



Bad Habit Ultimate

The Catholic University
of America

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Roll Call, March 29th and 30th

Bad Habit barely snuck into Roll Call this year after amassing big victories at Huck of the Irish over a huge Vermont team, Air Force, and Pitt-Johnstown. Of course, it took a letter detailing our victories this year and contrasting the desire and determination of a 2008 Bad Habit team vs. that of a 4-13 CUltimate in 2007 to convince the Roll Call TDs of that. Our record and this newly-found recognition speak volumes about the character of this team.

Roll Call was looking to be Catholic's first real test after getting snubbed out of a big day at Huck of the Irish by the rain and wind. We were looking at pool play opponents of Virginia Commonwealth (Looking to extend a 3-game win streak against us), Pennsbury High school, Penn State, and the #1 seed, and Sectionals rival, George Washington.

Day 1: Pool play started off as expected by crushing an undermanned VCU team. Our speed and deep attacks forced the Biscuit Villains into setting a zone that was easily navigated by our handlers and persistent popping by Lemon, Stills, and Jim. 13-5 Habit

The chatter coming from Penn State the week prior sounded like they were going to be pumped up and ready to prove themselves this weekend. Still upset about missing out on a #1 seed, they seemed anxious to prove that they deserved one. PSU took half 7-4, but the Habit has a history with comeback wins this year, as Metz will tell you, and we poised to strike. At

8-6 the cap went on, meaning a game to 10. PSU scored the next point and looked ready to end it with another 'd.' Jared had an "out-of-body/Gladiator" moment and decided he would start catching discs, I did my best to tell myself to calm down my hucks, and the rage Arin was about to release on defense was everything like that of a cornered beast. We scored to make it 9-7 and then set our zone defense. PSU worked the disc fluidly until their captain settled for a big blade-like forehand into the endzone that was just crushed by Arin. I scrambled to give Jared a deep look and he launched a big backhand into the PSU endzone. It was a little high, but State doesn't have too many large defenders, so I easily sky'd 2 of their guys to make it 9-8. Frustration was running high on Spank's sidelines now. Another defense in the zone put us in striking distance again and a well-placed flick from Jared to myself evened the score at 9's. *This is where we stopped playing good Ultimate and just got lucky* We managed a 'd' in our endzone and I picked up a disc. I forgot everything I had told myself about hucking the disc and put up an ill-advised flick to Jared upwind. The disc barely scraped off a Spank player and we had our own immaculate reception. After a few resets I put the disc into the hands of a bounding Rabbit for the score and the win. 10-9 Habit

Pennsbury High School was an all-around solid game by the Habit as we spent most of the game hucking to Arin and Lemon for easy scores. We lost Stills this game to an injury, and there were several moments of excitement (such as finding Arin's contact after he lost

it laying out HUGE for a score!), but all-in-all it was very similar to the VCU game. 13-4 Habit.



Andrew "Lemon" Gravunder made play after play for the Boxing Nuns.
Picture by David Alexander

George Washington was on our minds the instant we saw our schedules. Knowing previous results of our 4th games on Saturday, we knew we were going to have a tough time putting together any kind of a game for them today. We had big plays on defense, but just couldn't get our offense running as we silently finished our big day losing 4-13.

Having a 5th round bye has been almost as certain as knowing Jim's wearing argyles and a flannel, so we stretched out and planned to watch some of the elite collegiate teams in attendance. After checking out Harvard, Boston College, Western Washington, and Cornell we headed back to D.C. to get some much needed rest.

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Rules of the Month:

Stall: Once an offensive player receives the disc, the defender will initiate a "stall count". That count runs to 10 and represents the amount of time the offense has to throw the disc. If the defender reaches "10" before the disc is thrown, a "stall" is called and the result is a turnover.

Strip: When a defender causes an offensive player to drop a disc after the catch is made; either through hitting the disc or pulling the disc from the offensive player's hands. A strip in the endzone results in a score.

What's going on?

- Tournament Schedule
- Player Bios
- Bad Habit is currently #4 in our Section and #124 in the nation!

President: Samantha McClellan

Vice-President: Adam Ranjo

Treasurer: John Golden

Captain: Alan Janzen

Captain: James McMahon



Upcoming Tournaments

April 12, 13—Capitol Sectionals @ Salisbury, MD

April 26, 27—Metro East Regionals @ Princeton, NJ*

May 24, 25—D-III Nationals @ Versailles, OH*

*attendance subject to results of prior tournaments

John Golden, Junior

Years played? 3 years

Do you have a nickname? Lil' john

Can you describe the greatest moment in Ultimate for you? The best moments are when I'm playing Defense, I am just totally shutting down another player. Whether its getting hand blocks on him or just keeping him from getting the disc. Nothing feels better then to know you have taken a element of the other team out of the game.

