

VIRGINIA RUGBY UNION
Winter 2005

The VRU AGM will be at the University of Richmond on January 28, 2006. Please make sure your club send a rep and come ready to get your club CIPP enrolled.

CLUB MEN:

Charlotte goes on to the MARFU playoffs in the Spring in Division I. In Division II South, Raleigh and Norfolk go on. In Division III it is James River, Roanoke, and Virginia.

There was no VRU Men's All-Star team.

Named to the MARFU All-Stars from the VRU were Paul Glatte, Sean Kim, and Shawn O'Brien of Charlotte, and Ed Stockunas of Norfolk. In competition, the New Zealand Ambassadors beat MARFU 16-12 on Nov. 12. This was followed by two games vs Northeast RFU All-Stars on Nov. 20 with the Northeast winning the first, 26-10 and MARFU the second 55-34.

The MARFU All-Stars won the USA Rugby All-Star 15's Championship, its first ever!

COLLEGE MEN:

Moving on in the MARFU Playoffs are:

Division I: UVA, Virginia Tech
Division II: Mary Washington, VMI, U of Richmond
Division III: VCU

VCU defeated Franklin & Marshall 21-15 to win MARFU Division III! They will represent MARFU in the East Coast Collegiate Division III Championships April 22-23, 2006.

There was no VRU Collegiate Men's All-Star team.

COLLEGE WOMEN:

Moving on in the MARFU Playoffs are:

Division I: UVA, JMU, Virginia Tech

Division II: Mary Washington, U of Richmond, VCU

Named to the VRU U-23 All-Stars:

Blue Ridge: Miwa Ng, Carolyn Runyon.

JMU: Yen Hwang, Ellie Brim, Sarah Miller, Kathleen Brady, Julia Savolo, Erin Howley.

UVA: Carrie Perdue (Captain), Rachel Winters, Winnie Chao, Kate Farley,

Diana Bowen, Shoshana Griffith, Siobhan Tiernan, Ashley Owens.

Virginia Tech: Meredith Black (Captain), Laurie Bryan, Jennifer Ushulba, Aly Clements.

W & M: Jackie Adair.

Mary Washington: Catherine Easterling, Erin Rideout, Andrea Wyatt, Renee Liers,

Heather McKenzie.

Managers: Fiona Foxon, Jessie Powers

MARFU Results:

Virginia 63, East Penn "Blue" 7

East Penn "Red" 36, Potomac 12

East Penn "Red" 14, Virginia 12

Potomac 55, East Penn "Blue" 0

WOMEN'S CLUB:

Named to the VRU Select Side were the following:

Vernetta "V" Alston (Prop, Raleigh)

Caroline "Brick" Brickhouse (Flanker, Raleigh)

Daniele "Beaver" Canney (Flanker, Raleigh)

Sheri Cantor (Hooker, James River)

Sara "Dartmouth" Carpenter (Flanker, Raleigh)

Caroline "Duck" Duckworth (Center, Raleigh)

Stephie Jo "Smiley" Edwards (Scrumhalf, James River, Selector)

Heather "Puma" Ferrell (Wing, Raleigh, Captain v. PRU)

Monica Gittings (Center, James River)

Jessica Grafflin (Lock & Flanker, Blue Ridge, Selector)

Carla Harrell (Center, Norfolk)

Giza High (Eight and Prop, Blue Ridge)

Berkley Hobson (Wing, James River)

Jamie Jones (Flyhalf, Raleigh, Selector, Captain v. EPRU)

Aubri Marron (Hooker, Norfolk)

Dawn "Fooch" Malfucci (Hooker, Raleigh)
Brittney "Bubba" Martin (Prop, Norfolk, Selector)
Jessica Miller (Prop & Flanker, Univ. of Richmond)
Marisa "Flash" Parker (Flanker, James River)
Mary Parker (Scrumhalf, Raleigh)
Emily Pauler (Lock, Norfolk)
Lindsey Kinsler (Fullback, Norfolk)
Erin Krupa (Center, Raleigh)
Karen Vandercar (Wing, Blue Ridge)
Rosemary "Ro" Wallace (Lock, James River)
Deisha "Dory" Williams (Flanker, James River)

The team played the PRU and EPRU on September 10. Scores were EPRU 22, VRU 0 and PRU 46, VRU 0. The VRU, all MARFU Division II players, stepped up to this challenge of taking on the EPRU and PRU, MARFU Division I players. The VRU Women's team played a lot of great defense that made the other Union Sides work for their points. All the VRU women played hard, aggressively, and had lots of fun playing together. No points were scored by the VRU, and offensive measures were difficult to execute, however, this was the first time at the start of this season that all the players had a chance to play on the field together. Timing and rhythm were worked out by the second half for each game, and the VRU achieved progress quickly. Unfortunately, the team was not able to use the skills of Vernetta Alston, Karen Vandercar, Caroline Brickhouse, or Sheri Cantor. However, the team was able to use the shoulders of Miwa Ng as Prop from the University of Virginia.

