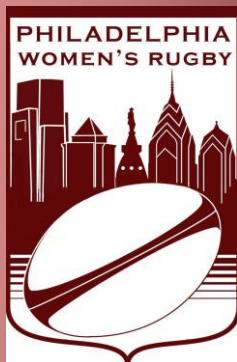


# PWRFC News



## Fall Schedule:

- August 25th –  
@ Furies
- September 1st–  
@ Nova
- September 15th–  
@ Atlanta
- September 22th–  
vs. Albany  
(Edgely)
- September 29th–  
@ Village Lions
- October 6th- vs.  
Providence  
(Memorial Hall)
- October 13th –  
vs. Boston  
(Edgely)

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## PWRFC Kicks off the Fall 15s Season!

### A message from the captain

*By Emily Tunney*

After last Fall's disappointing finish, I wanted the theme of the Spring to be low pressure and focused on just "having fun." I think we were successful. Our intensity increased, our on-field chemistry with one another improved, and we were more fit. We won more games than Fall 2011, scored more points, and played more successful defense.

The challenge for Fall 2012 is to continue to do all those things, but with the added pressure of higher stakes. We have to stay relaxed, play our game, and be prepared for a fight. We're going to be tired. We're going to be sore. We're going to get scored on. But so will our opponent. We have to be mentally stronger. We have to believe that we can play through pain and fatigue and still come out

on top. We have to believe that we can beat and defeat our opposite. We have to believe that we are all creative play-makers and problem-solvers. Wilma Rudolf said: "I believe in me more than anything in this world."

We have to believe it. And then we have to do it.

Simple as that.

## 15s results thus far...

August 25<sup>th</sup> @ DC Furies, W (21-10)  
September 1<sup>st</sup> @ NOVA, L (27-41)  
September 15<sup>th</sup> @ Atlanta, L (10-47)  
September 22<sup>nd</sup> vs. Albany, W (43-0)



*Philly packs down against NOVA, September 1, 2012*

# Introducing Ms. Jennifer Alison Krain

## A rather racy interview

By Erin Ridout



JK.

*"You can call me Jen, Jen Krain, JK, JAK, Kray-J...."*

**Jenn Krain, can I call you JK? Greaaaaaat. What is your full name?**

*My full name is Jennifer Alison Krain. You can call me Jen, Jen Krain, JK, JAK, Kray-J....I've had a lot of nicknames. Not too picky on any of them.*

**You played 7s with us this summer. Was it your first time playing 7s?**

*Yes it was! It definitely took some adjusting to from playing 15s but it was a lot of fun and a ton of sprinting. I'm hoping playing 7's has helped me for the fall season. Though 7s made me feel like such a big player tackling all these tiny backs.*

**When did you start playing rugby? What positions have you played?**

*I started playing rugby my first year at Smith College. My older sister played when she went to school and being the competitive sibling I am I immediately decided I had to play too. I've played a lot of positions depending on my fitness and weight (which has fluctuated quite a bit!). I'm a prop at heart. That's my favorite position and it's what I do most often but I flank as well. I've been a hooker, eightman, scrum half, and center.*

**Word on the street is you work with Philabundance. What is**

**your favorite canned food?**

*Haha. My initial response to this would be baked beans! After further consideration I would say I also love Amy's Soups, specifically tomato bisque.*

**How do you feel about flying on airplanes? Who is your favorite pilot?**

*I hate airplanes though I fly quite a bit. I've recently discovered the amazingness of Xanex which made going to Nationals a lot easier. Flying freaks me out so much that I can basically only do nonstop flights. The question of taking more than one to go cross country is HELL NO. Favorite pilot? Oy, that's a tough one. Amelia Earhart? Badass woman pioneer in aviation seems pretty cool to me. Though I did do a report on Charles Lindbergh in the 6th grade. He's not so bad and he actually survived the trip overseas....sadly can't say the same for Earhart.*

