



Beyond the Gain Line

News and information from Philly's Favorite Women's Rugby Team

VOLUME 1, ISSUE 1

SPRING 2007

SPECIAL POINTS OF INTEREST:

- PWRFC welcomes Lisa Rosen as Head Coach
- PWRFC earns a spot in USA Rugby top 10 Women's Club teams
- PWRFC advance to the competitive final in their first appearance at the CanAm tournament

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A Record Breaking Fall

by Angie Marfisi

The Fall 2006 season began July 31st (yes July!!!!) and it was one of our most successful seasons on and off the pitch. Highlights include one of the largest and most talented rookie classes to date, placing as runner up at our 1st appearance at the Saranac Lake Can-Am Tournament, a new look for Pumpkinfest, our return to the USA Rugby Sweet 16s, and the largest active roster we have had in years!

USA Rugby restructured the women's championship schedule last year, moving D1 Women's Club playoffs from the spring to the end of the fall season. In order to prepare, PWRFC started our fall season earlier than usual with a trip to the CanAm Tournament the last weekend of July. The tournament is held in beautiful Lake Placid, NY and

placed 2nd in the women's premier division falling only to Beantown in a Sunday locally televised event! The fall continued at a fast and furious pace after our return from Saranac in early August. We



Winger Lesha Meyer chases down Berkeley ball at USA Rugby Sweet 16's in South Carolina

faced off against the USA U23 National team on August 18th at West Chester University and lost by a last minute try 34-33. The next day our developmental side competed

in the Atlantic Cup tournament against NOVA II and Maryland. Despite the 8 hour delay between games (forcing a break at the beach) we fared remarkably well. On August 26th our developmental side again faced off against Chesapeake and came away with a walloping 72-0 win!!!! The success of our developmental side means great things are in store for the future of PWRFC. Pumpkinfest came and went September 9-10, this year at a new location in NE Philadelphia Pennypack Park! The senior side went 2-1 with wins against Belmont Shore (10-0) and Maryland (24-0) and a tough loss to NY (24-12) while the developmental side went 1-2.

After a much needed bye weekend, PWRFC hosted our first league match against

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Spring 2007 Preview

by Sara Studebaker

PWRFC's 2007 Spring Season began on Thursday, March 1st, at our illustrious practice field in Grey's Ferry. With a few weeks of hard work behind us (and the luck of the Irish on our side) we will head south on March 17th to take on NOVA for the first game of the season.

The following weekend we'll be traveling to the home of country music—Nashville, TN—to participate in the annual Nashbash Tournament.

On March 31st, PWRFC will host Lancaster and Doylestown for a developmental side round robin while our MARFU representative will be showing off their skills at an invitational camp.

After a recuperative by-weekend, PWRFC will be on the road again, traveling to the south where we will take on Raleigh and an NC State mixed side. April 14-15 will be a very rugby-centric weekend in

Raleigh, where select-sides MARFU and the South face-off on Sunday.

The spring season will be concluded by a series of home matches at Edgely field against visiting Chicago Northshore on April 14, the ever-anticipated Keystone on April 28, and for our second annual **PWRFC Friends and Family Day, we will host Beantown on May 12.** Hope to see you out there!

PWRFC Player Profile-Angie Marfisi



Angie makes a run vs. Chicago during the Spring '06 Challenge match.

"she makes playing rugby fun, period."

Nickname: Marfeese, Skipper and another choice one which I will leave out for the kids reading at home.

Height: 5'6ish

Weight: 168

Birthplace: Kingston, PA

Birth date: September 12, 1980

Occupation: Director of Campus Recreation @ La Salle University

College: "I could have gone anywhere but I chose Temple" ('03 & '05)!

