

# Northern Virginia Women's Rugby Football Club Fall 2006 Newsletter

Edition 1, Fall 2006

17 August 2006

## What's New?

Why, this newsletter of course! NOVA is attempting to jump-start a monthly team newsletter to inform our alumni, family, friends, and recruits about our team. Please feel free to submit materials you would like included. Anything you think would be fun to put in our newsletters, please send to the editor at [klstephen@yahoo.com](mailto:klstephen@yahoo.com). Spread the word to the lost ruggers of NOVA that the newsletter is sent out monthly to the active and social lists (so sign up! [www.novawrfc.org](http://www.novawrfc.org)) and will be posted on our website shortly. If you would like it snail-mailed to you, please contact the editor.

## Thanks for the Love

(and Cash)

In 2005, the Northern Virginia Women's Rugby Football Club earned the number 8 place in the nation among women's 15s rugby clubs. With the financial and emotional support of family, friends, and alumni, this talented group of women were able to travel to two post season locations to participate in this nationwide tournament. NOVA eventually enjoyed the success of breaking into the top ten teams in the nation. The outpouring of support was nothing short of fantastic! Without the support of family, friends, and alumni, many of our players would not have been able to absorb the additional costs over such a short period of time. NOVA thanks everyone for their support and generosity.

## Spring 2006 Round-up

**WE GET THE BOOT:** The Spring 2006 season saw the NOVA Women do something they've never done before...win a 15s tournament! We won the Nash-Bash tournament, held in Nashville, Tennessee, with our A and B side players coming

together to all contribute to this victory. Several players stepped up and made our victory a true team effort. Congratulations to all affiliated with the NOVA Women's program.



### WICKED AWESOME:

On a very chilly early-April day, NOVA traveled to Boston to play our challenge match for their seat in the national tournament. By beating Boston, we walked away with another spot for MARFU in this fall's national tournament!

## Sponsor Spotlight

(The Bill-payers, beer suppliers, and back-crackers)

Please visit our sponsors early and often! Thanks to our sponsors, we have places to gather, glasses to raise, uniforms to wear, and the ability to recover from it all. Big thanks to the Black Rooster Pub, our sponsor bar, located at 1919 L St. NW. My mother has pointed out the fact that 90% of our sponsorship stems from alcohol and rehab...



NOVA Pain & Rehab



PLATEAU

## 7s 2006 Round-up

(By Dave Lett)

NOVA had another excellent season in 7s. The club reaffirmed itself as the premiere 7s club in the territory. We can also take pride in an excellent showing from NOVA II all summer. Next summer, we look forward to claiming both the best and second best side in the territory. We were close this year; next year we'll leave no doubt. The "NOVA Nation" finished with a combined record of 48-18-2 (for a winning percentage of 70.5%), which is excellent for four sides. We scored a combined 1,339 points and allowed 529. The first side posted a 28-1 record, scoring 802 points and allowing only 64. The accolades, however, are not complete. We had 12 players roster for MARFU I or MARFU Developmental, and we look forward to having several players compete at ITTs later this month. Excellent work, NOVA. You can all be very proud of your hard work, efforts, and results.



By the way, t-shirts for the NOVA-hosted 7s Ruggerama Tournament are still available however, not all sizes are available.



## President's Address

(By Stacy Bennett)

A Note from the President....

I am not sure if I am entitled to my own column, but I decided to create one anyway and to wait and see if our Creator-in-Chief inserts this into the Inaugural NOVA Newsletter (editor's note: I did).

I don't expect my notes to be too exciting, but rather informative in terms of changes and advancements in the NOVA Family's Executive Team. First, and foremost, by creation of this Newsletter, you will see that we have added an Alumni (alumnae for those who like to be grammatically correct [Mel Rohall]) Relations Person to the exec team...who is Kristen Stephen...a.k.a Chicky (editor's note: That's me, the editor)!!

