

The Dump Pass Dispatch

Flywheel Ultimate '09-'10

Michigan Women's Ultimate Frisbee

www.flywheelultimate.com

Hello Winter!

Friends, family, teammates and alums, we are back and boy, do we have news for you! For the first year ever, Flywheel has been chosen to be one of the lucky few teams to be sponsored by Five Ultimate! Yes! FIVE ULTIMATE. We were one of the few teams out of many applicants to be chosen and it was with the creativity from Sarah "Rofo" Rutherford and Sarah "Spanky" Buranskas (see next page for the "Flywheel's Alphabet, Michigan Style") that Five Ultimate recognized the spirit, commitment and passion that Flywheel has for Ultimate.

In other news, Flywheel will be co-hosting a hat tournament January 29, 2010 with Amy Young at Woodland Sports Complex in Grand Rapids, MI. More information about this on pg. 4

Flywheel is also implementing a new program called "Adopt a Rookie", check out more details on pg. 4.

As always, Flywheel is more than happy to accept donations from kind readers like you. Make a difference and help us have a successful season by visiting: <http://www.giving.umich.edu/give/flywheel>, fill out the form and click submit. Or you can write a check to "The University of Michigan" and on the 'For' line write Women's Ultimate. This check can be sent to Sarah Rutherford at 209 N. Thayer Ann Arbor MI, 48104. Either way, both forms of giving are tax deductible!

Flywheel discs are still for sale at \$10 per piece of round plastic. Interested? Contact Becky Malinowski (rsmalin@umich.edu) or Kelsey Delave (kdelave@umich.edu) for more information and purchasing details.

Have any questions, comments or requests on what you'd like to see in the next newsletter? Email the editor, Vicki Chang at vculti@umich.edu.

Stay warm this winter, keep playing Frisbee and Happy Holidays!!

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Winter/Spring '09-'10 Tournament Schedule

January

23 & 24: Michigan Indoor - Ann Arbor

February

13 & 14: Queen City Tune Up - Charlotte, NC

March

13 & 14: Philly Classic - Philadelphia, PA

27 & 28: Centex - Austin, TX

ABC's of Flywheel

Welcome to the alphabet, Michigan style
Gonna teach you some letters we think are worthwhile
There's meaning in each letter
To get to know us better
So go ahead and give us a trial

F is for **FLYLOVE** and it abounds
You'll find it among us in heaps and mounds
We make a point not to fight
Or play out of spite
And it feels just as good as it sounds

Moving on, the next letter is L
It stands for **LOUD SIDELINES** (we like to yell)
We scream and shout
To leave you no doubt
That Flywheel girls can raise hell

Here in Michigan it likes to snow
The **YUKON-LIKE WEATHER** makes it hard to throw
At temps below freezing
And conditions less than pleasing
Any other team would plead NO MO!

"WE WANT MORE COWBELL!" the other teams cheer
That little blue bell is known to cause fear
Chanting "go blue!"
To pump up our crew
Sweet melodies ring loud and clear

H is for **HARMONY**, description of our team
Our flow down the field is smooth as cream
Off the field too
We're tight as glue
Like underpants without a seam

E is for **EPIC**, our dance moves are hawt
We won the Centex dance off, in case you forgot
We have some sweet moves
And know how to groove
Resist a good beat? We cannot!

Snow in Midwest makes it hard to play
Sorry Great Lakes Region, but we cannot stay
ELEVEN HOURS IN THE CAR
Can get us quite far
And 'van bonding' gives us our i-dent-i-tay

L's the last letter, and our story must end
But here is the message we would like to send:
LOVE OF THE GAME
Is part of our name
And it ain't no passing trend

Midwest Warm-Up—St. Louis, MO

November 7-8, 2009

Saturday November 7, 2009

Round 1: Michigan vs. Colorado-Y (13-3)

Round 2: Bye

Round 3: Michigan vs. Wisconsin-Whitewater (13-2)

Round 4: Michigan vs. Tulane (13-0)

Round 5: Wash U vs. Michigan (8-12)

Saturday morning in St. Louis, MO was an interesting one. Temperatures were up in the 70s and gusts of winds throughout the day proved challenging, but beatable. The first 3 games of the day allowed the team to find our groove and utilize the skills and techniques we have been practicing throughout September and October. The fifth round versus the top seed in the pool, Washington University, was by far the most competitive and challenging game of the day. Wash U was up 3-0 at the start of the game, but that only made us work harder on the field and our sidelines, louder. With lots of downfield and handler movement on offense and INTENSE defense on the turns, Flywheel was able to persevere and come back with a 12-8 win. This put Flywheel in the top seed of our pool and after reseeding, Flywheel was the fourth seed overall and was automatically in quarterfinals for the following day.