Years playing rugby: 8

Positions: #8, LHP, blind-side flanker

Previous club(s): Temple WRFC, Raleigh Venom

Select-side experience:

EPRU U23 1999-2001, VRU U23 2002, MARFU U23 2001-2003, USA U23 2002-2003, EPRU Senior Side 2003-2005, VRU Senior Side 2002-2003, MARFU Senior Side 2004-present

Most difficult opposing team/individual player: New York, they have amazing depth.

Most valuable teammates: I value all of my PWRFC teammates, but my favorite player to play with, hands

down, is Mancini. Over 7 years we have "perfected" the 2 v 1 behind the back pass while in full sprint/jog (don't hate), taken our alumni team to new heights wearing the #10 and #12 jerseys and she makes playing rugby fun, period.

Biggest influence on rugby career: My mom and nana.

Biggest disappointment in rugby: I've never really

been disappointed, yeah there have been things I wish I could have been invited to or that the match whose outcome was different, but the effort has always been 100% and that's all you can ask for from yourself and your team. No sense in dwelling on the 'what ifs'.

Favorite international team/individual player:

Black Ferns in the 2006 RWC

Favorite Tournament (besides Pfest!): Saranac CanAm Tournament

Personal rugby goals: To continue to strive to become a better player: be smarter, faster, fitter and to perfect (okay maybe learn) how to kick ... and catch.

Goals for PWRFC: I have so many!!!!!! But the one closest to my heart is to continue to become the team that welcomes players of all abilities and aspirations and to provide a clear path for their personal development, whether it is learning how to tackle, earning a starting position on the senior side or making the National Team.

Favorite post-match ritual: Walking around barefoot.

Secret rugby fantasy: It's really not a secret ... to win a National Championship with PWRFC (I will wear our medal every day for the rest of my life) and to become the best chaser on our 7's team.

Favorite book: I prefer to read blogs.

Personal non-rugby goals: To get my driver's license, one day have lots of kids (mainly because I want a snuggli to keep snacks in) and to have fun every day for the rest of my life.

Claim to fame: I lose things ... and then ask you all if you have maybe seen them ...

International Glory



PWRFC was very proud to be represented at the 2006 Women's Rugby World Cup in Canada by lock Kate Pope.

After a lot of hard work, training and development, Kate was selected to the Women's National Team (WNT) traveling to Edmon-

ton, Canada in September 2006.

The US team finished the tournament with an impressive 4-1 record - their only loss to World Cup finalist England. This strong record ensures that the US will go into the next World Cup with a 5th place seed.

A group of Philly players traveled to Edmonton to cheer Kate on in the last games of the tournament. All of our players, friends and family are very proud of Kate and her accomplishments at the World Cup and wish her the best of luck with her future WNT rugby career.

The Rookie Experience

by Allison Myers and Emily Tunney



PWRFC rookies Allison, Julia, and Laura enjoy the Pumpkinfest social

For most of us the transition from collegiate rugby to club side seemed daunting. We feared no team could measure up to our college sides in terms of camaraderie and team spirit, and the prospect of playing at a higher level was intimidating. We knew the game would be faster paced and the competition more experienced.

Thanks to the support of the team and the addition of Brianne to the rookie ranks, we were able to transition smoothly. As many of you may know, Brianne was a player for PWRFC before our time, but the vets lovingly reincarnated her in the form of a doll by the same name. Brianne en-

joyed the entire rookie experience and accompanied us to any and all team functions including a trip to Nationals in October. Brianne

proved to be a constant source of support on the sidelines during two of the toughest games of our rugby careers.

Following a rewarding season, we were excited to begin working on our rookie skit, which we took very seriously. After six weeks of brainstorming, writing, prop-making, and rehearsing, we put on a record-breaking forty-seven minute skit comprised of five sketches, three songs, and one power point presentation - arguably the best skit in rugby history. Now that our memorable rookie season is over, we look forward to welcoming the next group of rookies with the same support and enthusiasm that greeted us.

A Record Breaking Fall (continued from Page 1)

NOVA September 23rd where both the senior side (15-12) and developmental side came up just short.

