



"The blues had a baby and they called it rock and roll"

ABOUT UNIT FIVE:

UNIT FIVE is a blues rock / classic rock band headquartered in Melbourne Beach, Florida, and consists of Caryn Tshontikidis on bass, Steve LeClair on guitar, Matt Thompson on drums, and Spero Tshontikidis on vocals.



Since the band's inception in 2017, they have supported youth and teenage lifters competing in R.A.W. United, and recently equipped the newly established Strong Life Training Facility in Indian Harbour Beach, Florida, with funds raised from local gigs.



Unit Five plays throughout Brevard County, with regular gigs at Whiskey Beach Pub (Satellite Beach), Monkey Bar (Indialantic), Oasis (Melbourne Beach), the Italian American Club (Melbourne), 411 Club (Downtown Melbourne), Pineda Crossing (Melbourne), The Shack (Palm Bay), and Copper Chimney (Palm Bay).

Local lifters are encouraged to come out and support us as we currently raise funds to purchase a Rogue Combo Rack to be utilized on the main lifting platform at the 2022 R.A.W. United National Championships. Thanks!