

The Inside Scooper

FLYWHEEL FUNDRAISING EDITION

[JANUARY 2014]

Welcome back, readers!

Since our last issue of *The Inside Scooper*, Flywheel Ultimate has begun faithfully training for the 2013-2014 season. To start our season off right, Flywheel Ultimate will be hosting several teams from around the region at the exciting Michigan Indoor Midnight Madness right here in Ann Arbor! We encourage all friends, family, and other supporters to join us in the Oosterbaan Fieldhouse on January 25th and throughout the night (keep reading for more details). We are thrilled to announce our 2014 family, and we are more than enthusiastic for the journey back to College National Championships.

For the new readers out there, Flywheel is the name of the women's club Ultimate frisbee team at the University of Michigan. We play at the most elite level of college Ultimate, and we travel all over the country, seeking the highest level of competition. Unlike many of the regionally competitive teams at Michigan, we aim to be nationally competitive. To do so, we train at a CrossFit gym twice a week, practice indoors late at night, and outdoors in the Polar Vortex. Unfortunately, as thrifty as college students may be, these expenses do add up. Michigan Club Sports provides some funding, but, unfortunately, it doesn't go very far. Because we never want to turn down or discourage a player from committing to Flywheel due to financial concerns, we established the Flywheel Fundraising Committee. This year's members are **Tracey "T-Lo" Lo**, **Kati Turner**, and **Charlotte Wilson**.

Our players are enormously skilled on the field, but the talent doesn't stop there. We take full advantage of creativity of our team off the field by submitting original videos and designs to campus competitions in an effort to up our funding and drop our dues. We also scrub down Crisler Arena every month for a bit of spare change and apply to every grant floating around. However, our basic expenses remain high, and every penny (every tax deductible penny, that is) helps. If you're interested in giving us a hand, we've come up with four fantastic ways for you to do so:

1. We have four bright and shining rookies this year, eager to be integrated into the Flywheel family. We ask you to help us mitigate their financial burden as they assimilate on to our team by "adopting" them.
2. For the alumnae out there, if you felt the FlyLove—if you *still* feel the FlyLove—help us by giving back all while being inducted into our brand new Michigan Flywheel Ultimate Hall of Fame.
3. In the next issue of *The Inside Scooper*, we will be revealing our freshest gear for our biggest supporters to purchase.
4. If you are interested in sponsoring Flywheel, please contact Kati Turner directly at turnerkt@umich.edu.

Thanks to your continued support, we have been able to remain a competitive team and improve ourselves every season.

-T-Lo

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Back row (from left to right): Kati Turner, Tracey "T-Lo" Lo, Jacqueline "JJ" Jarik, Nicole Biltz, Becky "Tots" Moore, Bailey Torvinen, Amanda Whitehouse, Carolyn Vlach, Maggie Smith, Maya Grumeretz, & Julia Weinert [COACH].

Front row (from left to right): Theresa "TZ" Zettner, Meghan Drews, Hannah "Henk" Henkin, Emma Boyd, Meeri Chang, Grace Denney, & Alyssa "Chip" Abbey.

Not pictured: Charlotte Wilson, Kristin "Ks" Essary [COACH]

TOURNAMENT SCHEDULE

January 25-26	Michigan Indoor Midnight Madness [ANN ARBOR, MI]
February 8-9	Queen City Tune Up [CHARLOTTE, NC]
February 15-17	Presidents' Day Invitational [LA JOLLA, CA]
March 1-2	Midwest Throwdown [ST. LOUIS, MO]
March 22-23	Women's College Centex [AUSTIN, TX]
TBA	Eastern Great Lakes D-I College Women's Conferences [TBA]
TBA	Great Lakes D-I College Women's Regionals [ROCKFORD, IL]
May 23-26	D-I College Women's National Championships [MASON, OH]

So far our season has been a smashing success!

At our first tournament, Fall Brawl in Columbus, OH, we took **1st**!

In November, we drove all night to Conyers, GA where we took **5th** at the Classic City Classic!

And at the Michigan Indoor Midnight Madness, we finished **1st** on our own turf!

Follow the action on Twitter [[@UMichFlywheel](#)] and track our progress on Score Reporter [[scores.usultimate.org](#)].