I cannot say enough how exciting this NOVA Newsletter undertaking is to the NOVA Women. For too long the club's current members have operated in disconnect from our NOVA Old Girls – in disconnect from the songs, traditions, and stories that are a part of this club. One example of this came at the most recent EOS party in the spring, the rookie class was spared, I mean awfully neglected, from hearing the expanded version of the RUGBY Road sign acquisition. This can not be allowed. (Maybe Mo Donnelly can write up something for the next newsletter – you know the "official" version of what really happened!)

I've been a member of NOVA now for 5 years...gosh, I am getting old...and every season I am encouraged by the steps forward that this organization continues to make. However, this step "back" might be the most forward of them all!

Thank you to not only the contributing writers, but to the characters of NOVA over the years that have made these stories what they are (editor's note: B.S.).

Stacy Bennett

## Getting to know you

(Sing it in your head)

The Coaches and Captains for Fall 2006 Season are:

Brian "Psycho" Murphy	Head Coach
Dave Lett	Asst Coach
Adam Russell	Asst Coach

Kristen "Chicky" Stephen	Team Captain
Liz King	D1 Backs Captain
Stacy Bennett	D1 Forwards Captain
Caitlin "Alpine" MacAlpine	D2 Backs Captain
Meg Gibbon	D2 Forwards Captain

## Saturday's a Rugby Day!

(Match schedule)

August 19-20 Atlantic Cup Tourney (Lewes, DE)  
August 26 AWAY at New York A / B  
September 2 AWAY at Norfolk (Matrix)  
September 9-10 AWAY at Pumpkinfest  
September 16 HOME vs. Maryland and James River (Both Matrix)  
September 23 AWAY vs. Philadelphia A/B (Matrix DI only)  
September 30 AWAY vs. Washington and Raleigh (Both Matrix)  
October 7 WEEKEND OFF!  
October 14 Raleigh/  
October 21-22 DII MARFU playoffs, DI TBA  
October 27-29 DI Sweet 16s in Columbia, SC or Kansas City, MO  
November 4 TBA  
November 10-12 DI Elite 8s in Orlando, FL DII Nationals-location TBA

## Upcoming Events

(and other crap you need to remember)

September:

9/2/06 Tentative Women's Team/Alumni Labor Day BBQ in Arlington, VA

9/7/06 Men's/Women's After practice Social at Glory Days

9/15/06 Men's/Women's Team Dinner. Joe's Pizza Place, 5555 Lee Hwy, 7:30.

9/16/06 Men and Women's Home Games followed by joint Social at Black Rooster

Alumni are always invited to these events! Please contact us for addresses/directions or see the webpage [www.novawrfc.org](http://www.novawrfc.org)!

## Piranha's on the move

(Alumni and Active Player Updates)

Send us your announcements on weddings, births, promotions, new home, special vacation to exotic places (Cape Fear is NOT exotic...) or just a note to update 'what's new'.

Jen "Ivy" Marquardt wrote us an excellent update!: I broke my hand playing for the Mary Janes (or was it the all forwards team?) during NOVA's 2002 summer 7 tournament. I tried to play rugby with my cast on, but that didn't help the healing process. I ended up requiring surgery and lots of casts. It was a long recovery and I haven't played rugby since. I miss it, sometimes. Two years ago I bought a fixer-upper home in Falls Church which has undergone numerous renovation projects, I recently adopted an energetic shelter dog to go with my cat, I'm no longer blonde, Marine Corps will be my 3<sup>rd</sup> marathon this year (I'm sloooow), and I've road tripped a lot this summer (to/from Los Angeles and to/from Maine). Next year I'm doing Ironman Couer d'Alene (Idaho) and moving to Los Angeles with my boyfriend. It was great to run into Powder at IKEA last year and to catch-up with Gangi, but writing this update has made me think about my rugby experience and all those wonderful, wild, hilarious, quirky, inspirational NOVA teammates I got to play with. You rock! Congrats on the National ranking. Can you add my e-mail to the Alumni list? [Editor's note: You bet! Anyone else interested in joining the list, we call it the social list, send a blank email to [nova\\_wrfc\\_social\\_subscribe@yahoo.com](mailto:nova_wrfc_social_subscribe@yahoo.com). I want more of these updates!!].

