

# Navy Women's Rugby

## In this edition...

- Fall '08 Recap
- Pictures from Pumpkinfest 2008
- Fall 2008 Schedule
- Alumni Game Announcement
- Meet New Head Coach Lance Pruett
- NWR 2008 All Americans
- New Rugby Laws
- Opportunities to Continue Playing
- Alumni Corner
- New with NWR
- Word to Pass
- Special Thanks

## UPCOMING EVENTS:

## The Beginning of a Great Season

In the short month and a half of fall 2008 rugby season, NWR has seen many great changes. New coach Lance Pruett has already been a great asset to the team, bringing an emphasis on fundamentals and new drills and games to keep us all enjoying the daily grind of practice. Next, the new teammates from every class (and former sport) have invigorated us with fresh energy and dominating athleticism. And finally, Navy women's rugby, for the first time in the past 4 years, has **BEATEN PENN STATE!** This is what we have been doing thus far in the season:

~ On September 7<sup>th</sup> and 8<sup>th</sup>, the whole team traveled to Philadelphia,

Pennsylvania to compete in the Pumpkinfest Tournament. We played Temple, Maryland, Bloomsberg, and La Salle Universities in an impressive shutout to win the tournament. Not only was it a great bonding time, but it was many of the new girls' first chance to play in a rugby game.

~ September 21<sup>st</sup> gave the 2/C and 1/C parents a chance to witness their daughters play an impressive game against the Washington D.C. Furies B-side. Navy came out on top with a big win for the A-side, and a loss for the B-side

~ On September 27<sup>th</sup>, Navy traveled to Penn State for men's and women's rugby

matches vs. Penn State. This was our first chance to play an opponent at such a high level, and was called by the Collegian newspaper of Penn State "a prelude to the national championship." NWR showcased a high level of skills, and dominated Penn State with a 31-17 win. Although the last 20 minutes of the game were not at the intensity level desired, the game pointed out some of the team's strengths and weaknesses, and gave us a directed focus for the rest of the season to work on. The B-side also played an impressive match, losing 20-17, but shutting out Penn State completely in the 2<sup>nd</sup> half, as they came together and learned to play well as a team.

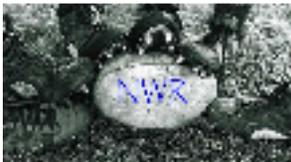


Photo Collage  
Courtesy of Master  
Chief Howe

# Fall 2008 Schedule

|                       |  |             |
|-----------------------|--|-------------|
| <b>September 6-7</b>  | <b>Pumpkinfest Tournament</b>  | <b>#1</b>   |
| <b>September 21st</b> | <b>Furies (Home)</b>   | <b>W, L</b> |
| <b>September 27th</b> | <b>Penn State (away)</b>   | <b>W, L</b> |
| <b>October 4th</b>    | <b>Air Force (away) 0800</b>   |             |
| <b>October 11th</b>   | <b>University of Maryland (away)</b><br><b>1200 and 1400</b>           |             |
| <b>October 18th</b>   | <b>ALUMNI GAME 1030 Hospital Point</b>                                 |             |
| <b>October 26th</b>   | <b>American (away) 1100</b>  |             |
| <b>November 2nd</b>   | <b>Northern Virginia (NOVA) women's club</b><br><b>(home) Time TBD</b> |             |



Alumni  
Game  
2006

## Attention Alumni: Alumni Game October 18<sup>th</sup>!

If you will be in the Annapolis area for homecoming weekend, you are invited to play in our annual alumni game!

When: 1030 AM October 18<sup>th</sup> (before the 1530 football kickoff)

Where: The Hospital Point pitch

Who: Mixed games with alumni and current Navy players

Bring your cleats and get ready for a great time! We will have burgers and dogs after, too.

RSVP to Meagan Geuther if you will be able to attend: [m102244@usna.edu](mailto:m102244@usna.edu)

## Meet New Head Coach Lance Pruett

Navy Women's Rugby is proud to announce our new coach Lance Pruett. Lance is a native Marylander with an extensive rugby background and a goal of taking NWR to it's highest potential. He is a graduate of Marshall University, and founding member of the Marshall University Rugby Club. We are looking forward to many amazing seasons ahead under his guidance and training.

