



PWRFC News

Summer 2010

Spring Results

3/27-28: Nash Bash

vs. Indy (W)

vs. Chicago (L)

vs. St. Louis (W)

4/10: @ DC Furies (L)

4/17: vs. Brandywine
(W 37-22, L 17-5)

4/24: Ruggerfest

vs. UMD (W 36-14)

vs. Furies B (W 27-7)

vs. Village Lions (L 29-7)

vs. Stingers (L 38-0)

5/8: vs. Keystone (L 24-12)

vs. Bucks County
(W 44-7)

5/15: Friends & Family

vs. Village Lions (W)

vs. Drexel U (L)

5/23: vs. MARFU U23

(W 45-32)

2010 Executive Board

President: Emily Sabato

Vice President: Emily Tunney

Secretary: Suzanne Igoe

Treasurer: Kerstin Nordstrom

Captain: Emily Record

Movin' On Up

By Rebecca DeMoor

Along with the heat and frequent trips for water ice, summer also brings a well-loved tradition to the Philadelphia Women -7's rugby! Philly has kicked off its summer 7's season with the goal of improving performance and fostering competitive play.

With 7's recently being accepted as an official Olympic sport beginning in 2016, this version of the game, which had previously been seen in the U.S. as more recreational, is now being given higher consideration with more avenues opening up to players who potentially want to compete at the International level.

Accordingly, the Men's Collegiate 7's Championships were recently broadcast by NBC for the first time ever. The broadcast was high quality and, while knowledge of the sport continues to grow, this event marks an achievement for the sport to shed light onto a bigger stage.

On a similar note of increased 7's exposure, not many people on the team love the game of 7's more than our beloved captain, Emily Record. Her hard work and persistence recently paid off when she was invited to participate in a USA 7's camp being held in Santa

Barbara in July. Congrats Emily!

If you would like to join in the fun, or just have aspirations of someday being in the Olympics, please join the team for practice. Practices take place Thursdays from 6:30 – dusk at Edgely Field in Fairmount Park. There are touch sessions on Tuesdays from 6:30-7:30 being held at Edgely also. The 7's tournament schedule for the 2010 season is listed below.

Lehigh Valley - June 12th
Harrisburg - June 26th
Richmond - July 10th
Wilmington - July 17th
MARFU Championships - July 24th

Friends and Family Day 2010



Chatties with Lisa Rosen

By Katie Wojtal



This is author Katie Wojtal's first submission to the newsletter.

"The chemistry of a team changes every season, but Philly stands by its mission statement, 'Commitment, Intensity, Desire, Development.'"

After four years at the helm of Philadelphia Women's Rugby Football Club, Lisa Rosen says farewell to Philly Women, and the City of Brotherly Love, and sets out on a new adventure to Infinity Park, Glendale, Colorado, and beyond. I was able to sit down with Lisa and reflect back on the past four years as well as to take some parting instruction from a coach whose insight and knowledge extends from try line to try line and off the pitch.

Best Part of Philly Women:

'Personally, the team has been unbelievably supportive of my desire to develop my coaching career. This support translates to how the team supports each player. The chemistry of a team changes every season, but Philly stands by its mission statement, 'Commitment, Intensity, Desire, Development.' Whether it's hosting collegiate or age-grade territorial matches, coaching area collegiate and high school teams, or supporting players seeking to compete on territorial or national teams, the players and the administration are there. Philly always says yes. If every club out there was as committed to developing rugby as Philly, we would see a transformation in the rugby landscape'.

[Note: A favorite quote of Lisa's: If I am not for myself, then who will be for me? If I am only for myself, then what am I? And if not now, when? – Rabbi Hillel]

How Would You Describe Your Coaching Philosophy:

'Balance. Every team has a different profile. A successful coach looks to work with the profile of the team. Having a balanced attack and a balanced defense allows a team of players to make decisions on any given day that either works to their strengths or looks to exploit their opponents weakness'.

[Note: When asked, Lisa stated that her favorite book is, 'Leadership Secrets of Attila the Hun' (W. Roberts). Another reference, that is at times included during practice huddles and pre-game chats is, 'The Art of War' (Sun Tzu)]

Tools in your 'Essential Rugby Toolbox':

- *The Y attack
- *The Hinge
- *Attacking Blindspots
- *Tackling off Fringe Defenders
- *Shooting through the Gap

[Note: When not on the pitch, Lisa can be found 'shooting the gap' at the firing range. More than one PWRFC player has been tutored on gun

safety and proper shooting technique including: Ali 'I love this F'n gun' Floyd and Angelia 'Black Widow' Fick].

One thing every player can do to improve his/her game:

'Every player should go to a coaching course. Whether or not they plan on coaching, the perspective that is gained will help them evaluate and make improvement to their game'.

