

2018 PRE SPRING SEASON UPDATE

Greetings, alumni! This is the first edition of our pre-spring season update newsletter. We hope start sending out a more regular alumni newsletter so that graduated Valks can stay up-to-date on Valkyries news. Next time this should also be a prettier format :) Let us know if you have any suggestions. Thank you for supporting the Valkyries!

FALL 2017 RECAP

Women's Club Sectionals (Sep 9-10)

In addition to the Valks who played on club teams, some Valkyries teamed up with players from MIT and BU and formed the team BMN for club sectionals! They went 1-4 and did pretty well considering they hadn't actually played together before. It was an awesome opportunity for the Boston area women!!



Code Green @ UMass (Oct 7)

For our first tournament this fall, the Valks split into two teams (X & Y) to play other New England teams. We even had alumni Sam Gray and Meg Gannon come out and help coach! It was a great learning experience for all and we loved getting to play other teams for the first time this season. We're unsure what the results were, but we won some and lost some.

Hammertime @ MIT (Oct 15)

This one-day round-robin at local university (The ~Massachusetts Institute of Technology~) was our first tryout tournament for players interested in joining A team. The Valks went 5-0, defeating MIT, BC, Bates, Dartmouth, and Bentley.

Lobster Pot @ Maine (Oct 20-21)

We made the 2-hour drive to those random fields in Maine for our second A team tryout tournament. The competition was fierce, and we were playing for a monetary prize of \$1000. Saturday we won our pool and earned ourselves that sweet first-round bye for Sunday morning. We ultimately came in 4th (boo no money) after an intense semifinals game versus University of Vermont and 3rd place game against UConn, but we could not be happier with the level of effort everyone gave this tournament. There were lots of beautiful hucks, layouts, and skies that weekend.



Mixed Regionals @ Northampton, MA (Nov 11-12)

The Valkyries teamed up with the men's team, the Huskies, to form two teams for the inaugural Northeast College Regionals! The Hulks went 5-2 to come in 5th place and the Salty Sea Dogs came in 13th and won the spirit award! Awesome alumni Sam Gray and Meg Gannon were coaches again this tournament. Both teams stayed with local teammates (woo Amherst) and bonded over dinner at the Kaplan family's lovely Brookfield Farm. Although the temperatures were below freezing, it was a great weekend for the Northeastern ultimate program.



Alumni Tournament & Valksgiving (Nov 18-19)

Our 87th alumni tournament was hosted at Parsons field once again. The day started off with a round robin between the 4 teams of both alumni and current players. It ended with the classic alumni vs current players game, with the alumni showing us how it's done and winning. Everyone went to the NU Clubhouse for delicious BBQ and fun social times. Later that night was an alumni bar crawl which included local favorites Conor's, Punter's and Flann's and ended at someone's house for a festive gathering.

The Valks recovered from their busy Saturday by attending Valksgiving, the best holiday of them all! We had too much food as usual, and indulged in a delicious turkey made by the hosts (1526 Tremont residents Lydia Auch and Tracey Lum). Each rookie class came up with things they were thankful for, including gear, alumni, and in Tracey and Emma's case - each other. Of course the current rookies got many shout-outs because they rock. It was a great weekend to see our old and new friends from across the country. Can't wait for next year already!





B-TEAM BLOG!

Fall was a fun one for the balks!

We kicked things off in the Fall with the 2nd Annual Balks Dip Night! We managed to collect a wide variety of dips from our lovely teammates and consumed them in the best way possible, surrounded by friends and positive energy. We also took this time to get to know each other a little better off the field before our tournament at UNH the next day. Our lovely new coach, Deuce, used her nifty undergrad/past coaching connections to hook us up with a sweet one day tournament at her alma mater. This tourney was 100% successful and it really allowed us a peek into what to expect for the spring season. We were able to work on our flow and connections between our rookies and returners and maybe even surprised ourselves at our improvement as the day carried on. Our buddy pairs cheered each other on and we were lucky enough to enjoy some guacamole left over from dip night. As the semester neared its close, we realized that a fall on the balks would not be complete without a White Elephant gift swap! This Fourth Annual White Elephant was filled with holiday spirit, and maybe better, some quality holiday sweaters, including a feature from our good old plastic snow woman, Nancy.

The fall provided insight to the action and excitement of another year in the ultimate community. Now we look forward to continuing the balks growth throughout the spring season. We are getting all set for our big tournaments, including flying to DC for the Cherry Blossom Classic in early March! Can't wait to see what the spring brings.

