

PRFC NEWSLETTER

Pittsburgh Rugby Club

August 5, 2008

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Give Us Your Money!

A whole new season is upon us and it's time to pay dues again. Please contact Lori Altenderfer to make payment arrangements!

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

CIPP registration begins September 1, 2008! Make sure you register ASAP. Contact Claire if you need assistance registering.

Letter From The President

August marks the beginning of the competitive fall season. Practice will be shifting from fun touch to serious fitness and match preparation. Both men's and women's teams have had a good summer, with new recruits and success in 7s tournaments. Let's keep the momentum going and aim high for joint success in the Midwest leagues.

Old boys (and girls). You may have retired from playing, but think about coming out to practice to either provide some opposition and keep yourself fit, or share your wis-

dom about the game with our new recruits. Never forget: "the older I get, the better I was." We'd also like to see you at all the fundraisers planned over the next few months.

I must remind everyone that there are still administrative details to take care of in the next few weeks. After September 1st, everyone who plays in a game MUST have a current CIPP registration. There are no exceptions. This is a requirement of our liability insurance. If you CIPPed at the beginning of the year you are only good through Au-

gust 31st thanks to USA rugby changing the eligibility period. Ask any of the Executive Committee if you need help getting this done. Also, every active player must have paid some or all dues for the season to be eligible for selection. See your team representative to make arrangements.

Finally, my thanks go to everyone who worked to make the Steel City 7s tournament a success this year.

Dave Alexander
President

What's Going On?

Special Events & Other Stuff!

Event	Date	Location
Fall Practices—START AUG 5th	Tues/Thurs	Location TBD
Eat, Drink and Get UGLY	8/4/08	UGLY—North Shore
Tackle Cancer 10s	8/16/08	Boyce Park
North Shore Bar Crawl	8/23/08	North Shore
Housewarming Party—Nini & Jess Z	8/30/08	Nini & Jess Z's House!

Angels Fall Preview

The Angels have established a team goal: WIN the Division II National Championship. To achieve this goal, the ladies must get through league opponents Buffalo, Cleveland, Ann Arbor and defending National Champions Detroit (at their pitch). If the team can do that, they still must overcome Minneapolis, Wisconsin, and Scioto Valley (National runner-up to Detroit). The spring season assisted in this preparation as the team defeated several teams that appeared at last year's national championship, including Scioto Valley and

Harrisburg. The only blemishes on the women's spring schedule was a two-point loss at Severn River and a (controversial) one try loss to Division I foe Maryland Stingers. By any measure, the spring was a complete success.

The Angels maintained their commitment and focus this summer with a rigorous off-season fitness regimen. This was crucial so the team can spend less time on fitness during fall training sessions and more time adjusting attack and defensive strategies under the ELV's. This fall, the

Submitted by Brian Wood

teams most likely to win will be: A. those able to most quickly adjust to the ELV's and incorporate the changes into their strategies, B. the teams most able to adapt to ref's not educated with the ELV's, and C. the team that is most fit.

This fall will be an exciting time for the Angels. The ladies expect success and are willing to work for it. Training sessions will again be brutal, perhaps borderline sadistic - but WINNING on Saturday is fun and well worth the effort.

Cross Fit Recap

The men and women of Pittsburgh Rugby have been working hard this summer to get fit for fall. More than twenty members of the club hiked out to Verona twice a week to participate in Cross Fit, a program used by military special forces, firefighters, police officers, and elite athletes around the world. Jenn of Cross Fit Pittsburgh specially tailored Cross Fit workouts for the club to focus on core strength, explosiveness, and the stamina we all need to last 80 minutes on the field. In the process, we sweated and ached and felt like we were going to die. Some ruggers who participated compiled a non-ranked list of our favorite moments through-

out the summer workouts:

--Flipping truck tires through the alley relay-race style

--Everyone whipping themselves in the legs with the jump ropes and Christian never figuring out quite how to jump rope

--Katy grunting like an animal as she hurled medicine balls at Michelle

--Jack trying too hard to lift the heavy weights and ruining his back on kettle bell swings

--Getting punished for neglecting warm-ups and having to do 135

Submitted by Katy Rank Lev

squats BEFORE the leg workout

--POOD!

--Lori collapsed into the bushes on a long run. Man down!

--Three words: Fight Gone Bad

--Thanks to Jess Z, climbing ropes army-style AFTER the workout

--Everyone supporting each other through endless sets of burpees. The team encouragement was amazing!