[Note: Lisa is an International Rugby Board (IRB) Coach Educator]

A Favorite Philly Memory:

'One of my first travel tournaments with the club was a trip to NashBash. We went down with a good mix of seasoned and developmental players. I remember going out in the first few games feeling invincible. Highlights from that trip include; Puffy (Kirstin Leitner) and Toad (Kerstin Nordstrom) tackling a Chicago North Shore forward into touch; Dilbert (Chris Herrmann) and Emily Record (Emily Record) breaking through lines and having great supporting runs down the field; Travis (Brandee Blasi) and Sheara Williamson (Sheara Williamson) scoring an incredible try.

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Lisa Rosen: Rugby Coach... Outdoorsman... 70's Rock Star?



Chatties Continued...

As well as the off-field antics of Stu (Sara Studebaker) and Al-bones (Alison Duncan) with their poolside 'fight club'; and the face off between Mancini's (Marianne Mancini) hand and Allison Myers' watch.

[Note: Allison's watch was bigger than Mancini's hand]

An 'Only in Philly' moment:

'The fate of the team's first and only storage shed'.

[Note: A storage shed was purchased by the team for the purpose of staging at the practice field at Grays Ferry. The shed was installed on a Monday. By

Thursday's practice the shed had been repurposed as temporary shelter for local residents and at-risk youth. The shed was then dismantled by previously mentioned at-risk youth the following week.

[Note: One of Philly Women's long-term goals for furthering the game of rugby and giving back to the community is to form a Grays Ferry Youth Rugby team]

Can we expect to see a Philly v. Glendale match in the near future?

'I sure hope so! We both have some work to do to make that happen'.

[Note: Bring it Glendale!]

Infinity Park....and Beyond

In order to advance her coaching career follow her dream, Lisa, and her partner Ginger, along with their dogs; Ursula, Billy, Simba, and Ella, are headed west to Moffat, Colorado (population 114). There they have already started the groundwork to transform their land into a dream sports ranch.

[Note: If you build it, they will come]

Lisa can be reached via satellite internet at the ranch at:
coachingrugby@gmail.com



Spring was Sprung

By Karen Minyety and Jill Walker

After a highly successful Fall season, PWRFC was ready to take on spring with another strong performance. The season kicked off with a trip to Nashville. Although PWRFC was not able to bring home a boot at NashBash, in long standing tradition, winning the social made the weekend trip worth it. Wins against Indiana and St. Louis rounded out a great tourney.

Back in DC for Ruggerfest, Philly got down and dirty complete with hotel-made trashy couture. If the physics thing doesn't work out, Toad proved that she has a promising career in fashion. A mixed roster allowed for some flexibility and plenty of playing time for everyone who came down.

Never a dull moment in South Philly, the season could not have gone out without your standard Grays Ferry pit bull attack. Resilient as ever, the team was able to recover from a close one and carry on with practice as normal. Exhaustion set in after a close game against Keystone however, nothing could keep Courtney from getting a few good stiffies.

Despite the cold weather, Philly brought the heat to O'Neals at its Island Fundraiser. The highlight of the night? Convincing captain Emily Record to don a coconut bra under false promises to play 7's in the summer. According to Miller (who "got a B in contracts")—any players

who signed up for 7's that night were free from their obligations (something about beer and coercion?).

The Village Lions got the best of us in DC, Friends and Family Day proved a different story with a huge win for Philly. Off the pitch, players were able to take out any leftover aggressions on the ring—the SUMO WRESTLING RING! (Thanks Lisa!!)

The season wrapped up in a game against the MARFU U23 team with a big win. MARFU seemed to have the edge in the first half but Philly quickly tested their skills with the most decisive and cohesive playing the team had engaged in all season. It was the perfect way to end a great season.

"If the physics thing doesn't work out, Toad proved that she has a promising career in fashion."

Alum Spotlight

By Joan Miller



"If you have ever been on these tours you know that I can't disclose details of the mischief that took place, needless to say they were all kickass!."

