

PRFC NEWSLETTER

Pittsburgh Rugby Club

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February 7, 2008

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Important Reminders!

Get ready to start paying your Spring dues! Contact Kelly Greene to make payment arrangements or you can pay your dues in full by seeing Ron Holloway or Jess Ezykowsky at Spring practices!

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!

Letter From The President

Welcome to the second issue of the 2008 PRFC newsletter! We have got a lot going on even during preseason and this is one of our main communication tools. Please consider this a medium for everyone and send contributions to Claire for future issues. Let's use the newsletter to expand the influence and reach of our rugby community. Having a

party? Moving house? Looking for a job? Looking for staff? Post a note here and spread the word.

Now is the time to prepare for the spring season and the upcoming rugby year. When the weather allows, get out and do some running. Take part in indoor sports. And don't forget to keep your eyes out for

new recruits. We have committed coaches for both teams so let's give them a big squad of players to work with.

Spring training will be starting soon, so make sure you are signed up to the yahoo groups for complete information.

Dave Alexander
President

What's Going On?

Special Events & Other Stuff!

Event	Date	Location
Dodgeball	Tuesdays	Downtown YMCA
Broomball	Mondays	Mt. Lebanon Ice Rink
Coopers Lake Tournament	3/29/08	Coopers Lake Campground

Soylent Greene Dodgeball Update

WEEK ONE

Dodgeball team Soylent Green converged on the courts of the Downtown YMCA on January 8th, looking for world domination. Like the sweltering streets of the movie, Pittsburgh was a steamy 70 degrees on battle day. Some members sweated profusely. Others wore green shoes and skirted the boundaries of dodgeball legality. But all of the Soylent Green warriors rallied despite a major setback: We had no refe-

ree.

After fifteen minutes, it became evident that no PUMP personnel would officiate a meeting against the dreaded TEAM FOURTEEN. Soylent Green did the sportsman-like thing and insisted the game go on anyway. "Play on!" They cried. Somewhere in the world, a person with a whistle is enjoying \$40 worth of beer for a job left undone. Soylent Green put this anger aside and did their best,

Submitted by Katy Rank Lev

with little mastery of the rules.

It became quickly evident that 14 had superior dodgeball skills-- adept at catching Soylent passes and hurling balls repeatedly (and illegally) at the heads of the Soylent players. While they looked shabby in their tank tops and random Hanes Beef Tees, they threw balls hard and true and soon knocked out most of the Soylent players. Four rounds

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Short Memory – A Key to Winning

Submitted by Brian Wood

As captain of my undergraduate team, I was re-assigned to a new position for a particular game vs. a Canadian team. Sporting the #10 jersey, I probably knocked-on more than fifteen balls and had five kicks blocked. At one point in the game, a teammate was so frustrated that he put both hands around my neck, began choking me while yelling "Catch the F#@sing Ball!" Needless to say we lost the game.

A mere seven days later, our flyhalf re-

turned and I redeemed myself by scoring a pair of tries, setting up two additional scores and leading my team to a shutout victory. Coach asked what made the difference in performance. My reply: "Nothing". I just had a **short memory**. To dwell upon one poor play or a single bad game would be counter-productive.

The Pittsburgh Rugby Club needs to suffer from **SHORT MEMORY** and suffer a mild case of "amnesia". Individual players must forget the previous play IMME-

DIATELY so he/she can focus on the next phase of play. Short memory doesn't just apply to individuals, but is essential for positive group cohesion. Teammates must forget each other's poor decisions, tactical choices or errors and move on. At times it may be applicable to apply short memory to the entire team – forgetting sub-par season(s) and embracing the opportunity to start a winning tradition. Short memories may be the beginning point in facilitating a team's movement toward positive outcomes.

The Coopers Lake Tournament is Saturday, March 29th!
If you are able to help with set up or during the tournament, please email pghrugbyangel@yahoo.com!

Soylent Greene Dodgeball Update (continued)

Submitted by Katy Rank Lev

(Continued from page 1)

in, we found our rhythm and took out the 14 warriors, but the rest of the evening saw one defeat after another. We fell 10-1.

Had a referee been present, it is highly likely Soylent Green would have fared better, though both teams skirted the out-of-bounds rule and found players sliding into the blue dead ball zone. At least we looked sharp in our Celtic Green kit.