-Siena and Emma

MEET THE 2018 VALKYRIES A-TEAM

Roster

Alicia Collins*
 Anna "AC" Cullen
 Anna "Slater" Sciaruto
 Ari Nelson
 Ariel Bloch
 Brianna Considine**
 Charlotte Langer
 Duschia "Dbo" Bodet
Eleanor "SwaggyE" Patten

* = Valks rookie

** = A team rookie

Captains

Ellen "Ellen!" Harsha
 Gabby McKinley*
 Gianna Scioletti
 Helen Gilbert-Snyder*
 Izzi Tripp
 Jasmine Der*
 Juli Kloza
 Katharine Gilbert
 Katie Murray**

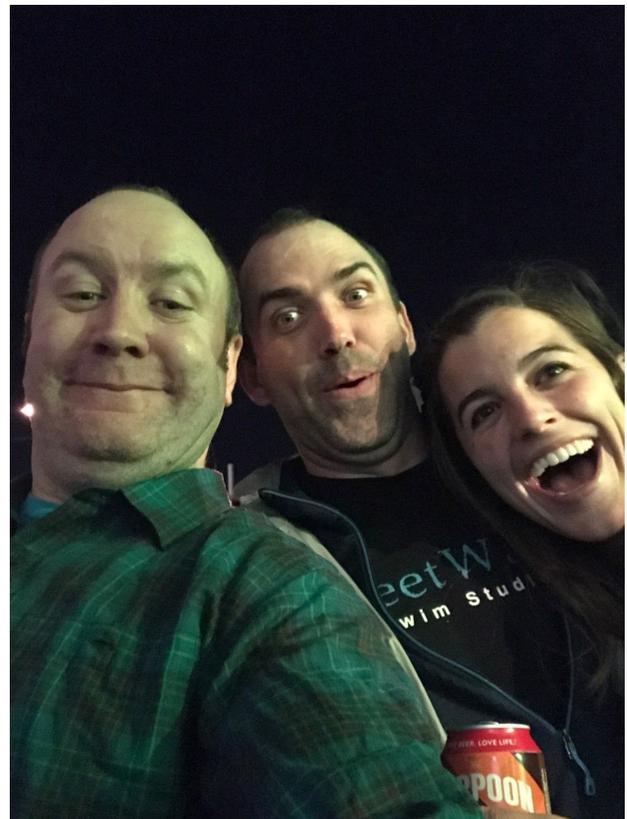
Lamia Farah
Lydia Auch
 Natalie Hopkins
 Sofia Horan
Tracey Lum
 Vivian Lee

A Team Coaches

Jason has graciously decided to come back as head coach of Valks A for his 11th season! We are beyond excited to have him back and to teach us all his frisbee knowledge. In other exciting Jason news, he is the assistant coach of women's Team USA for U20s! Just this past weekend he was in North Carolina for the east coast tryouts. Next stop is California Feb 10-11 for the west coast tryouts. The tournament itself will take place August 19-28 in Waterloo, ON. Also equally exciting: Jason made an Instagram account this year (@udeljason).

Danny AKA Dirty Dan is also back as assistant coach! After coaching Ironside last club season, he's ready to lead an even tougher group of college players this spring. Look for Danny speed walking around the sideline and talking about offense.

And introducing our newest assistant coach (but familiar Valk), **Nicole Canning!** After graduating two years ago, she decided she missed the Valks and came back to help this team of youths. This is Nicole's first year coaching and she's already doing an amazing job as our defensive specialist and sneaker expert.



Upcoming Spring Tournaments

Queen City Tune Up (Feb 3-4)

Valkyries A team is once again heading to QCTU after taking a couple years off from the tournament. Most of our squad has never been to Charlotte to play frisbee and we're stoked! The weather looks meh but our hearts are warm and our bodies are ready for good BBQ. Our pool has a lot of teams we've never played, and we're ready to show them who the Valkyries are! Peep the [schedule](#). Hope we make it back in time for Superbowl celebrations!

Centex (March 24-25)

For the 10th year the Valks will be attending Centex in Austin, TX! We're super excited about the high level of competition and warm *fingers crossed* weather. Per tradition, we will be staying Sunday night for some fun times in downtown Austin.

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Snapchat: valksultimate

Follow us on Twitter for live updates on our spring season! We may not be the best at tweeting during tournaments since we're so into the games, but we're #trying.

Also, our super social media chair Danielle will be doing more #TeammateTuesdays, so be on the lookout for those posts so you can get to know the current Valkyries!

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That's all for now! Stay tuned for more updates.

Battle Black Bleed Red,
Valkyries Captains