



PWRFC News

Fall Results

8/28: vs. Village Lions

(L 17-26, W 7-0)

9/4: @ Providence

(L 0-21)

9/11 - 12: Pumpkinfest

Second Place

9/18: vs. Boston

(W 24-7, L 3-19)

10/2: @ NOVA

(L 6-38)

10/16: CR3 Playoffs

vs. Providence

(W 26-19)

vs. Atlanta

(L 5-26)

10/23: vs. New York B (L)

10/30 - 31: D1 Round of 12

vs. Chicago NS

(L 6-24)

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Winter 2010

With a Little Luck, Anyone Can Make Playoffs

By Rebecca DeMoor

Under the direction of new head coach Bob Weir, PWRFC recently wrapped up a fun and surprising Fall season that ended with a trip to the Round of 12 in Austin. The team started with workouts under the hot sun in early August, and our first game was at home against the Village Lions. While the game was back and forth, the Lions seemed to find the try zone more easily as the kinks were showing through for Philly Women. The Lions emerged with the victory 26-17. For our next game, we rented a bus and took a road trip to Providence with some of our biggest fans. The outcome of the game unfortunately favored Providence (21-0) but the team gained experience working together under our new coaches' system and took advantage of the time to bond.

Our next big challenge was Pumpkinfest. Philly defended its home field well with an early win over Morris 57-0. Austin, however, proved to be a bit more of a challenge as the Valkyries won the second game in a close battle, 7-10. Philly managed to get enough points, though, to move

into the semifinals on Sunday where they faced an up-and-coming Glendale team, coached by none other than our recently departed head coach, Lisa Rosen. After a hard-fought game, Philly emerged victorious with a 22-14 win. Philly then played in a rematch against Austin for the tournament championship. The wear and tear of the tournament turned out to be too much and Austin captured its first Pumpkinfest championship, winning 26-3.

After Pumpkinfest, Philly matched up against Boston in our final matrix match before playoffs. Team cohesiveness finally came together for the better as the starting side won 24-7. The win sent the team into a crossover weekend matchup vs. NOVA where the winner was guaranteed a spot in the CR3 playoffs. Unfortunately, Philly could not find the try zone and came out on the losing end 38-6. By a stroke of luck, however, Philly's hard work paid off as we earned the wildcard spot and made it into the CR3 playoffs.

At the CR3 playoffs in Atlanta, Philly headed off with a rematch against Providence. With a season of work under our belts, Philly showed why we have been a steady club over the years coming out with a hard fought victory, 26-19. Philly then played Atlanta in the finals but with the home field advantage, Atlanta proved to be too much, winning 26-5. By advancing to the CR3 finals, however, Philly still earned a trip to the Round of 12 in Austin, and earned a bye putting them at #3 going into the weekend.

At the Round of 12 playoffs in Austin, Philly faced a tough matchup in Chicago North Shore. While Philly was able to stay close in the beginning, by the end of the match Philly was just swamped by North Shore's size and was forced to put too many women into the rucks, therefore, leading to a North Shore win, 24-6. Though the loss was tough, this didn't take away from a great season nor stop Philly from enjoying the Austin nightlife on Halloween. Good job ladies!

Rugby and Pumpkins... A Perfect Pair

By Katie Wojtal



A Few PWRFC Zombies

"...it's the perfect fall mix of brand new players just developing their love of the game and ruggers who have been playing for years taking it to the next level."

The 26th Annual Pumpkinfest Tournament, hosted by PWRFC took place on September 11 and 12, 2010. Twenty-one women's rugby teams from around the country descended on the fields at Pennypack on the Delaware for a great weekend of rugby. This year's Pumpkinfest was sponsored by Cabot Creamery and Steamroller Rugby. PWRFC entered two sides into the tournament this year and the squads combined to play a total of seven games over the weekend. PWRFC Senior side finished the weekend in second place after a hard fought match with the 2010 Tournament Champions, Austin.

To host a tournament of this magnitude while entering two competitive sides, PWRFC relied heavily on its extended family of alumnae. Pumpkinfest 2010's tournament director was recent alumna Marianne Mancini. Mancini took on the hefty task of overseeing the smooth operation of the tournament. Another recent alumna, Carla Kingery-Jarosz, organized the referees for the tournament. Carla said, "I love Pfest, especially as an alumni coming back because it's the perfect fall mix of brand new players just developing their love of the game and ruggers who have been playing for years taking it to the next level." This

year it was not only the players 'taking it to the next level', two referees, Jason Skipworth (Jazz) and Joe Duffy were promoted to a higher referee certification grade during their participation at Pumpkinfest.

