

# Dartmouth Sports Traditions

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# Basic Types

1. Initiation/Integration Traditions
2. Pregame and Postgame Traditions
3. Passing-of-the-Torch Traditions

# Traditions

- Club Hockey
  - Rookie night - Initiation ritual
- Club Soccer
  - Post-tryout run - initiation/integration ritual
- Varsity Soccer
  - Integration ritual
- Varsity Hockey
  - Pregame ritual
- Rugby
  - Pregame ritual



# Varsity Soccer - Scrub Session

- A fair number of the members rarely play
- The day after a game, the starters rest and the “scrubs” play
- Great way to involve less-skilled/younger players
- Motivates players and makes them feel appreciated
- Integrates the older and younger players



# Traditions

- Club Hockey
  - Player of the Game Helmet - Postgame Ritual
- Club Soccer
  - Breakfast of Champions - Initiation/Integration Ritual
- Club Tennis
  - Midwest Menaces - Initiation/Integration Ritual
- Varsity Swim
  - Kipsalana - Pregame Ritual
- Rugby
  - Bequests - Passing-of-the-Torch Ritual



# Varsity Swim and Dive - Kipsalana Chant

- Origin unknown
- Meaning unknown
- Performed before every meet by the whole team
- Serves to hype up the team

“Kipsalana,Kapsalana Squish Squa.  
Tie hi Silicon Sku Cum Wa.  
Mojo Mummik.  
Muka Muka Zip.  
Dartmouth Dartmouth Rip Rip Rip.  
Tie Hi Sis Boom Ba.  
Dartmouth Dartmouth Rah Rah Rah.”

# Traditions:

- Men's Varsity Tennis
  - Pregame breakfast - pregame ritual
  - "Grit Grind" - pregame ritual
- Women's Varsity Tennis
  - "Psych Up" - pregame ritual
- Club Frisbee
  - "Harry Potter" - initiation ritual
- Club Soccer
  - "The Banter Wagon" - integration ritual



# The Psych Up Tradition

- Women's tennis team does an activity unrelated to tennis 1 hour and 20 minutes prior to a match start time
- Led by 2 members of the team (for every match there is a new leader)
- Designed to bring everyone closer together and relax a little before a match begins



# Traditions:

- Men's Club Hockey
  - End of Year Banquet - passing of the torch ritual
  - Avalon on road trips - integration ritual
- Women's Club Lacrosse
  - Chipotle After Away Games - integration ritual
  - End of year team dinner - passing of the torch ritual
- Club Figure Skating
  - Opening season with campus hunt - integration ritual



# End of year team dinner “psych out”

- Women’s club lacrosse
- Organized by older members of the team
- In place of normal practice, there is a surprise team dinner/social event at off campus house of one of the team leaders.
- Helps to foster team unity and bonding between older members and younger members of the team.

# Traditions:

- Men's varsity tennis
  - End of year banquet - Passing of the torch ritual
  - Pre-match huddle - Pregame Ritual
  - Post match winning song - Post Game Ritual



# End of year banquet

- Dinner held at the head coach's house
- Way to celebrate success of the season
- Last time the whole team is together before the seniors graduate

# Traditions

- Men's Club Soccer
  - “First Team Dinner” - Initiation/Integration Tradition
  - “Club Soccer Meetings” - Passing of the Torch Tradition
  - “Ivy Supper” - Pregame/Postgame Tradition
- Women's Club Soccer
  - “Wake-Ups” - Initiation/Integration Tradition
  - “Club Soccer Tails” - Initiation/Integration Tradition



# Club Soccer Meetings

- The Wednesday of Green Key, the team participates in a final hour-long social event following the completion of the spring season, awards/speeches given
- Led by the elected “social chairs,” team captain, and club president
- Started five years ago, performed at an off-campus house
- Designed to honor the seniors, commemorate the season, and serve as the last opportunity to get together with friends before everyone leaves campus
- Good way to show appreciation for the seniors and their contributions, and put the club experience in perspective for underclassmen

# Common Themes in sports traditions:

- Team-bonding
- Integrating new and old players
- Focusing before games
- Honoring graduating players
- No significant difference between club and varsity

