Thursday, July 4, 2013

<table>
<thead>
<tr>
<th>Time</th>
<th>Session</th>
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<tbody>
<tr>
<td>8-10:15a</td>
<td>Coaching Ethics and Safe Sport</td>
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<td>Baker Pratt, Manager-Competition and Athlete Programs, USA Ultimate</td>
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<tr>
<td>10:30-11:30a</td>
<td>How to Use Video to Improve Throwing Mechanics</td>
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<td>Mick Stukes, Youth Director, Charlotte Ultimate</td>
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Friday, July 5, 2013

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<tr>
<th>Time</th>
<th>Session</th>
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<tr>
<td>8-9a</td>
<td>Show Me the Money: Impacts of the Emerging Ultimate Market on the Culture and Evolution of the Sport*</td>
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<td>Panel Discussion:</td>
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<td>Kenny Dobyns, USA Ultimate Hall of Fame</td>
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<td></td>
<td>Ben Van Heuvelen, Three-Time U19 National Team Coach</td>
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<td>Tina Woodings, Ultimate Players League of Austin and Showdown Team Member</td>
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<td>Gwen Ambler, Vice President, USA Ultimate Board of Directors</td>
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<td>9:15-10:15a</td>
<td>Reducing ACL Injuries and Increasing On-Field Performance</td>
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<td>Tim Morrill, M.A., CSCS, Owner/Founder Morrill Performance</td>
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<td></td>
<td>The Ultimate Nutrition Guide: Fueling for Training and Competition</td>
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<td>Katy Harris, MSPH, CSCS, Lifestyle Educator, Sona Med Spa</td>
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<tr>
<td>10:30-11:30a</td>
<td>Growing Ultimate in a Highly Competitive U.S. Sports Landscape: An Inside Look at USA Ultimate’s Marketing Strategy*</td>
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<td>Andy Lee, Director-Communications USAU</td>
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<td>Greg Downey, Senior Director, Brand &amp; Consumer Marketing at NASCAR; Member, USAU Board of Directors</td>
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<td>Dr. Tom Crawford, CEO, USA Ultimate</td>
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<td>12:15-1:15p</td>
<td>Running an Effective Practice</td>
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<td>(Session to be held at WRAL Soccer Center)</td>
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<td>Dan Raabe, Memorial High School Coach and Teacher</td>
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*Complete all sessions in Track 1 as well as ONE of the “Promoting the Sport” sessions designated with a ★
U.S. participants can receive their Level 1 Coaching Certification, non-U.S. participants can license the program for use in their country.
## U.S. Open Ultimate Championships

### Convention Schedule

**Raleigh, N.C.**

**July 4-6, 2013**

<table>
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<tr>
<th>TRACK 1</th>
<th>TRACK 2</th>
<th>TRACK 3</th>
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<tbody>
<tr>
<td>USAU/WFDF Coaching Development Workshop*</td>
<td>Player/Athlete Focus</td>
<td>Organizational Focus</td>
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### Event Overview

**Raleigh, N.C.**

**Wednesday, July 3**

- 3-7p: Event Registration
- 5-9p: Welcome Reception
- 7-8p: Captains’ Meeting

**Thursday, July 4**

- 7-9a: Event Registration
- 8-11:30a: Convention Sessions
- 10:30a-4:45p: Games: Rounds 1-3
- 7:15-7:45p: Opening Ceremonies

**Friday, July 5**

- 8-11:30a: Convention Sessions
- 10a-12p: Learn to Play Youth Program
- 12-6:15p: Games: Rounds 4-6
- 7:30-7:15p: Showcase Game
- 7:30-9p: World Games Showcase Game

**Saturday, July 6**

- 8-11:30a: Convention Sessions
- 9:30-11:15a: Games: Round 7
- 12-5:30p: Women’s & Mixed Semi-finals
- 5-8p: Dinner & Music at Fields
- 5:30-10p: Men’s Semi-finals

**Sunday, July 7**

- 11a: Mixed Final
- 1:30p: Women’s Final
- 4p: Men’s Final

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**Members Meeting: Meet the Board**

- All members welcome to meet the USA Ultimate Board of Directors

**Motor Skills Learning Theory: Three Common Mistakes in Practice and Coaching**

- Melissa Witmer, Founder, Ultimate Results

**When Pick-Up Picks Up: The Evolution of a League Organization**

- Emily Meister, Columbus Ultimate Disc Association, a USA Ultimate Affiliate

**Teaching Ultimate Sequencing and Cues**

- Dan Raabe, Memorial High School Coach and Teacher

**Sustainable Belief: Developing Your College Program**

- Andrew Roca, Coach, University of Central Florida Men’s Team

**Spirit of the Game and Spirit of Coaching**

- Ben Van Heuvelen, Three-Time U19 National Team Coach

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### Convention Tracks

**Track 1**

- USAU/WFDF Coaching Development Workshop*

**Track 2**

- Player/Athlete Focus

**Track 3**

- Organizational Focus

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### Event Details

- **Marriott City Center Lobby**
- **Marriott City Center Lobby - Bar Posta**
- **Marriott City Center - Bar Posta private dining room**
- **WRAL Soccer Center**
- **Country & team introductions during 4th of July festival outside Marriott City Center**
- **Offered in conjunction with TYUL and TFDA at WRAL Soccer Center**
- **Ring of Fire (Raleigh, NC) vs Euforia (Colombia) at WRAL Soccer Center**
- **U.S. National Team vs Team Colombia**
- **WRAL Soccer Center (live on ESPN3)**