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**Inside
Scoober**



Michigan Flywheel

**Women's Ultimate
Frisbee Club Team**



Introducing: Flywheel 2013

Volume 4, Issue 1

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Quarterly Newsletter- formerly "The Dump Pass Dispatch"

Website: Flywheelultimate.com

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New look, same great taste

- Meeri Chang, Flywheel Fundraising Chair 2013

Hello family, friends, and alumni of Flywheel Ultimate!

A little delayed, but I wish you all a happy New Year. I am proud to announce the first edition of *The Inside Scoober*, formerly known as *The Dump Pass Dispatch*. *The Inside Scoober* is a quarterly newsletter that provides information about this season's team, tournament recaps, Ultimate happenings, and how to further support Flywheel Ultimate. For returning readers, rest assured that *The Inside Scoober* provides the same info as *The Dump Pass Dispatch*—just new and improved!

The New Year also brings in a new wave of fresh talent to Flywheel and BFly. With 12 rookies and 11 returners, Flywheel welcomes a variety of players from diverse athletic backgrounds: those with

extensive Ultimate experience, a grad student, and freshmen with raw but incredible athletic talent. We expect our rookies to make major contributions to the team and for our returners to step up to positions of leadership on and off the field.

Flywheel's captains are Annie Fisher—a super senior from Amherst, MA who came out of the womb playing Ultimate—and Becky “Tots” Moore—a senior who can run 10 miles without breaking a sweat. This season, Flywheel will travel across the country to compete against the best teams in the nation in preparation for the series in April. Flywheel welcomes two new coaches (and Flywheel alumni) Paula Seville and Marisa “Jolie” Mead, and we welcome back Coach Kristin “K\$” Essary.

With 6 returners studying abroad, BFly is also excited to welcome many rookies to its roster. This season, BFly captains are junior Melissa Rutzen and junior Amanda Alexander. BFly coaches are Pat Reed, David “Pug” Gagnon, and Helen Huang (another Flywheel alum!). Last season, BFly made history by qualifying for Regionals for the first time ever, and this season they expect another equally competitive season.

We are all excited for what this season will bring: dominating at competitive tournaments, many days of difficult but rewarding training, new friendships, and the usual spontaneous dance parties. As always, we thank you for your continued support, and GO BLUE!

- Sharkbait



Flywheel 2013 Roster



(From left to right)

Back Row: Marisa “Jolie” Mead (Coach), Annie Fisher, Amanda Whitehouse, Leah Bar-On Simmons, Becky “Tots” Moore, Bailey Torvinen, Jacqueline “JJ” Jarik, Nicole Biltz, Charlotte Wilson, Maggie Smith, Paula Seville (Coach)

Front Row: Lizzie Grobbel, Tracey “T-Lo” Lo, Emma Boyd, Chelsea Grindle, Meghan Drews, Bridget Cook, Hannah Henkin, Sara Robinson, Meeri Chang

Not pictured: Tory Fingerle, Lisa Qin, Carolyn Vlach, Theresa “TZ” Zettner

BFly 2013 Roster



(From left to right)

Back Row: Pat Reed (Coach), Hannah Heyman, Jess Axelrod, Alice Murphy, Caroline Smith, Hanna Berlin, Judith Rontal, Michelle Lee, Annie Oldani, Talia Kula, Katie Ramos

Front Row: Sarah Adams, Danielle Licht, Layne Scherer, Meghan O’Leary-Kelly, Amanda Alexander, Melissa Rutzen, Lizzie Benedetto, Amy “Sprite” Wells

Not Pictured: Lydia Gardynik, Renee Jurek, Pooja Desai, Gaby Belok, Sandra Racic, Sydney Friedman, Jennifer Knister



Meet the Flywheel Coaches



Name: Marisa Mead

Nickname: Jolie

Ultimate Experience: 5 years.
UCLA BLU, Michigan Flywheel,
Zeitgeist (Club), Rally (Club).

Favorite part(s) about Ultimate:
Travelling to new places,
competing, and the Ultimate
community

**Favorite part about Flywheel: The
awesome people!**

**Pump-up Song: "Get Buck in
Here," DJ Felli Fel**

Spirit Animal: Rabbit-otter hybrid

**What you're looking forward to
most this season: Watching
Flywheel grow and improve as a
team**



Name: Paula Seville

Nickname: NONE

Ultimate Experience: 10 years.
Paideia School, Michigan
Flywheel, Overhaul (Club),
Zeitgeist (Club).

