



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!

January 2012 Volume 3, Issue 3

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 3rd 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'!!