



**Sevens
Schedule:**

- June 9th –
Lehigh Valley
- June 23rd –
Pick 7s (DC)
- June 30th –
Wilmington
- July 7th –
Cheesesteaks
- July 21st –
MARFU Champs

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MARFU Senior Women All-Stars' Season

PWRFC Represents MARFU at NASC 2012

*By Bob Weir
IRB Trainer, USA Rugby Course Leader, CDP, MARFU Head Coach, PWRFC Head Coach*

Looking to build on the successes of the 2011 season, the Mid-Atlantic Rugby Football Union (MARFU) Senior Women's All-Star team began the 2012 season with trial camps on a hot April 15th in Baltimore and a wet and cold April 22nd at Colton Manor Park (outside DC). The MARFU coaching staff, headed by PWRFC Head Coach Bob Weir, tested the athletes on their fitness, pass/catch, and tackle contest skills. Of the 17 MARFU women's clubs, 8 teams were represented during the trials. This

number included the one WPL team, all of the DI teams and 4 of the DII teams.

The coaching staff entered MARFU into the DC Furies' Ruggerfest on April 28th and 29th. MARFU went 2-2 in the tournament finishing second to the Twin City Amazons, the current #2 ranked WPL team in the country.

The next few weeks MARFU continued their preparations with a camp on May 6th at the

University of Maryland Baltimore County campus and a match in Wilmington, DE on May 12th for a "friendly" with the NRU. MARFU was the distant second in the competition and lost 5-47.

Following the test match on May 12th, the coaching staff named the final roster for 2012 National All-Star Championship (NASC), which took place Memorial Day weekend. Five PWRFC players made the cut: Katy Black, Kate Hallinan, Whitney Hileman, Erin Ridout, and Emily Tunney.

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Sevens Season in Full Swing

By Kate "TK" Hallinan

Summer is here once again and that can only mean one thing, 7s season! What better way to spend hot and humid Philadelphia summer days than sprinting full field lengths and spending your Saturdays perfecting that rugby jersey tan?! After making it to San Francisco for Nationals last year and finishing 8th, PWRFC is looking forward to another successful summer season.

As in years past, success to the 7s program is not just measured in wins but

also in how many new faces we can get out to practice, even if it's just for the summer. This year we welcomed players from Bryn Mawr College, Smith College, University of Pennsylvania and Occidental College. Welcoming college players for the summer is a great experience, giving our veteran players a chance to mentor new players and show them that there is a place for rugby in their lives post college.

This coming weekend PWRFC looks to do what

we do best, barrel up the middle of the field using our grit and strength, sucking the defense in, and then whipping it out to our speed on the wings. Our goal is to continue to improve as individual players and as a team in preparation for MARFU Championships July 21st. If you would like to come out and support PWRFC 7s this summer we have one more tournaments coming up July 7th in Wilmington, DE. For more information on our 7s program please contact Kate at philly7s@pwrfc.org.

An Interview with LaChelle Coats

By Erin Ridout



Chey cooking up a storm at Friends and Family Day, May 5, 2012

“...only the government and my dad actually call me LaChelle.”

How do you feel about being the longest standing active player on the team?
I feel great about it. I love seeing the new players come...and sometimes go. I enjoy seeing the light go on for players new to rugby. Plus I automatically appear wise.

What does PWRFC mean to you?
Family...that's what PWRFC means to me. I grew up an army brat so the friends I've made on this team are the oldest friends I have and I consider them part of my family.

When did you start playing rugby?
I started in college.

What is your favorite rugby position?
When I was a back I loved being a center but now I'm a prop and I love it...I'M A MONSTER!!!

What is your date of birth?
January 14th...a lady never tells.

Where were you born?
Manhattan, Kansas

Favorite breed of dog?
My family has always had Dobermans so they are probably my favorite.

How loud are your dogs in the comfort of your own home?
That is insulting but they only bark at home when the doorbell rings and that

is usually by people asking for donations and since they know I don't have any money they frown upon that.

Favorite city?
San Diego

Favorite junk food?
Any chewy "sports" candy

Favorite Philly location?
Putt-Putt in Franklin Park...the whole course is miniature versions of the best parts of Philly.

Middle name?
Dawne

Is "Chey" a rugby nickname or one you got beforehand?
My grandmother gave me the name Chey and only the government and my dad actually call me LaChelle.

What is your favorite thing to cook?
Cakes and lasagna...basically anything that will make you fat and happy...aka "sports" comfort food

What do you do for employment?
I'm a chef/manager for Aramark.