As captain, I struggle to name a most valuable player. Should Eiden Herring get the honors for catching a dodgeball with her crotch, eliminating one of the sharp shooting 14s? Should it go to Friend Matt, who repeatedly found himself the last man standing, leaping split legged into the air to avoid no-sting yellow balls?

In the end, I will settle on Mike Wilson, for his relentless play, and for repeatedly taking shots to the head while he was the last Green man on the floor, but smiling and continuing bravely.

WEEK TWO

In a total cosmic opposite from last week's bizarro dodgeball event, Soylent Green braved a snowstorm to face The Beers (arm bands, booty shorts and all). This time, they had a whistle-happy referee and the Dread Pirate Ashley. While the team fell again, leaving them with an 0-2 record, they improved over last week's debut 300%!

With the help of Ashley's pirate skills, Soylent Green won three of the eleven bouts, doing best on "returns"--where a caught dodgeball not only eliminated a Beer, but also brought back a Green. With a referee to monitor balls thrown to the head, Mike Wilson had a more alert drive home after spending time leaping in the air, ducking and rolling away from non-sting balls, and still managing to contend for top player. His skills shine best when he is not concussed by foul play. Matt, body double/possible twin of Yohe, played through damaged shoulder parts to once again become a threat on the court, assisting the team to victory after five bouts.

Immediately following our first victory of the evening, Soylent Green built momentum, banded together, and laughed in the face of danger when the referee called a blood timeout. "Green captain," he cried, "Can you check your players for blood?" Some poor fool, likely stung by the Dread Pirate Ashley, had gotten blood on the yellow dodgeballs. "But I'm wearing knee pads," said Jack, showing off his volleyball relics. "How could anyone be bleeding?" A quick check revealed safe conditions and the match continued.

It became quickly apparent that newbie Sarah Mucko should play rugby this spring, aggressively taking charge of the court and catching a number of well-fired shots from the arm-band bandits. Not to be shown up, Ashley McAdams began knocking out maroon evil-doers right and left. "Aaarg mateys!" she cried, tattoos flailing. "Them Beers knocked off me bandana! Let's hoist the mainsail with their bones!" She fired like a cannon and caught balls like a flyhalf. For this bravery, her landlubber teammates award her MVP.

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Ball Busters Dodgeball Update

Submitted by Kelly Greene

Team Ball Busters are getting their balls busted as they have not won a game in dodge ball yet. January 29th was their closest match, where at one point they were tied 4-4, but

ended up losing 7-4. The week of February 4th is a bye week, and the team is planning to lick their wounds and regenerate before facing their greatest opponent, Soylent Green

captained by Katy Rank Lev, on February 12th. Come out and support the two dodge ball rugby teams or meet them for drinks afterward.

www.pghrugby.com

Be on the lookout for an ENTIRELY new Pittsburgh Rugby Club website by the end of February! Jeff Barton has been hard at work over the past few months designing a new, awesome website for the club. Meanwhile, I have been busy fine-tuning the site, fixing some kinks, getting all the info up to date and teaching myself Dreamweaver so that I can update the site. We hope that everyone likes the new site design and finds it to be what they have been looking for from the PRFC!

Submitted by Claire Preville

Soylent Greene Dodgeball Update (continued)

Submitted by Katy Rank Lev

(Continued from page 2)

Soylent Green members Jack and Yohe are in a standoff for best dressed dodgeballer, each bringing out more elaborate sneakers as the weeks unfold. Noticing the victory strategies of other teams, Soylent Green intends to bring out the tall socks and rugby shorts for our next match.

WEEK THREE

Soylent Green took on Team Ten in a bloody death brawl tonight and did not come up victorious. Without the Dread Pirate Ashley to fire her cannon, the team lacked luster in its throws and looked small and puny compared to the wildebeests across the blue line. Spitting and angry, Team Ten hurled dodgeballs like a pitching machine, going for the head, the crotch, and anywhere else on Soylent Green's bodies. They em-

ployed a strategy that had them throw so hard with such follow-through, they often struck spectators and spun themselves around like crazed ballerinas.