Angela Foster, '00 rookie season. Angela's got 2 kids! George Russell Foster (two years old now) and Carly Jean Foster (two months old now).

Jen DeMarrrrr ('03) is engaged to Handsome Pete! The rumor is, Pete proposed on bended knee while

DeMarr was in the shower! No date is set, but they'll plan on a wedding between Rugby seasons.



Dave and Kathy (Blanton) Lett (Spring '00) were married September 17, 2006. Coaches pet.

Steve and Monica "Mouth" (Disanza) Dvoranchik are brand new newlyweds. No one has seen or heard from Steve since...not that we can hear him over Mouth...

Brad and Rachel (Covino) Holzwart married in the spring. Brad began regretting it by summertime, when somehow he was talked into participating in the summer sprint workout. Rachel is considering changing back to her maiden name, for obvious reasons.

Dan and Maureen "Mo" (Donnelly) Schmelling were married July 1st in Bellaire, MI. In true rugby style, the bouquet was thrown as a lineout with the A-side bridesmaids (Lindy Birch, Barb Lerch, Keeler, Spot, and Michelle Morrill) against the B-side bridesmaids (Barb Wilson, Big Laura, Lynette, Becca, Francene, Lynne Stefanik). Spot and Lynette were the ones lifted. Spot's competitive edge took over and she ripped the roses away from Lynette, then Spot came down from the lift with her dress over her head. Several cameras got a good shot of Spot's thong! That's a good rugby wedding.

TJ Hillinger married Bill Hickam in August 2003. Their marriage was temporarily on the rocks when after a drunken debacle on the bus ride home from Sweet 16's in May 2005, TJ "misplaced" her

wedding rings on the bus. However, all was saved when a couple months later her rings were mailed back to her.

Gay Marriage is still illegal and I have a cat.

## Engraved Invitations

(reasons to party)

The team would like to extend an invitation to all who attend the games as well as the socials held afterwards at our sponsor bar, the Black Rooster. As always, we would love to see NOVA alumni attend the End of Season parties. We were fortunate

enough to have an excellent turnout of 'old girls' at our last fall EOS. The rookies and recent additions to NOVA absolutely



loved Big Laura's Fishbowl story (can you believe she had not told the story at a NOVA event for 5 years!). Thanks to Big Laura, that story will live on with a new generation of ruggers.

Please keep your eyes on the Upcoming Events section for End of Season (EOS) parties, after match socials, and any other reasons we can think of to get the team to pay for a keg.

## Vault of Useless Information

Rugby was on the Olympic program at Paris in 1900, at London in 1908, Antwerp in 1920, and Paris again in 1924. In 1928 the I.O.C. turned down the request to stage rugby at the Amsterdam games. As the USA took the gold medal in 1924 with a 17-3 victory over France, they are the current Olympic champions!

## Alumni Column

(By Jen Gangi)

Ahhh Mammories...the NOVA Time Machine

NOVA is a 7s powerhouse – MARFU champions and winning almost every single match this summer. NOVA 15s ain't no slacker either, currently ranked 8<sup>th</sup> in the country. For all the newcomers to the NOVA family, it wasn't always like this. NOVA always had talented players – plenty of select-side representation through the years and did well in tournaments around the East coast, yet carried the reputation of a social team, one that would lose the match but win the party (now we win both).

Back in the late 90's, Dana and I played for a team in North Carolina – Eno River. It was a hodge-podge of girls from around the Raleigh/Durham/Chapel Hill area, plus a lot of Duke students who were learning how to play so they could start a team at their school. After we left, there was a split in the team and the bulk became what you now know to be the Raleigh Venom. Anyway, back then, NOVA was a decent team – beating most but always coming up short against the then nationally-ranked Maryland

Stingers and the Washington Furies. To Eno River, however, playing NOVA was like NOVA playing the All-Blacks right now – we would get our butts handed to us in a big, big way. We would suffer through 80 minutes of embarrassment just to get to the party afterwards. Eno River and NOVA had amazing chemistry off the pitch – great parties, drunken sleepovers and Sunday breakfasts at Denny's or Chili's before either team headed up or down 95 back home.