How would you describe your playing style? Work well out of the 2nd handler spot. I'm chilly with the disc and have no problems looking to my dump if nothing up the field is open.

If you could tell the rookies anything, what would it be? That this game is 25% physical, 25% skill, and 50% mental. If you are cool and under control your style of play is much better. To lose your head is to lose the game. Project confidence in your throws even if they are not the best ones on the team, and lastly believe in your team and the guys around you. When there's 7 on the line you must trust the other 6 to do their job to the best of their ability as it is expected that you will do your job to the best of your ability.

Favorite Quote The disc is always in play, never quit, never give up, and chicks love Ultimate Players.

Roll Call, continued

Day 2: Catholic woke up a little sore and maybe a little irritated at having to play an 8am game on a Sunday, but we pulled together and loaded the van for Poolesville at 6:15am. Our first round opponent was Columbia High School and we were looking at an opportunity to play for 17th place.

Columbia High had big numbers and a lot of talent. The nuns arrived with 10 ready to play and we proved to be a bit sluggish in the morning. Our deep looks weren't there and we struggled to gain some sort of consistency on offense as CHS

rolled to a 12-7 win.

A loss proved to be beneficial as we now earned a shot at Georgetown University. Georgetown has typically been strong in our Section, and this year we've been battling them for the 4th #1 seed at Sectionals. Habit came out angry and was led by Andy "Lemon" Gravunder as he could be found anywhere there was a loose piece of plastic. He toed the line numerous times for huge scores offensively and managed to control the game on defense as well. After unleashing Lemon, Habit rolled to a 12-3 victory, demoralizing Georgetown.

A win against Georgetown led us into what would be our final game of the tournament. When we crossed fields to meet Lehigh they were already lined up on the field ready to play. Our 11, now that we had Arin, met their team of 22 in another hard fought game. Our defense faltered close to half as our legs began to tire. Lehigh pulled away. On offense we stuck with our deep game but it just wasn't enough. Catholic finishes the tournament tied for 27th after a 10-6 loss.

Thanks for a great weekend, Habit!

Written by Alan Janzen

Definitions:

Force—The side of the field you want the offense to throw to.

All defensive players reside there.

Hammer—An over-the-top throw similar to a baseball throw

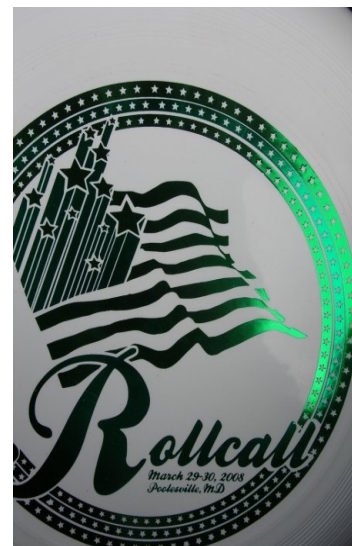
Reset/Dump—The position on the field closest to the disc.

Used often to keep the disc in play when there are no other viable options.



John Golden and Jim McMahon playing the "Who has more chest hair?" game.

Picture by Alan Janzen



Picture by David Alexander

Dave Alexander

Four Cool things about me: 1. My only successful greatest came in a pick-up game in Greenbelt, MD. The people I was playing with barely reacted. 2. I've run a sub-5 minute mile every year since my sophomore year of high school. 3. I once ran a marathon and wrote a 50,000 word novel in consecutive months. 4. I have visited at least 46 states in my lifetime.

Ultimate history: I've played for 11 years. The first 3 years I played on a turf field with anybody that would show up. We played 3 on 3 and we played 15 on 15. My specialty then was the same as it is now, I was able to RUN after the disc and come down with more than my fair share. Late in my senior year of college I played organized Ultimate with the University of Missouri MUTants. Things were still getting organized in a lot of places in the Midwest and South, and we made Regionals. We took a team RV down to Texas in what has to be one of the most legendary road trips I've known. At that tournament I was also part of an infamous point which helped me form a lasting bond with Ultimate. From there, I played a season of club with Nucleus out of Kansas City, took a season off to work as a ski lift operator, then played a season of club with Columbus Mad Cow. We went to Regionals with talk of Nationals, but mentally self-destructed in fairly early rounds. This team had some of the most talented Ultimate players I've ever shared a sideline with. After that season, I was pretty burnt out on club Ultimate and so I was happy to take up the Washington DC league scene. I played a season with the HarshMellows, before finding my current home with Team Schaefer. At about the same time, I also found Catholic University Ultimate. I appeared in Edinboro at a tournament 6 hours from DC looking for a team in early 2003. The savage 7 that had appeared that day from Catholic graciously let me join them as we romped in the snow and my bond with the university was formed. Since then, I've spent a large amount of time coaching skills, cheerleading, and generally supporting Catholic Ultimate with as much time and enthusiasm as I could muster. I've met a lot of great people through Ultimate, and it's been really special to even be on the fringes of a growing team like Bad Habit.