**How old are you?**

*I'm 22 years old! Birthday was in May.*

**Who have you met on the Philly Women's team so far that has made the biggest impact on you?**

*I love Bob. He's hilarious and cares so much about the team and I've learned*

*a lot from him just from the summer. To be honest everyone has been really nice and amazing to play with. As a front row forward I've tried to watch Chey and Whitney a lot and I really like talking to them about the game. Both are incredibly strong. Oh and TK is just ridiculous with her speed and work ethic which really inspired me this summer to kick it up a notch.*

**As a journalist and someone who has not met you, I felt it necessary to Google you. One of the first things that appeared was a picture of you in a sports skirt playing the beloved game of Squash. Care to say more on this subject?**

*Haha sure. I love playing squash and I don't mind wearing a "skort" at all! Wearing a sports skirt was a good way to get my friends to come to matches too, that's all they wanted to see. Though I gotta say the Smith College team was probably the most awkward looking team of homos in skirts (about 50% of the team). I've been playing tennis since I was 8 but I chose rugby over tennis in college (obviously). Squash was in the winter so I picked it up and have loved it ever since!*

...Continued on Page 4

## Sevens Season Recap

By Kate Hallinan

After finishing an impressive second place to the DC Furies at Cheesesteaks 7s, Philly 7s headed down to Virginia Beach for the MARFU Championships. Battling torrential down pours and beach traffic, after 7+ hours in the car Philly arrived ready to secure a spot to Nationals.

Because MARFU has in years past proven itself to be a highly competitive territory, first through fourth place at MARFU Championships would advance to Nationals. The day started out rough for Philly. Unfocused and still recovering from the long journey down, our first game against DC was unorganized and chaotic. After the final whistle we went to the tent to regroup and pull ourselves together, knowing the next game was a must win to make Nationals happen.

Our next opponent, the Maryland Exiles, have proven tough for us to beat in the past. Their scrappy style of play and raw speed has previously wreaked havoc on our defense. Not this day. Philly came out and dominated possession from the first whistle. Whitney Hileman and Jen Krain asserted their dominance at the point of contact while our backs ran through their defense, supporting each other all the way to the try line. Despite Maryland's best attempts to gain control

Philly won, securing a spot to Nationals in San Francisco.

Unsatisfied with 4<sup>th</sup>, PWRFC was looking forward to their match against NOVA 2, hoping to earn that 3<sup>rd</sup> place and better seed at Nationals. Unfortunately due to lightening that game was never played and the top four teams in MARFU agreed to enter Nationals in the same seeding we entered into MARFU Championships: NOVA 1 in 1<sup>st</sup>, DC in 2<sup>nd</sup>, NOVA 2 in 3<sup>rd</sup> and Philly in 4<sup>th</sup>. Our next stop was San Francisco.

PWRFC worked to assist players in buying flights to San Francisco to ensure we had a solid squad representing the club. Still, because of the financial burden, we were only able to travel with nine players. But we were determined to let the 7s community know we meant business.

After a long travel day Friday, we handed in our official paperwork and received our official USA Rugby badges (it was kind of badass). We knew we had been handed a tough pool Saturday and our opposition didn't disappoint, but neither did Philly. After a rough start against the Boston Belles that resulted in a big loss, we went on to play the Youngbloodz and the Mudhens, both teams sporting some big names

and talent. Although Philly lost we managed to show just how far we had come as a squad, putting points on the board and not letting up. Philly showed up with a young, inexperienced squad that showed all those "big names" they better watch their backs in 2013.

Sunday again was a slow start that resulted in a bitterly disappointing loss to NOVA 2, putting Philly in the running for the shield. Pulling ourselves together Philly took the pitch to dominate Morris, who barely got a chance to touch the ball. Next up was a young squad from Belmont Shore with lots of raw talent and speed. Philly stuck to our game plan of crashing in the middle until we created an overload for our backs and came out with the win. As our distinguished 7s alumnae Meredith Hegg noted, PWRFC had our strongest 7s side to date this Summer.