Eno wasn't blessed with super rugby talent, a consistent home pitch, or money for rucking pads, balls, etc., but the team was lucky enough to have an awesome bar for the after-party and two players (guess who) with an obsession for drinking games and theme parties. The 5-0, a divey loft across the street from NC State's campus, would open up every Saturday after a home match for amazing parties. We had the entire bar to ourselves with run of the DJ booth and a huge dance floor that begged for boat races, breakdancing contests and wall-grinding (extra credit to anyone who knows who I am talking about here, including the girl who did it ☺).

The best party by far with any team was the



Eno/NOVA Toga Extravaganza. Now, we have all been to toga parties before (I hope), but pulling off a toga party where half of the guests are traveling 4 hours to play rugby is a feat. You have to pre-plan to pack and remember all your accessories and costume items in addition to cleats, water, and all the rugby essentials, as well as all your toiletries and pajamas and stuff to sleep over.

So on that Saturday afternoon, Eno and NOVA donned their togas and had a blast. I don't think there was one player on either team that showed up sans toga for fear of being ridiculed for not wearing one was far greater than fear of walking down street to party in one. We had all the members of the Village People represented with Rookie joining several Eno players to complete the group. Monica Phillips was a picnic table, Lynette was a rugby pitch with a cone bra, Sister was Roman Barbie all in pink – the creativity flowed almost as much as the beer. There was a contest, with all the toga participants marching around the dance floor showing off their wares. The winner was (surprise) Lindy, with a toga made entirely out of Mardi Gras beads. I am not sure exactly what prize she was awarded, but she definitely won our respect for her innovation as well as her patience in making such a cool toga.

Many drinking games were played and rugby songs sung. Chugging gauntlets were thrown and challenges were met with glee. The highlight (for me) was randomly looking out the window of the bar and doing a double take. Some crazy person dressed in a sheet, a ten-gallon hat and chaps was doing the two-step on NC State's lawn. We all ran to the window and started to cheer – Rookie the Village People Cowboy was line-dancing and kicking up the heels of her boots as cars honked and people stared.

The best part of this memory for me is that even though NOVA has developed into one of the best teams in the country, fielding competitive sides in both D1 and D2, not to mention the many sides we are able to enter in 7s tournaments, the team still hasn't lost its love of picking a theme, dressing up and taking over whatever bar or occasion becomes the target. Be it an inter-team toga party, winning the skit at Cape Cod almost as many years as it has been around, a non-sanctioned Pirate Parade in P-

town and all of NOVA's recent costume exploits (donning legwarmers for Members Only, every tournament party), NOVA is always in another league when it comes to having fun both on and off the pitch.



## Fundraising

(and other ways we will ask you for money)

The success NOVA has been consistently experiencing means our program is competing at higher and higher levels and in new and more competitive tournaments. This is in large part due to the dedication and commitment of the players, coaches, and fans and we are grateful to all. It also means rising costs of defending our standings. We are thankful for the family, friends, and alumni



support last year. With this year looking to Orlando FL in November, we are asking for your support

once again. The travel and costs must be offset by our fundraising because each year we face costs many younger (and older...) ruggers struggle to keep up with. We've got old school fundraising coupled with some very creative stuff this year! I hope you'll not only take the time to come out and support the team at matches, socials, and nationals, but participate in some of our exciting fundraising opportunities this year which include:

Ladies Night In, Dining for Dollars, and Rent a Rugger to name a few.