My tips to pass on:

1. Cut like you mean it
 2. Dump, dump, dump- even if you don't understand why you are doing it, one day you will.
 3. Enjoy yourself. It's a game.
- (3a. The better shape you are in the more points you really get to enjoy.)

Anthony Buatti, Senior

Years played? 4

Do you have a nickname? Boo-Boo

Can you describe the greatest moment in Ultimate for you? Playing Ultimate under the lights at the Duke Tournament
Sophomore year

What part of Ultimate do you do best? Spirit of the Game

How would you describe your playing style? Cautious with spurts of recklessness, mostly when I want to huck.

If you could tell the rookies anything, what would it be? Run hard, ask questions, and don't show up if you have got an attitude.

Favorite Quote Every man dies, not every man really lives - William Wallace



Dave, full-on mountain man.

Picture by David Alexander

*I'm Frodo Baggins,
Do this for the Shire!*

THE SHIRE!



Anthony Buatti at Huck of the Irish 2007.

Picture by David Alexander

Results

Cupid's Revenge

Result—Tournament Champs!

Pool Play

Saturday:

Vs. Towson 16-14 (W)

Vs. St. Mary's Y 14-15 (L)

Vs. St. Mary's X 15-13 (W)

Vs. Maryland-B 1-15 (L)

Sunday:

Vs. Johns Hopkins 15-8 (W)

Bye

Final

Vs. Towson 15-14 (W)

D MVP—Andy Gravunder

O MVP—Anthony Buatti

Recent News:

Bad Habit has been making a habit (please excuse this one...) of getting video footage during tournaments. Thanks to Andrew Metzler, we currently have 3 highlight videos posted on YouTube!!! If you are interested in seeing Bad Habit in action, check us out at:

1. <http://www.youtube.com/watch?v=5kX6DQzDdIQ>
2. <http://www.youtube.com/watch?v=MpIwcHZ3Oto>
3. <http://www.youtube.com/watch?v=q4cEK3DnffM>

More highlights to come. We have great footage from Roll Call!

April 12-13th is our Sectionals tournament this year. Sectionals is the most important tournament of the year for a collegiate team because it determines our chances of playing in the Regional tournament or even D-III Nationals in Versailles, OH. If you are anywhere close to Salisbury, MD and would like to come out and support us, please let one of us know and we will supply you with directions and a schedule for the weekend.

Thanks again to all of the parents for your continued support!

Huck of the Irish

Result—Catholic won our bracket finishing 25 of 48.

Pool Play

Cancelled due to inclement weather

Bracket Play

Vs. Air Force 10-5 (W)

Vs. Pitt-Johnstown 15-6 (W)

Vs. Vermont 10-5 (W)

D MVP—Billy Doyle

O MVP—Alan Janzen

Novafest

Result-

Pool Play

Vs. Eastern 13-8 (W)

Vs. St. Lawrence 13-7 (W)

Vs. Drexel 13-11 (W)

Vs. Pittsburgh-B 2-13 (L)

D MVP—Peter Walz

O MVP—Jared Aumen

Roll Call

Result—Tied for 27th of 40 teams

Pool Play

Vs. VA Commonwealth 13-5 (W)

Vs. Penn State 10-9 (W)

Vs. Pennsbury HS 13-4 (W)

Vs. George Washington 4-13

Bracket Play

Vs. Columbia HS 7-12 (L)

Vs. Georgetown 12-3 (W)

Vs. Lehigh 6-10 (L)

D MVP—Arin Heureux

O MVP—Andrew Gravunder



Alan Janzen gets low for a flick against Georgetown.

Picture by David Alexander

I wonder why
that Frisbee is
getting bigger....

And then it hit
me!

Did you know?

In 1871, William Russell Frisbee founded the Frisbee Pie Company in Bridgeport, Connecticut. Back in 1920, Frisbee pies became popular with students at Yale University. They discovered that not only could you eat the pie, but you could also play with the tin afterward.

It was another 30 years before the Wham-O Toy Company, fresh from its success with the hula hoop, would try to market a flying saucer toy. Wham-O called its toy the Pluto Platter. In 1959, a company executive heard about the game they played at Yale and decided to change the product's name. Frisbee is remembered today, not for his pies, but for the aerodynamic properties of his pie tins.

Taken from the history of Wham-O Inc.

Get into the Habit!