



PWRFC NEWS

Winter 2012 Edition



President : Suzanne Igoe
Vice President: Kate Hallinan
Secretary: Whitney Hileman
Treasurer: Jess Leggett
Capitan: Emily Tunney

Message from the Captain

Hello all!

My name is Emily Tunney (better known as "Tunney") and I am the newly elected captain of PWRFC. I am honored to be leading this group of athletes, which, for the last 11 seasons has been like another family to me. I love this team, this club, this city, and the extraordinary sport of rugby. And on game day, there is no place I'd rather be than taking the pitch with Philly Women. I hope that my passion for the game will inspire my teammates to play their best, and better.

My challenge to the team this season is for each of us to embrace our love of rugby. Relish in every tackle, every ruck, every breakaway, every try scored. Find joy in being tackled hard and surviving it, be strengthened by it. Be empowered by pushing our bodies to the limit, and then pushing them further. Celebrate the victories and be motivated by the defeats. Lets bring honor to ourselves, our teammates, and our sport.

Yours in rugby,
Tunney

| Date | Location | Opponent |
|-------------|----------------------------|---------------------|
| March 10-11 | Savannah ,GA | St. Patty's Tourney |
| March 24 | Edgely , Philadelphia | Keystone |
| April 14 | Maryland | Exiles |
| April 21 | West Chester, PA | West Chester |
| April 28-29 | Washington, D.C. | Ruggerfest |
| May 5 | Edgely Field, Philadelphia | DC Furies |

Philly Women Celebrate 35 Years of Being

By Marianne Mancini

On January 21st, alumnae, current players and guests gathered to commemorate 35 years of Philadelphia Women's Rugby Club! Over 120 attendees were present for a fantastic night of reminiscing with old teammates, meeting new alumnae and players and celebrating the success of our club.

We also inducted our first honorees into the Hall of Fame. Angela Rapalyea and Betsy Tomlison were the proud recipients of this prestigious award. During their induction speech, Angie and Betsy shared stories of how the club was started and the struggles that came along with it; being a female rugby player in the 70's and tales of friendship and camaraderie. Betsy also gave the Club memorabilia from those early years that included a game day jersey and socks. Their names will be engraved onto a plaque that will hang in O'Neals, PWRFC's sponsor bar.

PWRFC and the 35th Anniversary Committee would like to thank everyone who was able to participate in this special night and for being extremely flexible when the location changed at the last minute. We also want to thank the Irish Pub for being so accommodating. We hope you can make our next Alumnae event: Friends and Family Day on May 5th. Another honoree will be inducted into the PWRFC Hall of Fame! Please save the date and tune in for more information.



*Angie and Betsy being inducted into
the Hall of Fame*

An Interview with Travis Hegasi...

By Erin Ridout

Ridout: What were your thoughts when you were approached (or volunteered) to be PWRFC's Assistant Coach?

Travis: I volunteered. Since I won't be able to do any activities until April because of the accident I figured this would be a good way to keep me involved in something and try my hand at coaching but without the pressure of head coaching.

Ridout: What is your favorite rugby position?

Travis: 15

Ridout: When did you start playing rugby?

Travis: Spring semester 1995 at Kutztown

Ridout: What is your date of birth?

Travis: 12/17/1976

Ridout: Where were you born?

Travis: DCMH in Delco

Ridout: If you could have any pet, what pet would you have?

Travis: I'm not so much a pet person. We have a cat who is on work-release to catch mice.

Ridout: How many knives do you have on you right now?

Travis: 2

Ridout: Favorite city?

Travis: Amsterdam

Ridout: Favorite junk food?

Travis: Thin mint Girl Scout cookies

Ridout: Favorite Philly location:

Travis: The Foodery and Sarcones

Ridout: If you were to dispose of a body in Philadelphia, where would you do it?

Travis: Probably SW Philly. The best place is Herndon, PA out past Harrisburg, long windy roads with RR tracks and the river on one side and mountains side on the other.

Ridout: Middle name?

Travis: Don't worry about it



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Ridout: Why do people call you Travis?

Travis: It started in high school when someone thought they heard me say my real name was Randy and they went into this Randy Travis rant. I hate country music and protested too much...it followed me to Kutztown with a preemie girl and then when it hit the rugby circuit it was a done deal!

Ridout: How many miles per hour can you bike?

Travis: I average between 15-16 but have gotten as high as 40ish on a downhill

Ridout: Now that you're a fancy assistant coach, what should people call you?

Travis: Travis is fine

Ridout: Name one adjective to describe yourself?

Travis: Crazy...but in a good way

Ridout: Last book you read?

Travis: Hunger games by choice, The Happiness Project by my lady's request



Ridout: Favorite musician?

Travis: I'm more of a band person, but I do have a shit ton of Jay-z on my iTunes.

Ridout: How many clothing items do you own that say something about PWRFC?

Travis: A ridiculous amount of t-shirts, a long sleeve, a sweatshirt, a jacket...lets estimate 8

Ridout: Favorite beer?

