



Philadelphia Women's Rugby

Winter and Spring 2013 Newsletter

In this Issue...

- Fall Fifteens Preview
- Friends and Family Day
- Alumnae Spotlight: Beast
- Donor All-Stars
- Alumnae Spotlight: Huff
- Ruck Hunger
- College Clinic

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Fall Fifteens Preview: USA Rugby Restructuring and the Return of Pumpkinfest

By: Emily Tunney

As you may or may not know, USA Rugby is restructuring the administration and competitions structure of Division 1-4 Men's and Women's rugby, which will go into effect September 1, 2013. I will attempt to describe the changes here and what they mean for Philadelphia Women.

Administration Changes:

The current seven Territorial Unions will no longer exist. The United States will be broken into two Conferences, American Conference on the west and National Conference on the east, roughly divided by the Mississippi River. Each Conference will be broken into four Competitive Regions, for a total of eight CR's. Philly will be part of the National Competitive Region Four (NCR4), which is essentially made up of the current MARFU teams. NCR4 will be broken into two Geographic Unions. The current Eastern Pennsylvania Rugby Union will become the Eastern Pennsylvania Geographic Union (EPGU). The current Virginia and Potomac Rugby Unions will merge to form the Capital Geographic Union. I believe there will be a competitions committee with whom we will be in contact regarding, well, competitions. But any other concerns will go through the EPGU. The new structure is supposed to streamline communication between the clubs and USA Rugby. Initially, I was under the impression that a layer of administration would be eliminated. However, we are still part of a Geographic Union, which is part of a Competitive Region, which is part of a Conference, which is part of USA Rugby. So...I'm not really clear on what all of this is going to accomplish. I guess time will tell.



Competitive Changes:

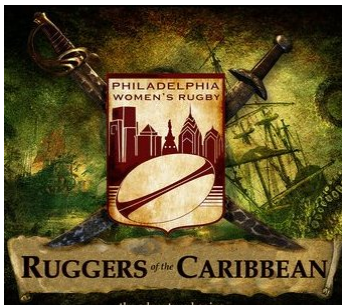
The changes to the competitions structure were made with the intention of increasing the number of competitive matches teams played in a year, and decreasing the amount of costly travel. Thus, the Fifteens season will run from September to June. As of now, the fall league dates for the NCR4 are Sept 7 - Nov 16 (11 weekends). The spring league dates are March 8 - April 26 (8 weekends). We will have 19 total weekends to play 8 league matches and any other developmental games we want to schedule. For more about the new structure and what it means for the fifteens schedule, see page 6.

Pumpkinfest Returns:

We are proud to announce that we are resurrecting Pumpkinfest Women's Rugby Fifteens Tournament. P-Fest 2013 will occur Labor Day weekend, August 31, and September 1, 2013, at Alapocas Run State Park in Wilmington, DE. We hope that the tournament can find a home in the new USA Rugby structure. The idea is for teams to say farewell to Summer Sevens and welcome the Competitive Fifteens season with a fun, low-pressure tournament. With the new structure, there will be little opportunities for cross-Conference play, and we hope down the line we'll see teams traveling to Philly from many different parts of the country. We may find in years to come that the tournament would do better as a mid-Fall or end-of-Fall event. However, we didn't want to wait too long to bring the tournament back and risk teams forgetting about us! As you can see there are many new and exciting things happening in the rugby world right now. We will try to keep you updated as the new structure is solidified. In the meantime, if you're interested in helping organize P-Fest, email pumpkinfest@pwrfc.org.

F&F Day Recap

By: Cassie Sims



Arrrr! The theme for Friends and Family Day this year was *Ruggers of the Caribbean* and came complete with mysterious “pirate punch” and a treasure chest piñata for the future ruggers. Bob Weir’s notorious motivational speeches were appropriately made in pirate speech. Philly faced off against a motley crew of Drexel University players and some very familiar faces who we seem to remember having played for the Philly side in years past. It was a fun, low-key day and nobody bothered (or was able) to keep track of the score. After the match, burgers, sausage and chicken sandwiches were consumed in huge quantities. Food provided as usual by Chey and guest chefs Mary and Brigid. A charitable group of alumnae got together and made sure we had some decent beer choices with a keg of Dogfish Head 60-minute IPA.