Named to the MARFU Women's All-Stars pool for games vs. the USA Eagle A in September were Vernetta Alston, Heather Farrell, and Jamie Jones of Raleigh, Fionna Foxon of UVA and Lindsay Kinsler of Norfolk. The USA A side beat MARFU 35-5.

Caroline Duckworth of Raleigh and Fiona Foxon of UVA were on the MARFU squad that played the Ontario Women's Select Side on Nov. 13. Duckworth was named to the MARFU team that played in the USA Rugby All-Star 15s Championships.

The MARFU Women came in fifth in the USA Rugby All-Star 15s Championships.

OLD BOYS:

The Virginia Cardinals won the Old Boys division at Saranac Lake.

The Cardinals took 3 teams Aspen. They lost in the final of the Over 35 division, won the Over 45 division, and didn't make it to the final of the Over 50.

COACHING:

USA Rugby and National Center for Sports Safety Partner In Coaching Curriculum

Boulder, Colo. and Birmingham, Ala.--USA Rugby has partnered with the National Center for Sports Safety (NCSS) to include PREPARE, an online sports safety course, as a component of its new coaching certification. USA Rugby has recognized that sports safety is a vital component of a winning program and is mandating the course for its coaches who complete the USA Rugby Coach Development Program.

PREPARE consists of seven modules aimed at providing valuable information on how to prevent injuries and respond to emergency situations. In addition, the course teaches things like how to prevent heat illness and manage exercise induced-asthma attacks. PREPARE is relevant to coaches on all levels of youth sports and will help rugby coaches be better prepared both on and off the field.

PREPARE will be part of two online courses offered by USA Rugby as a foundation and requirement for certification. The flexibility of the online modules allows participants to complete the modules at their own pace. Once participants pass the modules, they will receive a certificate of completion, sports safety patch and their name will be added to NCSS' National Coaches Registry.

“Our partnership with the NCSS is key in our efforts to provide the latest resources to our coaches,” said Rick Humm, Managing Director of Game Development for USA Rugby. “The PREPARE course will help coaches improve the players’ experience in the United States.”

The new Coach Development Program is focused on enhancing the players experience at all levels. A coach will be required to complete several online courses and demonstrate coaching competence at on-site workshops. The certification is in line with the International Rugby Board’s coaching programs and will allow USA Rugby coaches to have equivalency around the globe.

“USA Rugby is taking a very proactive approach to sports safety,” states Lawrence J. Lemak, M.D., founder of the NCSS. “Parents of rugby players should praise USA Rugby for its efforts to make fields safer for its players,” adds Lemak.

USA RUGBY COACHING PORTAL TESTIMONIALS:

“I have taken a good look through the various pages and modules, and I must congratulate you on the excellent job that you have done! I want to recognize your fine work, and to share these sentiments,” Tom Jones (IRB Regional Development Manager, North America).

REFEREES:

Congratulations to the following referees for promotions:

Willie Pieterse from D to C-3
James Carroll from D to C-3
Peadar Little from C-3 to C-2
Carl Brienzi from C-3 to C-2

DISCIPLINE:

Those VRU Players sinbinned in Spring 2005:

Jeremy Bulgnen, Blackwater
Jon DeLong, James River
Todd Shoaf, James River
John Heffern, JMU
Jeff Millen, Mary Washington
Braden Harrison, Newport News
Matt Weir, Newport News
Scott Thompson, ODU
Michael Nitopi, ODU
Richard Clouser, ODU
Rick Bell, Raleigh
Bill Atmore, Raleigh
Ariel Wingord, Raleigh
Eric Mangiartti, Charlotte
Mike Sexton, Roanoke
Austin McPherson (twice), U of R
Phillipe Polman, U of R
Patrick Hyde, U of R
Rachel Winters, UVA
Lee Doyle, Virginia Tech
Erica Boyle, Virginia Tech
Bryan Gassgumeyer, Virginia Tech
Luke Lisa, Virginia Tech
Ken Tarrent (twice), VCU
Colton, VCU
Monica Motley, VCU
Shaen Johnson, Virginia
Corey Stewart, VCU
Tom Murphy, Virginia Tech
Ian Foley, VMI
Sean Hingley, VMI
Nikolai Howe, VMI
Christopher Waddell, VMI

Chris Yun, W & M

In addition, Mike Sexton served a two-game suspension for multiple yellow cards between Spring and Fall seasons.