The competition within the senior division was comprised of four Division I teams and five Division II teams. This grouping allowed teams to gain exposure to clubs otherwise not seen in regular league play. Teams included; Austin, Brandywine, Buffalo, Chesapeake, Glendale, Maryland, Morris, PWRFC, PWRFC Developmental, and the Village Lions. Each team was guaranteed two matches on Saturday and the seating for Sunday's matches were based on the results of those games. PWRFC President, Emily Sabato stated, "I really enjoyed the level of competition at Pumpkinfest this year - the semi final and final matches were really tough games".

After Saturday's matches; Austin, Brandywine, Glendale, and PWRFC advanced to the semi-finals. PWRFC secured the semi-final win, upsetting former coach Lisa Rosen's Glendale Raptors, and Austin advanced over Brandywine. The final was a PWRFC vs. Austin rematch (the two teams played each other on

Saturday [PWRFC (7) v Austin (10)]. Once again, Austin out-bested PWRFC and was named tournament champions.

Pumpkinfest once again provided a great season opening dose of competition for the twelve collegiate teams that participated. The collegiate division included; Bloomsburg Univ., Dixon DTS, LaSalle Univ., Lock Haven Univ., Saint Joe's Univ., Towson Univ., Virginia Tech, Univ. of Buffalo, Univ. of Connecticut, Univ. of Delaware, Univ. of Pennsylvania, and Univ. of Virginia. At the end of a long weekend of rugby, when the dust settled, and the ambulances all pulled away, the University of Delaware was crowned champions of the collegiate bracket.

The Saturday night social was held at Tavern on Broad, a local water hole in the shadow of Philadelphia's iconic City Hall. The social theme this year was 'Thriller', in tribute to the late King of Pop. Highlights of the evening included; the women of PWRFC in their very best zombie gear mingling among the living, Austin looking all business in their cowboy boots, and the Village Lions, who came to 'get physical' in work-out gear ala Jane Fonda. A good time was had by all, but a special thank you goes out to the women of Buffalo, ribbon dancing in leotards never looked so fun.

So You Want to be Faster Next Season?

By Bob Weir

Off season is the perfect time to focus on getting stronger, faster, increasing your flexibility. I recommend recruiting a workout partner who is faster, stronger or more committed than you, so they can lift you up. Here are some thoughts on how you might attack a program to increase your speed.

You Need To Stretch

Stretching is important for any sport; you must have a static stretch program and complete it regularly after your workout or as a supplemental training session.

Warm up

You need to warm up your body and tell it that you will be running fast soon. A nice slow ½ mile to a mile should do the trick. Add some lunges, carioca, high stepping, striding, skipping (our typical pre-game routine) and you are ready to go.

Workout

Here's a six to ten week program. Get 3 -5 workouts of each Phase before moving on. You can always

take on the next Phase in the same workout if you have the time and energy. The last week try doing all six phases in one workout! This is in addition to your off season weight work

Phase 1 - Sprints

5 yards, 10 yards, 30 yards and 60 yards. The purpose is to work on your starts-focus on leg and arm explosion off the line. Each distance is done in sets of 10 with 10-20 seconds rest between each. 5-10 seconds of rest between the short ones and 20-25 seconds between the longest.

Phase 2 - Shuttle Run

10, 20, and 40 yards at full speed. Focus on explosive starts and abrupt stops. Touch the ground at each ends. Three sets. Rest a minute each set

Phase 3 - Stairs

Find at least 30 yards of stairs or approximately 60-70 stairs in succession. On the up, focus on the lifting of your knees and speed; coming down do the stairs

on your toes, quickly. 10-15 sets; rest 15 seconds between each. Perform 20 sets before you move on.

Phase 4 - Ladders

10 x 2, 20 x 2, 40 x 2, 80 x 2 & 100 x 2 without stopping - 500 yards nonstop. Run at ¾ speed, like you are running a race. 3 sets - 2 minutes rest between.

Phase 5 - Ins and Outs

Best if you are on a track. Use the straights for sprints and the curves for active rest (jogging). Sprints are done at 100 percent of your speed.

Phase 6 - The Champion

Sprint 100 meters, turn around and sprint back. Do this 5 times at 100%

Warm Down

Run a nice easy 1 mile. Don't run it like it is a workout, allow your bodies' muscles to recover a bit and slow down.

Throughout the workout work to keep your head still, jaw and upper body relaxed. And remember that you will only get out of a workout what you put into it.

"I recommend recruiting a workout partner who is faster, stronger or more committed than you, so they can lift you up."