Travis: Lager for every occasion, Mad Elf or Chimay for special occasions

Ridout: What would you take with you if you were going to be stuck on a desert island forever?

Travis: You bitch! My lady of course!

Ridout: I found some photos of you on Facebook when you attended St Eugene's School. I was going to include them in this article, but I value my life. So my question is who was responsible for cutting your bangs as a child?

Travis: Wise decision. My uncle used to cut all of our hair. He still cuts my mom and some of my aunts. It has become clear as I've gotten older that he has one cut and the length is the only variation!

Ridout: And finally, what is the one thing you'd like the readers of the PWRFC Newsletter to know?

Travis: Just because I can't run yet, it does not mean I won't eventually catch you and cut you if you piss me off☺

Recap: Fall 2011

By Whitney Hileman

Things could have gone better for PWRFC in the Fall of 2011 rugby season. The team finished with a disappointing record of 1-5. It hurts to even admit. There are a few factors that contributed to our less-than-ideal record. The annual warm-up tournament, Pumpkinfest, had to be cancelled due to Hurricane Irene. Our practice field had some technical difficulties causing the team to move practice later, which made player focus decrease. We lost a few key players throughout the season due to injury. We traveled to Boston and Providence in less than a week. We did not have a bye week until almost the end of the season. The bottom line was that PWRFC finished the year heartbroken.



Despite the emotional turmoil that can only be caused by loss in an athletic endeavor, the Fall rugby season of 2011 was not all bad. PWRFC caused Boston to have a completely winless season (Boston finished 0-6). One of our goals for the Spring of 2011 was to recruit enough players to have a second side at every game in the Fall and PWRFC met this goal for almost every game. Not many clubs can do that. Every game we got better. PWRFC players made strides to improve and develop every single practice and game.

PWRFC started the season losing by more than 40 points to Atlanta. The following weekend the players traveled to Albany and lost only in the final minutes of the game. After scoring first and holding NOVA to one try in the first half, PWRFC slipped late in the second half and suffered yet another close loss. A week later glory finally hit and PWRFC defeated Boston on their home turf. The next Saturday PWRFC took a bus (literally) to Providence, RI where nothing short of a vicious battle took place and, yet again, PWRFC was not the victor in a close game. After a much-needed weekend off, PWRFC's last game of the season took place at home against the Village Lions. Despite some shinning moments and a lot of hard work, PWRFC lost.

As a player for this team, it was hard to write this article. We are now almost 5 months removed from the end of the Fall 2011 rugby season, yet it still stings to think about. But, as with every cloud, there is a silver lining: I will appreciate our future wins even more. Fall of 2011 is my fire. I want it to be everyone's fire. I am looking forward to fun, rewarding Spring and Fall seasons lit up by PWRFC players.

1,2,3..... PHILLY WOMENS RUGBY!!!!

2012 Collegiate Clinic

By Joan M. Miller

The 2012 PWRFC Collegiate Clinic has been a mainstay in kicking off Philly Women's spring schedule, and this year was no different. Our most recent alumna, Emily Record, organized this year's clinic and made it one of the most successful the club has hosted thus far.



She brought in a slew of alumnae to help drop rugby knowledge on the college-aged ruggers, including new assistant coach Travis Blasi, her better half Meredith Hegg, Angie Marfisi, and Crossfit Novem co-owner Lesha Meyer. Captain Emily Tunney started the morning with a warm welcome followed by a rousing warm-up, and then the ladies broke into the general sessions that included 1v1 skills at the tackle contest with Meredith and Angie, 3v2 defense with coach

Bob Weir and Tunney, 3v2 offense with Travis and Kate "TK" Hallinan, and fitness with Lesha and Erin Ridout.

The second half of the morning consisted of the elective sessions, where the ladies could select two more specific skills to hone. There was scrummaging with Kristin "K-Train" Aliberto, Angie, and assistant coach Dave Weir, and backs skills with Bob, Travis and TK outside. Line-outs with Tunney and Meredith, scrumhalf skills with Ridout and Marissa Martinez, and advanced fitness with Lesha and Whitney Hileman were held indoors. All the while, Rachel Miller was running the rugby gear yard sale and bringing in the benjamins, and Katy Black and Joan Miller were fervently capturing every moment as the official clinic photographers. To bring the morning to a close in a competitive fashion, Lesha led the ladies in a crossfit-style WOD (Workout of the Day), and the first to finish, along with stand-out athletes as selected by session leaders, were awarded Crossfit Novem and PWRFC gear. Overall, the clinic was a major success. The clinic attendees left with some new rugby skills and some killer goodie bags, courtesy of Ridout, and the Philly Women left warm and fuzzy after having taught young women more about our favorite sport and hopefully inspiring them to start their seasons on the right foot and eventually come play for us!



PHILLY WOMENS RUGBY TEAM IS COLLECTING CANS ALL SEASON FOR PHILABUNDANCE!!!!



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