

PRFC NEWSLETTER

Pittsburgh Rugby Club

May 15, 2008

GET FIT THIS SUMMER!

Want to get into shape over the summer besides 7s practice? Participate in Cross Fit training sessions being arranged by Jessica Landis.

Contact her at Jessica.Landis@nepinc.com. We are trying to get sessions twice a week, just for members of the Pittsburgh Rugby Club.

For more info on Cross Fit, see article below!

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Give Us Your Money!

Please get your dues paid ASAP. Payment can be made to Ron Holloway, Jess Ezykowsky or Lori Altenderfer.

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

Please remember to check www.usarugby.org to make sure you CIPP registration covers you through Spring 2008!

What is CrossFit?

CrossFit is the principal strength and conditioning program for many police academies and tactical operations teams, military special operations units, champion martial artists, and hundreds of other elite and professional athletes worldwide.

Our program delivers a fitness that is, by design, broad, general, and inclusive. Our specialty is not specializing. Combat, survival, many sports, and life

reward this kind of fitness and, on average, punish the specialist.

The CrossFit program is designed for universal scalability making it the perfect application for any committed individual regardless of experience. We've used our same routines for elderly individuals with heart disease and cage fighters one month out from televised bouts. We scale load and intensity; we don't change programs.

<http://crossfitpittsburgh.com/aboutus.html>

The needs of Olympic athletes and our grandparents differ by degree not kind. Our terrorist hunters, skiers, mountain bike riders and housewives have found their best fitness from the same regimen.

Thousands of athletes worldwide have followed our workouts posted daily on this site and distinguished themselves in combat, the streets, the ring, stadiums, gyms and homes."

What's Going On?

Special Events & Other Stuff!

Event	Date	Location
Practice	Tues/Thurs	Schenley Oval

B Wood Could!

Citizens of the world should feel a lot safer knowing that Dr. Brian Wood (aka Saucy Mary the Pirate) is patrolling the streets. On a recent excursion to Baltimore, B. Wood checked into his hotel and roamed the salty streets in search of crab cakes. Belly full but not yet satisfied, he wound his way toward the grocery store to stock up on further food supplies when a ruckus occurred. Sirens blared from all directions, police vehicles of all sorts appeared on the streets, and B Wood found himself in a "Gunsmoke" style battle to the death as two armed bandits fled the authorities on foot.

One of the scalawags, unaware of Dr. Wood's smooth moves, thought he had a safe haven in running toward the short blond from Wisconsin. Wood, energized by his crab dinner and always ready to play some hard D, assumed a low stance and shepherded the defender off the sidewalk and onto the streets, where there were fewer crack vials and bits of glass to injure bare skin. The young bandit, clad in camouflage "low rider"

pants that hindered his stride, was no match for the fastest hooker this side of the Mississippi. Wood got low, hit his shoulder into the thug, and rode him to the streets of Baltimore before police officers could intervene. After escaping the orange glow of the taser, Wood continued on his mission: sushi purchase, STAT!

En route back from the grocery store, Wood spoke to the officers. Mistakenly thinking Wood was an undercover secret service agent, the officers applauded Wood's brave conduct. The bandits were on the run after an armed robbery and Wood put himself in harm's way to make sure the streets were one thug safer. An unidentified party later said, "I think they should give that dude the key to the city! I mean, look at his hair. It didn't even move during the whole tackle."

After hearing about the incident, the tournament social committee decided it was only right and fitting to amend B. Wood's pirate name in recognition of his actions. Following

Submitted by Katy Rank Lev

his kindness, Saucy Mary was changed to BRAVE Saucy Mary, and the pirate later led his fleet of Angels to a second place berth at the Rites of Spring Tournament. After all was said and done, B Wood was just happy to have eaten jumbo lump crab meet and see some good continuity on the field. Also, no damage was done to the Pittsburgh Rugby t-shirt Wood wore during the sting operation, so Baltimore's finest knew exactly where he was coming from and why he was in Baltimore.

Wood suffered minor injuries during the pursuit and was treated at the scene by an ambulance driver, who may or may not have been the same silly driver parking the ambulance in the middle of the field while the Angels tried to play rugby the next day. Who can tell for certain? Anyway, Wood later told the team that little scrapes and cuts were nothing compared to the warm, fuzzy feeling he got by doing a good deed. Words to live by!

If you pre-ordered shorts, please pay the \$37 due ASAP.
Shorts will be available the week of May 19th!

Angels Spring Season

Submitted by Brian Wood

The Pittsburgh Angels have had a successful spring season thus far. Going into the Rites of Spring tournament the team had a perfect 4-0 record. The ladies have exhibited extraordinary defense against quality opponents. The ladies traveled to Scioto Valley, the 2007 Division II National Championship runner-ups, with only 16 players ... and won 15-5! The following week Harrisburg, who placed eighth last year at Nationals, came to Pittsburgh for a 37-3

butt whopping. The Angels continued their success last weekend defeating the Maryland Exiles (24-0), Chesapeake (15-0) and Severn River (27-5). In the Championship match, division 1 opponent Maryland Stingers gave the Angels their first defeat of the season (12-5). Yes, coach is still bitter about the referee not conferring with the touch judge (in proper position) that saw a valid try. It is worth noting that the team was competitive with only 16 players - and one was

lost in the first game due to injury.

