



The Rugger



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Bruised knees are sexy!

Lighting women's rugby is comprised of ladies from different backgrounds and ages who have the same desire to play an awesome game and be part of the rugby family.

We unofficially began in 2006 and were mostly made up of graduates from the University of Arizona Women's Rugby Club.

In 2007 we joined the Southern California Rugby Football Union (SCRFU) and began our first season in a probationary status as a new team and had a split season during fall and spring. Our second season in SCRFU we went to a spring only season and in the spring of 2008 we became Division II champions.

There is no skill set needed to play women's rugby and we encourage any lady who feels the desire to tackle, sing songs and travel to check us out!

TUCSON LIGHTNING INFO:

www.lightningrugby.com

ROSTER #: 20

TEAM OFFICERS:

President: April

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Team Manager: Tanya

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Match Secretary: CC

ccrugger@hotmail.com

Recruiting: Jenna

jcbirchfield@gmail.com

Fundraising: Pineapple

EMLKB@msn.com

Webmaster: Christina

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Social Chair: Nancy

UP COMING EVENTS:

- 9/7/10** **1st Practice**
- 9/11/10** **Welcome Rookies BBQ**
- 9/25/10** **Bowling Tournament**
- 10/09/10** **Flagstaff 10s Tournament**
- 10/16/10** **High Desert Albuquerque
Tournament**

PRACTICE SCHEDULE:

Tuesday/Thursday

5-7pm @ Bear Down Field

(UA Campus next to the football stadium)

RUGBY TERMS:

- Rugger = Rugby Player
- Pitch = Rugby field
- Match = Rugby game
- Boot = Cleat
- Kit Bag = Duffle bag
- Kit = Uniform
- Up Rights = goal posts
- Sir = Referee
- The Drink Up = Post game social

WHAT DO I BRING TO PRACTICE?

1. Boots: Softball or soccer cleats can be worn as long as the toe-cleat has been removed.
2. Shirt: For most practices, you will want a T-shirt for the non-contact drills and a heavy jersey for contact drills. You will not need the jersey right away, and the club will provide jerseys when we play a match.
3. Shorts: Shorts tend to take a beating in rugby so wear the strongest shorts you own (remove any metal loops or tags first).
4. Water, water, water.

I DON'T EVEN KNOW THE RULES.

The game of rugby, although technically complicated, can be played easily by beginners. Many positions do not require a vast understanding of the game, but only require a few practices. The fastest way to learn is to simply come out and play a few games.

WILL I GET INJURED?

Rugby has a 'reputation' for being excessively brutal. However, this is a common myth as described by Lyle J. Micheli, MD and past president of the American College of Sports Medicine:

The main reason rugby players have a relatively low risk of injury (10%) compared to football players (52%) is paradoxical – rugby players don't wear protective equipment. Thus the rugby player doesn't have the same disregard for the safety of his or her head, neck, and shoulders when tackling or trying to break through a tackle.

The other reason is that unlike football, rugby is a game of possession, not yardage. Consequently rugby players don't tackle by "driving through the numbers," as football players are taught to do with their heads when tackling a player. In rugby, players are taught to use their arms to wrap a player's legs and let the momentum of that player cause him to go to ground.

Furthermore, in rugby there is no blocking, and so players who don't have the ball don't get hit when they're not expecting it. One of the reasons rugby has a reputation for being "dangerous" in the United States is because when the average American sees rugby being played, he or she sees a free-flowing contact sport. Because it doesn't have the familiar stop-and-start character of football and other TV-shaped sports, to the uninitiated rugby can appear confusing and "scary."

Furthermore, while the bumps, bruises, and scrapes you see on the elbows, knees, and faces of many rugby players can appear alarming, they are of considerably less concern than the anterior cruciate ligament ruptures, finger fractures and dislocations, and chest contusions characteristic of a sport such as football in which heavy protective equipment is worn.

AM I TOO BIG OR TOO SMALL TO PLAY?

One very appealing aspect of rugby is that players of many shapes, sizes and fitness levels can play. Some positions require fast ruggers, some positions require heavy ruggers and other positions require a mix.

Q&A WITH TINA

LEARNING A LITTLE MORE ABOUT OUR RUGGERS:

Q: How long have you been playing rugby?

A: Since Fall 2005. 2005-2010 with UofA and I just started with Lightning.

Q: How did you hear about rugby?

A: I was a senior in high school and went to watch my sister play a match. When she got two black eyes I knew this sport was for me.

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

A: My favorite thing is the adrenaline rush you get during the game and paying in the rain.

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

A: I love flanking but the position I end up playing is Prop.

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

A: Not really a good luck charm, but I drop my mouth guard at least ten times before the match.

Q. Favorite post-game beverage?

A: Soda and then beer.

Q: Any random thing we don't know?

A: I was a huge scaredy cat growing up, I have four Gizmo plush dolls and I like wearing pig tails.

WHAT DO I NEED FOR A MATCH?

The club will provide jerseys for all club matches. In addition, you should have the following:

1. Boots: as described above. Toe-cleats MUST be removed prior to your first match.
2. Shorts & Socks: Before your first game, you must purchase a set of shorts and socks from the team.
3. Mouth guard: Although not a league requirement, the club STRONGLY recommends that you use a mouth guard. Paradoxically, this is not to primarily to protect your teeth... mouth guards reduce the chance of concussion by 90%. Most sports stores carry 'boil-n-bite' mouth guards for \$5-10. However, custom sports mouth guards provided by your dentist are much more comfortable and will fit better. Ask your dentist if your insurance covers mouth guards.
4. Water, water, water!

*Courtesy of The Rugby Blog

DONATIONS:

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

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