NEXT SOCIAL

Every Third Thursday of the Month

AUGUST 20TH

COCKTAIL + GAME NIGHT
co-hosted by Alissa and Larissa!

ANNOUNCEMENTS

No Ultimate news at the moment unfortunately.

PLAY IN U.S.A. FRIDAY MIAMI F.L. FIASCO FLYER est 17

Friday, August 7th, 2020 • EVERY FIRST FRIDAY • volume 01

No Partner For Throwing?

Don't want to go outside to throw?

Here are some recommendations and articles while you're at home.
Here's an UltiWorld Tuesday Tips piece on
'How to Fake Effectively.' Faking Fundamental

- **Fake like you throw**. Don't develop a special "faking" motion that differs from an actual throw. Make it the same to make it believable.
- **Don't fake the same throw you intend to throw** (or, don't throw where you just faked to). Create space by faking to a different spot and forcing your mark to move.
- **Fake a variety of angles and release points**. If you continually fake the exact same release point, your mark won't have to adjust much to take away the throws you're looking for.
- **Vary the speed and timing of your fakes**. Faking like a pendulum, with a predictable back-and-forth motion, is a surefire way to get hand blocked.

Source: https://ultiworld.com/2016/08/02/tuesday-tips-fake-effectively-presented-spin-ultimate/

Want feedback on your pivoting or throwing?
Send a video to captains

Ultimate Highlight

Recent Ultiworld articles:
https://ultiworld.com/category/analysis/
https://ultiworld.com/division/usau-club/

PAUC 2019 Finals Highlights
https://youtu.be/oD58FiOGClk

Other Highlights Videos, Updates from USAU, and Games to Watch:
https://youtu.be/CJPdBWYB7us
https://youtu.be/j9G5mPOk8YE
https://youtu.be/IdIYvSC-CIM

Hello Fiasco Friends!

Thank you for taking the time to read our first Fiasco Friday Flyer!

We will be sending you some love and team/Ultimate updates once a month on the first Friday. If you cant remember, just F it!
Since the official season was sadly cancelled, we have decided to pivot towards facilitating some fun, social engagements for our team because

WE MISS YOU!

So stay safe, stay spicy, wear a mask, and wash your hands. (And if you need a mask, buy one from Darly's Etsy Store!)

INSTAGRAM TAKEOVERS

Check out Sam Young's takeover! Sign up to takeover the Fiasco account. Tell us about yourself and your quarantine life.

https://fiascoultimate.youcanbook.me

THURSDAY SOCIALS

We need people to volunteer to lead any kind of activity so please reach out to Alissa if you're interested (631-935-4156).

LAST THURSDAY SOCIAL

July 23rd

Painting with **Sofia Whittaker**!
Thanks to a great night with friends and paint, and thanks to Sofia for guiding us along!
See all of the beautiful artwork on our website!

Health Highlight

Have you ever heard of **casein protein**?

It's a dairy product so if you are vegan or sensitive to dairy this might not be the best fit.

The reason why I love this protein specifically is for what it does to help you maintain muscle. You want to take this protein at night before bedtime because it's a slow releasing protein that will give your muscles what it needs to avoid depletion while you're sleeping. The reason why casein works better than whey comes down to how fast your body absorbs each protein. So, while casein is slow releasing, helping you maintain muscle mass, whey is quick absorbing and is taken surrounding your workouts to help with building muscle mass.

Check out my casein protein mug cake that can also be a brownie depending on what you cook it in. Did I mention I make these in the microwave?

I have a Lekue silicone microwave omelette maker that makes for an awesome brownie texture.

CASEIN PROTEIN

https://www.amazon.com/dp/B075KG5Q6K/ref=cm_sw_r_cp_apa_i_kFniFbDCH54WR

LEKUE PRODUCT

https://www.amazon.com/dp/B00BB64RA6/ref=cm_sw_r_cp_apa_i_MDniFbHWCZ9PR

CASEIN PROTEIN MUG CAKE

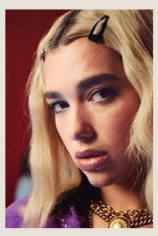
"I've been using casein protein for over a month now and have been able to gain over 5lbs of muscle during a dieting phase which is not easily attainable."

1 scoop of chocolate casein protein
1 Tbsp almond or coconut flour
2 tsp cocoa powder
¼ tsp baking powder
2 Tbsp egg whites¼ cup oat milk (or sub. milk alternatives)
6 dark chocolate chips (optional)
whipped cream (optional)

- Mix together in a microwavable mug until a cake like texture.
- Microwave for 1 minute and check on your dessert.
- Keep adding in 30 second increments until no longer liquidy.
- I like to add some fat free whipped cream on top!

Arts & Culture

NETFLIX
The Old Guard



"Break My Heart" by Dua Lipa

Rollerblading

#FiascoFriday - Rep your Fiasco gear and tag us for a share!

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LauderAle Brewery & Tap Room Ft. Lauderdale, Florida

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For comments, questions, ideas, or if you'd like to help email fiascoultimate@gmail.com