WIDE OPEN!

With the 2008 World Champions going their separate ways, the title is up for grabs in the most competitive kickball division in the world.
Message from the President
I would like to welcome to VA Recess for Winter 2010. This season promises to be one of the most competitive and fun seasons will you will ever play in. With teams that competed on the national level to teams that are nationally known for having fun, there is something for everyone.

This will be my 6th overall season of kickball, and 4th for WAKA. For those that played in Shore division, you might have seen me on teams like Freemason Freaks and Chris Brown Backhand, as well as serving as Vice President this past fall. I also played in Atlantic Division this past season on Special Sauce. If you haven’t met me in person, you can probably recognize me with my signature orange bandana on my left leg (which I will continue to sport). I want to let you know that I am here to serve you and to keep things running as smoothly as possible. My goal is to not be seen, but to only be heard through weekly emails.

This year I will accompanied by Kim Merritt (Alpha Omega) as Vice President, Jaried Frogosa (also of Alpha Omega) as Head Referee, Kate Barcus (Sloppy Seconds) as Social Committee Chair, Gerry Malig as Charity Committee Chair, Daniel Reyes (Sloppy Seconds) as Webmaster/Photographer, and Brent Wentworth (Victory in Da Feet) as GMOT Editor.

This year we are honored to be allowed to play at the Azalea Little League Complex, located at 1130 Pineridge Road in Norfolk, VA. While they are a private field they do have some rules for us to abide by:

- 1. NO Alcoholic Beverages are allowed.
- 2. NO Pets Allowed.
- 3. NO Smoking.

Please be respectful of these wishes and we should have a good relationship with them for years to come.

I am really excited about this upcoming season, and I hope that you are too. So strap on your cleats, grab your gloves and mittens, and bring something to keep you warm. If you have any questions, feel free to email me at any time and I will get back to you as soon as I can.

Thank you,
John Wilkinson
johnpwilks@gmail.com.
Team Previews

Alpha Omega

Captains: Jaried Frogosa & Carissa Eschner
Color: Cardinal Red

Roster

<table>
<thead>
<tr>
<th>Allen Holt</th>
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<tbody>
<tr>
<td>Ashley Carte</td>
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<tr>
<td>Carissa Eschner</td>
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<tr>
<td>Ronnie Whitten</td>
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<tr>
<td>Dave Regelsky</td>
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<tr>
<td>Judy Rodakis</td>
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<tr>
<td>Paul Devlin</td>
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<tr>
<td>George Kiriazidis</td>
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<tr>
<td>Aldrin Mota</td>
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<tr>
<td>Jaried Frogosa</td>
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<tr>
<td>Jeff White</td>
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<tr>
<td>Kim Merritt</td>
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<tr>
<td>Lorraine Adkins</td>
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<td>Shannan Phillips</td>
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<td>Randy Devlin</td>
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Sound Off

by Kim Merritt

“What can I say? In keeping with tradition Alpha Omega V4.0 will look significantly different than the previous season. The only thing constant on our team is change. While this may make it seem like a good opportunity to take advantage of staffing changes, over the seasons the changes have made us a team that adapts quickly. We lost some key players but replaced them with a fresh infusion of speed and experience. As we've proven in the past we take heads, so good luck to the teams that take us lightly. A what?????? A-Ooooooooolllll!!! Bring it bitches."
Victory in Da Feet

Captain: David Dixon  
Color: Light Blue

Meet VIDF by Betsy Dixon

"Mmmm ok...what kind of write up do you want about our team? Maybe you should just put that we're the best. The best looking. The most athletic. The funnest. The coolest. The fastest. The smartest. The end... And oh yeah, and pretty much all but two of us have been on a championship team."