Despite the team's achievement this season, there are plenty of skills to improve upon. Nonetheless, the Angels are making significant progress in preparing for a strong fall season. The team's improved skill, ability, and depth may make the ladies contenders for Pittsburgh's RFC's first national championship. Additional recruiting will increase the likelihood of the team reaching this goal.

Men's Spring Season

Without doubt we are progressing as a team. We started the season with a new coach...a new playing style and a hell of a lot of new/inexperienced players. It has taken me this long in to the season to learn who can offer what to the team. Who should play where...who is really committed to wanting to win some stuff in the next year or so and who "Talks a good game".

Here's we are at right now. There is no doubt we have the potential to win some stuff in the next couple of years. We ran Rochester...Eastern Suburbs and Happy Valley hard...we then stumbled against Erie. To say that I was disappointed after the Erie game is understating things....however upon reflection I feel we are on course to build something. Our biggest problem is continuity. We have not fielded anything close to the same starting

lineup in every match that we have played....often the starting teams involve over half the starting side different from the week before.

Young players are learning...but what is really encouraging is the attitude from our senior players who can see the potential and although as impatient as I am...keep on turning up and want to make this work. The commitment this season from the "senior players" has been outstanding and I take this opportunity to name these guys. Pierre...Alex..Diz and RD I thank you for getting behind this.

We are investing in the future with young guys playing positions and learning as they go. Its tempting to play more experienced guys from time to time but we have a longer term goal in mind...we will be the better for this. I was

Submitted by Coach Kev

asked recently as to why I continue to "experiment" with some players in different positions? Here's the blunt answer.....to many guys in this team have believed for far to long that they "own" jerseys in this team despite their appearance at practice or not. If we are to win at a high level (and that's we want right'?) we have to get to a stage where we have 2 quality players for every position.

We are far from where we need to be at....however we are definitely making progress towards being a good team.This week-end at the Rites of Spring will be important regardless of results. We have a chance to cement what we are building. I look forward to it.

▶ Spring 2008 Schedule

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

Angels			Men	
Opponent	Location	Date	Location	Opponent
Buffalo	Coopers Lake	3/29	Coopers Lake	Coopers Lake Tournament
OPEN		4/5	Boyce Park	Eastern Suburbs
Doylestown	Gateway MS	4/12	Gateway MS	Rochester
Scioto Valley	Away	4/19	Away	Happy Valley
Harrisburg	Gateway MS	4/26	Away	Erie (tentative)
Rites of Spring	Baltimore	5/3	Baltimore	Rites of Spring (tentative)
Inter-Squad Match	Quins Field	5/10	Away	Harlequins
NOVA	Away	5/17		TBD
Mystery Tour	???	5/24	???	Mystery Tour

Rugger's Pub Update

It's here...



The Ruggers Pub & Pittsburgh Rugby Mug Club!

The Mug Club is here! This is an exclusive club for 40 current PRFC Members. To participate, you must pay dues in full each season and complete your CIPP registration on the USA Rugby website. Priority for membership will be given to those who volunteer to help with the Brewfest and Coopers Lake Tournament.

Club Members will get 22oz draft beer for the same cost as a regular 16oz draft and will be able to use their own Club Mug while at the bar.

For more information or to see if you are eligible, email Claire at pghrugbyangel@yahoo.com.

Check out the Rugger's Pub MySpace page throughout the month for events, specials and new additions to the beer & liquor selection! Thanks to those of you who have visited our page and added us to your friends!

www.myspace.com/ruggerspub

KNOW OF JOBS AVAILABLE OR LOOKING FOR WORK?

Job seekers & available positions in Pittsburgh

Rosie Wise is looking to move back to Pittsburgh! She needs a job in the conservation/biology/environmental field. If you know of any open positions, please email her at hen_ray@hotmail.com

There are a number of jobs available at Equitable Resources. They include staffing specialists, engineers, geologists, and IT among others. Check out the website <http://careers.hodes.com/equitable/>. Please indicate that you were referred by Donita Thomas!

Management Science Associates in Point Breeze has a number of permanent and internship positions available for Data Analysts, Software Programmers, Database Administrators & other job areas. Contact Claire (pghrugbyangel@yahoo.com) for more info.



It's back - the Dan Talbert picture of the month!

We have NO idea where this picture is from. I was given a roll of film that someone assumed was mine that I misplaced. However, I recognize nothing on the roll. It looks like a men's game vs Cleveland. If you are missing a roll of film or know who these belong to, let me know!

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	djtal10@att.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.