



Fall Results:

- August 25th –
@Furies Win (21-10)
- September 1st –
@ Nova (L 27-41)
- September 15th –
@Atlanta (L 10-47)
- September 22nd –
Albany (W 43-0)
- September 29th –
@ Village Lions (W 26-5)
- October 6th –
Providence (W 31-15)
- October 13th –
Boston (W 19-12)
- October 27 –
North Shore (W 28-23 OT)
- October 28 –
ORSU (L 32-0)

What's Inside:

- An Interview with Cap 2
- Word from the Coach 3
- AGM Recap 6

Remember that time we beat North Shore?

By Emily Tunney

"Remember that time we beat North Shore?"

That is a phrase we will be saying to each other long into the future. Ten years from now we will reunite at the 17th Annual Friends and Family Day in 2022 and reminisce about how we played above and beyond anyone's expectations to beat the defending national champions. Our opponent will probably grow in size over the years until they are all 6 feet tall and 200 lbs.

And the memories of the injuries we were battling that day will transform so that Whitney's fractured hand will be nearly severed, TK's hamstring will be so tight it almost snapped in two, and Jess Wagner will have something wrong with every limb of her body.

We'll remember how we had so many hand injuries that weekend: Whitney's fracture, Ridout's recovering fracture, and Brigid's looked-WAYYYYYY-worse-than-whatever-it-was. We'll remember that K-Train was sin binned for "leading with her knee," also known in rugby and most other sports as "running."

We'll remember how exhausted we were after 80 minutes of hard play, and how we had to somehow find 20 minutes more. We'll remember going through the motions that first 10 minute overtime period. It was like both teams were trying to conserve energy for the last 10 minute push. Or, both teams were afraid to make a mistake. We'll remember the overtime half-time, when Bob was uncharacteristically intense and emotional and chastised us for playing without heart or fire. He asked us to stand in a circle around him. We put our arms around each other and he asked us to inhale together, and exhale together, squeezing each other tighter on every exhale. We found strength in each other and went into the last 10 minutes of the match with renewed urgency and aggression.

We will never forget the moment that Taylor took the ball from inside-center, Katy Black, on the weak-side about 30 meters out from the try zone. She fended off two North Shore defenders to make a diving try in the corner as she was being tackled by a third opponent. In ten years, 3 opponents will turn into 5 and eventually, as the years go by, Taylor will have broken a tackle from every player on North Shore before cart-wheeling the ball into the try zone!

...Continued on Page 3



An interview with Emily Tunney, our captain and favorite Tunney Badger

By Erin Ridout



Tunney
(speaking on
badgers)
They're
CRAZY!!!

ER: How long have you been playing with PWRFC?

ET: 6 years

ER: Favorite position played during rugby career?

ET: Blind side flanker

ER: What would you like to see from PWRFC in the future?

ET: Oh man, so many things.... But in a word, growth. And I think we accomplish that by relationship-building. Players come to Philly because of sport (both 15s and 7s!), but I think they stay because of the team. We can't be everything to everyone but we can certainly try! Happy rookies mean happy vets and happy vets mean happy alumnae and happy alumnae mean a larger network of relationships, which could lead to sponsorship, funding, jobs, mentors.

An increase in outside resources would allow the club members more time for community service (something I wish we did more of, but most of us are stretched so thin) and hopefully more time for coaching high school and college teams. More resources also means better facilities, additional coaching staff, mitigating players' out-of-pocket expenses, opportunities for additional fitness and rugby training for players, and the list goes on and on. These things would lead to more relationships and hopefully more rookies and the cycle would continue.

It can seem overwhelming to think of it on this large scale. But if we take it one piece at a time, I think in 10-15 years Philadelphia can be the most well-rounded club on the east coast, on and off the pitch.

ER: Describe yourself in one word.

ET: Transparent. I wear my heart of

my sleeve for sure. Sometimes it's a blessing and sometimes it's a curse.

ER: What one word would Mancini describe you with?

ET: Ha! Well, I cheated and I asked her and she said "love." I swear! (You can all go vomit now.)

ER: Middle name?

ET: Katharine (spelled like Katharine Hepburn)

ER: How do you feel about badgers?

ET: They're CRAZY!

ER: Favorite non-rugby activity?

ET: I think my "favorite" non-rugby activity changes from time to time. Right now I'm enjoying getting to know my new neighborhood and gym (Manayunk and Crossfit Manayunk, respectively).

ER: One thing most teammates don't know about you?

ET: Hmmm this is a tough one (see "Transparent" answer above). One thing that probably isn't very well known is I am PETRIFIED of talking on the phone. You know how some people are afraid of public speaking? Or some people are shy around new people? I am neither of those things, but I have an almost debilitating phone-phobia. For example, I'd rather pay the pizza guy when he delivers the pizza than place the order. I thank my lucky stars I am living in an age where I can rely heavily on email to communicate.