The next weekend the PWRFC senior side regrouped and earned a berth to Sweet 16's by thrashing Maryland 60-7 while the developmental side followed suit with a 22-7 win. In our final league matches, both sides lost heart-breakers to DC 10-7 and 12-3 respectively. The next weekend we traveled to Boston to face both Boston and Beantown in non-league play followed by a final home match October 21st against NY B and Lancaster/York Thorns in which both sides recorded victories!

PWRFC finished the very successful season with an exciting weekend at the USA Rugby Round of 16. We faced #1 seeded Berkeley in the 1st round falling 49-5. Despite the lopsided score, I could not be prouder of our performance against them! We battled until the final whistle and played extremely well and therefore became the first team to score a try against them in the 1st round since 1998. Sunday we played a tough game against the Austin Valkyries (seeded 9th) and won 7-5, recording the 1st Sweet 16 win for PWRFC since 1996 and ensuring three MARFU seeds in the top 12. Overall, a very successful season for all!

Obligatory Plea for Money

In order to remain a competitive and aggressively growing team, we put a great deal of energy into training hard and scheduling highly competitive matches. Since PWRFC has a policy of encouraging participation, regardless of an individual player's financial status, all of this preparation comes at a great financial cost to our team. PWRFC engages in extensive fundraising activities all year long to ensure that all of our players can play without worrying about cost. Your contribution to our club helps offset the cost of training, equipment, and travel as we continue to strive for success.

All contributions are appreciated. Here are some ideas:

- _____ \$25 - Purchase cones and other practice equipment.
- _____ \$50 - Team game socks for rookies.
- _____ \$100 - Provide an athletic trainer for one home game.
- _____ \$250 - Contribute to the cost of team transportation at a tournament.
- _____ \$500 - Host an after game social

Or become a "Friend of Philly" - for a commitment of \$30 per season we will send you a team warm-up shirt!

Please specify if you would like your contribution to cover a specific cost for the team.

Send checks made payable to PWRFC:

Philadelphia Women's Rugby
PO Box 8416
Philadelphia, PA 19101



Spring 2007 Match Schedule

- } March 17—at NOVA
- } March 24-25—Nash Bash
- } **March 31—Lancaster and Doylestown**
- } April 14-15—at Raleigh
- } **April 21— v. Chicago Northshore**
- } **April 28—v. Keystone**
- } **May 12—v. Beantown & FRIENDS AND FAMILY DAY**

For directions to match locations visit
<http://www.pwrfc.org/directions>

PWRFC Hosts Open Footwork Camp

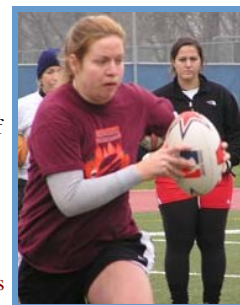
In January 2007, PWRFC hosted Coach Julie McCoy and her team of instructors for an open Footwork Camp at LaSalle University in the City of Philadelphia.

Twenty seven players and 4 coaches representing 10 different club and college programs participated in the 2 ½ day session. Sean Ross led the weight lifting session, while Ellie Karvoski worked with the participants to improve foot speed, balance, and agility. Coach McCoy then evolved these training techniques into practical evasive running skills, empowering the ball carrier through a sophisticated progression of 1 v 1, 2 v 1, 2 v 2, 3 v 2, and 3 v 3 situations.

University of Pennsylvania front row Cara McGuiness was the recipient of a camp scholarship. The PWRFC solicited applicants from Eastern Pennsylvania Rugby Union (EPRU) member colleges, and awarded the scholarship based upon a applicant essay and coaching recommendations.

Said Cara, "Footwork and Agility Camp provided me with skills that will not only enhance my game, but my entire team's. The scholarship gave me the opportunity to be exposed to Julie's footwork training, and now I have the honor and responsibility of sharing these techniques with my teammates. Being surrounded by more experienced players was an inspiration to analyze my own game and learn how to improve in order to play on future teams."

