



# PWRFC News

Philadelphia Women's Rugby Football Club, Inc.

## Fall 2003



### FALL 2003 SCHEDULE

**September 13<sup>th</sup>**- NOVA (A) 1pm  
**September 20<sup>th</sup>**- TBD  
**September 27<sup>th</sup>**- Lehigh Valley (H) 11am  
**October 4<sup>th</sup>**- Morris (A) 1pm  
**October 11<sup>th</sup> & 12<sup>th</sup>**- *PUMPKINFEST*  
**October 18<sup>th</sup>**- OFF  
**October 25<sup>th</sup>**- Brandywine (A) 1pm  
**November 1<sup>st</sup>**- Boston (A) 1pm

### FALL 2003 BOARD OF DIRECTORS

President: Angie Fick [president@pwrfc.org](mailto:president@pwrfc.org)  
Vice-President: Sue Thompson [vp@pwrfc.org](mailto:vp@pwrfc.org)  
Treasurer: Janine Hawley [treasurer@pwrfc.org](mailto:treasurer@pwrfc.org)  
Secretary: Angie Marfisi [secretary@pwrfc.org](mailto:secretary@pwrfc.org)  
Captain: Melissa Wagamon [captain@pwrfc.org](mailto:captain@pwrfc.org)

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### FROM OUR PRESIDENT...

Hello PWRFC members, alumnae, and friends!

I'd like to welcome everyone to the Fall 2003 season. I am looking forward to another exciting season of rugby...Philly style...and I hope you all are too! I am so pleased to be a part of this team and what it represents: exciting rugby, great comradery, and fantastic socializing! I could never asked for anything more from my teammates and have never regretted my decision to play for PWRFC. If you haven't heard already, there are many exciting and challenging events happening right now. We are participating in a major fundraiser, selling beer and weenies in the brand new Lincoln Financial Field during Eagles games and concerts! If you are in the LFF during any of these events, make sure you stop on over at Section 132 and say 'Hi!' All we ask is that you don't make fun of our uniforms :)

It's that time of year again! Pumpkinfest is quickly approaching and will be held on Oct 11th & 12th at Belmont Plateau in beautiful Fairmount Park. If you've been a stranger, please stop by one or both days and watch some of the best women's rugby in the nation! Matches start at 10am and finish up around 5pm.

Please remember to check out our new and improved web site, [www.pwrfc.org](http://www.pwrfc.org), for updates, pictures, schedules, player profiles and lots of other amusing items. If you are an alum of PWRFC, we'd love to hear how things are going on your end, so stay in touch and don't forget to send pictures! You may just find yourself on the web.

It's truly an honor to serve all of you. If there is anything I can do, just let me know!  
Angie Fick, President  
Philadelphia Women's Rugby Football Club



## SUMMER 7'S

By Meredith Hegg

We started off the season slow and rainy at the Lehigh valley Tournament in Bethlehem, PA. After easily finishing off Kutztown II, we stuttered a bit in more challenging competition against Harrisburg and NOVA. Sheara did a spectacular job of attempting to cover for the rest of us as we felt the effects of several weeks spent sitting on our butts. With a 1-2 record we were happy to go home and get dry, having gotten some much needed experience.

The next weekend was North Penn, where we fared a little better. We were 2-1 in pool play after losing a close match to Brandywine and Chey to a sprained ankle. This still kept us in the quarterfinals, however, where we lost again to a very experienced NOVA side. Good thing we like them so much. We also got to cheer on the Hibernians High School team who had to play Keystone I in their first match. These girls have come to some of our practices along with coach Murph, and we've had a lot of fun with all of them. Blonde Jen put in a particularly excellent performance.



At Second City's tournament in Bryn Mawr, we started off with an excellent performance beating Brandywine, Keystone, and Harrisburg quite handily. Against Harrisburg, I told Janet that we needed to run up the score in case there were any ties in other games and she responded with two tries in the first three minutes. We were all happy to see Donna and Travis back in the action, as well as an impressive sevens start for Brianne, Hillary and new-comer DD also showed tons of improvement from North Penn as they put together good plays on the outside. However, the re-seeding of the 4 teams for the semi-finals did not work to our advantage when we were matched up against Brandywine. After being up two tries to none in the first half, we couldn't fight off a Brandywine comeback late in the second half. We would have then played

Keystone for third place, but they forfeited. Apparently they were afraid of Janet : p

We had a blast at Harrisburg where we brought 14 people! Soheila got her first taste of rugby against Brandywine (do you see a pattern?) and I think she likes it! We finished off the young Brandywine crowd pretty easily and then faced NOVA II. Despite Barb Wilson's strong runs through the center, we sent NOVA packing.