Philly's mission is to keep improving our 7s squad as the 7s scene gets more and more competitive. To do this we need the support of our Alumnae and fellow 15s players. Because MARFU is such a strong territory, Philly will always be in Nationals contention. PWRFC 7s is looking forward to 2013 where the goal is to arrive at Nationals with 12 of our best players, ready to take the competition by storm.



*PWRFC at Nationals,  
August 4-5, 2012*

*Check out our Facebook  
page for more photos from  
Summer Sevens*

*"...PWRFC had our  
strongest 7s side to  
date this Summer."*





*Luma Bass in her  
Halloween best.  
Nationals, October 2010*

## On a Personal Note...

### ***Check out what PWRFC has been up to off the pitch.***

Rugger **Amanda Cooper** has moved out of her family's home and into her first post-college apartment. Best of luck to Amanda as she embarks on this new journey.

Long-time PWRFC member, **Luma Bass**, has been granted US citizenship and issued a US passport. Luma is excited to be an American citizen and we are very happy for her.

Aaaaand last but not least: **Sheara Williamson** FINALLY finished school! Sheara received her doctorate of kinesiology from Temple University and secured an Assistant Professor position at Notre Dame of Maryland University. Congratulations, Dr. Williamson!

## Interview with Jenn Krain cont.

*...continued from page 2*

**Where are you from?**  
*I'm from Bryn Mawr, PA*

**Favorite thing about Philly?**  
*The food! And the history! I love when my friends come and visit. There are endless things to do and so many places to take them.*

**You went to Smith. I hear that since its founding in 1871, Smith College has provided women of high ability and promise an education of uncompromising quality. How'd that go for you?**

*Pretty well I'd say. Going to a women's college was pretty empowering and I know I've had a totally different college experience than most students that go to co-ed schools. Just picture tons of naked and half naked women at convocation screaming their drunken asses off excited to start the school year (just one example). I spent more time playing rugby and doing administrative stuff for our club than school work. But that's all part of the education right? To be a well-rounded student and not some book worm? Anyway, I love Smith and if I have a daughter she better go there!*

**As one of PWRFC's newest members, what are you hoping to gain from being a member of the team?**

*I'm hoping to improve my rugby skills by playing with a higher level of players (dream goal is to make the USA team). I'm also looking forward to meeting new people and making new friends in Philly :) I also think being with Philly Women will get me in better shape and keep me active. Right now my job is pretty much sitting at a desk all day so practices and games are my big activity points of the week! Most importantly I'm happy that I get to continue to play the sport I love after college.*

*"Just picture tons of naked and half naked women at convocation screaming..."*

## The “Skinny” on Margaritas

By Emily Tunney

As I get deeper into my twenties (I'm 28.5 years old) I find that I move a tad slower the day after rugby matches than I used to, must participate in active recovery, and the foods (and adult beverages) that I consume can positively or negatively affect the way I feel and perform.

It's very annoying.

One of those aforementioned adult beverages that makes me feel not-so-great these days is beer. I probably

have sensitivity to gluten, which, by the way, is very popular right now. (I am always afflicted with the trendiest food allergies.) I won't get into the details of how beer (or any gluten) actually makes me feel the next day, just in case you're eating...or plan to eat sometime this week. Suffice to say, it isn't pleasant.