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Meet the Coaches

JULIA WEINERT

KRISTIN "K\$" ESSARY



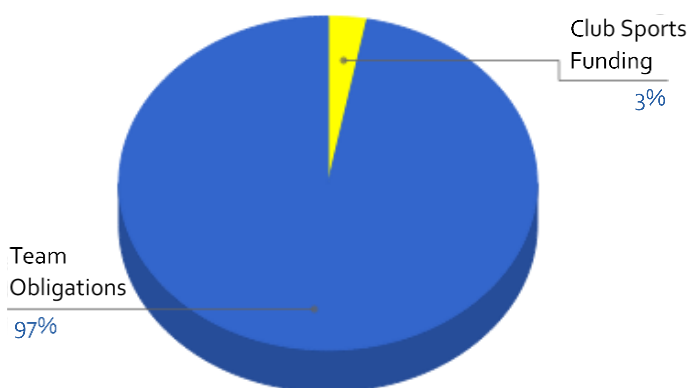
Julia has been playing Ultimate for 10 years (including coaching Flywheel in 2011) and currently works as a researcher at the UM School of Public Health. She's annoyed by heavy breathing and reports having had the song "Feliz Navidad" stuck in her head since the first grade. Her hidden talent is incredible endurance which her opponents dispiritedly become aware of upon issuing an ill-conceived challenge. Julia recognizes that this year, Flywheel is on a mission to succeed; we want not only to work harder, but to work smarter to reach our full potential. There are a lot of talented players who have been on the team for years and new players who are showing tremendous potential. She doesn't think we've seen our full potential yet and is excited to watch it developing and coming to the surface as we work together!



This is K\$'s third year coaching Flywheel and she's been playing Ultimate for 8 years. When she's not killing it on the field, she's kicking it as a top-notch tax consultant. She's been known to stick her tongue out when she's concentrating hard and has very little patience for inefficiency and slow drivers. If she were suddenly transformed into a vegetable, she would be rainbow chard because, like this healthy, leafy green, she's persistent, hearty, and tasty. K\$ has stuck with Flywheel because, to her, this team is a family, and, as a coach, she loves trying to combine everyone's talents in a way that makes the team the best it can be. This year, she recognizes that we have a smaller, awesome handler core, so, under her guidance, we'll be exploring the vertical stack and some variations on it to take full advantage of our downfield strengths.

Funding Breakdown

After adding all the tournament bid fees, USA Ultimate membership fees, uniforms and equipment, travel expenses (including plane flights), discounted Joust CrossFit training, hotels, and tournament food, we have estimated our total team expenses. Unlike Varsity Sports, Club Sports has provided us with a limited amount of funding, so please help out!



Hall of Fame

Dearest **Alumnae**,

If you, like most current Flywheelers, swore that when you became rich and successful, you would donate to the team you loved oh so much so that Flywheelers of the future could avoid despairing about the cost of playing for the season, then now is your time! We know you loved your time with Flywheel, and Flywheel loved *you* every year that you played. Now it's time to consider showing your love in a concrete way.

By giving back to Flywheel, you will be inducted into our **Hall of Fame**. Our donation levels are listed below:

- **\$50:** Bronze (**FREE** Michigan Ultimate Car Sticker)
- **\$100:** Silver (**FREE** Flywheel Disc)
- **\$200+:** Gold (**FREE** Michigan Ultimate Car Sticker + Flywheel Disc)

Upon induction to our Hall of Fame, you will be featured in a player profile in our next issue. Our first ever Hall of Famer is **Nell "Nelly" Turley** (see her player profile on page 4). This could be you in our next issue! Email turnerkt@umich.edu to join!

OUR FIRST Hall of Fame induction!

