



PWRFC News

Spring Schedule

3/27-28: Nash Bash

4/10: @ DC Furies

4/17: vs. Brandywine

4/24: Ruggerfest

5/8: vs. Keystone

5/15: Friends & Family
vs. Village Lions

5/23: vs. MARFU U23

2010 Executive Board

President: Emily Sabato

Vice President: Emily Tunney

Secretary: Suzanne Igoe

Treasurer: Kerstin Nordstrom

Captain: Emily Record

Fall Results

DC Furies (L)

Atlanta (21-31)

Boston (31-17)

NOVA (34-29)

Orlando (28-14)

Detroit (10-5)

Atlanta (17-5)

Finished 5th in Division 1

Spring 2010

10th Annual Collegiate Clinic

By Katy Black

PWRFC held their 10th annual Collegiate Clinic at Temple University Student Pavilion in North Philadelphia on Sunday, February 21st. There was remarkable attendance, with a total of 188 players representing 15 colleges, one women's club team and one high school team across the Mid-Atlantic Region.

Local teams, such as Drexel University, University of Pennsylvania and LaSalle University, who boasted the highest

number of attending players, joined teams with longer travel times, such as York College, University of Mary Washington and Syracuse University for a morning packed with rugby training.

The clinic, which was free for all players, was run by members of PWRFC, along with head coach Lisa Rosen and several guest coaches. Guest coaches included Drexel University Women's head coach Christine

Herrmann, PWRFC retiree Brandee Blasi and USA Eagle Stacy Baker. New to the clinic this year was sports performance specialist Wayne Helm of Elite Training, LLC, in Bryn Mawr.

The clinic gave players the opportunity to recognize strength along with areas for development in a low pressure, non-competitive atmosphere.

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Rugby at the Wachovia Center

By Suzanne Igoe

Philly Women has long had a relationship with Aramark and the Philadelphia Sports Complex. Our most successful recent fundraising opportunities have included more Eagles dogs, pretzels, and nachos than the team cares to remember.

PWRFC's affiliation also allows us to participate in special events at Lincoln Financial Field and the Wachovia Center. On Saturday February 20th, Philly Women sold nearly 100 tickets to the Philadelphia Wings

Lacrosse Game. The Wings are members of the National Lacrosse League and one of the oldest professional box league lacrosse teams in the nation.

The team's high ticket sales enabled us to play an exhibition rugby match prior to the lacrosse game. PWRFC invited some of the top area collegiate players to join us in this unique experience. The motley sides consisting of Penn, Drexel, Temple, LaSalle, and Philly Women had only 10 minutes to display

our skills in a very small space.

Indoor lacrosse is played in a 200 ft x 60 ft turf area inside the hockey boards. The challenging environment required the players to improvise and modified seven's rules were followed.

A tight match resulted in much turf-burn and a one try victory by the blue team. While the Philadelphia fans tormented the Wings for their loss, rugby was given a warm welcome!

Spring Happenings...

By Katy Black



“The Wiz’ themed day starts with a match against Village Lions, and then continues with food, refreshments, raffle and a variety of amusing events.”

With three weeks of practice under their belts, Philly will head to Nashville, TN on March 27th for the 28th Annual Nash Bash Tournament. Philly brought home the 2nd place boot last year and are geared up for another competitive weekend. We are fortunate enough to have a weather report from team meteorologist K-Hurri “Train” Schwartz-Aliberto:

Saturday will be partly cloudy with highs in the mid 60s and winds from the East-Southeast at 8mph. Should be a lovely day for rugby. For all you foul weather fans, Sunday has 40% of showers with thunderstorms throughout the day. Highs will be in the upper 50s with winds from the South at 11mph. Pack accordingly!

The Saturday after Nash Bash, April 3rd, players are encouraged to attend MARFU Women Senior Side try-outs at Colmar Manor from 9am to 4:30pm.

Saturday, April 17th, Philly and Schuylkill River Exiles Men’s Club will be hosting Brandywine Women’s and Men’s Clubs in the City of Ruggedly Love. The games will be played at Memorial Hall Field in Fairmount Park. Kick-off times are to TBD. Post-game social will be held at sponsor O’Neals Pub at 3rd and South St.