Name one adjective to describe yourself?
Sarcastic

Last book you read?
"Girl with the Dragon Tattoo"

How many clothing items do you own that say something about PWRFC?
Enough to start a small boutique and I would call it "Shades of Heather Gray."

Favorite alcoholic beverage?
Malibu and Pineapple.

Why the aversion to Facebook?
It's a time suck, I don't feel like posting all my business, I don't want to censor myself because kids I work with find me on there, don't have enough business to share unless you count endless photos of my dogs...need I go on?

What is the first national and/or world event you remember?
I don't remember the first but my favorite was USA 7's in Los Angeles 2006 watching William Ryder play his first matches for Fiji at 19 and them coming in 2nd to England. Then the following year in San Diego watching him again as they won over Samoa.

And finally, what is the one thing you'd like the readers of the PWRFC Newsletter to know?
How much I love my team, how loyal I am to my team, how I could never imagine playing for another team and how me and my sometimes barely noisy dogs will always be a part of PWRFC.

Spring Season Recap: Comments from the Captain

By Emily Tunney

In the Winter 2012 newsletter I wrote: "My challenge to the team this season is for each of us to embrace our love of rugby." I think we achieved that this season.

Overall our intensity, fitness, execution of the game plan, and pace increased from Fall 2011. We won more games and scored more points. We tackled harder, ran faster, and rucked more effectively ("over the ball and under the defense"). We improved every game and we topped the season

off beating a team we "shouldn't have" beat at Friends and Family Day: The DC Furies.

At the half-time huddle we were losing to the WPL team, 7-20. Bob challenged us in the huddle to "win the second half." We made a few game plan adjustments and took the pitch with that one goal in mind: win the second half.

Well, we did one better and won the entire game 34-27. Jess Leggett, playing outside center,

realized she could beat her opposite and did it over and over and over again. Needless to say, she was named player of the match.

I am very pleased with that Spring Season Finale on Friends and Family Day in front of all of our alumnae and supporters. Let's carry that momentum into the Fall!

"Good, better, best. Never let it rest. Until your good is better and your better is best." -Tim Duncan, San Antonio Spurs

Spring Results Summary

Won **6** out of 11 games

Scored a total of **218** points for an average of **19.8** points per game

Shut out **2** teams



PWRFC debuted new jerseys designed by Rugby Athletic at Friends and Family Day

PWRFC Coach Earns iRB Trainer's License

Finalizing over a year of study, PWRFC Head Coach, Bob Weir, earned his iRB Trainer License while in Boulder, CO over the weekend of May 18-20, 2012. Bob joins the ranks of less than 90 others in the world and only 7 in the US as a Trainer of Educators of rugby coaches and match officials.

The role of a Trainer is to develop and enhance skills which will support the delivery of iRB Educator courses and work one-on-one with

individual unions. This license will primarily enable Bob to function as a Reviewer of USA Rugby (USAR) Coach Educators and Coach Development Courses. However, it also enables him to work with other national unions and territories under iRB governance. USAR was recently nominated as the National Governing Body for the US Olympic Committee - RUGBY.

The prerequisites for this license are an iRB Coach Educator or Officials Educator accreditation,

which Bob has held since 2007, and nomination by an IRB Regional Development Manager (RDM) and his national union, USAR. Bob stated, "I believe that learning is a lifelong process of keeping on the doorstep of change. And the most pressing task is to create curious learners, which is my goal in working with rugby players, coaches, match officials and Union Administrators. I am planning to keep learning all the time. My gravestone will be my diploma."

"My gravestone will be my diploma"

- Bobweir, 2012

On a Personal Note...

Check out what PWRFC has been up to off the pitch.



Erin and Sheara's first dance.



Philly ruggers **Erin Ridout** and **Sheara Williamson** tied the knot on June 2nd at the American Swedish Historical Museum in a ceremony officiated by **Ginger Stringer**. Erin and Sheara also "made it legal" the following week in New York.

Alumna **Meg Thompson** was wed on June 30th at the Philadelphia Episcopal Cathedral. **Sue Thompson** lead the way down the aisle and **Trish Morris** made sure that everyone stayed well hydrated. Meg's son, the not-so-little-future-rugger Padraig Joseph, was ring bearer. Hopefully PJ's cousin, Liam, didn't tackle him on his way down the aisle!

PWRFC 15s alumna and current 7s player, **Meredith Hegg** FINALLY graduated in May from Temple University with her PhD in Applied Math. Meredith begins a position as Preceptor at Harvard University this fall.

Philadelphia Women's Rugby Club co-founder, **Angie Clark Rapalyea**, turned 65 on June 18th. Happy birthday, Angie! Cheers!