Alumnae Spotlight - Hall of Fame Inductee, Beast

Each year at Friends and Family Day new additions to the PWRFC Hall of Fame are announced. This year, Michelle “Beast” Taft-Morris became the newest member. She played with Philly from 1992 to 2003, and served as president, vice president, secretary, treasurer, vice captain and assistant coach...but not all at once! Even after retiring as an active Philly player, she rounded out a decade of making Pumpkinfest a huge success as the tournament chair. A role which she says mostly made her “cry and drink a lot.” After the hall of fame induction, Beast joined in with other dedicated alumnae to make sure the beer didn’t outlast the party and shared these words of wisdom the current team: “You don’t get inducted into the PWRFC Hall of Fame for leaving the party early!”

“You don’t get inducted into the PWRFC Hall of Fame for leaving the party early!”
~Beast

2013 Donor All-Stars

(as of June 3rd)

- ACME Markets
- Kimberly Andrews - Shofuso Japanese House and Gardens
- Meghan Burgess
- Amber Coppola
- Crossfit Novem
- Angelia Fick
- Yancy Graf
- Patti Hagel Frey
- Jessica Hammond
- Meredith Hegg
- Pete Hessler
- Lisa Huff Henrich
- Tara Kennedy
- Rami and Ezra - Koch's Deli
- Joe Kostkowski
- Marianna Mancini
- Daniel Mann - Feldman Shepard LLP
- Brigid McCreary
- Trish Morris
- Andrew Newcombe
- Lisa Rosen
- Sara Ruddy
- William Sullivan - Courtyard Newark at the University of Delaware
- Michelle Taft Morris
- Meg Thompson
- Sue Thompson
- Dave Weir

Thank you for choosing to support Philadelphia Women's Rugby in such a meaningful way. We hope you will continue to give throughout the year and in years to come. Your support allows players of all income levels to fully participate in club activities. With your help we are able to finance coaches' travel, buy new equipment, and pay countless field and referee fees.

The women's rugby climate is becoming increasingly competitive. The Philadelphia-area alone is home to two D1 teams, two D2 teams, and one D3 team. Not only are we competitors on the pitch, we compete off the pitch for countless resources, most notably, recruits. Your legacy and continued support are part of what distinguish us from the competition.

If you haven't had a chance to support PWRFC, you can do so any time with credit card at www.pwrfc.org/donate.php. Or, checks can be made payable to PWRFC, Inc. and mailed to: PO Box 8163, Philadelphia, PA 19101.

Again, thank you for your commitment to Philly Women. We hope to see you at a Sevens tournament this summer or a Fifteens match this fall!



Starting off against Chesapeake, March 2013

Spring Results

@ Chesapeake	W 39-0
@ Pittsburgh	L 21-10
vs. Monmouth	L 34-5
Ruggerfest	4th Place
Friends and Family Day vs. Drexel	W

Summer Sevens Schedule

Subaru 7s	May 18th 4th Place
Lehigh Valley 7s	June 8th
PICK 7s	June 15th
Ruggerama	June 22nd
Harrisburg 7s	June 29th
Cheesesteak 7s	July 13th
MARFU	July 20th
Local Round Robin	July 27th
Nationals	August 10-11

Alumnae Spotlight - An Interview with Huff

By: Emily Tunney

1. What is your government name and what is your rugby name?

Lizabeth Huff Henrich, although non-rugby people know me as "Lisa" Philly Women and rugby people from the 1990s call me "Huff". Niagara Wasps & Buffalo players call me "Mama Chugs"

2. When did you play for PWRFC and how many total years have you been playing rugby?

I played for PWRFC from Fall 1993 to Fall 2002.

I started playing rugby in the spring of 1989 as a freshman at Dartmouth College.

3. What positions have you played (with Philly or otherwise) and which is your favorite?

I have mostly played inside center with an occasional stint at fly-half here and there. Now that I am just want to get on the pitch, I am willing to play any position in the back line (I even played a little full-back with the Olde Girls at Vegas in February)

4. Name one thing that is better about living in your current town than living in Philly.

Rugby wise, the one thing that is better about living in Orchard Park is that all of the rugby teams are able to practice in the Bills Fieldhouse in the spring.

5. Name 3 things that are better about living in Philly than your current town.

(1) PWRFC - duh!!

(2) Soft pretzels.

(3) So many more rugby opportunities - closer to more teams, more tournaments, etc.

6. The current Board is looking into ordering fanny packs with the following slogan printed across the front: "Our pack is fanny-tastic." How does that make you feel?