--Joey never, ever knowing what order to do the exercises and constantly lost

Men's Team Fall Preview

First, let me take the time to thank Talbert for all he has done over the Summer. His sevens organization has been outstanding (as the Harlequins found out recently) and he promotes this Club through the Colleges relentlessly. As Coach I would not have the players and the young talent available to me this Fall without the work Talbert does when most of us are sleeping. My sincere thanks to Dan for every thing you do.

So here we are...the Fall season is upon us next month. The Men's team is overdue to provide some "on paper" results for this Club. We have some quality players coming back to play for us. There is also some exciting young talent and a very focused coaching staff to get this done. The

pre-season lead up to the very important League season is perfect for our needs. Lee Wagner will be our fitness coach this Fall. He is an ex-marine that served in Iraq. We will build up through the early weeks of August with Lee getting you somewhat in shape. August 23rd we will play Buffalo...a quality D1 team that will quickly give us a wake up call as to the demands of real rugby. August 30th we get another shot at the Harlequins...win or lose that will also give us another quality hit out before our first League game against Rochester a week later on September 6th. All the "Ducks are in a row" guys...there can be no excuses for not taking advantage of this.

Being the rugby nut that I am I was

Submitted by Kev Wright

driving to work the other day and was figuring in my head the possible top starting 15. (I have no life) The more I drove.... the more I got confused with the options we have. We seriously have a minimum of two players competing for every position in this team. That is a good thing... we now are in a situation as to "who to leave out" for the starting 15?

My best wishes to Brian and his Angels this coming Fall season....quality team and a quality Coach. The support you gave us at the Quins game in the Spring was outstanding and showed what this Club is all about...we owe you one.

I get the feeling that the next couple of months for this Club are going to be a hell of a ride.

Pittsburgh Rugby Helps the Little People

On Tuesday, July 22, four Angels traveled to St Luke's sports camp in Cabot, PA. (<http://www.stlukecabot.org/>) to spend the day as volunteer coaches. The Angels worked with two groups of children, from first through sixth grade, to teach basic rugby skills and spread the love of the game. Katy Rank Lev, Jaime Filipeck, Joey Miller, and Christianna Elash taught basic ball handling skills, passing, defense, and duck-duck-goose to a group of eager kiddos who ended the day by playing a very basic game of touch rugby. We might even have a few future

team members among the group as some of the kids picked up the rugby skills right away! The experience was great for the Angels, who got a chance to share their knowledge and got some valuable experience breaking the game down for raw beginners. Not to mention, everyone learned a little something about crowd control, especially with the young kids.

Many of the sports camp instructors came outside to watch and learn about the sport themselves and the rugby session got a great reception

Submitted by Katy Rank Lev

from the kids, staff, and parents. The camp even showed their appreciation with a donation to the club!! We hope to return to this and other coaching opportunities for youth in the future. St. Luke's coordinator mentioned that she would love to have ruggers come in to her phys-ed classes during the school year to spend a day teaching rugby in gym class. Anyone interested (or who has a spare day off!) should contact Jaime (boofilipek@gmail.com) to get in touch with the St. Luke's staff.

Men's Summer 7s Awards

Submitted by Dan Talbert

MVP: This was just too close to call so we had to award a co-MVP award to Brian Lemme and Joe "Landshark" Ruff. Both scored in bunches, ran down runners we thought would score and made the right plays at the right times. It was an excellent summer for them both.

Best Rookie (anyone new to our team): Joe "Land Shark" Ruff - has speed, can pass, elusive runner, sure tackler. All the tools of a great rugby player. Hmm, he must have a good coach . . .

Best Rookie (anyone new to rugby): Dave Offner - Fresh from Mt. Lebanon high school, Dave was more of a lacrosse player but he caught on pretty fast. I think he scored tries in every tournament and by Steel City 7's, he made

the A Team. Quite a feat, because that team was loaded with experience.

Most Improved Rookie (all rookies): Dave Lewandowski - Still at W&J, Dave came out with tons of athleticism but with one glaring weakness. He apparently thought that passing was illegal. Don't get me wrong, he scored tries in bunches just on pure ability but by the end of the summer he learned when to run and when to pass. That knowledge

made a huge difference to his teammates and was a big part in our winning Steel City 7's.