### **How Dining for Dollars Works:**

Basically, NOVA WRFC gets a 10% donation on food purchases from collected guest checks from Glory Days Grill. Those dining on NOVA's behalf do not have to make any special reservations or arrangements; they simply dine in or order To Go at Glory Days Grill anytime during their hours of operation *Sunday thru Thursday* and keep a copy of their guest checks for reimbursement. Receipts can be sent to Sarah Ellis, 9453 Fairfax Blvd #103, Fairfax, VA 22031. Sarah (Flagpole) will collect the guest checks and mail them to the organizers for reimbursement. This fundraiser will go until Fall 2007, so get to Glory Days and get some food!

### **Rent a Rugger:**

Dear Busy Alumna (obviously, from Mel),  
Does your yard, garage, or attic need some cleaning? Do you have other projects you'd like a hand with? Do you miss having the ruggers around on Sundays for those jobs? Then you may want to rent-a-rugger. Current NOVA ladies would be happy to help you with such tasks! Just e-mail [piranhajobs@yahoo.com](mailto:piranhajobs@yahoo.com) with the task, time frame, location and price (negotiable). We will return your message within 3 business days to discuss the job. Please note that it may take up to two weeks to schedule a job, but if you've got one that is recurring (mowing, raking), we can block time every weekend for your job.

### **Ladies Night In:**

Host: Meg and Alpine

Location: Meg's Place

4622 5th Street South, Arlington, VA

When: Wednesday, August 23, 6:29pm

Phone: 202-210-1609

Please join us for a FUN-draising night focused on Romantic Sparks at a special Rugby Sizzle Show thrown by Meg and Alpine at Meg's place. We'll have lotions and potions and surprising gadgets for your own sensual adventures. \$5 at the door goes straight to the NOVA coffers. Then, 20% of ALL the night's sales will be donated. There will be raffles for some EXCITING items, as well -- and all those proceeds will be added to our take! The more girls the merrier and the more we'll earn so bring

your friends. Get bonus door prize tickets for each guest you bring (Ladies only, please). These Sizzle Shows are a little bit like a Tupperware party, but sexier and a lot more fun. Earn extra door prize tickets if you -- Bring a friend -- Arrive on time -- Bring your Address Book and/or Book A Show! All show orders and inquiries are strictly confidential. All ordering at the show will be done privately and we'll close the show that night (pay for your stuff before you leave).

Please contact Alpine or Meg with any questions.

We hope to see you there!

## **NOVA Nation**

(By Weasel)



The men's team of the NOVA Rugby club began pre-season training August 1 and successfully capped the start of the fall campaign with the club's first ever mini-camp in Woodstock, Va.

The first week of training saw more than 30 players, including many new faces to our existing foundation, sweating it out in nearly 100 degree temperatures. The club expects our numbers to swell as the season nears, when many members finish family vacations and other summer commitments.

About 20 club members traveled to the Massanutten Military Academy for a weekend mini-camp. The lads spent a full day Saturday taking part in morning and afternoon sessions on the field and a classroom discussion during mid-day.

They worked hard under a broiling sun and on a bug infested field, before ending the day with a great time at The Black Rooster. NOVA men and women celebrated a productive camp by closing down the bar.

The NOVA men look forward to a great season, which officially begins Sept. 9.

# Personal Trainer

(By Kathy Lett)

## Training

This feature is dedicated to fitness topics relevant to women training for rugby. Many of your teammates have a wealth of good information from experience, select side coaches, friends, and research, but it isn't always that easy to know what to do when or to motivate yourself to do it. Here we will start discussion on training strategies, collect ideas for training, share workouts, and motivate all players to take their rugby success into their own hands through improved fitness. Please email us with ideas for future discussions or questions to be addressed.

## August: Setting Goals and Making a Plan

Many of you are already on plans and have been training for the coming season. Great! Take a moment to reconsider your goals, whether you are making progress toward them, and if you need to change anything to reach them. Or, if you are just starting your training, now is time to set your goals.

Why: Setting goals is an important part of your fitness routine because it helps you (1) plan your training schedule, (2) stay motivated throughout the program, and (3) determine if your training worked.