Roster

Ashley Lanteigne  
Anthony Williams  
Clay Birkhead  
Amanda Smith  
Brian Sanders  
Chris Pedigo  
David Dixon  
Ed Stryker  
Jennifer Hawkins  
Jared Rankins  
Brent Wentworth  
Graham Hall  
Chris LeBlanc  
Whitney Stolle  
Patrick Jones  
Betsy Dixon
"Tundrafeet/(Thunderfeet) or Yellow is one of the only remaining original WAKA teams to still be playing. We have been around since the beginning of WAKA kickball in the Tidewater area and are also one of the few teams who have been around since the beginning of the Recess Division. Last season Tundrafeet had a great time on and off the field. Those teams who played last season will remember the great tournament run we had by taking out the number 3 and 8 seed teams to make it to the semi-final game where we lost to the tournament champions. We are looking forward to another great winter season with lots of jello shots, beer, food and fun."
Panik Attack
Captains: McCoy Wood & Larry Liverman
Color: White

Roster
Ashley McGaw
Larry Liverman
Dan Nichols
Thomas Ewald
Eddie MacDonald
Erika Glaubke
Masood Naderpoor
Jason Gregory
Kellam Terry
Laurin Bunch
McCoy Wood
Michael Davis
George Bunch
Randi Brown
Terri Brewer-Liverman
Trey McGlohn
William Yomby
David Wright
Nicole Wilson

Sound Off
by Trey McGlohn

Panik Attack is a compilation of old farts chasing their former athletic glory. PA could also stand for Painkiller Addicts the way this team downs ibuprofen after a couple of kickball games. Blending experienced kickballers with a few newbies that have no clue what the hell they are doing, Panik Attack hopes to finish somewhere in the top half of the standings. The infield, led by Geritol inventor and senior citizen Larry Liverman along with Dan "Baby Daddy" Nichols, hopes to keep all teams from scoring in double digits. Captain McCoy Wood, better known as "Mr. Woo-Woo," hopes to lead the offensive effort--after receiving cortisone shots in every joint of course. Also returning is Masood's hair, although his mullet is a couple inches shorter (sorry, ladies), and Eddie Mac, better known as "the guy whispering outlandish things to you on the dance floor." Robbie Wright has proclaimed to all the ladies of kickball that this season his anaconda does want some. He may not have to look further than his new female teammates. PA introduces a slew of super athletic and ridiculously good looking kickballers, led by veterans Terri Liverman and Randi Brown. These women intend to take VA Recess by storm and cause panik attacks both on and off the field.
Those Guys

Captain: Juan Martinez
Color: Maroon

“Those Guys” are a last minute ensemble of players. We have never play together before. However we have a list of experienced kickballers that played before for other teams and other leagues. Plus we have enough talent to win games. Will we ingrain as a team? I think we will. We should not be underestimated on the playing field. And we should not be confused with the Alpha Omega. They have a similar t-shirt color.

Roster
Eddie Seavers
Heather Snyder
William Snyder
Jim Piekut
Jason Kowalik
Juan Martinez
Jamie Halfacre
Jay Shah
Katie Baynor
Katie Litle
Kevin Knight
Eric Moffat
Paul Fortney
Rebecca Gallardo
Toby McGrail
Some of the top kickball analysts, pundits, and experts in the country came together and ranked the teams prior to the season (1<sup>st</sup> places votes were worth 10 points, 2<sup>nd</sup> place votes were worth 9 points, 3<sup>rd</sup> place worth 8 points, etc). Here are the results of this highly scientific and precise poll...

<table>
<thead>
<tr>
<th>Rank</th>
<th>Team</th>
<th>Points</th>
<th>First Place Votes</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td>Panik Attack</td>
<td>39</td>
<td>3</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>The Core</td>
<td>32</td>
<td></td>
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<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>2</td>
<td>Tiki Titans</td>
<td>32</td>
<td></td>
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<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4</td>
<td>One Life Kickers</td>
<td>29</td>
<td>1</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5</td>
<td>Sloppy Seconds</td>
<td>23</td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>6</td>
<td>Alpha Omega</td>
<td>19</td>
<td></td>
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*Panik Attack*

Loaded with some of the best parts of Make it Rain (Va Shore '09 Tournament Champs) and Frosty Balls (VA Shore Fall '09 Regular Season Champs), Panik Attack will certainly be a force this year in the division and the nation.

