



# Tucson Lightning Women's Rugby Club



## Up Coming Events:

- Practice 6-8 Tues/Thurs  
On UA Campus
- 2/11 IRBS 7s @ Vegas
- 2/18 Away match  
@ Santa Monica
- 2/19 Away match  
@ Temecula
- 2/25 Bingo Night  
@ Kappy's

## Rookie Necessities

Cleats, Spandex, Mouth  
guard, Rugby shorts

You can purchase these at  
**The Shop** at 3050 N.  
Campbell Suite 160. Mention  
you play for us and get a  
discount!

## The Mexi Award

*...and the winner is...*

### UA Match:

Brandi for a short kick to UA.  
Mexi was returned, with a  
little glue to hold her leg  
together.



### San Diego Match:

Tanya's infamous face love  
tap to a forward surfer  
landed her with Mexi. She  
also forgot to bring Mexi to a  
post-social bar hop so had to  
sing Lady Gaga 'Born to be  
that way' at practice. She  
was not happy about it.

**Lesson:** Do not forget Mexi,  
Bring her to all team socials!

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## **Rookies, Rookies, & More Rookies!**

We are always looking for new ruggers to  
come out and join Rugby. This season we  
have many new faces.

They've come to practice to check us out  
and we hope they love Rugby and  
become part of the team.

### *Rookies who joined this Spring:*

Heather, Corynne (aka Corn), Jennifer,  
Alyssa, Kimberly, Ruby, Justine,  
Ann, Amanda, Caroline, Kim

### *Rookies from our Fall season:*

Dre, Emily, Donna (injured), DT

Keep up the good work ladies! BIG thanks  
to our Recruiting officer Jenna on  
organizing recruiting events throughout  
Tucson and to those who spread the  
rugby word.

Cheers!

## The 10 Commandments of Rugby:

3. Thou shalt not smite an opponent with a  
clenched fist, yeah, even in  
retaliation; for it is written that the  
Whistler and the Flag Waver shall  
assuredly miss the cowardly first punch,  
only to see the avenging second.  
Believeth that what goeth around shall  
surely cometh, and verily, evil men  
will be found at the bottom of rucks.

~More Next Month~



## Q & A with an Officer:

*Learning a little more about our officers*

**Name:** Pineapple

**Position:** Fundraising Chair

**How long have you played Rugby?**

My first tournament was Flagstaff 10s in '06  
with Tucson Lightning.

**How long have you been an officer?**

As long as I can remember I've been the  
fundraising officer

**What's your favorite thing about your  
position?**

I love to throw a good time for people. So I  
love planning the big group things like Bingo  
Night.

**What's you least favorite part?**

There is a lot of organizing and planning ahead  
that can get stressful. Sometimes it makes me  
grind my teeth while I sleep.

**What ideas do you have for the team?**

Now that we have our pizza place, Empire  
Pizza. I'm looking to find us new territory. My  
sights are set on a certain tavern downtown.

**Would you want to run next season?**

I'll always be involved in fundraising. However,  
I would like to step away from the event  
planning part of it and try to focus more on  
merchandising and marketing now that we  
have a solid foundation. I would like an  
assistant to run next year. :)

## You know you're a Rugger When...

- You have to worry about keeping  
your ears attached every game  
and practice
- You see someone fall on the floor  
and yell "Ruck Over!"
- Stripping is a skill
- You have to explain all the bruises  
to the doctor
- Being a whore is appreciated  
and encouraged
- There are no winners, but survivors
- There are no spectators,  
but witnesses

# JANUARY WRAP UP

**Match:** UA Scrimmage

**When:** 1/15/12

**Where:** Estevan Field

**Score:** 37 – 13

UA played a hard but clean match on Sunday and gave both teams playing time before the Spring season begins. We each had a chance to sub in rookies who needed playing experience and Lightning had a Vet score her first try. Go April! The match was broken down into four 20 minute halves followed by a social on the pitch.



**Match:** Home vs. San Diego

**When:** 1/21/12

**Where:** Estevan Field

**Score:** 19 – 39

Lightning took a hit from San Diego in the league opener. Fortunately, didn't go belly up from this match. It became a learning lesson for all the lightning ladies. The scrums were strong and solid but rough. The backs were able to make several tri's when the ball was passed out. Collectively the lightning ladies are finding their footing on the pitch and expect to gain momentum as the season progresses. The social followed promptly after the game off the pitch.



## BE MY VALENTINE

For many ruggers, Valentine's Day means an obligation to buy something with a heart on it. A day stamped with pink kisses and romantic comedies. O' contraire fellow ruggers, Valentines day is a 24 hours that just hurts so good. February 14 and rugby go together like a mauls and rucks.



Where does the love come from? Well according to one legend in the 3<sup>rd</sup> Century, Roman Claudius II banned young soldiers from getting married. Banning young soldiers from marriage meant a strong soldier who flew solo with no attachments. No doubt a perfect dream to some soldiers. However, many men yearned for their partners and wanted to marry. Soldiers flocked and pleaded to St. Valentine to marry them off to their beloved. Valentines beliefs led him to protest against the Romans and married many couples in secret. Soon his secret matchmaker life was discovered and Valentine was apprehended. He was sent to the gallows to wait for execution for disobeying the marriage ban. While in the pen, he befriended a young girl and began an intense relationship with her. Before the Romans could say 'off with his head,' Valentine sent his dying letter to his pretty lady signed, 'from your Valentine'. Thus the phrase we have all come to know. In this painful event; love was spawn like a ball flying out a ruck. A day of pure pain became love, just like the game of rugby. So fellow ruggers, lets embrace February 14 and keep rucking hard.

### *Don't know what to get your rucker for V-Day?*

Try a sweet for a sweet. Chocolate is the go to mouthwatering treat that leaves your lips with a 'Mmmm'. High quality chocolate in moderation has many benefits other than the normal 'Oooh' and 'Ahhhs'. It's a great source of antioxidants, helps improve blood pressure, high in magnesium, and it also increases that much needed blood flow.

#### Nutritional Information

- 1 ounce dark chocolate
  - 150-160 calories, 9-12 gm fat, 2 gm fiber
- 1 ounce milk chocolate
  - 140-150 calories, 8-11 gm fat, <1 gm fiber
- 1 ounce white chocolate
  - 140 calories, 9 gm fat, 0 fiber

So bite down on something sweet with your sweet and don't forget the 'Mmmmm'!!