

U.S. OPEN ULTIMATE CHAMPIONSHIPS

convention schedule

Raleigh, N.C.
July 4-6, 2013



TRACK 1

USAU/WFDF Coaching Development Workshop*

TRACK 2

Player/Athlete Focus

TRACK 3

Organizational Focus

Thursday, July 4, 2013

8-10:15a	<p>KEYNOTE: Recognition by the Olympic Movement: The Future of Ultimate and Flying Disc Sports Robert Rauch, President, World Flying Disc Federation Dr. Tom Crawford, CEO, USA Ultimate</p>		8-10:15a
10:30-11:30a	<p>Coaching Ethics and Safe Sport Baker Pratt, Manager-Competition and Athlete Programs, USA Ultimate</p>	<p>How to Use Video to Improve Throwing Mechanics Mick Stukes, Youth Director, Charlotte Ultimate</p>	10:30-11:30a

Friday, July 5, 2013

8-9a		<p>Show Me the Money: Impacts of the Emerging Ultimate Market on the Culture and Evolution of the Sport★ Panel Discussion: Kenny Dobyns, USA Ultimate Hall of Fame, Class of 2011, Founder, DiscNY Ben Van Heuvelen, Three-Time U19 National Team Coach Tina Woodings, Ultimate Players League of Austin and Showdown Team Member Gwen Ambler, Vice President, USA Ultimate Board of Directors</p>	<p>Trifecta of Success: Building a Youth Ultimate Empire★ Dr. Lindsey Hack, President and Founder, Triangle Youth Ultimate League Dr. Heather Ann Brauer, Vice President, Triangle Youth Ultimate League</p>	8-9a
9:15-10:15a		<p>Reducing ACL Injuries and Increasing On-Field Performance Tim Morrill, M.A., CSCS, Owner/Founder Morrill Performance</p> <p>OR</p> <p>The Ultimate Nutrition Guide: Fueling for Training and Competition Katy Harris, MSPH, CSCS, Lifestyle Educator, Sona Med Spa</p>	<p>Growing Ultimate in a Highly Competitive U.S. Sports Landscape: An Inside Look at USA Ultimate's Marketing Strategy★ Andy Lee, Director-Communications USAU Greg Downey, Senior Director, Brand & Consumer Marketing at NASCAR; Member, USAU Board of Directors Dr. Tom Crawford, CEO, USAU</p>	9:15-10:15a
10:30-11:30a			<p>An Approach to Failure for Coaches, Captains, and Leaders of Teams★ Nick Kaczmarek, Coach, University of Pittsburgh Men's Team</p>	10:30-11:30a
12:15-1:15p	<p>Running an Effective Practice (Session to be held at WRAL Soccer Center) Dan Raabe, Memorial High School Coach and Teacher</p>			12:15-1:15p

*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

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Saturday, July 6, 2013

8-9a		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	8-9a
8:30-9a	Members Meeting: Meet the Board All members welcome to meet the USA Ultimate Board of Directors			8:30-9a
9:15-10:15a	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	9:15-10:15a
10:30-11:30a	Spirit of the Game and Spirit of Coaching Ben Van Heuvelen, Three-Time U19 National Team Coach			10:30-11:30a

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event overview

Raleigh, N.C.

WEDNESDAY, JULY 3

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

Marriott City Center Lobby
Marriott City Center Lobby - Bar Posta
Marriott City Center - Bar Posta private dining room

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

Marriott City Center
Marriott City Center Meeting Rooms
WRAL Soccer Center
Country & team introductions during 4th of July festival outside Marriott City Center

FRIDAY, JULY 5

- 8-11:30a Convention Sessions
- 10a-12p Learn to Play Youth Program
- 12-6:15p Games: Rounds 4-6
- 5:30-7:15p Showcase Game
- 7:30-9p World Games Showcase Game

Marriott City Center Meeting Rooms
Offered in conjunction with TYUL and TFDA at WRAL Soccer Center
WRAL Soccer Center
Ring of Fire (Raleigh, NC) vs Euforia (Colombia) at WRAL Soccer Center
U.S. National Team vs Team Colombia

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

Marriott City Center Meeting Rooms
WRAL Soccer Center
WRAL Soccer Center (live on ESPN3)
WRAL Soccer Center
WRAL Soccer Center (live on ESPN3)

SUNDAY, JULY 7

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

WRAL Soccer Center (live on ESPN3)
WRAL Soccer Center (live on ESPN3)
WRAL Soccer Center (live on ESPN3)