		53,990	60,213
Board of directors	89,799		89,799	9,775
Fundraising	2,666		2,666	2,844
Total supporting services	146,455		146,455	122,832
TOTAL EXPENSES	1,506,137		1,506,137	1,288,265
CHANGE IN NET ASSETS	(29,822)	(1,650)	(31,472)	133,917
Net assets, beginning of year	962,500	1,715	964,215	830,298
NET ASSETS, END OF YEAR	\$932,678	\$65	\$932,743	\$964,215

STATEMENT OF CASH FLOWS for the year ended December 31

	2009	2008
Cash flows from operating activities:		
Change in net assets	\$ (31,472)	\$ 133,917
Adjustments to reconcile changes in net assets to cash provided by operating activities:		
Depreciation	26,798	21,041
Increase in allowance for doubtful accounts	5,000	-
Decreases (increases) in operating assets:		
Accounts receivable	(38)	(2,112)
Prepaid expenses	20,829	(21,870)
Inventory	(3,647)	(5,000)
Security deposit	257	-
Increase (decrease) in operating liabilities:		
Accounts payable	(47,478)	11,049
Accrued liabilities	10,053	(329)
Deferred revenue	36,762	(676)
Net cash flows from operating activities	17,064	136,020
Cash flows from investing activities:		
Purchase of property and equipment	(16,109)	(13,429)
Decrease (increase) in certificates of deposit	360,852	(337,916)
Net cash flows from investing activities	344,743	(351,345)
NET INCREASE (DECREASE) IN CASH	361,807	(215,325)
Cash at beginning of period	199,558	414,883
Cash at December 31	\$561,365	\$199,558

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