

PRESS RELEASE

February 9, 2012 (Portland, Maine) – The Maine High School Ultimate League (MEHUL) will be holding its general meeting on Wednesday, March 7th to announce plans for the upcoming spring season. All coaches, athletic directors, team captains and/or adult volunteers are encouraged to attend. The meeting will be 6:30-8PM in Room 101, Falmouth High School, 74 Woodville Road, Falmouth.

The Maine High School Ultimate League *doubled* in size from 8 teams in 2010 to 16 teams in 2011. Almost 250 student athletes participated, making Ultimate one of, if not the fastest growing high school sport in Maine. Several schools entered both an A and B team, while South Portland, the largest squad, fielded three teams. Teams joined the League from Casco Bay High School, Cape Elizabeth, Cumberland, Deering, Fryeburg Academy, Falmouth, Freeport, Long Creek (A R Gould), Merriconeag, South Portland and Yarmouth. Bangor, Camden Hills and Belfast entered teams in the State Championship.

The Maine High School Ultimate League was formed in 2009 for the purpose of promoting the sport of Ultimate, rated by the Sporting Goods Manufacturer Association (SGMA) in 2009 as the fastest growing team sport in America. The League offers high schools in Maine a full season of regularly scheduled, weekly games, athletic fields, liability insurance, team competition management and development. The League fosters individual growth and sportsmanship in a unique, highly competitive, coed environment. Athletes are required to follow an international code of ethics, known as *Spirit of the Game*, which governs competition at all levels, up to and including the National and World Championships.

The 2012 season will start on April 4 and include 7 weeks of regular season play, culminating in the Maine High School State Championships at the end of May. Cumberland held the State title for three consecutive years, while Falmouth claimed the trophy in 2010 and again in 2011. Merriconeag was the 2010 and 2011 Spirit of the Game Award winner. Two teams from the League will be eligible to advance to the Northeastern High School Championships in June.

The Maine High School Ultimate League is being sanctioned by **USA Ultimate**, formerly the Ultimate Players Association (UPA), based in Boulder, CO. The UPA was founded in 1979 as a player-run, not-for-profit organization that serves as the governing body for the sport of Ultimate in the U.S. USA Ultimate

sanctions youth, high school, college and club competition across the country, including sectional, regional and national championships each year.

About Ultimate - Combining the non-stop movement and endurance of soccer with the aerial passing skills of football and lacrosse, a game of Ultimate is played by two 7-player squads with a plastic disc on a field similar to football. The object of the game is to score by catching a pass in the opponent's end zone. Players cannot run with the disc, but may pivot and pass in any direction to a teammate on the field. Ultimate is a transition game like hockey, in which players move quickly from offense to defense on turnovers that occur with a dropped pass, interception, a pass out of bounds or when a player holds the disc for more than ten seconds. Ultimate is a player-officiated sport, played in more than 42 countries. Visit www.usultimate.org.

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