*The Core*

Scott, Timmy, and Ed will make up one of the fastest infields in the country. Adding Alvin of Yo Momma (former co-MVP) is a huge addition as well.

*Tiki Titans*

Tiki returned to their former glory in the fall, showing in spurts what they are capable of.

*One Life Kickers*

The majority of Frosty Balls reassembles under a different name, some familiar additions, and probably the nastiest two-bounce pitcher ever seen in Blake.

*Sloppy Seconds*

With experienced players up and down the lineup, Sloppy will be able to compete with anyone.

*Alpha Omega*

AO is capable of hanging with even the best teams of the nation, but with the departure of the pitcher (Brent Wentworth) and charger (Anthony Williams), only time will tell which way they are heading.
<table>
<thead>
<tr>
<th>Rank</th>
<th>Team Name</th>
<th>Points</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>6</td>
<td>Third String All-Stars</td>
<td>19</td>
<td>No preexisting team has done a better job of upgrading their talent then Third String. (editors note: John demanded this line be kept in just because he joined 3rd String this season)</td>
</tr>
<tr>
<td>8</td>
<td>Victory in Da Feet</td>
<td>15</td>
<td>Borrowing key parts from various top teams, ViDF has pieced together quite an impressive lineup.</td>
</tr>
<tr>
<td>9</td>
<td>The Wacky Wahoos</td>
<td>5</td>
<td>Loaded with elite soccer players, look for this team to make the biggest strides by the end of the season.</td>
</tr>
<tr>
<td>9</td>
<td>Tundrafeet</td>
<td>5</td>
<td>Loaded from top to bottom with the OG’s of Hampton Roads kickball, this team knows what they are doing, they just don’t always do it right.</td>
</tr>
</tbody>
</table>

Also receiving votes: Paddy's Pub (1), Urine Trouble (1)
A few tips for new teams/captains.

- **In WAKA**, everybody that wants to field has to kick, but not everybody that kicks has to field. So if you've got someone that's a fast runner but can't catch, they can kick and not field. But that really great shortstop you've got that can't figure out what the heck to do with his feet, still has to kick.

- **Hold practices.** Even if they aren't really all that serious, it will help with team unity, it will make you all just that much better, you will get an idea of everybody's strengths and weaknesses for offensive and defensive purposes, and everybody paid to play but we all know that some positions just don't get much play time in the field, and getting one, maybe two at-bat's per game won't make you any better. For those teams don’t practice, ask around about mid-week open practices.

- **Read the rule book.** Several times. And make your team read it. Understand the rules on overthrows and what causes the play to stop (contact with inanimate object, pitcher possession the mound, etc) otherwise you will get killed with aggressive base running.

- **Don't start throwing the ball around in the infield.** This ain't baseball and it's hard to throw the ball accurately and ahead of a runner. If you don't have a throw, get it back to the pitcher and kill the play. Way too many bunt home runs happen because people just keep throwing the ball around. Going for the peg, in most cases, is a terrible idea. Throw to the base. Do whatever you have to do to convince your defense of these things.

- **Encourage your players to get cleats.** Not just for performance, but also for safety, cleats are a must.

- **Be nice to your fields.** Take home everything you brought with you. Have some respect. Azalea Little League Complex is private property and if you make a mess, they will kick us out. We don’t want that.

- **Buy a few spare kickballs** so your team can practice/warm up without having to try to find a game ball. Also, that way there's a spare on hand in case the game ball pops on, say, a spiked cleat, or a fence, or a super hard kick, or that kid's face over there (yeah, i'm lookin at you! get out of the way!) Balls can be purchased through the WAKA web site, Dick's Sporting Goods, or Sports Authority.

- **Get a spare rule/score book to keep on hand for questioning calls.** Don't expect the refs to be perfect, even the best of us can't recite every rule perfectly (though i'm certainly working on it).

- **Go to the bar afterward.** Meet people in your division. Go to the board meetings if possible. Enjoy the experience. Welcome to kickball.