Scholarship winner Cara McGuiness
at the footwork camp.



PWRFC Alumna Profile - Melissa Wagamon

Nickname: Satan

Height: 5'3"

Weight: 10 lbs. more than Travis.
(Which I've heard would currently put me somewhere around 115)

Birthplace: Cleveland, OH

Birth date: 11/05/1974

Present residence: Chicago
(Evanston really...which is like the Lansdowne of Chicago, but I'm moving downtown in a few months!)

Current Occupation: Graduate student – Getting my MBA at Kellogg

Future Occupation: Marketing for PepsiCo's Quaker/Tropicana/Gatorade Division

Years played with PWRFC: 7 1/2

Positions: Started at wing, fullback, flyhalf, and finally scrumhalf. Occasionally, the selectors would let me play flanker.

Other clubs: U. Penn Women's RFC, Denial Rugby, Chicago RFC

Most respected player (same position): Krista McFarren is the best back I have ever played against. She is an amazing athlete (speed, agility,

great hands), but what I really admire is her ability to make the right decision at the right time. Her control of the game creates beautiful rugby. Beyond that, she's really fun. I love that she's willing to have a beer and wear a crazy outfit to the social. She embodies the spirit of rugby.

Goals for PWRFC: My biggest goal for Philly was that we would become a strong club, a team where there was a place for everyone: the rookie, the social player, the old girl, and the aspiring Eagle. I never made winning a number one goal for Philly. I really believe that if you focus on playing good rugby, improving individually, and having fun, winning will happen.

Best PWRFC memory: So many. Driving to MARFU's with Travis, Patti, Mac and Co. in the yellow mini-van. Being a rookie with Cuz, Donna lost in the Chesapeake Forest, meeting the rookies each season, Kristin hugging me after we lost at Nationals when I couldn't play, actually getting to play with MA, watching Coach Nui's butt, Chey making fun of me, getting to be there when players I coached joined

Philly, San Francisco sweet 16's when we only had 17 people and we played with so much heart that the referees complemented us even though we lost to Berkeley by about 80 points, the relief I felt when Meredith said she was going to stay with Philly, working with Beast as co-captain, Meg's supportive comments, Marfisi and Mancini and Janet as rookies traveling everywhere with their plaid dog and Madonna figurine (and I mean Madonna like the mother of Jesus, not the pop star), getting to play with Sue Thompson again when she moved back to Philly, beer pong with Travis, hanging out at Sheara and Elise's house, meeting Lesha for the first time (and getting her philosophy on breasts and martinis), and debating the intricacies of Life, the Team, and the Universe with Brianne.

Other sports: Skiing, Triathlon, Ultimate Frisbee

Personal goals: To never stop adventuring.

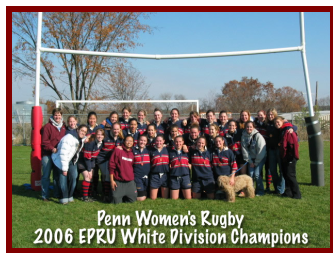
Secret rugby fantasy: Getting to play one more time with my old teammates, especially the ones who have retired.

Favorite book: Ender's Game. And the Darkover Trilogy (thanks Brianne!)



Melissa plays scrumhalf in a guest appearance at the CanAm tournament, Fall 06

PWRFC and Collegiate Rugby



Penn Women's Rugby with PWRFC coaches Ginger, Effie, and Kirstin.

In addition to hosting the annual Collegiate Clinic, many of PWRFC's active players also double as coaches for local collegiate programs.

LaSalle University Women's Rugby (coached by PWRFC player Kristin Aliberto), University of Pennsylvania Women's Rugby (coached by PWRFC player Ginger Stringer), and Temple University Women's Rugby (formerly coached by PWRFC player Angie Marfisi) all played their way to the EPRU Collegiate Championships in November 2007.

