



Tucson Lightning Women's Rugby Club



Up Coming Events:

- Practice 6-8 Tues/Thurs @ Vista Del Prado Field
- 12/3/11 Lightning vs. UA @ 12pm Estevan Field
- 12/10/11 Dick Battock 7s Tournament @ Estevan Field
- 12/11/11 Winterhaven Charity Run
- Team Christmas Party TBD



TEAM OFFICERS:

President: Anna

Match Secretary: April

Treasurer: Tanya

Recruiting: Jenna

Fundraising: Pineapple

Webmaster: Christina

Social: TBD

OUR SPONSORS:

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Email Us!

Lightningprop@gmail.com

www.lightningrugby.com/

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Bruised Knees are Sexy!

For those of you new to our team Welcome! For our Rugby vets out there, welcome back!

Tucson Lightning is part of the SoCal division two and we compete in California and Nevada against other women teams. We were established in 2006 by Nancy Purdin and have continued growing through the years.

We are comprised of Lawyers, Nurses, Teachers, Students and anyone else that wants to be part of a growing sport and family. We are between the ages of 18 and 45 years old. No experience is necessary to play and we welcome new players throughout the season. Our spring season begins January and ends with Playoffs in March.

To keep up to date with Lightning's events keep a look out for our monthly newsletter.

Cheers!

The 10 Commandments of Rugby:

1. Thou shalt not hesitate at the breakdown, but be mighty to get your rightful ball; for though it is written that the meek shall inherit the earth, this is truly was a poor translation. The meek shall be trampled into the dirt is more to the point.

-More Next Month-



RUGBY FAQS

Rugby is a game played in 2, 40 minute halves, with a 10 minute halftime break. Each team has 15 players and is allowed 6 substitutes. The positions are as follows:

Forwards:

2 Props, Hooker, 2 Locks,
2 Flankers, 8 Man

Backs:

Scrum-half, Fly-half
2 Wings, 2 Centers
Fullback

The field that rugby is played on is called the Pitch. It is a grassy field 70 meters wide by 100 meters long and separated equally into two equal halves by a white line.

You know you're a Rugger When...

- Being the best hooker on the team is a compliment
- Sticking your head between two peoples asses is not sexual
- Nasty bruises are a point of pride
- The sight of blood is normal
- Showering after the game to go drinking is unheard of
- You have a really funny-looking tan from the middle of your knee to your mid-thigh and the rest of your leg is completely white
- Beer and Rugby are practically synonyms
- Starting drinking in the middle of the afternoon is normal
- Scrum is a weird name, but Assault and Battery was already taken
- Be kind to animals - Kiss a rugby player