Favorite part(s) about Ultimate:
Going to tournaments and
matching up against your
favorite (or least favorite)
opponent in a big game

Favorite part about Flywheel:
Playing with a team that has
amazing team chemistry on and
off the field—it's unstoppable

Pump-up Song: anything Big Boi

Spirit Animal: Lion

**What you're looking forward to
most this season: Seeing our
awesome rookies develop into
amazing Ultimate players**



Name: Kristin Essary

Nickname: K\$

Ultimate Experience: 8 years.
Michigan Flywheel, Georgetown

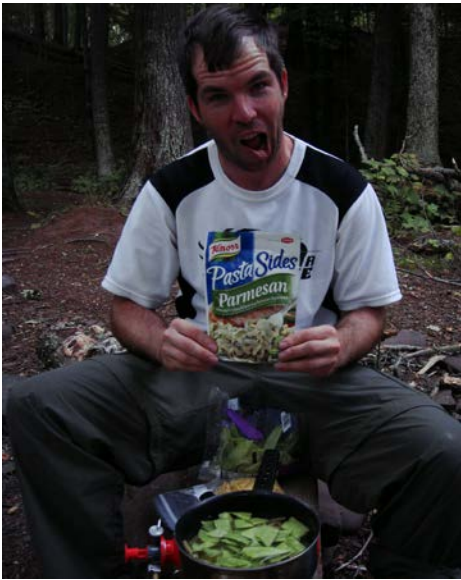
Favorite part(s) about Ultimate:
My teammates and the Ultimate
community, the competition, and
always working to improve your
game

**Favorite part about Flywheel: The
players, and helping each
individual develop their skills
while forming a team that plays
"Flywheel Ultimate"**

**What you're looking forward to
most this season: It's a much
bigger team than in past years,
so working to incorporate all our
new rookies is very exciting, and
seeing everyone come together
and improve as a team is always
best**



Meet the BFly Coaches



Name: Pat Reed

Nickname: Pat

Ultimate Experience: 17 years.
Michigan Tech DiscoTech, Club:
Deep Thrust, Nemo, Shocker.

Favorite part(s) about Ultimate:
The simple joy and beauty of chasing down a perfectly (or imperfectly) thrown disc.

Favorite part about BFly: I love the energy that the team brings into everything they do.

Pump-up Song: Whatever people are listening to

Spirit Animal: Moose

What you're looking forward to most this season: EVERY TOURNAMENT



Name: David Gagnon

Nickname: Pug

Ultimate Experience: 12 years.
Michigan MagnUM, Club: Nemo, Truck, Hybrid, Sidecar.

Favorite part(s) about Ultimate:
The community of players and competitiveness of the game.

Favorite part about BFly: I have had excellent coaches and captains throughout my life. I feel honored to give back to others who are committed to a team that wants to learn and continue to improve their skills.

Pump-up Song: "It's Getting' Hectic" by The Urge

Spirit Animal: Wolf

What you're looking forward to most this season: Watching the rookies fall in love with Ultimate; very little that can top that.



Name: Helen Huang

Nickname: Hen

Ultimate Experience: 8 years.
Michigan Flywheel, Club: Strut, Hootie, Wildfire.

Favorite part(s) about Ultimate:
Layout catches, and team D forcing a stall

Favorite part about Flywheel:
Amazing friendships

Pump-up Song: "Shut Up" by Simple Plan

Spirit Animal: Horse

What you're looking forward to most this season: Watching every player improve and winning games at Regionals



Flywheel and BFly Captains 2012-2013 Season



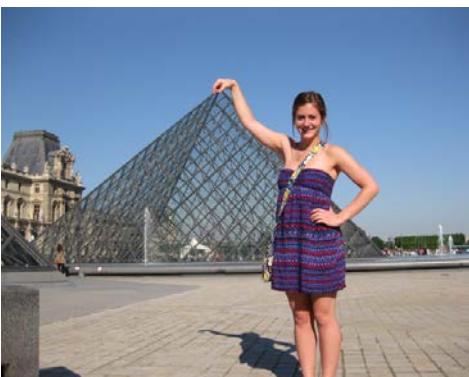
Flywheel Captain: Annie Fisher
 Ultimate experience: 11 years. Amherst Middle School, Amherst High School; Michigan Flywheel
 Favorite part about Ultimate: Being able to play anywhere
 Favorite part about Flywheel: Inside jokes
 Pump-up song: "Danger Zone," Kenny Loggins
 Spirit animal: Macaque Monkey
 What you're most looking forward to this season: Watching the new players learn to love Ultimate



Flywheel Captain: Becky "Tots" Moore
 Ultimate experience: 3 years. Michigan Flywheel
 Favorite part about Ultimate: Ultimate players are weird...I'm weird...it works out nicely
 Favorite part about Flywheel: The team, the team, the team.
 Pump-up song: a parody of a Nickelback song, by Adam Sandler
 Spirit animal: Gecko
 What you're most looking forward to this season: Domination



BFly Captain: Amanda Alexander
 Ultimate experience: 3 years. Michigan BFly
 Favorite part about Ultimate: I love going to tournaments. The atmosphere both on and off the field is amazing.
 Favorite part about Flywheel: I love being on a close team where everyone is so supportive of each other
 Pump-up song: "Some Nights" by Fun.
 Spirit animal: Horse
 What you're most looking forward to this season: Trying to make it to Regionals for a second year in a row.



