"That's important; there are slow days, but there are no off days."
Within a few weeks of learning we were teammates, the 2016 World Ultimate and Guts Championships men’s team had an email thread that served as our workout log. This shouldn’t surprise, but Kurt Gibson is working his butt off:

» arrived in mexico city.

» can’t say too much. darkhorse.

» smoked brodie on the sprint to the city plaza

» ran into center of large mariachi band, found the trumpeter who wasn’t playing.

» shake & bake

That email thread has driven me to challenge myself in the gym. Goose [Jonathan Helton] is cleaning 225 pounds, and I just want to stay within 100 pounds of Cassidy [Rasmussen]’s deadlift. These guys are already pulling the best out of me, and we haven’t even had our first practice yet. I know that when Tyler DeGirolamo found out the decision to have surgery on his knee would mean not being able to play with the team, it was no decision at all; he’d endure the pain and rehab around the knee. He’s sacrificing to be a part of the team, and I can’t wait to sacrifice for him. That is the power of the workout log.

I used to think that the primary factor that bonded teammates together was the collective hard work, and I’ll always believe that’s a vital piece. The workout log facilitates that, but if you do it right, it’s far more than that; it’s a free glimpse into who your teammates are.

I believe The Koosh understood that, in his own words:

» free windows, lots and some heavy big ones. load em in a truck, sandwich with blankets real careful. they’re fragile so focus on control and form.

and still broke a couple...

» unload the windows too

» roll and stretch

With that, I’ll leave you with today’s workout:

» 6:15am workout with Jerry [Jack] McShane

» rolling, static, mobility, dynamic

» band-resisted lunges 2x20yds

» band-resisted sprints 2x20yds

» band-resisted bounds 3x5

» 150m shuttles x8 (30yd increments), 3:1 rest:work

» tried to write article. instead, did the following x 3 sets:

» mini frisbee living room disc golf with C [Carolyn Matthews]

» walked dog

» called parents

» 1:15am – finished article

“Everyone was taking the time to share a little piece of themselves each day.”

Alyssa Weatherford (right) is one of seven Seattle Riot athletes to make the 2016 U.S. National Teams. Photo: Billy Dzwonkowski/UltiPhotos

Ryan Farrell won a gold medal at the 2013 World Games, captained Johnny Bravo to a national championship in 2014 and is hoping to help the U.S. Men’s National Team win gold at WUGC this summer. Photo: Alex Rentzis/UltiPhotos

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