

PRFC NEWSLETTER

Pittsburgh Rugby Club

June 12, 2008

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Give Us Your Money!

If you still owe dues from the spring, please contact Lori Altenderfer to arrange payment.

Men's dues are \$125 and women's are \$100.

Summer 7s Info

Because there are so many new people, we thought we'd take a minute to lay out our time-proven method to the game. Ideally, we'd like to have Thursdays dedicated to a more realistic "team play". Otherwise...

Setting up the game:

- At the beginning of touch practice, the men & women will split up and count off separately so that we have a similar number of men & women on each team. There is sometimes a need to regroup and count off again if a number of people come in late and we're getting too many players on each team. We try to have only 5-7 players per team and will split into two "games" when necessary with each playing from the try line to the 50.

- "Try scorer off" - If there is an extra player or two left over from when we last counted off, they become substitutes for the try scorer. i.e. if we have 3 teams of 6 players but one player is left over, that player waits until a try is scored and then swaps places with whomever scored it. It continues on that way, with each try scorer swapping out until another try is made.

The game itself:

- A team has a maximum of 5 "downs" when they have the ball. Being tagged with **two hands** would be one "down". If a player catching **any** kick is tagged *before* he/she makes a pass, that does not count towards the 5 down total.

- A "tag" must be with both hands and it's on the honor system. **Please take the honor system seriously!** A tag is per-

formed by a player on the defensive team placing two hands on any part of the ball, body or clothing of the ball carrier. The defensive team also calls any infractions (forward pass, knock-on, obstruction) and is responsible for keeping count of the downs. The offensive team can call off-side. A defensive call can be overruled by their own defensive teammates or a referee if one exists for the match. We usually play without refs.

- Once tagged, the offensive player must play the ball **at the spot of the "tackle"** and the defensive team must retreat 5 yards. This often means that the offensive player must take a few steps backward because their momentum brought them forward from where they were actually tagged.

- The defensive player who is performing the tag is encouraged to shout "Touch" so that everyone knows that the play is stopped. This is not required, however it's very helpful and keeps the game flowing.

- There are three ways to restart:

A) Through the legs"- the tagged player stops and pushes the ball between their own legs to another player who runs up to take the scrumhalf position. The ball should not be allowed to roll out from under the ball carrier. If it rolls away, it is considered open play. It's best to keep your back foot over the ball until a scrumhalf is ready to play it. A defensive player however, is not allowed to advance on an open play ball until they have first moved back 5 yards.

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What's Going On?

Event	Date	Location
Practice	Tues/Thurs	Schenley Park Oval
Rock 'n Roll Sevens	6/14/08	Cleveland, OH
Almost Heaven 7s	6/21/08	Morgantown, WV
Steel City 7s	7/19/08	Boyce Park
PRFC Golf Outing	7/26/08	North Park Golf Course

Special Events & Other Stuff!

Summer 7s Info

(Continued from page 1)

B) "Self tap" - This is the most common restart method. Just like in a quick penalty in regular rugby, a player "self-taps" the ball by kicking it with any part of the lower leg from knee to the toes, excluding the heel and knee. **The ball must leave the hands of the player kicking it**, if only for a quick second. Balls failing to leave the hands will be turnovers. We'll be lenient on players new to our team but veterans must do it correctly or lose the ball. A player may not bounce the ball on their knee to restart. The restarting player may not run with the ball or kick it downfield, they can only pass. If a self-tap is taken so quickly (after first getting themselves back to the spot of the tackle) that the defense has no opportunity to retreat 5 yards, they will not be penalized for this. However, they must continue to retreat until they are either 5 yards from the restart point or someone from their team has run up in front of them.

C) "Tap forward" - A tagged player may, due to a serious lack of coordination and/or dignity, place the ball on the ground and tap it forward with his foot to restart

play. The ball should not move forward more than a few inches and will not count as a "kick".

- On the 5th down, the team with the ball must decide to either kick or play on. This is the only time of the game where downfield kicking is allowed and they do not have to kick right away, they may pass and run with the ball first before kicking. They or anyone else on their team may continue to kick the ball as many times as they wish during this down. If a team kicks and recovers it themselves, that team must score before being tagged or it's a turnover at that spot. If a kick is touched by the opposition at any time, including a charge down, it is considered open play and whatever team recovers will get 5 new downs.

- On the 5th down, if the team decides to play on and is tagged before they can kick or score, it's a turnover at that spot.

- On the 5th down, the initial kick must be a forward kick. A backwards kick is a turnover at the spot it was kicked.

- Defensive penalties result in a new set of 5 downs.

- Offensive penalties are turnovers at the spot of the infraction.

- The team scoring the try kicks off from the halfway point. If we're only using half a field due to excessive numbers at practice, the kick is taken at a reasonable distance back from the new halfway point.

Last rule - when in doubt, shut the hell up and play on.

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**Practices are Tuesday and Thursday from 7-9pm over at Schenley Park** (Schenley Oval to be precise, directions are below). Though we're not cutthroat about it, please come as often as you can. Summer rugby is *supposed* to be low on pressure and high on fun so it's the perfect time to learn. There are no summer dues to pay either, just tie up your boots and jump right in!

