

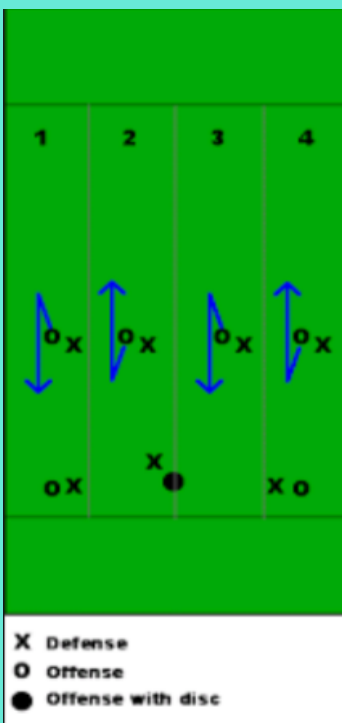
# EMORY WOMEN'S ULTIMATE

FALL 2017 • luna.captains@gmail.com

## Ultimate Field:

- 2 teams of 7 players  
-Offense (circles)  
-Defense (X's)

**Goal:** To score by catching the disc in your respective end zone



## Tournament Stats:

### Cowbell Classic:

#### Dooley

W v Mississippi State 7-6  
W v Harding  
L v Swoop 5-7

#### Swoop

W v Harding 8-5  
W v Mississippi State 9-6  
W v Dooley 7-5

### Classic City Classic:

#### Luna

L v Kennesaw 5-8  
L v Michigan 11-6  
W v Florida State 8-7  
L v Central Florida 8-9  
W v Georgia Tech B 13-2  
L v Auburn 3-13

## MVPs

### Offensive:

Elshaddai Girma ('19)  
Meghan Murphy ('21)  
Katrina Rizzuto ('20)  
Izzie Theunissen ('20)

### Defensive:

Hannah Ray ('20)  
Arielle Kahana ('19)  
Dana Underwood ('19)  
Clara Burke ('19)  
Katrina Rizzuto ('20)

### Rookie MVP:

Valerie Sandoval ('21)  
Marin Pollak ('21)  
Scarlett Rocha ('19)

**Shout-out to Katrina** for receiving both O and D jerseys this semester and **Meghan** for being the first rookie to get a MVP jersey!

## Social Media

### Twitter:

@LunaUltimate

### Facebook:

Emory Luna Ultimate

### Instagram:

@emorywomensultimate

### Website:

[lunaultimate.wixsite.com/lunaultimate](http://lunaultimate.wixsite.com/lunaultimate)

### Fundraising emails:

[hannah.katz@emory.edu](mailto:hannah.katz@emory.edu)  
[emma.wright@emory.edu](mailto:emma.wright@emory.edu)

## Greetings from Emory Women's Ultimate!



We are so excited to present the families and friends of our players with our first official newsletter. Our newsletters will contain some crunchy information about tournament updates, MVPs, fundraising events, Luna/Tuna gear, etc. It will also capture EWU's spirit with our best tweets, blog posts, rookie corner, and more.

### So, what is Ultimate?

**Ultimate is a non-contact, self-officiating team sport played with a frisbee.** Seven players from each team are allowed on the field at once, and the goal is to score by catching the disc in your team's respective end zone. Players are not allowed to run with the disc and must keep one foot planted while in possession of the disc. There are two offensive positions on the field: handlers and cutters. **Handlers** are skilled throwers who pass the disc to a receiving cutter in order to progress downfield. **Cutters** use their quick, sharp movements to get open to receive the disc.

The most important aspect of ultimate that sets it apart from other sports is **Spirit of the Game**. Ultimate does not have referees, so the players are in charge of knowing the rules and being able to discuss calls amongst each other. **Spirit of the Game asks that players adhere to the rules, maintain mutual respect between players, and of course, enjoy playing the game.**

### Team Update:

Emory Women's Ultimate was unofficially founded in 2000 and has grown tremendously since then. Our most exciting news for this season is our team split. Up until last year, we were only one team, **Luna**. However, Luna continues to grow in size each year and our growth has ultimately led to the decision to create a second team, **Tuna (2una)**! No longer does our team solely identify as Luna, but as an all-encompassing, unified **Emory Women's Ultimate**.

The main difference in Luna and Tuna is what our players are hoping to get out of our program. Luna is our competitive team that asks for more commitment from our players in order to progress further into the championship series. Tuna, on the other hand, is a team where players can focus on personal growth and development with slightly-less commitment. However, both teams have shown outstanding performances from our players and deliver on ultimate spirit.

### How You Can Get Involved:

Our program has benefited significantly with all our new players, but we are now responsible for double the financials including more cars, more hotels, more bid fees, etc. If you would be interested in supporting the team's growth by purchasing Luna/Tuna gear or making a donation, you can reach out to our amazing fundraising chairs, Hannah Katz and Emma Wright. Both Katz and Wright have been working hard to meet our fundraising goals by selling Luna discs and holding a late-night bake sale at Maggie's. Most importantly, they have founded a new scholarship for EWU players experiencing financial difficulties that could prevent them from staying with our program.

We hope you enjoyed our first newsletter! Look out for future newsletters and updates, and don't forget to follow us on social media and check out our website.



## Spring 2018: What's To Come

**Clutch Classic**—January 27th & 28th at Kennesaw

**Luminous (EWU hosted!)**—February 10th & 11th at Georgia Soccer Park

**Chipotle Fundraiser**—February 4th from 4-8PM at Emory Village

**High Tide**—March 12th through March 15th at North Myrtle Beach