Name: Artrice Sanders
Nickname: Tree
Birth date: 5/2/80-Finally hit 30 and how sweet it is!
Birthplace: Washington, DC-Chocolate City
Current Residence: Wilmington, DE
Education: Drexel U and various other institutions of higher learning
Occupation: Fellow Coordinator and High Class Stripper for the chubby chaser set at Club Risqué every third Saturday*.
Years Playing Rugby: 7
Years Playing for PWRFC: 4
Scariest Rugby Memory: While playing for Drexel we played at the West Chester Rugby Tournament. I must have taken a nasty hit to my back on day 1 because on day 2 of the tournament while attempting to meet my ride I realized that I couldn't walk. I had no clue what was going on. After an hour I could finally sit up, then in another 30 minutes I could stand, but I had to go down the steps of my apartment on my butt. I

made it to the tournament but had to sit out the remaining games. I can honestly say I was scared as hell as I thought I may have done some serious damage to my back.
Most Thrilling Rugby Memory: When PWRFC headed to Chicago to claim a seed for MARFU. Not only did we win the game we also won the social! Oh those lovely lovely margaritas...
If you could take three Philly women of the past's skills and put them together to make the ultimate rugby player, whose skills would you choose? I would take Sheara's speed combined with Meredith's skill/strength and then throw in a dash of Travis' fullback capabilities. Separately they are intimidating on the pitch; I couldn't imagine the person that would possess all of these qualities.
Favorite Travel Van/Car/Plane ride memory: Fick's Summer 7's Tours hands down are my favorite memories! If

you have ever been on these tours you know that I can't disclose details of the mischief that took place, needless to say they were all kickass! The worst van memory is when I got left in downtown Chicago without my cell! Word to the wise: never tell a rookie you have to go to the bathroom in a different city.
With summer, two things come to mind—weddings and concerts—Do you have any good PWRFC wedding or concert stories? Singing dirty rugby songs at Carla Kingery-Jarosz's wedding...who does that except us?
Favorite Thing about Philadelphia: Drexel Women's Rugby and PWRFC
Favorite Thing about PWRFC: I don't have just one favorite thing when it comes to the ladies that make up this wonderful club. I couldn't ask for a more wonderful group of friends and well...family!

Corrections

The editors would like to apologize to Wayne Helms. We were so delirious after endless bear crawls; we forgot how to spell his name.

Several Latin-loving alums were happy to delve into the great "alumnae/alumni" debate. Thank you for clarifying the correct terminology. But, we're scientists people... Give us a break! ☺

*Artrice may or may not actually supplement her income. All I know, is she has a wedding to pay for... ☺

Lessons from Lola

PWRFC is always looking out for their fellow ruggers, on and off the pitch. Lola is happy to share some advice during a few of our teammates most trying times.



Dear Lola,

I was wondering if you could help me with some advice. I think I have an addiction to coffee, particularly Dunkin Donuts coffee and I think about it all the time, even dream about that fresh cup of brew. Sometimes I even bring it to practice and use it to hydrate. Some people say it's bad for me but I think they are just jealous of me. What do I do?

--A Ride on the Venti Train

Dear A Ride on the Venti Train,

Please reflect upon your behavior while under the influence of coffee. Answer the follow questions honestly. While under the influence of coffee do you:

1. Have the uncontrollable urge to hit other people?
2. Often share ideas with others, yet they do not seem responsive to your advice?
3. Stand behind people and initiate back-rubs?
4. Constantly smile?
5. Consume massive amounts of Saucy Suzannes?
6. Find "scrum hair" to be insanely fabulous?

If you answered "Yes" to ANY of these questions you are consuming too much coffee and should consider cutting back and professional addiction help.

Dear Lola,

I have been with my partner for over 8 years and we are recently engaged. Lately I have been having doubts about whether this is the right decision for me because my fiancé has been frequently having extreme temper flare ups accompanied with violence and life threats. None of these acts have been towards me, but I am scared at the thought that someday they might. What should I do?

--Sleeping with One Eye Open

Dear One Eye Open,

First, I would strongly encourage you to purchase a legal weapon and learn how to use it, in the event you should ever have to defend yourself. Second, write down all the instances when you noticed the anger and violence in your fiancé, paying special attention to what spurred these acts. Then never act like that. Also, warn everyone that comes into contact with your fiancé that they will be tased or knifed if the wrong buttons are pushed. I think the best thing to do is to simply avoid setting off your fiancé, and then you have nothing to worry about! Unless you secretly like it, because really, what's sexier than rage?

Dear Lola,

How do you clean a bathtub so the bottom isn't icky?

--Desperate Housewife

Dear D.H.,

KEEP IT CLEAN WITH RAYLENE!

Find her at www.keepitcleanwithraylene.com. Hit her up. She'll get it done! The ladies are friendly and professional. They will clean your house like it's their own! I cannot rave enough about Raylene and her crew! They are fast, reliable, affordable. They are based in the Northeast and have 13 years experience. Raylene offers a Friendly Neighbor Discount: "When you and a neighbor/friend both sign on for cleaning service, you will each receive \$30 off your initial cleaning." No more icky tub for you! Keep it clean with Raylene!

Philly Women is proud to welcome Bob Weir to the family as our new head coach for the fall season!

Look for more from Bob in the next edition of the newsletter.