PWRFC at Pumpkinfest 2010



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1-2... It's a Theme

By Katy Black



"After eating their weight in pizza and going for a Halloween swim, all minds were focused on hitting the town."

Philadelphia Women traveled to Austin, Texas over Halloween weekend seeded 3rd in the national Round of 12. With a bye on Saturday, a victory on Sunday would secure a place in the top four. So in typical fashion, Philly set a few goals for the weekend: bats, win, hook-up. Despite having the means and the drive to achieve all three goals, Philly fell short on most accounts.

Philly's first full day in the Lone Star State started with scouting and practice, during which the sun was shining hot enough for wife beaters only! Later the team was given some personal time, provided each unit would get together for chatties.

Around the time the sun went down and the burritos began digesting is the about time the first "FAIL" started coming together: bats.

Congress Avenue Bridge in downtown Austin is home to the largest urban bat population in North America. During their stay from mid-March to early November the bats emerge at dusk as a black cloud to feed. The bridge is home to 1.5 million bats; they have been described as spectacular and unusual. Philly would not miss the bats! They

did everything they could to witness this natural spectacle from calling the bat hotline for the time they would emerge and arriving almost an hour early to luring the bats out with their very own cheer: "BATS! BATS! BATS!"

And sure enough the bats came...all 15 of them. Way after dark. And bats are black. The only thing reminiscent of 1.5 million bats was the stomach-turning stench of guano. Thanks bats.

After doing everything in their power to see the bats, Philly did not dwell on something that was out of their control. As Philly would learn Monday morning, the bats had insider's knowledge and knew well enough to fly out of Austin before Halloween weekend...

Staying positive, Philly turned their attention to goal number two: win.

They took the field against Chicago North Shore, fighting for a spot in the Final Four. To their dismay, Philly was out-muscled, out-ran, out-fitnessed and ultimately out-scored by Chicago.

After blood, sweat and tears, it was time for some beers. Standing 0-2 so far for the weekend, the only option was to move on to goal three: hook-up.

After eating their weight in pizza and going for a Halloween swim, all minds were focused on hitting the town. A little research on downtown Austin will have a visitor prepared for a casual, eclectic, chic, artistic, and even weird experience. Quite an understatement. Philly women went all out in the spirit of Halloween dressing to the nines (with the exception of Captain Emily "I don't do costumes" Record).

Philly's costumes were varied and anything but dull from Mrs. Roboto who shared some electricity with a stranger, to a football star who used her grip gloves to keep hold of her own Halloween treat.

SUCCESS! The sweet taste of hook-up victory set Philly at 1-2 for the weekend.

Although the main goal was out of reach and the weekend marked the end of Philly's season, there are always lessons to be learned amid successes and shortcomings: there's no curfew for children on Halloween in Austin; the best way to clear a crowd is trample them with horses; the bull always wins; we break up to make up; and never store your phone in sweaty cleavage. And of course, there's always next year.

Say It Ain't So / Another Two Bite the Dust

By Joan Miller

While pack players across the nation may be letting out sighs of relief, Philly Women are mourning because two of our fiercest teammates are retiring with the close of this fall season. Meredith Hegg and Angie "F#&@ Face" Marfisi will be hanging up their cleats after collectively accruing nearly a quarter of century's worth of rugby playing time. While they may claim that their retirements falling at the same time are a coincidence, there are some uncanny similarities these ladies share that have left some players questioning the happenstance of it. Both Meredith and Marfisi play in the pack, more specifically play in the front row. They

have both attended Temple University, both started playing rugby at the end of the 20th century, and both are 5'6" and shaped exactly the same—like pack players.

But they have their fair share of differences too. Meredith has a higher rucking rate than Marfisi, having earned a shot glass for hitting 300 rucks in one season, whereas Marfisi has a higher overall workrate (although I don't know if this has been formally recognized). While Meredith discretely breaks the rulebook to her team's advantage, Angie not only breaks rules, but also gets caught and lets her teammates get sin-binned

for her. Meredith is welcoming of new players, and is friendly to them until they expose themselves as the idiots that they are in comparison to her. On the other hand, Angie plays the standoff-ish, tough guy role until a new player exposes herself to be as much of a goofball as she is.

Sooo, maybe they are more different than they are alike. That's not quite the point. The point is that both of these women have been invaluable to PWRFC, and we most certainly will be sad to see them go. Much rugby love, Meredith and Marfisi! Thank you for everything!



Presenting the World of Rugby's Future Cuties

Lately PWRFC has been known to show off a cute baby picture while enjoying a beer at O'Neals. Here are a few of our finest examples.

