

## Training Week Recap: “Fun in the Sun”



Down in the depths of the great white North, a great bunch of guys descended upon the cloudy skies of Providence. “Train, train, hellfish, train” Crandon was heard repeating. With this mindset, the hellfish spent 4 days toiling away growing their skills, brushing off the dust of winter break, and preparing for an excellent spring season.

Arriving back in the Renaissance City Thursday night, the team congregated at Sid and Jason’s house to kick off the week. BMo enjoyed a wonderfully home-cooked meal courtesy of the Xenon and Krypton pods (but mostly Amrik’s mom, who filled our souls with a delicious brownie pudding). After the long hiatus of winter break, players were regaled with tales of each other’s fond memories from their travels.

When the dinner came to a close, the official festivities of Training Week began with the Winter Workout auction, where pods wagered their hard-earned workout points accrued through assigned and extra workouts over the winter. Items ranged from first dibs on a FloWo bed spot

(look out for the recap for that soon) to old jerseys, to a home-cooked meal at Nate's house. "I sure wish I could have gotten that 20-minute deep tissue massage from Nolan," Jem lamented after the auction to all within earshot. After a fun night of catching up and bonding, the team prepared themselves for the hard week of training ahead.

As the sun illuminated the untrodden turf of BFF, we made our way onto the cold field to begin our first practice of the season. With the winter break came time for rest, and at the first practice, we saw some previously injured players returning to play. Emmett, Eli, Isaac, Jem, Aayush, Karl, and more made a return to play Friday morning. Stout had some harsh words for Ryan who was not wearing his customary shorts. Practice went well, and the team collectively went to the Ratty during the break. The second practice was more tiring, but the team pushed hard to finish the day strong. That night, BMo opened up and fell in love with one another through self-reflection. "The weight of the capitalist enterprise on our post-Freudian society fills me with existential dread for the future of Socratic thought in the academic sphere," Pat solemnly shared with the team. Teo responded, "That's so Ohio."

On Saturday morning, the team returned to the fields for another day of growth and competition. It was perfect frisbee weather, but just enough wind to make us remember that we're not in Texas. After practice, we made our way to New Watson for a discussion on Unacceptable, Acceptable, and Exceptional team member behavior. We went over the values we hold for coaches, captains, and teammates, creating our Code of Conduct. For the second practice of the day, the weather was reminiscent of Classic City Classic this past fall, with rain and wind making things more difficult. At night, there was nothing but popcorn in our hands as we watched a movie, not letting the cold air in. "It reminds me of myself", said a member of the team who did not wish to be identified. Jem and Caleb celebrated a tremendous Washington Commanders victory, predicting similar triumphs for BMo at FloWo.

Sunday morning, we kicked off our last day of practice – modeling the Nationals tournament schedule. With sore legs, we had to push extra hard to ramp up the intensity of practice and compete at our highest level. At lunch, we conducted our annual Secret Snoopy gift exchange. Among the prized items was Chien-themed hot sauce for Chien Sauce. The second practice was a push, but just as intense as the first, modeling a semifinals game in the Nationals schedule. At night, the team returned back to their dorms for a night of scouting and film-watching.

Training Week concluded Monday with the famed O v. D scrimmage, which was preceded by a detailed chalk talk discussing strategies for the game. The teams arrived and warmed up separately, with the atmosphere as cool as the wintry air. As tensions rose, Nolan got into a tickle fight with Luca, but thankfully Jake was there to break it up. The offense started off strong, but thanks to key contributors Oliver and Bensky, the D-team was able to turn it around for a

thrilling universe-point victory. *Editor's note: the "truth" of this narrative has been twisted beyond recognition.*

As Training Week came to a close, we returned to our dorms and got ready for the semester – ending the week with fond memories and hyped up for the spring season. Our first spring tournament is Florida Warm Up, and we look forward to showing off our hard work in Gainesville!