Continued on page 3...

North Shore Cont.

...Continued from cover

Half of the team started crying at that moment. But the ref informed us we would still have a kick off. I confirmed with him about 3 times that we'd be able to kick to touch immediately after kick off and the game would be over (in 10 years, 3 will turn into 30...). Those last 30 seconds or so were excruciating and seemed to be moving in slow motion, but eventually we got the ball out of bounds. The ref blew the final whistle and we screamed and cried and hugged each other and hugged Bob and took a team photo and enjoyed every second of that victory.

The one memory that can never be

exaggerated is the feeling of profound pride we had after that final whistle blew. Imagine complete exhaustion combined with sheer joy and admiration for what we just accomplished, mixed with camaraderie between teammates and a not-insignificant amount of relief that the game was finally over. Personally, I will never forget that feeling.

I have the honor of captaining this team for another year. I look forward to making many more memories in 2013 that will become part of the legacy of Philadelphia Women's Rugby.



Rookies displaying homemade Tee shirts at Nationals

Tunney Badger cont....



ER: Did you know there is an Emily Tunney on Pinterest ("tunnsofun"), who is not you? I know it's not you, due to the presence of a board entitled "Sexual" full of pins of Zac Efron. My question is, have you met this Emily Tunney? Or have you encountered her before?

ET: I did not know she existed and I have never met nor encountered her. She sounds like a floozy, though, and not terribly clever... "tunnsofun" is so obvious. I prefer my college nickname: "Big Tun with the Big Guns" (I'm not a player I just ruck a lot). Well, and of course "Tunney Badger" is WAY better. I have also been called "T-money," "Tunney Honey," "Funny Tunney," "T-funny," "Tunninator," and "Tunnster." (And I

wonder if her mother knows she has a Pinterest board called "Sexual"...that's a Lifetime movie waiting to happen.)

ER: How do you feel about onesies for adults?

ET: No.

ER: I had the opportunity to read the article you wrote for this edition of the newsletter. It gave me chills. Your pre-Nationals email did the same. You're so good at capturing the emotions that go into this game. If you had only one word with which to describe PWRFC and the way you feel about it, what would that word be?

ET: Family.

Off Season Training – Get Stronger

By Bobweir

PWRFC, forget intricate training programs, forget long workouts. According to me you need a program that will get you stronger while it probably will get you faster too. You are not a professional so you only want to train 2 or 3 times a week. You can even do this in a home/garage gym if you set it up correctly and organize a few of your teammates to help out.

I say use exercises that deliver the most pop for your time...compound large muscle group exercises. You can use this program year round; off season (3 sessions per week) and in season (2 sessions per week). If you are not familiar with these movements find someone to teach/coach you. Get the technique correct from the very first session and always maintain the technique before adding weight, if you have to cheat on the technique to lift the load, the load is too heavy.

The program is just three (3) exercises each training day plus a core movement at completion or start it is up to you (oh yea, warm up first). The movements fall into one of three categories, Pull, Push and Squat

Training Options	Pull	Push	Squat
1	Power Clean	Split Jerk	Front Squat
2	Power Snatch	Push Press	Back Squat
3	Deadlift	Bench Press	Sprinters Squat
4	Clean Pulls	Incline Bench	Overhead Squat
5	Snatch Pulls	Military Press	Split Squat

You can rotate through this list of training options so that it takes 5 workouts to complete the list.

Continuing for the duration of our off season then when our season starts perform on a Monday and a Wednesday throughout the season. As for the core training, I prefer to work full body as well and like the approach of Pavel when he advises to select 3 – 5 exercises and perform 3 – 5 sets of 3 – 5 reps for 3 – 5 sessions per week, follow this and you cannot go wrong.

As for sets and reps I would advise the following system. For the first month, do 4 sets x 6 reps, adding weight when you have completed all sets and reps in good technique, do not add weight if you lose your technique. Good rule to follow is that if you can complete the same workout twice with the same load and have no technique breakdowns then add 5% to the bar for the next workout. After the first month follow this plan.

Off Season

Weeks Sets x Reps

1 4 x 6

2 2 x 5 then 3 x 3

3 5,4,3,2,1 Then calculate 80% of your weight for the 1 rep you achieved on the last set of week 3 and use this as your start weight for the sets of 6 for the re-start of the program in week 1.

As for core strength program, here are some old and some new. You need a partner (and maybe some help for the full body sit-ups)

Masoe Full Body Sit Ups • Full Body Twist • Barbell Rollouts • Side Dead Lift with Olympic Bar & Turkish Get Ups

Train hard but train smart

Description of exercises on following page...