The following weekend, April 24-25, Philly will travel to the Nation’s Capital to play in the DC Furies 30th Annual Ruggedfest Tournament. The tournament consists of social and competitive

brackets, with a mix of college and club sides.

To wrap up an exciting season, Philly will be having their ever-fun Friends and Family Day on Saturday, May 15, at Edgely Field in Fairmount Park. “The Wiz” themed day starts with a match against Village Lions, and then continues with food, refreshments, raffle and a variety of amusing events. The day concludes with socializing at O’Neals. The event is always memorable and the day is dedicated to Philly friends, family and alumni!

The spring holds great opportunities for fun and development and Philly thanks everyone for their continued support! See you on the pitch! Or at least at O’Neals...

Continued Collegiate Clinic...

Players were also exposed to a variety of skills and drills from essential fundamentals to tricks of the trade that put the player at an advantage over an opponent. Sessions included play making, evasive running, defensive strategy, kicking skills, and workshops for line outs, scrums, strength training, agility and speed development.

Although not always emphasized in many

collegiate programs, strength training and speed and agility work are an integral part of the club game. Helm, of Elite Training, taught a session on proper form of power lifts and an agile athletic stance. PWFRC Vice President Emily Tunney, who trains with Helm, said of his session, “Players who have never lifted learned to do a power snatch, one of the most difficult moves, in a 25 minute period.”

This clinic marked a special occasion where many PWRFC players were able to coach and develop players at their Alma Mater and these players will hopefully bring what they learned back to their teams and get in gear for a progressive spring season.

Like Funny with a T...

By Joan Miller

Name: Emily Tunney

Nickname: Tunney

Birth date: 3/31/1984

Birthplace: Philadelphia – Frankford Section

Current Residence: Philadelphia – Center City

Education: BA from Temple University

Occupation: Project Coordinator

Years Playing Rugby: 6

Years Playing for PWRFC: 3 ½

Scariest Rugby Memory: It was the MARFU Collegiate Championships in 2005 in Princeton, NJ. I was playing for Temple and I don't even remember the details just the torrential downpour. It rained so hard, practically the entire field was under water. I got stuck at the bottom of a ruck and my face was literally submerged in water. I thought I was going to drown on the rugby field!

Most Thrilling Rugby Memory: Winning the National All Star Championship with the MARFU under-23 team in 2007.

How did you get dubbed PWRFC's dance fighter? On my first trip with PWRFC, I told some of my new teammates that I was known to get into dance battles while out with my friends in college. Brianne

Brown and Carla Kingery were the two who were most excited about this, and saw to it that I was tagged "Dance Fighter" on the roster.

If you could take three of your teammates' skills and put them together to make the ultimate rugby player, whose skills would you choose?

I'd hit like Kristin "K-Train" Aliberto, break tackles like Katy "All American Inside Center" Black, and pass and catch like Laurie "Dori" Bryan.

Most weight you've ever squatted / cleaned: A few months ago I squatted 210 lbs for either 1 or 3 reps (not sure which), and yesterday I hang cleaned 110 lbs for 1 set of 5 reps (but had to lower the weight for the next three sets☺).

How did you hone your kicking technique? I looked up how to kick rugby conversions online and found a video of Jonny Wilkinson teaching the fundamentals. He said to point the seam of the ball at your target, make sure your shoulders point at your target at the follow through, and visualize success at every kick attempt. He also bends his knees slightly and wiggles his bottom right before kicking - I stole that little move from him. After that, I practiced, practiced, practiced. I experimented with tees and exact ball placements

and my set-up, and eventually developed the technique you all know and love to make fun of.

What do you think about when you're kicking for points? I think about making it.

Favorite Travel Van/Car/Plane ride memory: Alas, the best ones are the most difficult to recall...

If the team could only have one Emily, would you fight Record and Sabato to remain Emily or select a different name? And if so what would it be? I'd change my first name to Funny so I'd be "Funny Tunney."

Life Goals: Become a firefighter and flip houses on the side.

Personal Rugby Goals: I would like to be invited to a USA-A camp one day.

Favorite Thing about Philadelphia: Its "down-to-earth-ness."

Favorite Thing about PWRFC: The fierce loyalty of its members.



Dance Fighter and Rugby All-Star, Emily Tunney

"He also bends his knees slightly and wiggles his bottom right before kicking - I stole that little move from him."