NELL "NELLY" TURLEY

Since its formation, Flywheel Ultimate has been graced by many extremely talented, humble, admirable, and FlyLoving athletes. That said, it is with great joy that we perform the long-overdue induction of our very *first* honoree to the Michigan Flywheel Ultimate Hall of Fame—Nell "Nelly" Turley. When we say *Nelly*, your mind may flash to the American rapper, but our Nelly is so much more. Originally from Tiburon, CA (*Tiburón* means "shark" in Spanish), she was a golden cutter for Flywheel from 2005 until she graduated from the University of Michigan in 2009. In her senior year, she captained and led the team to a 16-0 record in the fall and a 9th place finish at the National Championships. After her time in Michigan, she returned home to California to earn her Masters from the Naval Postgraduate School, where she currently works. But this Wonder Woman hasn't stopped there: Nelly now plays for Pants Off Dance Off (an Ultimate team that features her strong suits—shaking her "whoa whoa whoa" and two-handed skyng), is also licensed to drive a Humvee, races triathlons on the weekends, goes skydiving during lunch breaks, CrossFits in her sleep, and is often confused for an Avon Lady due to her radiating beauty. Even with all that, she only has to wear business casual to work. You can catch a glimpse of this Hall of Famer in the [2008 Women's College Centex Dance-Off](#), in which she and her blue shorts are featured as a solo performer beginning at 1:42.



Before and after—consequences of being marked by Nelly

Nelly's powerful approach to life (incl. Spring Break 2009)

The Naval Goddess loving the water in her power stance

Hot in Here—mesmerizing you with her Avon Lady elegance

What is your favorite part about Ultimate? First, it's just fun. The best though, is when you click as a team, and you know exactly where you need to be for whoever has the disc. If it's Katka Bodova, I know to turn and burn because hot dang, if she's putting it up, it's going to go shoot down there then float at the end. Man, it gives me goose bumps to remember. I did that in my last game with Flywheel [National Championships 2009 for 9th against Northwestern University]. There were a lot of pretty ups from Katka, Emily "Ebae" Baecher, and Sarah "Tiggs" Johnson Perez-Bergquist. I remember the final point was Sarah "Spanky" Buranskas to me in the endzone on the away side.

Who were some of your teammates and closest friends on Flywheel? Oh man, this could go on! Ebae, Caroline "Chap" Chappell, Becky "Becktar" Tarlau. Helen Huang—what a good set of hands, by the way, and also her epic layouts though they often featured hard landings. Becky "Bemu" Malinowski—you should have seen her as a freshman. Sarah "Rofo" Rutherford for the best response to getting multiple travels called on her in a point: "I got places to go." Carol Jantsch. Amazing how she got all that beautiful hair in a bun—it was down to her butt. She also plays a mean funk tuba. Geez the list goes on!

What is your favorite memory of Flywheel? My fondest memory is Ebae very patiently teaching me the flick my first semester (it was pretty hopeless*). She was so patient and a very good instructor. She was so freaking good. She was also the one that got me running more (outside of practice) and showed me that yes, you can in fact run in the snow without falling and cracking your head open.

*DISCLAIMER: the views expressed in Nelly's comments (i.e. being "hopeless") do not necessarily reflect the views of Flywheel Ultimate.

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Adopt



Rookie

\$15: Provide a rookie with burritos for an entire tournament weekend.

\$30: Equivalent to a one-month membership at Joust, the CrossFit gym at which we train.

\$50: Ultimate swag for you and your rookie: make sure your rookie is dressed the part on the field. With this donation, you will also get Ultimate swag in the form of a Michigan Ultimate sticker.

\$100+: A flight and something for you to send flying: this won't cover a full flight, but it'll put a dent in your rookie's fare. And for your generous donation, you'll receive a Michigan Ultimate sticker and a Flywheel disc!

Every year, Flywheel acquires talented, athletic, and all-around awesome rookies. By participating in our Adopt-a-Rookie Program, you can help keep our rookies focused on learning the fundamentals and loving the game of Ultimate, rather than worrying about the cost of playing the game. Whether you're an alum, parent, or friend, you can adopt a rookie for any donation value of your choosing or one of the suggested donation levels above. Do so [here](#). As always, thanks for your support and **GO BLUE!**

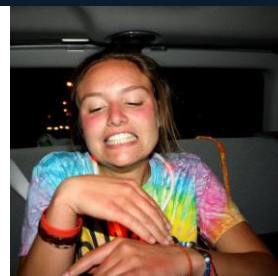
ALYSSA "CHIP" ABBEY · [TUCSON, AZ]



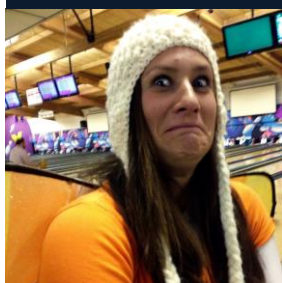
Chip joins us for her fifth year of college Ultimate as a first-year PhD student studying Tectonic and Climate Interactions. She loves Flywheel because she finds the intensity and commitment of her teammates to be very motivating and refreshing compared to other women's Ultimate experiences she's had. She loves gifts and envisions herself as a cucumber, cool and refreshing, but also delicious when pickled. Parents looking to adopt her should prepare their home by acquiring large quantities of cheese, tortillas, and chilies. This Arizona girl is in need of some quality Mexican food and your tender, loving care.