Bring your cleats, shorts, t-shirt, mouth-piece and some water for yourself. Also bring a change of clothes if you want to come out for a beer after practice down at Ruggers Pub.

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Steel City 7s will be held on Saturday, July 19, 2008 at Boyce Park. We will need help from all club members - especially those who are not participating in the tournament! Check your email for more information coming out soon!

## Angels Summer Intra-Team Challenge

The Angels are about to enter into the 2008 Summer Intra-team Challenge. What is this, you ask? It is a strength, fitness and cohesion competition between 6 teams comprised of Angels team members. The competition begins on June 1 and again on July 1. The winners will receive dinner & drinks for June and Kennywood Night Rider tickets for July!

Each player can gain and lose points for their respective teams. Players cannot change teams and there are no "freebie" days such as birthdays or vacations. On the honor system, each player records her scores each week and submits them to the team captain who sends them over to Brian.

Points can be gained by participating through the following activities:

- Playing in 5 or more **complete** halves @ 7's or 10's tourney
- Bonus for winning first place at a 7's/10's tourney
- Bonus for winning 2<sup>nd</sup> place at a 7's/10's tourney
- Playing at least one complete half of a 15's game
- Summer Touch on Tues./Thurs.
- Jogging for 40 **continuous** minutes
- Bonus for each additional 10 min. jogging
- Swimming LAPS (30 minutes or more)
- Racquetball/Basketball/Soccer (60 minutes or more)
- Hiking (60 minutes or more)
- Biking (60 minutes or more)
- Misc. (ex. Tennis, Golf, Softball, etc.- 60 minutes or more)

- Weightlifting (Olympic style lifts - ex. power cleans, squats, bench, dead lift)
- Cross Fit
- 100 push ups in a day (50 in a.m.; 50 in p.m. is O.K.)
- 200 sit-ups/crunches in a day (100 in a.m.; 100 in p.m. is O.K.)
- New recruit w/ rugby experience
- New recruit without rugby experience
- Support Sulli at NASC
- Bonus for bringing a functioning cowbell to NASC
- Any group activity/outing with 10 or more Angels attending (excluding tournaments)

Points are LOST through the following ways:

- Non-rugby related injury
- Three or more alcoholic drinks (24 hr period)
- 2 consecutive days of **NO NET POINT GAIN**
- Poor eating at restaurant/bar/home - NO fries/burgers/pizza etc.

Bonus points can also be gained by having participated in a recent fitness testing session and then being retested on July 1<sup>st</sup>.

The teams are as follows:

### Team Wales

Captain: Jess Graham  
Nicole King  
Jess Landis  
Lindsay Sumpter  
Linda Morrison  
Laura Valentine  
Sarah Schneider

### Team Samoa

Captain: Katy Rank Lev  
Jenny Ovide  
Kristen Ferko  
Jess Zambon  
Erin Springer  
Tara Richert  
Barbara Swartz

### Team Fiji

Captain: Jaime Filipek  
Tricia DiBasilio  
Rebecca Trapp  
Ashley McAdams  
Martha Gray  
Tiffany Gibbons

### Team Argentina

Captain: Christianna Elash  
Christy Lust  
Casey Benson  
Michele Myers  
Lyndsay Monaco  
Jessie Ezykowsky

### Team South Africa

Captain: Claire Preville  
Jaimie Sullivan  
Nini Thomas  
Nikki Ridgway  
Rikki Renkin  
Amanda Plish

### Team Hong Kong

Captain: Lori Altenderfer  
Kelly Evanovich  
Sarah Erickson  
Rachel Wagner  
Joeylyn Miller  
Nicole Mort

***Congratulations...***

*to Aaron Ross (PSU Behrend) and Amy Edwards on their engagement.*



Congratulations to Adam Oakley and Michele Myers on their engagement!

Adam proposed on Saturday, May 24th at the social during the Mystery Tour.

Thanks to the handful of Pittsburgh Rugby Club members who were in on the planning & execution of the big surprise!

Adam & Michele would like all PRFC members to come help them celebrate their engagement at their Keg Race on Saturday, June 28th. Please let one of them know via email ([adam.oakley@gmail.com](mailto:adam.oakley@gmail.com) or [shelbell7445@yahoo.com](mailto:shelbell7445@yahoo.com)) or phone if you can attend and if you will be participating in the keg race. Please RSVP by JUNE 15 so that they will have a solid number of attendees.



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## Men's Spring Season

The score board does not show it but the men's team made considerable progress this season. Building a competitive team takes more than one season...believe me I have been down this track several times before as a player and a Coach.

Many American Clubs fall in to the habit of "short term solutions" to get through each Saturdays game. The skilled players get "dumped" in to whatever position is needed on the day to enhance the chances of a win. Little investment is made in the future and when the next season comes along and a player is unavailable... it starts all over again.

The key is consistency...putting out the same starting 15 two weeks in a row is a hell of a good start. When you have a nucleus of at least 12 players that start every week with another few rotating in and out... depending upon needs... you start to win rugby games. I am sure many of you have questioned my motives with some of my "experiments" during the season...its about building depth.

