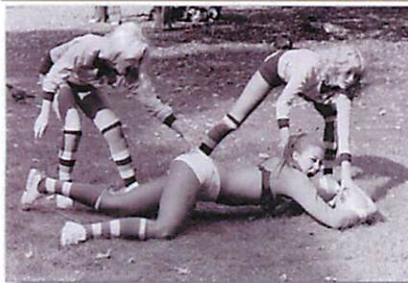


Tucson Lightning Women's Rugby Club



Up Coming Events:

- Practice 6-8 Tues/Thurs @ Vista Del Prado Field
- 1/15 Home Match vs. UA Women @ Estevan
- 1/21 Home Match Vs. San Diego @ Estevan
- 1/28 Away Match vs. Chili's @ New Mexico



RUGBY CLUBS IN TUCSON:

- Tucson Lightning
- UA Women
- Old Pueblo Men
- Magpies Men
- UA Men
- Under 19s

OUR SPONSORS:

- Budweiser
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Lightningprop@gmail.com

www.lightningrugby.com/

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2012

A New Year and Season!!

Our fall season was filled with tournaments, stink and drinks, parties, and lots of practices. We got experience playing in tournaments and bonded as we socialized from beer fairies to sexy ruggers. This fall we were heard several times on The Frank Show on 96.1 KLPX and look forward to future visits. In December we participated in a charity touch tournament with local rugby teams in our White Christmas and Jewish Pride outfits.

As we begin our busy spring schedule the team looks forward to playing clean, fun but competitive rugby. We look forward to socializing with each other and creating new friendships that will outlast seasons to come. Thanks to all who support us on and off the pitch.

Cheers!

The 10 Commandments of Rugby:

2. Thou shalt not speak profanely of the Whistler, nor question the purity of his birth, even though he be blind to transgressions by devils on the other team at the ruck and the maul, and whistles them not.

~More Next Month~



Q & A with a Rookie:

Learning a little more about our new ruggers

Name: Emily **Nickname:** Tebow

How did you hear about Rugby?

I saw an ad that Oz posted on Craigslist about working out and getting in shape. So I came out to the first practice and have enjoyed it ever since.

Have you played any sports before Rugby?

I played Basketball and Volleyball a long time ago in High School.

What position are you currently in?

Since I am a rookie I have been trying whatever position the coaches ask me to play.

What's your favorite thing about rugby?

The Ladies on the team and the fun I have had since I have joined the team, and of course the drinking after each game.

Do you have any pre-match ritual?

Nothing yet on the pre-match ritual maybe something later once I get the swing of everything.

What's your favorite post match beverage?

Nothing yet but will say a Red Gatorade.

The Mexi Award

An Introduction

Mexi is an award given to a ruggers who goofs before, during, or after a match. The ruggers bestowed with Mexi must carry her during the social and any team gathering. They must keep Mexi until she is awarded to another ruggers. The Mexi winner must make a rule that all ruggers abide to while socializing after the game. If they do not, they must pay Mexi a dollar. All proceeds go to the end of year Team party.



Fall Tourney Wrap up!

Every fall we travel to tournaments and play teams from Texas, California, Nevada, Colorado and Arizona. We play 3-5 games in a weekend and social with men and women ruggers.

Tourney: Flagstaff Tens

Where: Flagstaff, AZ

When: 10/8/11

Lightning was 1:2 for the flagstaff 10s tournament. The mix of new players and vets produced different styles of pace on the field. Off the pitch, rookies and vets encouraged happiness as beer fairies. PBR, Crown Royal and Mickey's were just a few fairies in attendance of this magical social gathering.



Tourney: High Desert Classic

Where: Albuquerque, NM

When: 10/15/11 – 10/16/11

The Pigmy Queens from New Mexico Tech whored with lightning for the first time. The Pigmy-Lightning team sadly lost 3 games but easily meshed like peas and carrots. Off the pitch, lighting attended the social as 'Party Animals.' Fuzzy dogs, cats, sheep and a panda in party hats rocked the social. Sunday morning headcount found a panda MIA and 1 fuzzy dog late to the pitch.



The Holistic Rugger

**The seven spiritual laws of rugby:
Revised from Deepak Chopra**



1. *The law of Pure Potentiality-* Anything can happen. "on any given day, the best team can become the worse and the worst team, the best"
2. *The law of Giving and Receiving –* Pass your balls and they will be passed back. On and off the pitch, you must give to receive.
3. *The law of Karma-* Every action has a reaction, the best ruggers play clean ball. Play Lightning rugby.
4. *The law of least Effort-* Win or lose, accept the outcome. Rugby is fun, a game you truly love for life.
5. *The law of Intention and Desire-* Fitness is a key ingredient to a winning season. Hit the gym and pick up the weights. Become a stronger rugger with the intention of better fitness.
6. *The law of Detachment –* Did an ugly beast clothes line you? Leave it on the field. What happens on the pitch stays on the pitch.
7. *The law of Dharma-* Do your personal best. Find your higher rugger. Be the amazing player who can play a forward or back any day.

The Healthy Rugger

Quick healthy tips, the better to ruck you with!

PREGAME SNACK:

Grab some nuts! Walnuts, almonds, cashews, peanuts. Grab a handful and a piece of your favorite fruit for quick sustainable energy.

POST GAME DRINK:

Besides that half cut orange you've been sucking on, try this natural sports drink with chia seeds. Just put it in your mouth!

Natural Sports Drink with Chia seeds:

- 1/2 fresh lime juice
- 1/2 fresh lemon juice
- 1 tbspc chia seeds
- 1 tsp salt
- 2 tsp honey
- 1/4 100% fruit Juice
- Add desired amount of green tea or water