Sunday November 8, 2009

Round 1: Michigan vs. Wisconsin-Eau Claire (6-8)

Round 2: Iowa University vs. Michigan (7-10)

Round 3: Michigan vs. Northwestern (10-9)

Sunday was a whole new day. Pumped up from day before, Flywheel was ready to face their quarterfinal match up, Wisconsin-Eau Claire. We traded points with Eau-Claire throughout the game and the competition level was very high. Though it was a valiant effort and a very well played game, Eau Claire pulled away and won 8-6. Determined not to let the previous round affect our game, Flywheel rallied and played 2 great games vs. Iowa University and Northwestern (which ended on hard cap, universe point). Overall, Flywheel had a great weekend and the tournament really showed us how much we had improved in the span of only two months. With the upcoming winter season, we're looking to really focus on conditioning and getting in the best shape that we can before the spring, while maintaining and perfecting the skills and strategies that we learned during the fall.



Flywheel's Adopt-a-Rookie Program

Flywheel has always been proud of having dues lower than any other club sport. That said, the cost of a rookie season is still about \$500/year (Centex plane ticket, jerseys, hotels etc). With YOUR support, rookies can keep their first season focused on learning to love the game we have all become obsessed with, rather than worrying about financial obligations. While we estimate the cost of one tournament to be about \$40, there is no flat rate for adoption and any donation you are willing to make will be greatly appreciated. To thank you for your support, Flywheel will hook you up with a disc signed by your adopted rookie and a personal letter from them with all the juicy details and stats from the tournament weekend! Our rookies this year, without a doubt, are awesome - whether they run like a gazelle or have 55 digits of pi memorized, I promise, you will be proud to call them your own.

If you are interested in adopting, contact Kelsey DeLave at kdelave@umich.edu



Flywheel's Fundraiser Hat Tournament

Who: Amy Young and Flywheel have come together to put on an all night, indoor, hat tournament!

What: ...It's a hat tournament that gives Frisbee players of all levels the chance to get together, play Frisbee all night and have fun!

When: January 29, 2009. Starting at 10:30 pm

Where: Woodland Sports
2100 28th St. SE
Grand Rapids, MI

Why Flywheel is co-hosting with Amy: Not only does the hat tournament give everyone a chance to play some fun Ultimate in the winter, but it is also a fundraiser for Flywheel. We're counting on YOU to come out, have fun, play the sport you love and support Flywheel :)

How Much?: \$25/person

To RSVP, email Becky Malinowski at becky.malinowski@gmail.com or visit the Facebook event:

<http://www.facebook.com/event.php?eid=198066631618&index=1>

Meet the B Team Captains: Kristen Boman



Name: Kristen Boman

Nickname: kbo

Year in school: Junior - School of Education, Spanish major, Math minor

Years playing ultimate: 1

What made you want to start playing Frisbee?: I wanted to be a part of the most awesome team on campus

Previous sports you've played Swimming and crew.

Position you usually play: Handler

Favorite throw: Any type of huck

Most unforgettable moment in ultimate: Flywheel B layout practice in the snow last year (where's the snow this year? I want to do this practice again!)

Power animal: Seahorse (Bringing back seahorse love from last year Flywheel B)

Power song/favorite song: Breaking the habit - Linkin park

Favorite ice cream: Mint Chocolate Chip or Moose tracks

Favorite season: Fall when it's 60 and sunny or Winter when it's blizzardy

Any weird talents?: I can curl my tongue into a clover

Meet the B Team Captains: Jane Gregg

Name: Jane Gregg

Nickname: We're still working on that, though I sometimes go by Lumberjack

Year in school: Freshman in Engineering, hopefully Biomedical

Years playing ultimate: 4 years of pick-up with friends in High School

What made you want to start playing Frisbee?: It's really fun and amazing sport with awesome people!

If you've never played Frisbee before, previous sports you've played:

Cross-country running, cross-country skiing and Track

Position you usually play: Cutter

Favorite throw: Forehand I-O

Most unforgettable moment in ultimate: So far watching everyone play Frisbee in Halloween customs. Super Kim takes no prisoners!

Power animal: Polar Bear

Power song/favorite song: Stronger - Kanye West

Favorite ice cream: Peanut Butter Mackinac Island Fudge

Favorite season: Winter when snowball fights are at there peak

Any weird talents?: I'm secretly amazing at Limbo... oh yeah