Because we had so many players, some picked up with other teams. Gigi, Collette, and Hillary played hard and fast with a Long Island team and Maggie Mae and Hustle battled the cooler with tenacity. With a record of 2-0 we played an improved Harrisburg team. Donna busted her ass in the second half, but it was to no avail. Fatigue and small mistakes kept us from penetrating the Harrisburg defense. Our record of 2-1 was enough to put us in the plate competition where we beat Maryland in a tight and tough game.

Collette made excellent runs up the sideline and Travis put together some beautiful plays. Everyone showed great versatility as the lineouts changed every other minute. This win put us in the plate final against the Lehigh Valley Maulie Maguires. Travis made four tackles in about 45 seconds, but the rest of us were not quick enough to regroup on defense. The Maulies continuity of play was excellent and they broke down our defense several times. Again, Donna put up a superb fight in the second half and almost scored only to make a forward pass to yours truly thanks to some miscommunication. All in all, we were



pretty happy with our 3-2 finish and it even got

us a plaque. The party was spectacular as always with their famous baked beans and lots of beer.

*Some of Philly Women relaxing at the Cheesesteak 7's tourney*

The Cheesesteak 7's, hosted by Brandywine WRFC & Schuylkill River RFC, were held on July 12<sup>th</sup> at FDR Park. We once again had a great showing and played teams such as the LHV Maulies, TCNJ, and both Brandywine sides. We faced Brandywine I in the semi-finals (as if we don't play them enough) it was a close game with neither team really taking control until the final minutes of the 2<sup>nd</sup> half. We came up short at the whistle this time, but left winners after receiving free massages at the tournament and beer at the Dark Horse!!

To end our spectacular seven's season, Philly Women traveled to Eastham, MA to play in Boston's "Wild Wild West" tournament. We brought up 2 full sides and though we didn't bring home any hardware, we were definitely the best dressed team there (as you can see below)... not to mention the team with the most creative nicknames.

*Philly Women posing in the Wild, Wild West*



Thanks to all those who played, and supported Philly 7's this summer!

## ONE BUSY SUMMER...

By Elise Myer

Angie and I traveled with the MARFU U-23 Select Side to Blaine, Minnesota on Thursday,

June 27<sup>th</sup> to play in the National U-23 ITT Championships at the National Sports Center. We played along side talented players from the University of Virginia, West Chester University, Penn State University, American University, NOVA, James Madison University, and York University. The weather treated us well and throughout the weekend we witnessed and took part in great rugby.

Our first match, which was also our grudge match, was held on Friday against the West. Focusing on our mantra of "fear the 'FU'", our team was instructed to "embrace chaos" and the backs were given a "license to thrill". Though all three phrases were overused by head coach Nancy Kechner and back coach Dave Lett, the team internalized them and played solidly for 80 minutes. The final score fell in favor of MARFU – 23 to 0. The following match took place Saturday morning against the US U-19 team. Though most on the U-19 squad were between 15 and 17 years old, they gave us a good match.



MARFU took its second victory and began to prepare for the championship match against

the Mid-West to be played the following day at 1pm.

The championship game was long, tiring, and overwhelmingly intense. MARFU came out strong to counter the intensity of the Mid-West at the beginning of the game, and at the end of the first half, MARFU led off of penalty kicks 6-5. The second half quickly became a try-zone to try-zone game. The Mid-West repeatedly pushed us back on the defensive; we repeatedly stopped their drives and booted to ball down the field, sparking our own attacks. Ultimately, the intensity of the Mid-West surpassed that of MARFU; our opponents scored twice in the closing minutes of the game to give them a 19-6 victory.



Though MARFU did not take the championship, a great time was had by all members of the team. I consider myself lucky to have played with such a gifted and enjoyable group of girls. I also consider myself lucky to have played alongside Angie, my Temple, Philly, and now US U-23 teammate. She has been a captain, a motivator, and a friend. The experience of playing on a select side has given me both confidence and a new perspective on rugby, and so I am thankful for the opportunities I've been afforded. And if you ever get a chance (and you're in Minnesota), go to the Mall of America. They've got a General Mills Cereal Adventure, Lego Land, and Snoopy's Amusement Park. Good times.