Old Dog New Tricks: Kane - This was easily the best summer for Kane. He was often the go-to player for the Black team, scoring a lot more tries than a man of his "advanced years" should. He was a calming influence on the younger guys and a strong leader out there. Nicely done old man.

Takin' Charge Award: Yohe - Put in charge of the Black team mainly because he has a unique ability to, well, be unique. Yohe did an excellent job running a very successful Black squad entered in three of four tournaments. It's not an easy task running the show so thank you for stepping up.

Ugliest Boots: Normally Yohe would be a shoe-in (HA!! Get it???) for any award dealing with footwear but not this time. This award goes to Anthony "Herpes" D'Antonio (Pitt) for wearing a florescent yellow boot with a clear heel. Not since "Frenchy" Fuqua wore goldfish in the heels of his platform shoes in the 70's have we seen anything so offensively "unique".

Fastest: Dave Offner - It was a very tough call between Dave and Herpes but

then I remembered that Herpes lost a one-on-one race to me last spring. Oh that was a good night . . . So, while I'll say that Herpes is faster in getting to full speed and from side to side, Dave has him beat on the straights. I would be very interested in seeing a race between them though . . . and throw in Lemme with that.

Slowest: Despite showing some spectacular dummy and spin moves in some games this summer, there is no disputing that Boggle or "Boy Butter", as he's become affection known, is slower than molasses.

Best Nickname: Tom-Tom - Nicknames can come and go but when you spend 2 solid hours (that's not an exaggeration) trying to negotiate 3 fairly straightforward miles from practice to Ruggers Pub, all the while making calls to people saying things like "I'm on this bridge now" or "is the strip district part of the south side"? You will forever be linked to it.

Biggest Practice Protester: Men - Boggle. I won't go into detail about how the award was earned but if you listen closely, you'll hear them protesting this call too.

2008 Golf Outing Results

TEAM CHAMPIONS 56— TALBERT, OXBY, RON & KELLY HOLLOWAY

MEDALISTS 76—STEVE MORELLI, ROB BALCKMORE, DAVE WILSON

LONGEST DRIVE—R. HOLLOWAY, MORELLI, "QUICK"

CLOSEST TO THE PIN 2008—K. GORDON, J. CERVI, "QUICK", MORELLI

LONGEST PUTT—DOERR, BLACK-

MORE

Highlights: We had 36 golfers, 56 tied the second best team score ever. Oxby scored his normal 53 on the front, but 38 on the back to lead his team. Their group enjoyed Kelly's comments such as "Woopsie Daisy" and "Oh no, look out little T", There was a 3 way tie at 12 under until their group came in. Morelli has scored 76 three times in a row. His longest drive is his first (he has been playing since 1981), Blackmore and

Wilson were happy to tie him, not having won for a long time. Jess Landis brought her family (hope they had a good time). Carl K. had his best Rugby Golf score ever, Bernie Mazzocco his worst, No Volleyball at picnic, Hopefully the young guys will challenge us old guys next year! Director Wilson screwed a lot of regulars with the date (sorry, we missed you), but we had a lot of new players. We will play July 11 or 12 next year.



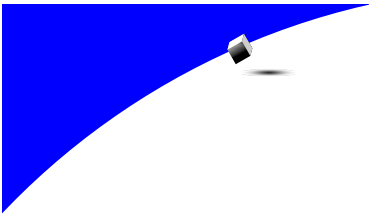
2008 Almost Heaven 7s Women's Division Champions!
The Angels & ARU collegiate player team has won 1st place for the past 3 years!
Congratulations & good luck next year!

Back: Kristin Ferko, Dana Marie Sassano, Jessica Varner, Jessica Landis, Steph Fellin, Tricia DiBasilio
 Front: Claire Preville, Jaime Filipeck, Ali Denne

▶ Fall 2008 Schedule

This schedule is tentative and is subject to change. Check the website regularly for updates.

Angels			Men	
Opponent	Location	Date	Location	Opponent
OPEN		8/23	Buffalo	Buffalo/Chicago Griffins
TBD		8/30	Away	Pittsburgh Harlequins
Buffalo	Away	9/6	Home	Rochester
Cleveland	Home	9/13	Away	Indianapolis
TBD		9/20	Home	Louisville
Detroit	Away	9/27		OPEN
Ann Arbor (Pitt—B Side)	Home	10/4	Away	Scioto Valley
Midwest Playoffs		10/11	Home	Dayton
TBD		10/18	Away	Detroit



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

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.