ED AND SANDY LEE CUP:

Those winning their divisions at the Ed and Sandy Lee Cup:

College Men Division I: UVA 16, Virginia Tech 11
College Men Division II: Mary Washington 27, VMI 12
College Men Division III: VCU 16, William & Mary 0

College Women Division I: UVA 38, JMU 5
College Women Division II: Mary Washington 39, U of Richmond 5

Club Men: Charlotte 81, Raleigh 0

Also, Mary Washington Men won the Sportsmanship Award and will receive a \$100 credit on their VRU dues.

SEVENS:

IRB 7's:

Dec 1-2: Dubai, UAE – Winner: England
Dec. 9-10: George, South Africa – Winner: Fiji
Feb. 3-4: New Zealand –
Feb. 11-12: Los Angeles, Ca. –
Mar. 31 – Apr 2: Hong Kong -
Apr. 8-9: Singapore -
May 27-28: Paris, France -
June 3-4: London, England -

NATIONAL:

The Women's National Team will have a UK tour in January. The games are January 21 Scotland, January 25 Ireland, and January 29 England. Named to the National Team are former VRU ruggers Annie Collier (W & M), Jamie "Jay Jay" Burke (UVA), Heather Hale (UVA), and as a reserve Stacy Bennet (UVA).

Dates and games for the 2006 Churchill Cup:

- June 3 – England A v Scotland A
- June 3 – USA v Ireland A
- June 7 – Canada v Scotland A
- June 7 – USA v New Zealand Maori
- June 10 – Canada v England A
- June 10 – New Zealand v Ireland A
- June 17 - Finals

INTERNATIONAL:

The 2011 Rugby World Cup has been awarded to New Zealand over Japan and South Africa.

Dan Carter of New Zealand was voted Player of the Year by the IRB. Team of the Year was the New Zealand All Blacks, and All Blacks coach Graham Henry was voted Coach of the Year. Players to watch: U-19 Player of the Year Isaia Toeava of New Zealand and U-21 Player of the Year Tatfu Polata-Nau of Australia.

The IRB has instituted its own world rankings. Here are the current rankings for the top 20 countries:

1. New Zealand
 2. South Africa
 3. France
 4. Australia
 5. England
 6. Wales
 7. Ireland
 8. Argentina
 9. Samoa
 10. Scotland
 11. Fiji
 12. Italy
 13. USA
 14. Canada
 15. Romania
 16. Uruguay
 17. Portugal
 18. Japan
 19. Georgia
 20. Tonga
- There are currently 95 countries that have qualified for world rankings, with Finland bringing up the rear.

OF INTEREST:

Don't forget about the on-line services for rugby. Some of the main ones are:

The rugby newsgroup:	rec.sport.rugby.union
On the World Wide Web:	
VRU WWW Site:	http://www.rugby.org
EPRU Web Site:	http://www.epru.org
PRU Web Site:	http://www.pru.org
MARFU Web Site:	http://www.marfu.org
US National Team:	http://www.usa-eagles.org
Rugby Today:	http://www.scrum.com/rugbytoday/default.asp http://www.rugbymag.com

<p>Rugby magazine: USA Rugby: IRFB: Planet Rugby: Rugbyrugby:</p> <p>E-mail:</p> <p>majordomo@world.std.com</p> <p>listserv@listserv.uoguelph.ca</p> <p>walshpj@erols.com</p> <p>tacticalrugby-subscribe@yahoogroups.com</p> <p>ruggerworld-subscribe@yahoogroups.com</p> <p>rugbymag@aol.com</p> <p>info@usarugby.org</p> <p>virginiarugbyunion@yahoogroups.com</p>	<p>http://www.USARUGBY.org http://www.irfb.com/ http://www.planet-rugby.com http://www.Rugbyrugby.com</p> <p>USA Women's rugby mailing list. To subscribe, put in the message: subscribe uswrugby-discussion (your e-mail address) without the parens.</p> <p>Rugby coaches' mailing list. To subscribe, put in the message: SUB RUGBYCOACH (your full name) without the parens.</p> <p>This address gets you on the U-15 Youth Rugby listserve. Send your name, address, phone number, and rugby responsibilities to get on.</p> <p>Tactical Rugby listserve. For coaches, administrators, players, and referees.</p> <p>Rugby union listserve.</p> <p>Rugby magazine. Hey, can reporting a tourney result get any easier???</p> <p>USA Rugby's e-mail address. To reach an employee, e-mail (first initial)(last name)@usarugby.org</p> <p>The VRU e-mail list.</p>
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The referees have a mailing list, but it's closed to non-referees. Weekly, more and more Internet rugby services go on-line. Get on-line yourself and see what there is! Two great places to start:

- <http://www.sportszineuk.co.uk>
- <http://www.rugby-union.info>

FINAL WORD:

Give a person a fish and you feed them for a day; teach that person to use the Internet and they won't bother you for weeks. - Anonymous

Jeffrey Anderson,
Newsletter Editor