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10-23-2024

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### Recommended Citation

Miles, Maude, "2024-10-23 Catching Frisbees and Creating Connections" (2024). *The Spectator Online*. 1356.

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# Catching Frisbees and Creating Connections

Maude Miles, Volunteer Reporter

Flying frisbees aren't the only things that are catching eyes. The Throbots, Seattle University's Ultimate Disc Club, are catching hearts and giving opportunities. In a year marked by new head coach Alyssa Kelly joining the Throbots, the team has grown to new heights.

Alyssa Kelly started playing ultimate frisbee her freshman year of college at Loyola University Chicago. When she moved here she felt an immediate bond to Seattle.

Coach Kelly has brought energy and experience to the Throbots. Using her knowledge, she comes to every practice focused on how she can help each of her players grow and perfect their skills.

Coach Kelly begins every practice by going over names so that everyone can know one another. Then she allows everyone to get a chance with the frisbee and get a feeling of how the game works.

"Instead of a full field where players get lost instead of standing on the side, it's four at a time so they can touch the frisbee and get used to it," Kelly said.



Alan Behar



Zam Ortega

She bounces with joy, applauding when a player makes an extravagant throw or a catch. She has players partake in demonstrations so they can get an idea not just visually but physically about a play.

Miranda Gormley, a fourth-year environmental science major and captain of the women's team, discussed how the Throbots create a sense of togetherness

"I think building up a place to have that community is important," Gormley said.

Gormley expressed wanting to support others like they did for her. When she first started she didn't feel welcomed and wasn't sure about coming back, but the few people that wanted to make it more

welcoming for her created a space for her to feel like she belonged. She wants to do that for other people and pay it forward.

Emerson Hickman, a second-year finance major, is a player on the Throbots. Hickman started playing ultimate frisbee in middle school, and has been enjoying his time with this team since joining last year.

“The beginning felt kinda crazy when I was still learning, but as you improve you start to get this flow,” Hickman said.

Hickman explained how everyone looks out for each other and feels that their team has become a community. Coach Kelly cheers on the new players and creates mini-game team names to help foster this community.

One of the repeated phrases among team members is “Goldfish brain.” Hickman summarized it as, “Remember it and move on.”

Players agreed that everyone cheers for everyone, that all are welcome at ultimate frisbee and they show that when you come to practice.

The Throbots are a wonderful team full of skill, inspiration and a place where moments of community, and connections can happen.

“[The coaches] have been terrific teaching us how to improve,” Hickman said. “They genuinely care for us.”

If you are interested in ultimate frisbee visit the field Tuesdays and Thursdays from 8-10 p.m.