#### Editors Note:

After returning home from Minnesota, Elise & Angie were selected for the US National U-23 team and traveled to Toronto, Ontario on July 26<sup>th</sup>. Over the course of a week they participated in two practices daily and nightly meetings, and fitness testing. Wednesday was the Blue vs. Red scrimmage and on Saturday they faced the Ontario Senior side with 8 full internationals. The US -U-23 national team tied the Ontario side 8-8 after a hard-fought match played at Fletcher's

*Elise and Angie at the Field in Markham, Ontario US U-23 jersey ceremony*  
in front of thousands of spectators.



Fick, Mo, Patti, Janine, Chey were representing Philly Women as they traveled with the East Coast Harlots to compete and socialize in Ottawa

### RUGBY JOKES

\*What's a bee's favorite sport?

*Rugbee*

\*Why did the rugby player go to see the vet?

*His calves were hurting*

\*Why was the car not allowed to play rugby?

*It only had one boo*

\*Why didn't the bicycle play rugby?

*It was two tired*

### PWRFC PLAYER SPOTLIGHT

**\*\*\*Elise Myer\*\*\***

**Full name:** Elise Victoria Myer

**Nickname:** MEAT

**Birthdate:** January 15, 1983

**Birthplace:** Pittsburgh, PA

**Current Residence:** Philly

**Occupation:** Student

**College:** Temple University

**Years Playing Rugby:** Going into my 4th

**Years Playing for PWRFC:** 1 full year behind me

**Previous Teams:** Temple Women

**Select Side Experience:** EPRU U-23 2002, MARFU U-23 2003, USA U-23 2003

**Rugby Positions Played:** Center

**Favorite Rugby Tournament:** Mardi Gras

**Most Valuable Teammate:** Angie Marfisi

**Most Difficult Opposing Team:** I can't think of one...

**Most Difficult Opponent:** Probably myself

**Person who most inspires you—why?** Angie once again...she's composed, smart about the game, a great friend, a better teammate, and a great person to run next to on the field.

**Favorite Rugby Memory:** There are a few ...



**Most Embarrassing Rugby Memory:** Getting a concussion during the first half of my first game with Philly Women.

**Favorite Rugby Drill:** I just like scrimmaging

**Favorite Movie/TV Show:** GOLDEN GIRLS

**Favorite Book:** Tuesdays with Morrie

**Favorite Quote:** "Most people who wait until the 11th hour die at 10:30"

**Favorite Toothpaste:** Crest

**Favorite Food:** Peanut Butter

**Favorite Drink:** Coffee

**Favorite thing about Philly:** it's not too hilly

**Leisure Interests:** Sleeping

**Personal Goals in Rugby:** Become a better tackler and a more dangerous runner

**Goals for PWRFC:** WIN WIN WIN WIN WIN  
WIN WIN WIN WIN

## ALUMNI UPDATE

*A note from Lisa Perry:*

Hey ya'll!

Thought I'd drop ya's a line just to let you know I'm not dead...yet. These young 'kids' just might be the death of me soon enough though! ;-D You'll be glad to know I'm STILL not THE oldest person on the team-just the 2nd oldest, however, THE oldest grll here can kick my ass any day of the week (she's a Berkley Alumni). We just got back from the DII Nationals in Minneapolis Once again we lost in the finals by ONE point to a team we've beaten on every other occassion. \*grrr!\* These guys were so disliked that the other teams (Monmouth and Saranac) and visitors were rooting for us including the Valkyries! Speaking of which, we're losing one of our very best players to the Valkyries- #9 Rachel 'Kit' Thompson (remember that name!)-she is moving to Minneapolis JUST to play for them. With a little luck she'll be an Eagle in the next few years. Maybe she'll be coming to a future Pumpkinfest! We've got a nifty little website if you want to check us out-most of the biographies actually have pics!