Toot Toot – Recent Accolades

By Rebecca DeMoor



“...it was nice that the game was taught at the international level.”

~Three Philly women were invited to play in the USA-A Developmental camp that was recently held in Florida. Kristin Aliberto (prop / lock), Angie Marfisi (8-man / flanker / prop), and Katy Black (prop / flanker / center) were among those named to play with the select-side. Katy Black attended saying it was “top-notch” and that it was nice that the game was taught at the international level. Katy Black was also invited to compete with the USA-A squad again as they take on Pacific in San Francisco in May.

~PWRFC head coach Lisa Rosen was recently named as the head coach of the Women’s Collegiate All-American side, a select team of the top collegiate players from around the country. Lisa also recently graduated from the highest level coaching development program available to rugby coaches in the U.S., putting her in a prestigious class of American coaches.

~PWRFC captain and center Emily Record was recently named as an alternate on the USA Women’s National 7’s side. She expressed that it was an honor to be representing PWRFC. Philly regularly competes in 7’s tournaments during the summer and works to field competitive 7’s sides.

~We have a team full of bad-asses. AND what?!!! Congrats to you all!

Ruggers in the Kitchen



“The closest word to ‘rugby’ in Iraqi dialect is ‘ruggi’ which means watermelon.”

Philly Women has often hosted international players either on a temporary or permanent basis. Luma Ateya is currently part of the PWRFC family but calls Iraq home.

The closest word to “rugby” in Iraqi dialect is “ruggi” which means watermelon. Once when Luma called home to talk about rugby, her mom heard it as ruggi, which led to a really silly conversation. Here is Luma’s rugby salad:

Ingredients:

6 cups torn mixed salad greens
3 cups cubed seeded watermelon
1/2 cup sliced onion
1/3 cup crumbled feta cheese
1/2 cup watermelon vinaigrette (recipe follows)
cracked black pepper

WATERMELON VINAIGRETTE

2 tablespoons currant jelly
1/4 cup pureed watermelon
2 tablespoons white wine vinegar
1/4 teaspoon garlic pepper
1 teaspoon vegetable oil

Instructions:

In large bowl, mix all ingredients except vinaigrette and pepper. Just before serving, toss salad mixture with vinaigrette. Garnish with pepper.

WATERMELON VINAIGRETTE: In small saucepan, heat jelly just until melted; cool. Add remaining ingredients; stir until well blended. Store in refrigerator; shake well before using.

Kangaroo Court

The following people have gone through trial in PWRFC Kangaroo Court for various offenses.



| Name | Charged with... | Plead | Verdict | Sentence |
|-------------------|--|--------------------------------|--|--|
| Kristin Aliberto | Having a leg reflex along her spine. "Oh yeah! Up and Down!" | Not guilty. | GUILTY! Of looking like a marionette. | Forbidden to have her back cracked in public for the remainder of time. |
| The TKK Bike Gang | Steppin' to Emily Record's bike gang. | Yeah. We did it! | GUILTY! Of messing with the boss. | Duke it out on Record's gang's home turf. Kensington. DunDunDun! |
| Chey | Chuck Barry's noise disturbance. | Oh hell no! | Not Guilty. Chuck Barry is the most well behaved dog. | |
| Miller & Kyla | PDA. Sex sit-ups. | It's better with lovers. | Not Guilty. It's Lisa's fault for introducing those scandalous core exercises to the team. | |
| Woj | Stepping into Train's defendable area. | NO I DID NOT!!!! | GUILTY! No disputing the coach. | Must be ball carrier whenever Train's defendable zone has to be entered. |
| Emily Record | Leading the team in up/downs. | But like... we should do them. | GUILTY! But like... we don't want to!!! | Not permitted to work out for one week's time. |
| Jill | Shaking her head "yes" when she really doesn't know. | Yes? | GUILTY! Also guilty of being called out. | Must study 80 hours of rugby each week for the remainder of the season. |
| Katy Black | Sharing personal information about alumni on Twitter. | But it was a dare! | GUILTY! If you play with fire, you're gonna get burned! | Must endure one stab wound from you know who. |

All verdicts are final. And remember, we are watching you!

PWRFC is continually grateful for our sponsor support