The event was co-hosted by PWRFC and Ursinus College and was a showcase of PWRFC coaching talent.. Penn Women came away as EPRU White Division Champions, LaSalle finished second in the Blue Division, and Temple ended their season ranked third in the Red Division.

April 28-29 2007, PWRFC and Penn Women will co-host the National D3/D4 Championships at Edgely Field in Philadelphia.

6th Annual PWRFC Collegiate Clinic

by Angie Marfisi

On Saturday, February 24th, 2007 PWRFC hosted our 6th Annual Collegiate Clinic from 8:30am to 12pm at the Temple University Student Pavilion.

There were over 120 players in attendance from Penn, Temple, Rutgers, La Salle, Millersville, Widener and several other area colleges and universities.

PWRFC coaches and players facilitated segments covering the following areas: *Decision Making in Contact*, *Decision Making in the Open Field*,

Rebuilding the Defense from the Breakdown, the player favorite: *Agility and Pylometrics for Rugby* and a positional centered elective segment.

Players left the clinic not only armed with fun new rugby knowledge, but with a gift from PWRFC and snack pack. Thanks to all the PWRFC players and coaches for their support in making this one of our most successful clinics to date.

It is worth noting that in our 6th year of hosting the clinic, we still offer it free of charge and will con-

tinue to do so. Other clubs have begun charging players, but we feel if they can put up with us for a day we can call it even:) Cheers!



PWRFC player Travis Blasi demonstrates a drill at the clinic

**Over 120
players
attended the
6th Annual
Collegiate
Clinic**

2007 PWRFC Board and Committee Members

Board

President - Marianne Mancini
Vice President - Eileen Horgan
Secretary - Kirstin Leitner
Treasurer - Ginger Stringer
Captain - Patti Hagel

Committee Chairs

Gear - Angie Marfisi
Equipment - Stacy Baker
Match Secretary - Carla Kingery
Pumpkinfest Director - Angie Fick
Fields - Emily Tunney
7s Coordinator - Kristin Aliberto
Mediator - Meredith Hegg

Social - Allison Myers

Club Ref - Ginger Stringer

Coaches

Lisa Rosen, Head Coach
Sue Thompson, Assistant Coach



Philadelphia Women's Rugby Football Club

PO Box 8416

Philadelphia, PA 19101

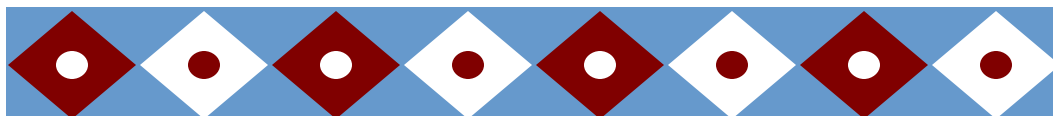
Website: <http://www.pwrfc.org>

E-mail: info@pwrfc.org



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Commitment-Intensity-Desire-Development



Head Coach - Lisa Rosen

PWRFC is happy to welcome Lisa Rosen as our new Head Coach. Lisa comes to us with a strong coaching background and a great deal of energy for the game. We are looking forward to everything she has to teach us.

More about Lisa....

Positions Played: Hooker, Flanker, Scrumhalf

Teams Played For: Colorado Springs She Wolves, Denver Black Ice, Austin, SUNY Stony Brook, US Combined Services, Eastern Rockies Select Side, West Select Side

Teams Coached: Temple University Women (Head), Colorado Springs She Wolves (Head), Albany Sirens (Head), Brandywine (Head), US Combined Services (Asst), USA U19 Women's National Team (Asst), USA U23 Women's National Team (Staff), MARFU U-23 Women's Select Side (Head)

Lisa is assisted by Coach Sue Thompson, former PWRFC player.



*Send news, story
ideas, or article
submission to Kirstin
Leitner (Puffy) at
secretary@pwrfc.org*