We kept our spirits up despite whiney call-contesting from the other team. "He was out!" "She should be off the court! This ain't returns!" they wailed, like giant babies with monstrous pitching arms. Unfortunately, we weren't able to shut them up with the score board and went down 10-1.

In terms of morale, even with the absence of Chris Yohe, Jack was not going to give up on the fashion show. He took things to new heights this evening, sporting loud yellow shorts and striped tall socks so silly that Ball Buster Casey Benson exclaimed, "You look like a BLEEPING leprechaun." When Yohe returns from parts unknown, he'd best bring his

A-wardrobe if he wants to keep up. Body double Matt does not seem interested in dressing like a crazy person, so Jack went alone tonight.

The return to the court of James McCoy was almost enough to off-set the loss of our Dread Pirate. We suspect she has been captured by the British for piracy on the high seas. In her stead, McCoy proved a worthy member of Soylent Green, often the last man standing and a wonderful asset to "returns" games. Hurling his body to the ground to pull off miraculous catches, McCoy got rid of the giant cavemen and kept Soylent Green on the court. When McCoy takes the floor, Soylent Green can rest assured that first out will soon be coming back in. Lucky for us, McCoy was adept at catching shots from the biggest cave-man of all,

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Broomball Recap

Submitted by Tricia DiBasilio

Week 1

On Monday, January 14th, 12 brave rugby souls arrived at Mt. Lebanon Ice Arena for their first broomball match. They suspected trouble early on when they saw the other teams with their own sticks, broomball shoes, leg pads, knee pads, helmets, and gloves. Surprisingly the first two 15 minute periods produced a 0-0 tie. As Linda flew around the ice, clearly the most skilled (and only experienced) player, the rest of the team spent time sliding, falling, laughing at each other, and learning to play broomball. The team sustained multiple 'playing the body' penalties (most committed by the girls on the team) and at one point Jamie F decided to take matters into her own hands and chose to throw her body into the opposition's net. Unfortunately, this resulted in a penalty instead of a goal. Despite their efforts the game winning goal was scored by the opposing team with 1 minute left in the 3rd period while our team was

down two people (yet two more penalties by the girls!). It was a heartbreaking loss, but the team left the ice in high spirits with big plans for week 2.

Week 2

In the second game of their broomball careers the Blue Broomballers, much to everyone's surprise, earned their first victory. Team members all showed vast improvement, many learning the value of the 'knee slide'. Four ringers were brought in to fill voids in the lineup, Trotter, Jason (Ferko's boyfriend), and 2 unknown females - one who looked very much like Jamie F. Trotter performed much as he did in indoor soccer - very fast to the net only to whiff on golden opportunities, but Jason (Ferko's boyfriend) was able to score the first goal of the season. As usual Wilson's falls looked the most painful but Yohe's were the most flamboyant. No one seems to recall the final score or who else scored goals, but the most important take away from

the evening was that they won!

Week 3

Week 3 pitted the Blue Broomballers against the Purple team, who were clearly all broomball professionals. The Purple Professionals vs the Blue Broomballers pitted practice, experience, and knowledge vs hard work, athleticism, and heart. It was a tight match through the first period, the PPs knew how to play but the BBs were tiring them out with their deep bench - until they called their allotted time out (which the BBs was not aware existed). While the Blue Broomballers showed moments of brilliance in the end they lost a close match - but clearly earned the respect of their opposition and the referee (who seems to have taken a liking to the squad). Week 3 also saw the beginning of our sure to be growing fan base, KellyE and JennyO - much thanks for your absolutely silent cheers on the sidelines!

Congratulations...
to Kelly and Ron Holloway who were married on January 12, 2008.

► Spring 2008 Schedule

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

Angels				Men		
Result	Opponent	Location	Date	Location	Opponent	Result
	Easter Weekend		3/22		Easter Weekend	
	Coopers All Stars	Coopers Lake	3/29	Coopers Lake	Coopers Lake Tournament	
	OPEN		4/5	Boyce Park	Eastern Suburbs	
	Doylestown	Boyce Park	4/12		TBD	
	Scioto Valley	Away	4/19	Away	Happy Valley	
	Harrisburg	Boyce Park	4/26	Away	Erie (tentative)	
	Rites of Spring	Baltimore	5/3	Baltimore	Rites of Spring (tentative)	
	Akron	Boyce Park	5/10	Away	Harlequins	
	NOVA	Away	5/17		TBD	
	Mystery Tour	???	5/24	???	Mystery Tour	

Rugger's Pub Update

The Pub will be showing Six Nations matches whenever possible throughout February and March. Check your email for updates.

