

PRFC NEWSLETTER

Pittsburgh Rugby Club

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August 6, 2007

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Important Reminders!

If you have not paid your dues in full or established a payment plan, please contact Kelly Greene to make payment arrangements or you can pay your dues in full through the website!

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

Please remember to visit www.usarugby.org to complete your 2007 CIPP registration!

UGLY Rugby Guest Bartending

Friday, August 10th

\$2 domestic drafts ~ \$3 well drinks ~ \$2 jello shots

Proceeds are going to help pay to bring Red back for the fall season so please tell your friends, family & co-workers!

Letter From The President

August sees the start of pre-season training and our first step towards the fall league matches. The annual Tackle Cancer 10s tournament run by the Allegheny Rugby Union will be held on August 25th. Then on Sunday September 2nd we are planning to hold a short coaching session for college men and women. Details are still being worked out, but the intention is to help out the ARU by hosting a training camp to help identify potential U23 players for the 2008 season, and of course show the players that we are a good club

to join when they graduate. Please make a note in your calendars to keep that afternoon free. The more players we have to help, the better.

The start of the new season of course means it is time to pay dues again. As outlined in previous letters, the club needs this money to pay bills. We have storage shed fees as well as fields for practice and games to pay for. So bring your checkbooks or cash to practice. Dues are again \$100 per player or \$80 if it is your rookie season with the club. Men are

also paying an extra \$25 per player to help pay for the coach.

Don't forget we have a new batch of T shirts and golf shirts that were on display at the Steel City 7s tournament. Support the club by updating your wardrobe! We hope to have these items available on the website soon, but until then let me or any of the executive team know if you want to buy anything and we will make sure to get it to the practice field.

Dave Alexander
President

What's Going On?

Event	Date	Location
Fall Practice begins	8/7/07	TBD
UGLY Rugby Guest Bartending	8/10/07	UGLY, North Side
Tackle Cancer 10s	8/25/07	Boyce Park

Special Events & Other Stuff!

Many thanks to Kennamental and Lona Hoffman for their recent equipment sponsorship of the women's team!

REMINDER: Please send any address, phone or email updates to Claire at pghrugbyangel@yahoo.com!

Steel City 7s Results

Congratulations to the winners of the 1st Annual Steel City 7s Tournament and thank you to all of the teams who participated!

Men's Premier Division Winner: Harlequins
Men's Premier Division Runner Up: Pittsburgh Gold

Men's Premier Open Winner: Renegades
Men's Premier Open Runner Up: Slippery Rock

Men's Boozer Division Winner: Cal
Men's Boozer Division Runner Up: Mon River

Women's Division Winner: Angels Gold
Women's Division Runner Up: Angels Black

A Message From the Men's Coach

Submitted by Red

Hi everyone,

This is a short note to let you all know where you stand for the fall season. Firstly, I have only seen the players who played in the spring so initially they will have priority for A-team starter spots before any new (or old) players that I have not seen. I expect it will take the new guys a while to catch up with those who I worked with in the spring, to learn the team tactics and philosophy.

We did a lot of work in the spring

and it will undoubtedly pay off in the fall. Because of the work we did then, everyone should know how I work and that I aim to be as fair as possible. My main priority is the A-team but players also should realize that I will do the best for the team and will be as fair as possible. This means no automatic "walk ins" but everyone will have the opportunity to impress at practice and in B-team matches.

Rules that I put into effect in the

spring will still apply when I return on the 22nd August. I will be giving Chris (Penguin) and Gabe some training sessions that I want done so that when I arrive, a lot of the ground-work will have been done. I trust that players wanting to play for the A-team will be doing fitness by themselves. It will be easier at training sessions if I don't have to waste a lot of time getting everyone fit.

Thanks,

Red

2007 Pittsburgh Rugby Golf Outing

This year's golf outing was a great success with the most players ever - 43 - including a number of golfers from the women's team!

This year's results are below.

Team Champions

59 - Perles, Rhoa, J. Dog & K. Gordon

59 - Bogdon, Crago, Rocco & Bauer

Medalist

79 - John Elash

Longest Drives

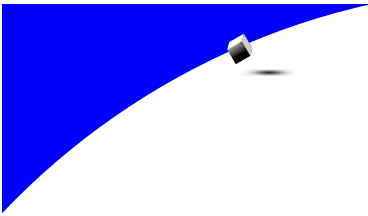
Evens, Carozza, D. Wilson

Closest to the Pin

T. Roble, Bubba, Crago, Colosimo

Longest Putt

Colosimo, Quick, Carl



Room To Improve

There is no doubt that the Pittsburgh Angels had an outstanding 2006 league season, which culminated in the Division II Midwest Championship title and a 4th place finish at nationals. However, the ladies in black and gold are not satisfied.

On July 31, the Angels had their pre-season team meeting and first training session. The number one agenda item was team goals for the 2007 league season. Unanimously, the

women established one clear goal: to WIN the division two national championship. This is obviously a lofty goal, yet is completely attainable. The team returns several veteran players and have also added considerable depth with the addition of several recent college graduates – many with four or more years of rugby experience.