The Turkish Get Up

Lie on the floor, (i.e. face up), next to an appropriate size kettlebell/dumbbell. Press the kettlebell/dumbbell vertically- directly above your shoulder. Once in position, keep your elbow locked, wrist straight, and your eyes on the weight. Sit up and bring your foot up the same side as your working arm close to your buttocks. Keeping your eyes on the weight, then push off your foot and come into a kneeling position on the opposite leg. It is okay to allow your free arm to assist slightly in sitting up. The main thing is to move slowly, keeping your working arm perpendicular to the ground and to finish in well supported position. Slowly straighten your torso, and then stand straight up, simply reverse the steps until you have reached your starting point.



The Barbell Rollout

I like to use an EZ curl bar for this exercise or a heavy duty AB Roller, load the EZ curl bar with 5lb plates and place on the ground. Kneel down in front of the barbell and grab the barbell with both hands (shoulder width apart). Slowly roll your arms away from your knees while keeping your arms fully extended in a straight and locked position. Keep going until your torso almost touches the floor; reverse the action to return to the start position.

The Full Contact Barbell Body Twist

Load a barbell on one end and stick the other end in the corner. Stand in front of the bar and grasp the end of the bar with both hands around the sleeve one top of each other. Keep the entire body tensed and pivot on the balls of the feet as you turn the bar the same direction as your feet pivot to, keep the body tall at all times and go as far as you feel comfortable, pause and then rotate to the other side.

The Side Deadlift

Perform this movement by standing to the side of a loaded barbell and grasp it directly in the center. Drop into a conventional starting position, keeping the hips straight, push the floor away from you as you stand, keep the chest up at all times and ensure that your hips do not push to one side as you stand up, slowly lower the bar down and repeat for the required number of reps.

The Masoe Full Body Sit Up

With a partner, have one partner lean against a wall for support, while the other partner assumes a sit up position on the floor with her feet under the partners, have the partner lay back with arms over her head and initiate a sit up from there. Move through a full sit up into the standing position facing your partner, having a third person is advisable just in case the partner cannot get up and falls down, slowly return to the starting position and repeat. This can be done with light Bands over a chin bar initially to provide assistance to get up.

Philly Women + Karaoke + Costumes= :)

By Joan Miller

What did making it to Nationals and taking another trip to Atlanta mean to Philly Women? Everything! What did it mean to the club's piggy bank? It meant it was time for a raucous fundraiser. So we decided to join the teams' other two passions-- singing karaoke and getting dressed up-- and had a Halloween-themed karaoke fundraiser at Irish Pub in Center City. Amanda from O'Neal's and Adobe Cafe was our karaoke DJ for the evening, and we are eternally grateful for her and the Irish Pub folks helping to make the night the huge success it was. Nothing spices up a successful costume party like a little competition, so for an

additional monetary contribution, people were entered into the costume contest, and people came up with some pretty awesome ideas! There were a couple of Katniss' from the Hunger Games, a Binder of Women from one of Mitt Romney's moving debate speeches, and lots of cleavage! The winner was chosen by a round of applause, and yours truly, as Dee Snider from Twisted Sister, was awarded the contest winner! Thanks to everyone who voted for me, and thanks to everyone who came out for the event!



*The girls were out ..
(above)*

Dee Snider (to left)

AGM Recap

By Whitney Hileman

Lookin' good, Coach!



Like almost all rugby meetings, PWRFC 2012 AGM included food, rookies looking like fools, beer and business. On the food side of things, my favorite dish was chick-fil-gay nuggets, though the 50 gallons of shepherd's pie was delightful. As tradition, the rookies put on a skit and this year's was beyond hilarious though slightly embarrassing for some involved. We are ruggers and there was beer. We did not allow any of the aforementioned factors to distract us from the true purpose of the AGM: business. The by-laws were updated to

include our current 501c3 non-profit status and slightly expand the powers of social members and the Executive Board. If anyone is interested in a copy they can email our secretary, Becca at secretary@pwrfc.org. We elected a new board. President is Erin Ridout. Vice President is Kate "TK" Hallinan, Treasurer is Christina Foley. Secretary is Becca Fagan. Finally, we are proud to announce that Bob Weir agreed to coach this scraggly bunch of ruggers for another year!

PWRFC Board

President
Erin Ridout

Vice President
Kate Hallinan

Secretary
Rebecca Fagan

Treasurer
Christina Foley

Capitan
Emily Tunney

We're on the Web!
Feel Free to Contact us!

See us at:
www.pwrfc.org

A big thank you to our sponsors....