Current PWRFC player **Karen Minyety** recently moved into a new home in the Graduate Hospital/Point Breeze area and got a new job working at the same

agency as ruggers Erin Ridout and Alison Floyd....that's as eventful as it gets!

PWRFC Alumna **Lisa Huff Henrich**'s daughter, Emily, played her first season of high school rugby this past spring. She even had an opportunity to play in PPL Park in connection with the CRC 7s and bumped into Meredith Hegg in the Sports Bar at the hotel where Emily and Huff were staying!

Recently, Huff got to take the field with Emily for her high school team's alumni game. Mother and daughter combined for 6 tries. Not bad for a 12 year old and her over 40 mom!

MARFU... *Continued from Front Page*

Next on the calendar was the NASC's in Pittsburgh, PA. The team arrived on Thursday, May 24th and held a training session at Founders Field. The following day MARFU met and defeated a determined opponent and the reigning 4-time National Champ, NRU with a score of 14-10. With the temperatures hovering in the high 80's/low 90's it was a grueling environment

and the MARFU players showed poise, skill, fitness and heart in beating a team that had dominated them just two weeks prior.

Sunday May 27th brought more brutal weather and a big, strong, well prepared opponent in the Mid-West All-Stars. MARFU met the challenge of "filling their emotional tanks" after their Friday match and played a very

competitive 50 minutes of rugby. But as all good teams do, the Midwest took everything MARFU could dish out, applied their own pressure and eventually wore the MARFU side down with ball possession and go forward. Final 8 – 45.

Pete Steinberg, the Women's National Team head coach was very complimentary of MARFU's progress in the last two years: going

from a 7th seat to number 2. He also made notice of at least two players on the 2012 MARFU roster not currently on his radar for the national team.

PWRFC congratulates MARFU on their many successes this year!

GO 'FU!

PWRFC Inducts Two New Members to the Hall of Fame

By Suzanne Igoe

In conjunction with Friends and Family Day on May 5th, Philadelphia Women's Rugby was happy to announce our second round of inductees into the recently established Hall of Fame.

Gary Manear, coach of PWRFC in early 80s was the first inductee of the day. Gary coached the team to a spot at the first Women's Rugby National Championship in 1981. His fierce belief in the team in a time when many doubted women's ability on the rugby pitch was remarkable. Gary was an active player and coach in MARFU and put in time with Chesapeake, Whitmarsh, and the Hibernians. His dedication

to Philly Women on and off the field allowed them to mentally and physically prepare for the first of its kind championship. PWRFC finished in 8th place. Gary will hold a unique place in club history forever.

Our second inductee for the day is a legend in both PWRFC and international women's rugby history. MA Sorensen's rugby career began in 1975 at the College of William and Mary. She joined Philadelphia Women in 1978 and was a player with the club for nearly 20 years. While dedicated to PWRFC, MA also had a distinguished select-side career. She represented the EPRU, the Eastern

Rugby Union, MARFU and was a USA Eagle for 10 years. She has 25 international caps including the inaugural women's World Cup in 1991 where the Eagles placed 1st. MA played rugby around the world, yet returned to Philly Women to coach for 5 years in 2002. Her rugby career speaks for itself and PWRFC is proud to call her our own.



PWRFC Inductee, MA Sorensen, at 2012 Friends and Family day



"Rugby Brothers"

PWRFC inductee, Gary Manear, with his teammates

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We're on the Web!

See us at:
www.pwrfc.org

Thank you to our "Social" members...

We'd like to thank the following PWRFCers who were unable to play rugby in the Spring but were still able to support the club with social dues:

President Suzanne Igoe, Webmaster Cassie Sims, Social Chair Joan Miller, and alumna Marianne Mancini. If you ladies did not receive your PWRFC

T-shirts, please contact any board member.

PWRFC encourages alumnae and friends of the club to pay social dues, even if you are not attending "socials." The costs of playing rugby increase every year and every little bit helps.

Please also remember

that any donation you make to PWRFC is tax deductible.

For more information, or to make a donation or pay social dues, please contact our Treasurer, Jess Leggett (treasurer@pwrfc.org).

Thank you in advance for your generosity!

Fall 2012 Preview

Our matrix matches for Fall 2012 have been scheduled! Mark your calendars!

September 1 - @ NOVA
September 15 - @ Atlanta
September 22 - Albany
September 29 - @ Village Lions

October 6 - Providence
October 13 - Boston
October 26-28 - National Playoffs (location TBD)
November 8-11 - National Championships (location TBD)



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