



The Rugger

Volume 1, Issue 1

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WOMEN'S RUGBY NEWS:

Bruises are SEXY

BE GENTLE, IT'S MY 1ST TIME

The title says it all. This is the first of, hopefully, monthly newsletters designed to showcase our team's news, gossip, tips and just general going on's. This newsletter is intended for a mature audience of ruggers, coaches and fans. Since this is a "Virgin" it lacks the experience you would find in *The Onion* or *Arizona Daily Star* so suggestions and ideas are welcome and if anything offends you, don't read it or discard the damn paper!

On that note...let's begin...

ABOUT LIGHTNING RUGBY:

We belong to the Southern California Women's League Division 2 league. It encompasses Tucson, Santa Monica, San Luis Obispo, Los Angeles, and Las Vegas. In our 1st season as an official team we finished 1st in our division and are currently in our 3rd season at 1-1. Division 1 teams are: Belmont, San Diego and Tempe and we often play them to gain playing experience. Our matches are on Sat or Sun at Estevan Park (Speedway & Main). We currently have 22 players on our roster and are always looking for new players. No experience necessary and all ages welcome! We would like to thank all Rookies that have come to practice and played. Keep it up ladies!

Team officers and coaches:

Coaches: Doug Potts and Rusty Wortman

President: Mya

Match Secretary: CC

Team Manager: Becca

Fundraiser: Elizabeth aka Pineapple or Pappy

TUCSON RUGBY TEAMS:

Lightning Women's
Old Pueblo Men's
Magpie Men's
U-19s (under 19)

UofA Women's
UofA Quad Men's
UofA Men's



POST GAME NEWS:

01/30 Lightning (17) @

Santa Monica (27)

01/31 Lightning (14) @

SLO (0)



...And the Mexi Award goes to...

Lightning awards players with the MEXI award after each match. For those unfamiliar with Mexi, she is a piggy bank carried to each match by a player, who messed up during the match. The Mexi winner must make a rule that all players must abide by during the post-match social or they must pay Mexi a dollar. Proceeds go to the end of the year party.

Saturday's Mexi winner was our rookie, Ella, and she may have created a new team quote that goes like this:

-At the top of your lungs and with your hands both up (very similar to the SNL *Superstar* stance) yell:

"I AM WARRIOR!"

We did not nominate a Mexi winner after our Sunday game, but rumor has it Mya would have been awarded Mexi for a butterfingers move noticed by all and commented on by the Ref.

Keep an eye out for Saturday's Mexi winner.

UPCOMING EVENTS:

- 2/06** Lightning vs. LA- home
- 2/13- 2/14** IRBs 7 @ Las Vegas
- 2/20** Lightning vs. San Diego- home
- 2/27** Lightning vs. Belmont- home
- 3/03** Lightning **BINGO** night @ Bumsteds on 4th Ave 7pm-10pm

A LITTLE BIT OF HUSH

A word from Rusty

THE LIGHTNING THEN AND NOW

As I looked over a crowd of women at the end of practice, I am amazed at the development of a team over the last 3 years. The Lightning was a team that was proud and rightfully so, to finish their first year by playing all of their games and playing in the Southern California Union. Flash forward 3 years later and the Lightning are a team who is competing to win their division and have a chance to play in the DII playoff's for the first time and having a fun time doing so (I have heard some of the stories). As the team moves into the rest of the season you can feel and see an excitement in the players to play rugby. In the next couple of months there will be a lot of blood, sweat and tears, as well as Mexi Awards (for the love of God, could someone please kick the ball straight, not sideways, so they don't win this award). So the next couple of months should be a lot of fun to watch, for the players, coaches and fans. I wouldn't miss this journey for the world, nor should you.

Go Radisson.....oops, I mean Lightning!!

RUGBY BASICS:

Pitch: Field where a match takes place

Match length: Two 40 min halves with a 10 minute break

#of players allowed on the pitch: 15

Forwards: #s 1-8 (1 Hooker, 2 Props, 2 Locks, 2 Flankers, 1 Eight man)

Backs: #s 9-15 (Scrum ½, Fly ½, Inside & Outside center, 2 Wings, 1 Fullback)

The objective of rugby is to score goals, known as a *try*, by touching down the ball inside the opposing team's end zone. Any player may carry the ball and is capable of scoring. A try is worth 5 points, after which a conversion kick is awarded, allowing for the chance to score 2 additional points, if successful. There are also other means of scoring, the first being a *drop goal*. This occurs when a player kicks the ball through the opposing team's uprights during play, and is worth 3 points. In order for the drop goal to count, the ball must make contact with the ground before being kicked (essentially dropped then kicked, making it a difficult maneuver). A *penalty kick* can also be granted for certain penalties, allowing for a free kick from the site of the infraction (as long as it is behind the 22 meter line). The penalty kick is also worth 3 points.

Q&A WITH VIRGINIA

LEARNING A LITTLE MORE ABOUT OUR RUGGERS:

Q: How long have you been playing rugby?

A: Since the winter of 2007 with a little time off last year.

Q: How did you hear about rugby?

A: An ex U of A and Lightning player, Michelle Closs

Q: What is your favorite thing about rugby and why?

A: Rugby is a "total" team effort, everyone must work together to get the ball across the try line. Sure there maybe one or two outstanding players, however if the rest of the team doesn't do their job then those players may not get the chance to do their thing...

Q: What is your favorite position and/or play?

A: That is hard for me to answer since I have only played wing and currently learning the flanker position. I must say, I do like flanking.

Q: Any good luck charm you do before the game?

A: Hydrate, warm up and stretch.

Q: Favorite post-game beverage?

A: Anything with barley and hops!

Q: We know you finished Ironman but any random thing we don't know?

A: Sure, I have a degree in Forestry and I volunteer at Sabino Canyon as a Volunteer Naturalist.



DONATIONS:

If you want to donate or sponsor Lightning Rugby visit our website or email us at:

<http://www.lightningrugby.com/>

info@lightningrugby.com

If you are interested in playing, have comments, suggestions or corrections please email: lightningprop@gmail.com