**Be Safe. Be Smart. Have a good time!**
1:00 PM Games

Those Guys v. The Core

(Field 1; Refs: Third String All-Stars)

Those Guys will have a tough matchup right out of the gate against one of the top contenders in the division. The Core have a ridiculous amount of speed, defense, and championship experience. Knowing TG captain Juan Martinez though, he’ll have his squad ready. No doubt they’ve been having two practices a day for the past month to get ready for this season.

The Wacky Wahoos v. Ice Cream Headache

(Field 2; Refs: Tiki Titans)

I hope the Wacky Wahoos really are “wacky” and they’re not just saying that. I have really high expectations for them now. I’ll be disappointed if they don’t have crazy costumes, bug eyes, and make ridiculous whooping noises, I’ll be disappointed… Anyways, the scouting report on them says they’re a group of soccer players (soccer players playing kickball?!? That IS wacky!!!) so they should be good offensively. ICH is a group of familiar and experienced WAKA players, led by the Rob “Paco” Mendoza so they will give these noobs a good game. In the end though, if the reports of the Wahoos athleticism is true, they should come away with the W... unless they trip over a bunch of banana peels on the way to first.
Alpha Omega v. Victory in Da Feet
(Field 3; Refs: Paddy's Pub)
Victory in Da Feet made headlines this offseason when it signed free agent pitcher Brent Wentworth and charger Anthony “Rocket Laser Cannon” Williams to play for them. Let’s face it, Wentworth was the heart and soul of A/O over the past two seasons, so his defection was definitely a big blow to their title hopes. Yeah, sure, they signed replacements, like Allen Holt from Frosty Balls, Dave Regelsky from MiR and Randy Devlin from The Emperors Club... but will they be enough? This is like Viking Bret Favre coming back to Lambeau to face the Packers.

Slush Puppies v. One Life Kickers
(Field 4; Refs: Sloppy Seconds)
The Slush Puppies were an 11th hour addition to the Recess Division. Rolling out the welcome mat for them on Sunday will be OLK, many of whom played on the 2008 World Champion Frosty Balls team. Good luck, rookies.

Urine Trouble v. Panik Attack
(Field 5; Refs: Tundrafeet)
Was I the only one who thought about R.Kelly the first time I heard the name Urine Trouble? Panik Attack will do their best to act like Flomax and put away UT on Sunday...
2:00 PM Games

The Wacky Wahoos v. Third String All-Stars
(Field 1; Refs: Victory In Da Feet)
The Third String All-Stars have jumped from Atlantic to Southside and are now making their debut in the Recess division as a team. They’re looking to piss off a whole new group of kickballers. Their mission starts this week with the Wahoos.

Tundrafefeet v. Urine Trouble
(Field 2; Refs: Slush Puppies)
Two fun teams are going to square off in this game. My prediction: fun.

Paddy's Pub v. Tiki Titans
(Field 3; Refs: The Core)
The Tiki Titans were dominant at times this fall in 2009 and earned a trip to the Founders Cup. They’ve proven that they’ve got plenty of kickball glory left in them. Paddy’s Pub is going to get a lesson in kickball 101 from Tidewater’s professors.

Panik Attack v. Alpha Omega
(Field 4; Refs: OLK)
Tough double header for AO in week 1. After taking on ViDF at 1, they'll face Panik Attack in the latter game. If Alpha Omega can gel as a team, they have the potential to beat anyone. Will it happen in week 1? Pitcher George “Sex Addict” Kiriazidis is optimistic, promising teammate Shannan Phillips “two Ws” as a present for her birthday... Oh, and did anyone else hear that Jaried and Trey don’t like each other? This one could be about as intense as week 1 kickball games can get. No doubt both teams will be playing hard for a big W.
Ice Cream Headache v. Sloppy Seconds
(Field 5; Refs: Those Guys)
I'm really torn on who to pick for this game. I really like ice cream. And I really like sloppy seconds... Well, I guess I don’t like headaches, so I'm going to pick SS for the win.