The beer selection continues to expand and change. Beers such as Atwater Block Brewery Vanilla Java Porter, Breckenridge Avalanche Amber and Heavy Seas Small Craft Warning are now available in bottles. Next time you're in, ask what's new!

Keep an eye on your email and in the next newsletter for a special announcement about an exclusive promotion that Rugger's will be having for Pittsburgh Rugby Club members!

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

2008 Cooper's Lake Collegiate Tournament

Saturday, March 29, 2008

This year's tournament is shaping up to be one of the best yet!

In an effort to make things run a bit more smooth, we will be limiting the number of teams allowed to enter - 18 men's sides and 12 women's sides will compete. In addition, we will have a high school girls match and a feature match pitting the Pittsburgh Angels against the a collegiate women's all-star side composed of players from the teams competing during the day. Registration is on a first come, first *paid* basis.

It's only the beginning of February, and we already have 17 men's sides and 13 women's sides pre-registered. Three of the men's sides and 4 of the women's sides have already paid in full!

Another change this year is that no alcohol will be allowed on site throughout the day and after the tournament. This Executive Board decision comes as a result of the requirement from the owners of Coopers Lake Campground that a no alcohol policy must be implemented as a condition of our using the grounds this year. Please keep this in mind when inviting friends and family out to watch the tournament. Anyone violating this rule will be asked to dispose of all alcohol, or asked to leave the premises. A violation could also jeopardize a collegiate team's ability to participate in the tournament in the future.

If you have questions on the new format or rules, or if you are able to help set up or help during the tournament, please contact Claire Preville at pghrugbyangel@yahoo.com.

Soylent Greene Dodgeball Update (continued)

(Continued from page 3)

who hurled balls off the floor and screamed expletives when struck out. Pittsburgh Rugby should be proud of the cool tempers displayed by Soylent Green. We keep our fire in our throwing arms.

The lone win of the match came from rugby husband Corey Lev, who held down the court alone and caught balls, hurled balls, and struck out the whingers on the other team. I think McCoy put it best when he said, "You should be a runner, man. You're skinny!" And so he did. Mr. Lev scampered faster than the maroon people, retrieving the ball from the "dead zone" and keeping Soylent Green alive to the bitter end. His balls rang true and, five games into the match, Soylent Green finally found victory. For his bravery and mad dodgeball skills, I award Mr. Katyrank Lev MVP of the night.

Why is it that both the Ball Busters and Soylent Green have had such poor luck at dodgeball? How are we so terrible, currently tied for last place in the league, when we are so wonderful at rugby, so clearly athletic and much sexier than our opposition? We lose, I fear, because we were placed in the competitive sector. Upon hearing that we were all rugby players, the Dodgeball coordinator put us over on the competitive side because she needed to fill slots and thought we were up to the challenge. We have been handed a dare from PSL. I dare you to take on these monstrous dodgeballers, they imply. And so each week we fight people who play dodgeball like we play rugby. Many of our competitors have been playing together for years. We must beat them. We will find our groove and emerge from the bottom of the score heap. Because we are Soylent Green.

That's what we do!

WEEK FOUR

Tonight was a grand night for Team Soylent Green on the dodgeball courts of the Downtown Y. We had the return of our Dread Pirate as well as Holly the Fair Maiden. Despite the sudden illness of several team members, Soylent Green was able to band together, work with the momentum they have been building all season, and pull out a win against the Gold people taking the match 7-4.

Soylent Green began the match with their typical slow start, taking their time to assess the skills of the opposition. Finding a weakness in Big Hair Betty and targeting their jeans-clad wiry guy, Soylent Green soon had a game plan based mainly around keeping two Yohe's (or Yohe impersonators) on the court at all times. The turning point came in a round of "returns."

The Dread Pirate Ashley was the lone green player standing. "You'll never take me down with this ship!" she cried, growling and rolling up her sleeves. She fired balls at will from her canon and shot out her tentacles to grab the no-sting dodgeballs from the skies. With her first catch, Corey Lev came dashing back on the court. He soon caught another ball to bring in our own Mike Wilson and the three soon eliminated the six gold players across from them. Soylent Green never looked back.