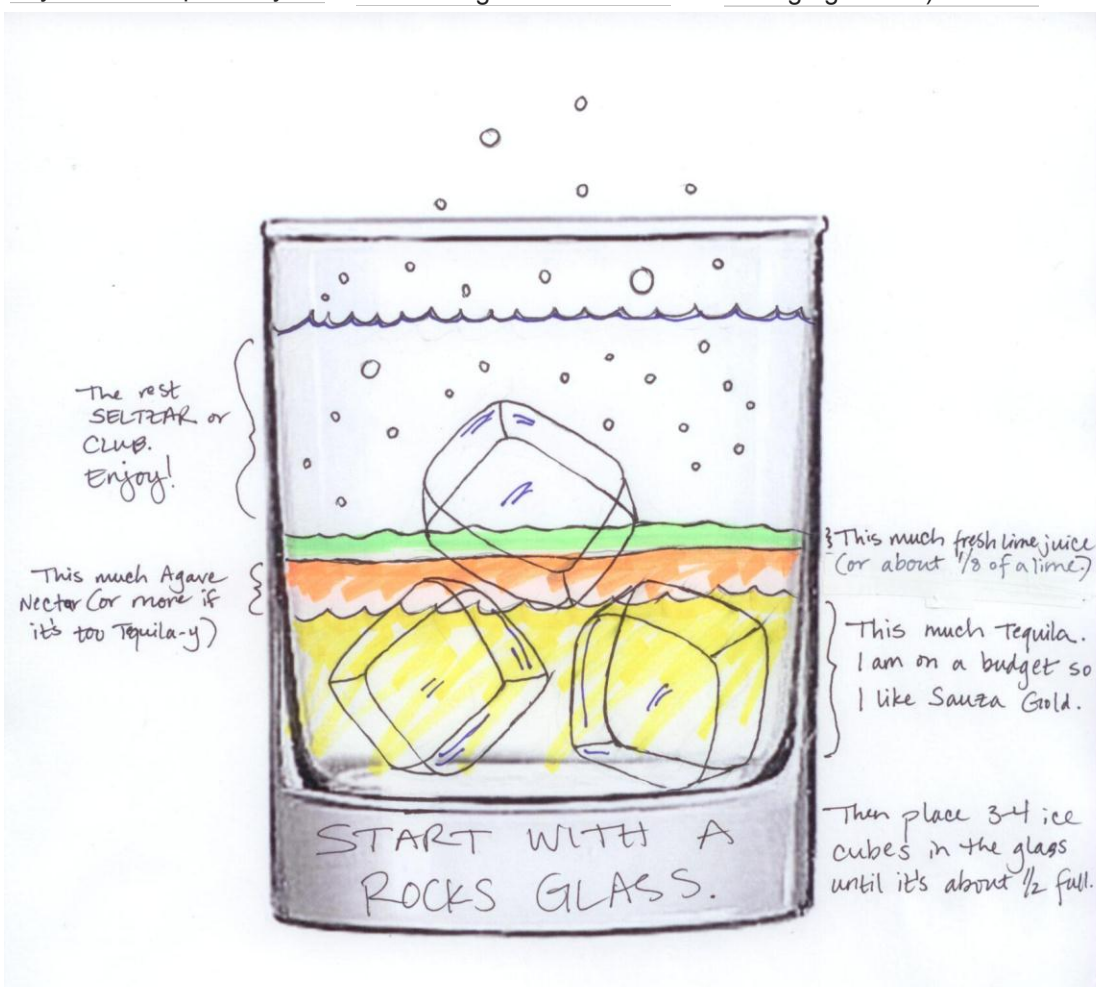
So, in order to stay on top of my rugby game I have to take care of my body more responsibly. One way I've done that is by substituting beer with

tequila. (I know I'm VERY responsible!) Now, I enjoy drinking tequila in a variety of ways but my favorite way to drink it is in my own version of a “skinny” margarita.

I have illustrated the recipe below. I like to “eye-ball” my mixed drinks because I am too lazy to use measuring devices. This drawing will teach you how to “eye-ball” your drinks as well and you'll never need to measure ever again! (I know how relieved you all must be feeling right now.)

I hope you try my “marg” and enjoy it as much as I do! Happy mixing!

*Side note – It's weird how beer at our post-game socials (read: “free”) doesn't affect me so badly....*




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**Don't have any limes lying around? Use a lemon!**

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**Can't find agave nectar? Substitute a splash of orange juice!**

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**Hate tequila? Try gin or vodka instead!**

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