<http://www.kelts.com/cindayrugby/03spring/>

I miss you guys (love you Chey-Chey and Maggie!) and hope to get this team off their duffs and into the Pumpkinfest this year.

yours aye,  
Lisa "Philly"Perry



*Check out Lisa (back row, 3<sup>rd</sup> from the left)!*

## PWRFC ALUMNI SPOTLIGHT

\*\*\*Tasha Mannino\*\*\*

**Full Name:** Tasha Mannino

**Nickname:** Germ, Mannine

**Birthdate:** 12/8/76

**Birthplace:** Carlisle, PA

**Current Residence:** Atlanta, GA

**Occupation:** Account Executive

**College:** Kutztown University

**Years Playing Rugby:** 9

**Years Played for PWRFC:** 2

**Current Team:** Atlanta Harlequins

**Select-side play:** South Select 98-present,  
US U-23's 1998, US Women's 7's Hong Kong  
2003

**Rugby Positions Played:** Center, Wing, 7's  
Hooker

**Favorite Rugby Tournament:** Pumpkinfest, of  
course!

**Most Valuable Teammate:** MA Sorenson, Huff

**Most Difficult Opposing Team:** Berkeley; NZ

**Most Difficult Opponent:** Jane Mitchell,

Jen Crawford.

**Person who most inspires you, why?** My father.

He is the one I always turn to when I need advise. I always go with what he says, and it always works out for the best.

**Favorite Rugby Memory:** Traveling to my first Sweet 16's tournament with Philly in 97'

**Most Embarrassing Rugby Memory:** While I was in England playing with the U-23's, our pack was attempting a push over try when I decided I was going to try to help (as a wing!)...don't ask!

**Favorite Movie/TV Show:** Will and Grace

**Favorite Book:** The Stand

**Favorite Literature/Film Character:** Jody Foster. She's great at any roll she takes on.

**Favorite thing about Philadelphia:** I miss the food!! There are no good Cheesesteaks and pizza down here!!

**Leisure Interests:** Water sports, pottery

## IN THE NEWS



PWRFC player, Patti Hagel is featured in the Project ACE newsletter, and not only does she talk about her career but does an excellent job promoting Philly Women and women's rugby in general.

Read all about it!!!!

<http://www.ucxnet.com/projectace/newsletter.htm>



**Don't forget to check out our new & improved website maintained beautifully by Angie Fick at [www.pwrfc.org](http://www.pwrfc.org)**

## CLASSIFIEDS

Good home needed for 2 beautiful felines, ages 3 and 2. Mother is black with white tips and daughter has Siamese colorings. Both are Manx, which means they have no tails, so don't be alarmed when you see them! Owner moving and cannot take with her. Both have a pleasant demeanor: one loves to watch TV on your lap and the other will play hide and seek. Must be adopted together. If interested, please email Angie Fick @ [angeliafick@hotmail.com](mailto:angeliafick@hotmail.com) or call me at 215-219-6414. Thanks!

## Happy Birthday!!

### August

Trish Flynn - 8/2/76 - Player

Marianne "Flower" Mancini - 8/5/79 - Player

Meredith Hegg 8/29/78 - Player

### September

Angela Marfisi - 9/12/80 - Player

Alison Avera - 9/14 - Alum

Cara Ferrier - 9/23/73 - Alum

Sheara Williamson - 9/29/77 - Player

## RECIPE FOR PRETZEL FUDGE

Submitted by: Angie Fick

- 2 cups mashed pretzels
- 2 tbsp. Peanut butter (creamy or chunky)
- 12 oz. Pkg. white chocolate morsels
- 10 oz. Pkg. Peanut butter morsels

You may substitute butterscotch morsels (equally delicious), and chocolate morsels would probably work well for those chocoholics among us!

Melt the two flavors of morsels together either on the stovetop or in the microwave. Mix the peanut butter and melted morsels with the mashed pretzels. Put entire mixture into an 8x8 dish lined with wax paper or foil (you may wish to coat the liner with Pam or margarine.) Allow the fudge to

harden. To speed up the process, place it in the refrigerator. Cut fudge into pieces to serve.

Please note: they will be irregularly shaped pieces as opposed to perfect squares because of the pretzels and nuts. It's okay – they still taste great! Any crumbs from the breaking process can be saved and used as a crunchy ice cream topping

### **COMING IN OCTOBER:**

- Pumpkinfest Preview
- More Player and Alumni Profiles
- Halloween Plans
- Mid-Season Update

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If  
you



would like to submit material for the next newsletter  
please send it to [secretary@pwrfc.org](mailto:secretary@pwrfc.org)  
---Thanks, Angie ☺