(Except for one small moment of shock when the tallest, skinniest, nerdiest guy on their team managed to dodge our balls for about five straight minutes before getting knocked out. Never underestimate your opponent!)

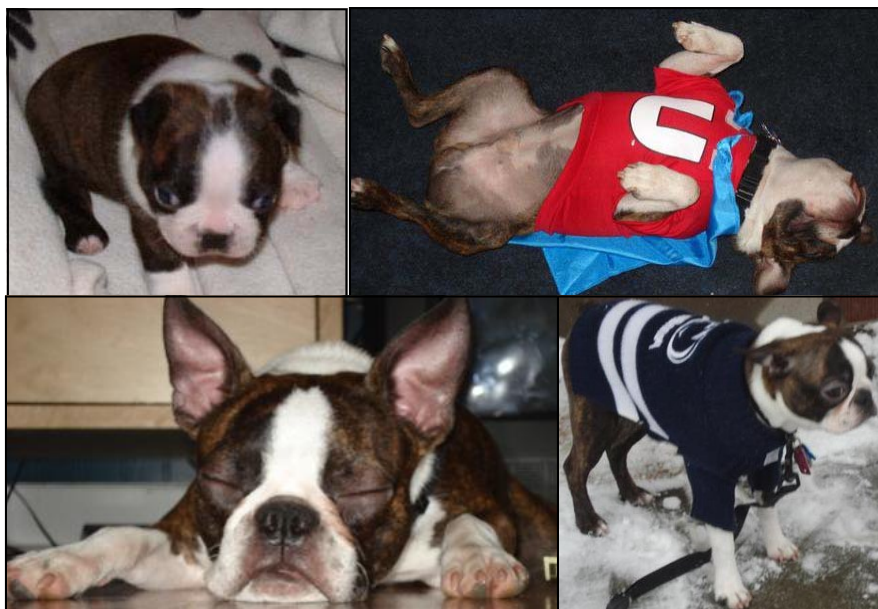
A very important factor to our first victory

Submitted by Katy Rank Lev

was the King of All Fans, Nicole, who showed up at the last second to cheer us on to victory. Nicole nonchalantly came to the rescue of another dodgeball team in need of women, and her chivalrous and supportive presence gave us our needed focus for domination.

Four weeks in to our competition schedule, we have learned to work as a team. We began firing balls at the same player simultaneously, having no mercy for those stooping to retrieve loose balls. We have also developed a better sense of the boundaries and had not one out-of-bounds foul this evening. Many players had personal bests, including Holly chalking up a few outs and Captain Katy managing to actually not screw up too badly. In an interesting turn of events, Jack has developed a nurturing side, placing himself in harm's way to make sure his captain was aware of the flying balls. Teamwork and improvement have been fundamental goals for Soylent Green, and we are finally seeing the pay-out. Following our first three weeks of straight losses, this win feels darn good and places us in excellent position to possibly do well in the playoffs!

Soylent Green has two more opponents and one of those, the Ball Busters, happens to be filled with other rugby players. On February 12, Soylent Green's last regular match of the season, the rubber will meet the road as they attempt to knock the other ruggers into oblivion. "Argh!" said the Dread Pirate Ashley. "I'll be sharpenin' me sword to get ready." The match will be THE highlight of the season and is not to be missed. Join us at 6pm on February 12 at the Downtown Y, followed by drinks and appetizers at Mitchell's Tavern.



Guess My Owner Contest!!

Guess who this adorable puppy belongs to and win a special PRFC Prize! This is a nearly 1 year old Boston Terrier, who obviously loves Penn State & Underdog, and belongs to a very good friend of the PRFC.

The first person to email Claire with the correct answer wins!

If you have a picture you'd like featured here, **PLEASE** email it to pghrgubyangel@yahoo.com

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

Kelly Greene: 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
Kelly Greene	Treasurer	kelgreene2003@yahoo.com
Claire Preville	Secretary	pghrugbyangel@yahoo.com
Christy Lust	Women's Convener	christy.lust@nepinc.com
Mike Wilson	Men's Convener	mwilson@ctibiofuels.com

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