### Rugby Background:

Played 2nd Row - Marshall University Rugby Club - 1988-1992

Potomac Society of Rugby Football Referees - 1993-1995

Head Coach - Marshall University Women's Rugby Club - 2002

Head Coach - Maryland Stingers Women's Rugby Club - 2003-2004

Head Coach - UMBC Women's Rugby Club - 2006-2008

USA Rugby Level II accreditation

USA Rugby Certified Coach



### Personal Background:

Lance loves dogs, pizza, movies, chocolate and his wife, Jill, who let's him dedicate his time to coaching and provides him with her wholehearted support in his endeavor to be the best coach he can be.

## Congratulations to Our 2008 All Americans

### **1<sup>st</sup> Team All American- Division 1**

Lock: Breanna Strand

### **2<sup>nd</sup> Team All American- Division 1**

Prop: Pia Chapman

Flanker: Michelle Akins

Scrum-half: Elizabeth Trujillo

Wing: Dianna Zempel



## News in Rugby: Experimental Law Variations

USA rugby has declared some new experimental law variations for the 2008-2009 season. Here are the major changes:

1. Assistant Referees:  
Assistant referees can assist referees in any manner required when appointed by a match organizer. (So if an officially-appointed touch judge is running touch, they can assist in rulings).
2. Mauls:  
Players can pull down a maul when defending it.
3. Scrums:  
There is now an offside line 5 meters behind the last foot of the scrum.  
If the scrum half is not in close proximity to the scrum, she must retreat 5 m.
4. Lineouts:
  - Lineout players may pre-bind on the jumper before the ball is thrown in.
  - There is no restriction in the number of players who can participate in the lineout from either side.
  - If a team puts the ball back into their own 22 and the ball is kicked directly into touch, there is no gain of ground.

## Alumni Corner



### Attention Alumni:

The Maryland Stingers Women's Rugby Football club is looking for talented players to join their ranks. If you are in the D.C. area and are interested in playing with them, here is their contact information and practice times:

**Practices:** 7:30-9:30 PM Tues and Thursday at Duvall Field-- 9200 Rhode Island Ave., College Park, MD.

**Games:** Saturdays, now until mid-October; Spring season begins in March

**Website:** [www.marylandstingers.org](http://www.marylandstingers.org)

**Email:** [m.gitomer@gmail.com](mailto:m.gitomer@gmail.com)

### All Navy Women's Rugby Team Seeks Experienced Players

Contact C J Jones at [Rugbynsea@aol.com](mailto:Rugbynsea@aol.com) for more information.

Phone (757) 537-8174

**Please send pictures of you in the fleet and keep us in the loop on how you're doing! Send to [m102244@usna.edu](mailto:m102244@usna.edu) (Meagan Geuther)**

### Contact Info

**Treasurer-** 1/c Jess Fitzgerald  
[m092130@usna.edu](mailto:m092130@usna.edu),  
**Website-** 1/C Brittany Webster  
[m096894@usna.edu](mailto:m096894@usna.edu)  
**Questions/ Concerns/ Thoughts-PAO** 2/c Meagan Geuther:  
[m102244@usna.edu](mailto:m102244@usna.edu)  
**Social Coordinator-** 1/c Jamie Latta:  
[m093744@usna.edu](mailto:m093744@usna.edu)  
**Coach-** Lance Pruett:  
[lepruett@yahoo.com](mailto:lepruett@yahoo.com)

### Word to Pass

**ATTN:** All NWR Fans and Family who would **like to help NWR** (with food, water or Gatorade etc), please contact:

1/c Jamie Latta, at [m093744@usna.edu](mailto:m093744@usna.edu)

She will let you know what the team might need and how you can best help!

Check us out...

We're on the Web!

### DONATIONS:

If you would like to make a tax-deductible donation to Navy Women's rugby, please send to:

Navy Women's Rugby  
 c/o Rob Dunn  
 566 Brownson Rd.  
 Annapolis, MD 21402

### SPECIAL THANKS!

Thanks to all the parents who provided food, Gatorade, and drinks for the barbecue on parents weekend after the Furies game!!!

Also, special thanks to the family of Katie Andrews for donating Gatorade and water to the team at Pumpkinfest! And to the Berghs for coming to support us at the tournament.

<http://www.usna.edu/WomensRugby/.com>



Top left- Elizabeth Trujillo making a run for it



Right- Katie Andrews and Emily Conard about to take down a LaSalle player



Bottom: Full team after winning the tournament!