GRACE DENNEY · [ARLINGTON, VA]

Grace is a brand spankin' new freshman in the Residential College. She loves Flywheel because everyone was so welcoming and eager to make her feel like a part of the team. She was immediately sucked in by the Flylove Vortex and is loving the ride. Because she is the youngest Flywheeler, her spirit vegetable is fittingly a baby carrot. Grace's potential parents should prepare for her arrival by adopting a minimum of seven Basset Hounds, but should refrain from presenting her with tickets to *Elf The Musical* as this will send her into a blind fury. Other things to expect include copious amounts of friendship bracelets and reminders of how young she was when you graduated high school.



MAYA GRUMERETZ · [ANN ARBOR, MI]



Maya is a transfer student and a current junior majoring in Asian Studies. She loves Flywheel because this team is like a family and can be counted on to support one another on and off the field. From a young age, Maya has had an affinity for carrots and is still hoping her high carrot consumption will eventually transform her into one. Her future parents should be aware of Maya's ferocious appetite for literature—grounding may be necessary in order to get her to focus on her schoolwork. Stocking your pantry with plenty of Nutella and Honey Nut Rice Chex is also advised.

KATI TURNER · [GRAND RAPIDS, MI]

Kati joins us fresh out of undergrad at Vanderbilt University as a first-year at the School of Public Health studying International Health. She loves Flywheel because they've made being a team a lifestyle, not just something that happens on the field. Her teammates challenge her to increase her expectations of herself and aspire here to excellence on and off the field. If reborn as a vegetable, Kati would be a bell pepper: quality all year round and palatable to almost everyone. Parents looking to adopt this whole-foods plant-based athlete should consider converting their backyard into a farm to keep up with Kati's insatiable appetite for vegetables. Also, for best performance, coffee should be offered daily.



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B what? BFLY!



Back row (from left to right): Helen Huang [COACH], Sarah "Shill" Hill, Talia, Kula, Amy Chiang, Nina "Ninja" Janjic, Leah Bar-On Simmons, Leah Langhans, Alice Murphy, Lizzy Benedetto, Gina Sancricca, Hannah "Marco" Marcovitch, Annie Oldani, Renee Jurek, & David "Pug" Gagnon [COACH].

Front row (from left to right): Amanda Alexander, Hannah Heyman, Jessica Axelrod, Alexis Wait, Caroline Smith, Sarah Adams, Hanna Berlin, Layne Scherer, Bridget Cook, & Sydney Friedman.

Not pictured: Kelly Hilk & Meghan O'Leary-Kelly.

TOURNAMENT SCHEDULE

January 25-26	Michigan Indoor Midnight Madness [ANN ARBOR, MI]
February 15-16	Commonwealth Cup [MARTINSVILLE, VA]
March 1-2	Midwest Throwdown [ST. LOUIS, MO]
March 22-23	TBA
March 29-30	Chicago Invite [CHICAGO, IL]
TBA	Eastern Great Lakes D-I College Women's Conferences [TBA]
TBA	Great Lakes D-I College Women's Regionals [ROCKFORD, IL]

Hello!

We are excited to share a little bit about what Bfly has been up to the last few months and give you a preview of what we have in store. We had an extremely successful fall pre-season, placing 6th at Fall Brawl in Ohio, and 1st at Ktown Throwdown in Wisconsin. We lucked out with great weather at both events, and we even won some free ice cream as part of our 1st place prize!

We returned to Ann Arbor after winter break and have been working hard to prepare for the 2014 season. We are spending late nights in our beloved Oosterbaan Fieldhouse and have been braving the cold weather on Palmer Field. We are already seeing our hard work pay off, as we placed 3rd at the Michigan Indoor Midnight Madness tournament this weekend – the best showing Bfly has ever had.

That's all for now, but keep your eyes peeled for future updates, as we look forward to our most competitive season yet with continued success and fun!

-Kula

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