What: The design of your goals will depend on where you are in your training and what your needs are. A goal could be working out a certain number of times each week, running a certain speed or lifting a certain amount, or improving a specific game skill.

How: To set your goals, consider your current fitness level and what you are trying to achieve. Measurable goals are important, but if your goal is to improve a game skill, you might have to measure the means of achieving your goal instead. That is, it is hard to measure your efficiency in a scrum, but you can measure how much weight you are squatting and can feel if your strength is making a difference in your game.

Next steps: Making a plan to help you meet your goals. You can't be at your highest level of fitness all the time, so think about when you would like

your fitness to peak. Consider also what you are willing to give up to meet your goals—an hour's sleep two mornings a week to go to the gym? Happy hour? Writing your plan out ahead of time is a helpful step.

## Some workout ideas for specific rugby goals:

To improve general fitness to survive a half of a 15s game: endurance runs that include speed intervals.

To increase back line speed for turning the corner: straight speed work with full recovery.

To increase efficiency in scrums and rucks: explosive power lifting.

To feel fresher in the second half: speed endurance or high intensity interval runs to decrease active recovery time.

To improve cutting and evasive running skills: balance and agility drills.

## Post-its

(post a message or a congrats to a NOVA buddy)

**Congratulations to Adam Russell!** Forwards Coach Adam Russell received his first "cap" this past weekend, playing in his first International Match: USA versus Canada. Adam came in at the 52nd minute at # 5. Adam's cap is a testament to the hard work he has put in to training, to skill development, and to learning the intricacies of the game. It was a World Cup qualifying match -- the winner receiving an automatic birth into the World Cup. However, it was not to be for the US, losing solidly to Canada, 56-7. The loss will pit the U.S. against Uruguay in a home-and-home series for the final Americas spot. The series will be played Sept. 30 in Montevideo and Oct. 7 in Stanford, Caliph. Times. The winner becomes Americas #3 and will join in Pool A. Congratulations to Adam and Best of Luck on making the USA v. Uruguay squad!! Can't wait to get you back out at Practice now! :)

Big Congratulations are in order for our NOVA teammates selected to represent MARFU this past year:

## **15's ITTs in Boulder, Colorado (June 2006)**

### Senior Side

Stacy Bennett, Megan Billingsley, Beth Black  
Dana Creager, Liz King

## U23 Side

Lauren Hoeck, Katie Miller

## **7's ITTs in Milwaukee, Wisconsin (August 2006)**

Beth Black, Kathy Blanton, Kristen Campbell

Dana Creager, Lauren Hoeck, Jenn Starkey

## Want Ads

(Your stuff here, free!)

Roommate needed for 2 bdrm apt off Seminary Rd in Alexandria. Prefer female, non-smoker, cats ok. \$645+utilities. Must like L word. Email Alpine at [spookystar2000@yahoo.com](mailto:spookystar2000@yahoo.com).

## Seller's Market

(For a small fee to NOVAWRFC, you can list items or services for sale.)

## Who's got Issues?

(in the next issue of our newsletter...)

Next month you'll get your usual NOVA Newsletter update as well as our annual Rookie Report! We've got a great group of newbies this year and we can't wait to make the introductions! NOVA also wants to hear about YOUR experiences as a rookie. Vets and Alum, please send in your name, nickname, rookie year, and a note about your rookie experience at NOVA. Pictures are fantastic and please send along the name, nicknames, or aliases of the guilty parties that appear.

I need YOU to send in your updates, stories, NOVA legends, pictures, want-ads, advertisements (you gotta pay for those☺), and 'post-it' messages.

**Contact Information:** For a complete list of the Club Officers, to become a NOVA Sponsor, or to contact us to play for our club, please go to our website at [www.novawrfc.org](http://www.novawrfc.org) or go directly to our Club Officer contact page [http://www.novawrfc.org/n\\_officers.html](http://www.novawrfc.org/n_officers.html) to look up the relevant officer.

To submit an article, picture, song, legend, or smart-ass comment, please forward it to the editor. I'll also take your requests for advertisement space!

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