In order to achieve the national championship title, the women will

undergo a rigorous (if not marginally sadistic) fitness training regimen. Additionally, existing skills will be better polished and the team's attacking strategies/options will be slightly adjusted to capitalize on inherent strengths and limiting exposure to team weaknesses. Finally, the Angels understand that their focus and attention during training sessions must be significantly improved, relative to the spring season.

Submitted by Brian Wood

The Rugby Boat

This summer, eight members of the Pittsburgh Rugby Family took to the water with Three Rivers Rowing to form The Pgh Rugby Boat and launch a crew among other corporations from throughout the region. Taking eight sturdy rugby players, novice rowers all, and putting them in a tiny shell worth thousands of dollars might not seem at first glance to be the best of ideas. After three short weeks of learning to pick the boat up and put it down again, though, we were all carrying it to the river on our shoulders with ease. The Rugby Boat, as we came to be known, developed a reputation for being competitive eager beavers who responded well to coaching. Each week, we received positive feedback for our great attitude and ability to take and learn from constructive advice on technique. Our incessant attempts to recruit everyone from other boats were forgiven because we were jovial grill masters and al-

most always won the social following each lesson. But the real beauty of this summer project came on the water, pulling the oars against other boats and finally getting our act together to win races.

Toward the end of the season, we found our rhythm. We were rowing in unison and rowing with power. Each practice ended with short races against the other teams, and even though we got off to rocky starts with each set we managed to improve until we finally beat the other boats by a length or more. As it turns out, rowing, like rugby, is all about leg power and working together. The boathouse claims crew is the ultimate team sport, as the tiniest missed rhythm or movement out of unison will ruin the glide of the entire boat. We might all have been new to this nautical sport, but working together is something we have been practicing for years. By summer's end, the rug-

gers moved like one body--one powerful body with very strong legs. The intensity of a rugby match condensed into three minutes of concentrated effort. If you thought winning a pushover try felt great, try nudging your bow past eight screaming rowers to take a win! Summer rowing proved to be a great way to build core strength, endurance, and teamwork skills and leaves the boat hopeful to land a few recruits. Ruggers who participated included Jessica Ezykowsky, Lori Altenderfer, Christian Heath, Dave Alexander, Kelly Greene, Katy Rank Lev, Dan Talbert, and Mike Wilson. Anyone looking to stay in shape and try something new should definitely give rowing a try. Three Rivers offers indoor fitness sessions in rugby's winter off season and Pittsburgh Rugby would like to put a boat together again for next summer.

Submitted by Katy Rank Lev

Rugger's Pub Update

The selection at Ruggers Pub continues to change and improve. We will soon be announcing a new menu and new specials. Check our MySpace page or your email for any updates!

Check out the Ruggers 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

Good Luck...

...to both teams as they enter the Fall League Season! We hope to see both the men & the women participating in the playoffs at the end of the season!

► Fall 2007 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
	Tackle Cancer 10s	Boyce Park	8/25	Boyce Park	Tackle Cancer 10s	
	TBD		9/1		TBD	
	Ann Arbor	Away	9/8	Away	Rochester	
	Cleveland	Away	9/15	Boyce Park	Detroit Tradesmen	
	Buffalo	Boyce Park	9/22	Away	Louisville	
	TBD		9/29	Boyce Park	Indianapolis	
	Detroit	Boyce Park	10/6	Boyce Park	Rochester	
	TBD		10/13	Away	Toledo	
	TBD		10/20		TBD	
	Playoffs		10/27		Playoffs	



It's the Dan Talbert picture of the month for August!

If you have a current shot of Dan in action, **PLEASE** email it to pghrugbyangel@yahoo.com to have it included in the future! (I'm running out of pictures people!)

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

- Major Events: AGM, Ruggers Pub, New Field, Men's Coach, Youth Rugby
 - Annual Banquet (Jessica Landis)
 - Coopers Lake (Michele Myers)
 - Brewfest (Chris "Penguin" Orr)

Dan Talbert: Fields & Fundraising

- Fields - Practice & Match Fields

- Recruiting (Joe Becker, Jaimie Sullivan)
- Equipment (Alex Gralia, Michele Myers)
- Sponsorship
- Volunteer Events
- Fundraising (Jessica Landis, Zach Huth)

Kelly Greene: Finance

- Annual Budget
- Dues Collection (Kelly, Mike Wilson/ James McCoy)
- Merchandise (Christy Lust, Rich Trotter)

Claire Preville: Communications

- Website (Jeff Barton)
- Newsletter

Executive Committee Update

- Yahoo Groups

Dave Groll: President Ex-Officio

- Old Boys Coordinator

Christy Lust: Women's Convener

- Match Secretary (Tricia DiBasilio)
- Team Equipment (Michele Myers)
- Social (Jess Ezykowsky)
- Match Reporting (Katy Rank)

Tom Manion: Men's Convener

- Match Secretary (Adam Oakley)
- Team Equipment (Alex Gralia)
- Social (Colin Williams, Chris Yohe)
- Match Reporting (Pierre Olivier)

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
Tom Manion	Men's Convener	tom_pghrugby@msn.com
Dave Groll	President Ex-Officio	groll5@adelphia.net

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