BFly Captain: Melissa Rutzen
 Ultimate experience: 3 years. Michigan BFly—no other past experience!
 Favorite part about Ultimate: Meeting so many cool, diverse people.
 Favorite part about Flywheel: Being part of a unique team dynamic that emerges from each new group of players.
 Pump-up song: "Pass Out" by Chiddy Bang
 Spirit animal: Bear
 What you're most looking forward to this season: Getting started with tournaments and learning to leverage our nice, full roster!



Gotta Catch 'Em All

- Amanda Whitehouse (Junior and Flywheel rookie)

Classic City
Classic

Nov. 10-11
2012

CCC was a weekend of firsts for me. First real road trip, first extended time spent with the team, first time in Georgia, and first time playing tournament-style Ultimate. But the first hurdle was making sure not to forget anything: lights, darks, cleats, blankets, CDs, snacks, water bottles - check. Once that was taken care of, Van Charmander (theme aptly chosen by our captain Tots) was en route to Georgia. Leaving behind our lives at Michigan, we put on what I was told by a teammate to be our “superhero capes” for the weekend. While classmates were doing homework, resting, and cheering on Denard, we would be cutting, striking, juking, d-ing, and skying girls from all over the Southern US. Between car ride sing-alongs, sharing stories and crazy windy roads in TN I barely had a chance to think about the butterflies in my stomach.

At the beginning of the tournament, we were each given an offensive and defensive focus for the weekend. This helped to make things less overwhelming because it brought it back to one focus at the start of each point. Our first game in pool play was against Emory. Plenty of subs and relatively open lines provided great opportunities for learning from teammates and coaches after each point. Fall practices paid off, and we came out of the first game with a 13-6 win. In Saturday's second game, it was more of the same: learning from each other, gelling as a team and most importantly having fun! We played a local hodgepodge of college teams, and Flywheel ended with an easy W: 13-2. The last game of the day was against a more evenly matched Central Florida. This team challenged

us defensively but we were able to come away with a 12-9 win once we were able to shut down their handlers.

With a 3-0 record in pool play, we were into the winner's bracket. Our first game Sunday morning was against University of Southern Florida. As we looked sluggish on the field for the first few points, Southern Florida took advantage of our slow start and put us in a hole early. While we put in a solid effort in the second half, particularly in the final point, Flywheel fell short losing 8-12. Our second game of the day was against the UVA Hydras. This game was a hard fought battle with a lot of trading points, but in the end UVA came out on top with a 12-15 win. For the seventh place game, we faced University of Florida Fuel. Another skilled, disciplined team, the ladies of Fuel tested us. But as our coach Paula Seville put it, “Both returners and rookies pushed themselves and we played our best game of the tournament.” I could not have agreed with her more. Universe point, a real back and forth game, and Flywheel taking the win 15-14... It was a great way to end the tournament!

Then, as soon as it started, we were back in vans winding through TN, up through Ohio and back to Ann Arbor. We learned a lot at CCC, but we're nowhere near satisfied. This tournament was an opportunity for us to explore our individual strengths, play with new teammates, and ultimately reflect on what can be improved upon during the regular season.

- The Prez

Sideline Chatter.



Scoober [skoo-ber]

noun

Definition: A type of throw where the disc is held upside-down; used for high, short passes

How to throw: Using a forehand grip, throw in front of and across the body. You should step as if you are throwing a backhand, and the disc should be released at least at a 45-degree angle. You can adjust the angle of the disc at the release point based on how high or flat you'd like the disc to fly.

A scoober is not just a trick throw. You can use an “inside scoober” (flies inside out with an s-shaped trajectory) to get the disc to the “break space” where the receiver is less guarded—it can be a highly effective throw!

[Video tutorial](#)



Captain Tots showing us how it's done.



**Thanks for
your support!**

**Next time:
Annual
Fundraising
Issue**

Unfortunately Flywheel is not a Varsity sport (yet)

As a Club Sport, we receive limited funding from the University to cover the costs of travel, facilities, gear, etc. that are required to maintain a high level of Ultimate. We have always been proud of keeping dues low and keeping players obsessed with Ultimate rather than worrying about financials. To donate directly to Flywheel Ultimate, click [here](#) (this donation is TAX-DEDUCTIBLE). Our next issue will detail further fundraising efforts and sponsorship information—stay tuned.