When there is an injury or unavailability and you are in the "Sweet 16" we have to be able to have a guy that has at least played the position once for our team...actually knows our game plan and the calls....to step up and hopefully get us through that match.

The Spring was a stepping stone for us...putting the building blocks in place. We now have everyone familiar with the game plan and that has taken many practices of boring unopposed team runs to achieve especially as we have regularly introduced new recruits throughout the season and had to get them up to speed with the style we play.

For the more experienced players it has been frustrating with my simplistic approach...but we have built a squad that is at least now all on the same page. For example....I can now choose between three Scrum Halves because they all know the plan we are playing to. We still have some positions with little depth but we will continue to build.

## Submitted by Coach Kev

The Harlequin game was a water shed for us. Their Coach has had three years to build that side...we scared the hell out of them in our first season.

Attitude is all important and we have built on that with many players being a positive and supportive influence in the team. Bitch at each other and you lose rugby games. We cannot afford any negative attitudes to the team this Fall.

The Fall season will go up several gears. Now that we have the game plan instilled to most players... practices will be more "Drill specific" with very little unopposed running. Fitness drills will be paramount and every practice Tuesday and Thursday will be intense and hard running. We still have much to do as a team but I am happy with the progress we have made so far.

Regards

Kev

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## A Message from the Angels Captain

Angels,

Thank you so much for your hard work all season. We are well on our way to achieving our goal! Your dedication and enthusiasm is contagious. We feed off of each other and I only hope through out the summer,

we can help each other more.

This is one of my favorite teams I've ever played with and it makes me so excited to see the growth and development of each player. And it's so fun to be around you all! You don't get that kind of team cohesion every-

where.

Be proud to call yourself an Angel! I'm proud I am!

Congratulations on a GREAT season!

Kelly

Submitted by Kelly Evanovich

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# 2008 PRFC Golf Outing



**SATURDAY, JULY 26, 2008, 9:30**

**NORTH PARK GOLF COURSE**

**FEE - \$10 advance, \$20 at the outing**

**Party and Volleyball at Pigion Grove after golf**

We have T times, we will assign when your 4 some is paid, first paid gets choice

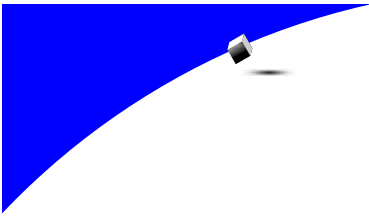
Pay –Dave Wilson, 3102 Norwood Ave., Pgh. Pa, 15214. 231-1408, C 818-6856

[dwilson2928@msn.com](mailto:dwilson2928@msn.com)

PRIZES - Longest Drive, Closest to pins, Longest Putts, Best Team with handicap

RULES– You make your own team (4 some), We will tee off in the order that your team arrives, those who do not have teams will be put on teams at the end. We will assign handicaps.

**PLEASE CALL, WRITE OR EMAIL TO RESERVE YOUR SPOT**



## Who's In Charge Around Here?

As some of you know, each member of the executive committee has taken on the responsibility for specific club activities. Please continue reading to find out the Executive Committee contact and the chairperson(s) to contact:

**Dave Alexander:** Overall Club Liaison

- Fields - Practice & Match Fields
- Marketing
- Major Events: AGM, Ruggers Pub, Permanent Field, Men's Coach, Youth Rugby
  - Coopers Lake (Claire Preville)
  - Brewfest

**Dan Talbert:** Recruiting & Volunteering

- Recruiting (Dan Talbert, Jaimie Sullivan)
- Volunteer Events

**Lori Altenderfer:** Finance

- Annual Budget
- Dues Collection (Ron Holloway, Jess Ezykowsky)
- Merchandise (Christianna Elash, Jack McLaughlin)

**Claire Preville:** Communications

- Website
- Newsletter
- Club Equipment (James McCoy, Jenny Ovide)
- Yahoo Groups

## Executive Committee Update

**Christy Lust:** Women's Convener

- Club Fundraising (Kelly Holloway, Jessica Landis)
- Match Secretary (Tricia DiBasilio)
- Team Equipment (Jenny Ovide)
- Social (Jess Ezykowsky)
- Match Reporting (Katy Rank)

**Mike Wilson:** Men's Convener

- Club Sponsorship
- Match Secretary (Adam Oakley)
- Team Equipment (James McCoy)
- Social (Chris Yohe)
- Match Reporting

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### 2007 PRFC Executive Board

|                  |                  |                           |
|------------------|------------------|---------------------------|
| Dave Alexander   | President        | david.alexander@yahoo.com |
| Dan Talbert      | Vice President   | dantalbert10@comcast.net  |
| Lori Altenderfer | Treasurer        | laltenderfer@gmail.com    |
| Claire Preville  | Secretary        | pghrugbyangel@yahoo.com   |
| Christy Lust     | Women's Convener | christy.lust@nepinc.com   |
| Mike Wilson      | Men's Convener   | pghrugbymike@gmail.com    |

If you have any suggestions for the newsletter or have something to contribute, please email Claire Preville.