

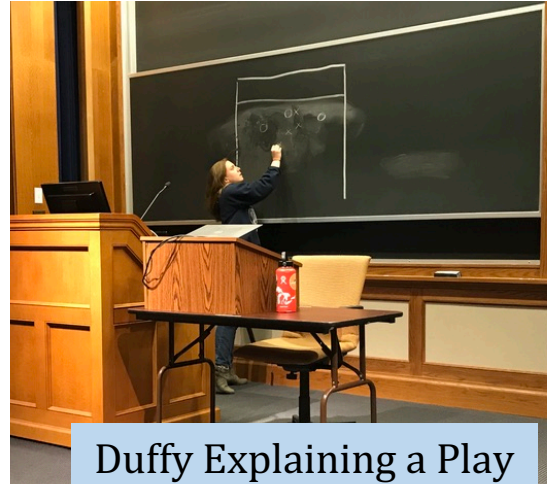
Flywheel Newsletter

January 2020

The first month of Flywheel's winter season has been a blast. We have continued our indoor practices, started our CrossFit workouts, and continued to improve our frisbee skills.



Madison is Excited



Duffy Explaining a Play
at a Team Meeting



Summer in January with Sylv, Rita, and Lizi

Practice



The Team Getting Ready for the Start of Practice



Stretching for Warm-ups



This month Flywheel is practicing indoors at the Indoor Track and Oosterbaan Field House. Because we are inside, we get to practice without the elements of wind, rain, and snow, which has allowed us to focus on our fundamentals (such as throwing, catching, and other general skills). We have spent much of this month working on our defensive by improving our man defense and learning new zone defenses.



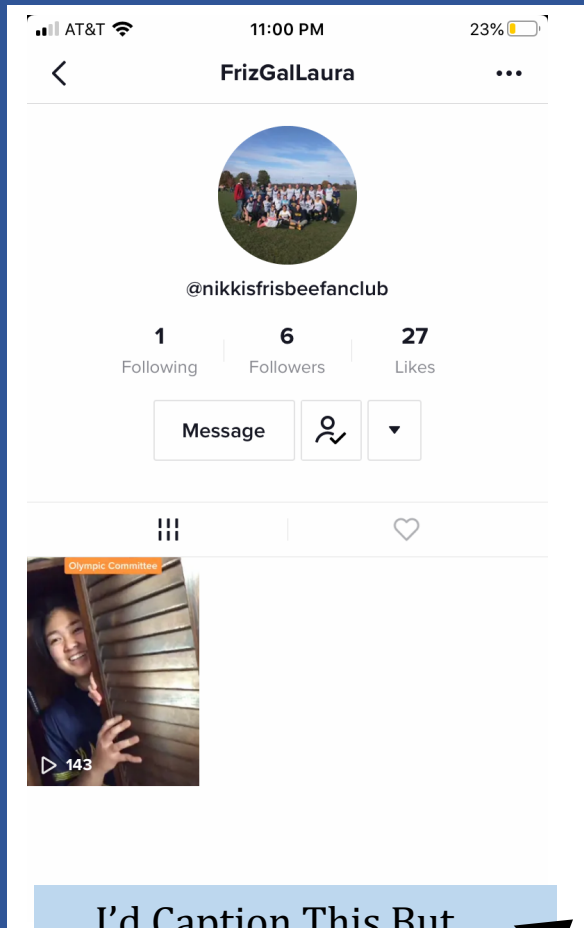
Jade Getting Ready to do a Backflip!



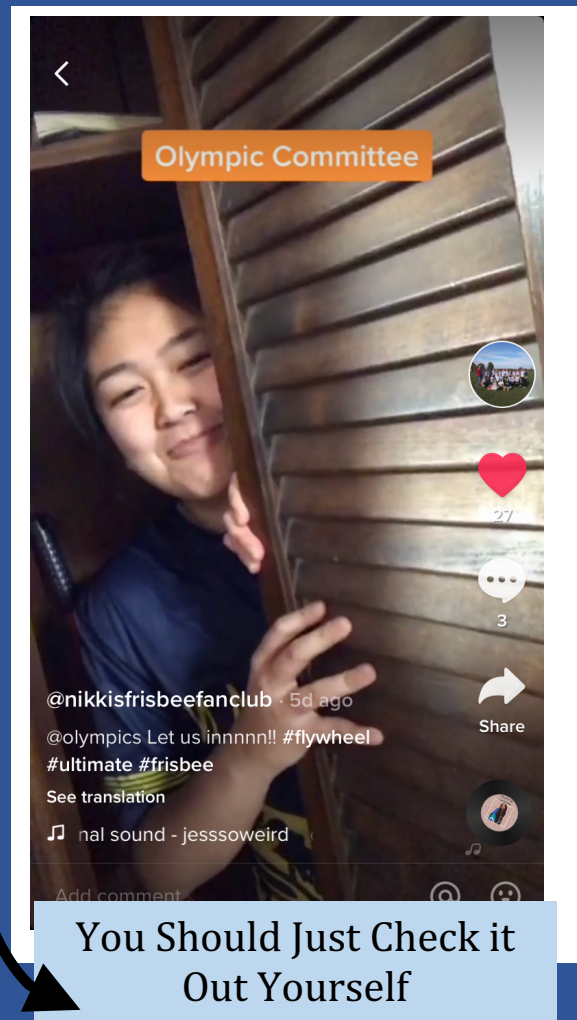
Flywheel Doing Agility Ladders as a Warm-up

Team News

Flywheel got a TikTok



I'd Caption This But....



You Should Just Check it
Out Yourself

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Upcoming Events

- Team Leadership Program → February 1
- Date Party → February 1
- Flywheel Queen City Tune Up Tournament
→ Feb 8-9
- Bfly Queen City Tune Up Tournament → Feb
15-16

Next Month's Newsletter

- Leadership Program
- Pics from Date Party
- BFly Addition
- Fun get to know the players