Disturbed/uncomfortable

7. What is your favorite PWRFC memory, on or off pitch (or one of each!)?

I loved when the girls broke out the "Philly Women" banner at my wedding, where I was surrounded by my dear, wonderful teammates.

On the pitch - so hard . . . (1) beating Beantown in the final game of the Spring 2001; (2) beating the Furies, the Stingers, Monmouth at various times and our victory over New York in the cold & mud in March 1999 (first game back for me after dislocating my shoulder)

8. I understand you have been playing rugby for...a while. What's your secret to longevity in such a physical sport? Do you take a multi-vitamin, or something?

I am much smarter now about my training. I don't train for marathons during rugby season (again, "duh"). In general, I don't do much long distance running and do a few "boot camp" type classes a week that focus on functional movements and power - jumping, etc. I get more sleep than I did when I was young and worked, etc. It is getting harder and harder. Regardless of my fitness, my muscles are so tired after games now . . . I can't work out for DAYS after I play . . . which makes it hard to be ready to play again. I'm beginning to realize I may not always be able to play consecutive weekends now that I am approaching my mid 40s!!! UGH!

9. What's your personal motto?

No real "personal motto" other than some pithy idea of working harder than your opposition and when nobody is looking. I do have two favorite rugby related quotes. The first was from my daughter Emily during the summer of 2002 when I was pregnant with CJ. We were headed to a rugby tournament and mentioned to her that my husband Chris was playing. Emily burst out laughing: "Daddies don't play rugby, mommies play rugby!!!"

Another great quote is one that Chris and I heard during a Five Nations match after Welsh fly-half Neil Jenkins slotted a difficult penalty kick. The commentator said, "I should never have doubted Neil Jenkins." Chris and I use this quote whenever we experience doubt about something and then it turns out fine (in any context) . . . "I should never have doubted Neil Jenkins."

10. What's your favorite ice cream flavor?

Breyers Mint Chocolate Chip

Thank you sponsors!!



72 pounds of food collected for Philabundance in the Spring season!

Rucking Hunger

By: Jen Krain

This Spring PWRFC began its "Ruck Hunger" campaign, collecting dry goods during the season to be donated to Philabundance, the region's largest hunger relief organization. I'm proud to announce that with the help of our alumnae, fans, and players, PWRFC was able to donate 72 lbs. of food. That's 72 meals! PWRFC will be following up these efforts with a volunteer event at the hunger relief center, packing and sorting food that will be distributed to those in need in the Delaware Valley. These efforts will definitely help us tackle hunger, which affects more than 65,000 people a week in our community.



2013 College Clinic

By: Cassie Sims

Our annual college clinic was held on February 24, 2013 and hosted over 50 budding college players from area schools. In addition to our own Bob Weir, we had a lot of help this year from some outstanding guest coaches: Jessica Hammond - head coach of Chesapeake WRFC and assistant coach of the MARFU All-Stars, Yancy Graf - assistant coach of Chesapeake WRFC, Andy Newcombe - former Welsh U18 player and player for many local clubs, and Dave Weir - level 200 certified coach. They volunteered their time and braved the cold, February wind to make our clinic a great success!



Group photo at the college clinic, February 2013

Fall Preview Cont'd...

NCR4 playoffs are scheduled for May 3, 2014. The top two teams from each Competitive Region will compete in the American and National Conference Playoffs, which will take place on May 16, 2014. The top team from each Conference will play in a National Championship match on May 31, 2014. This structure holds true for Men's and Women's Division 1-4. The Men's Superleague has disbanded and those teams will be incorporated into Men's Division 1. The Women's Premier League will continue but it is unclear if that competitive structure will remain the same as it has since 2009 or if it will parallel the D1-3 structure.

PROPOSED DIVISIONS/PLAY STRUCTURE

Women's D1

NOVA A	James River	Severn River
Philadelphia	Keystone	

Division 1 would play each team once - Home & Away - 8 matches (as of now)

Women's D2

Chesapeake	MD Stingers	Norfolk Storm
DC Furies B	Brandywine	Doylestown
NOVA B	Harrisburg	York/Lancaster
Raleigh		

Division 2 would play each team once (get rid of North and South divisions) - 9 matches (as of now)

Women's D3

Harrisonburg	Lehigh Valley	NE Philly Irish
Frederick	North Penn (?)	

Division 3 would play each team Home & Away - 6 matches (as of now)



Winning the 007 social at Ruggerfest, April 2013