



# Penn State Rugby Women's Team

Recruit Presentation

## History of Penn State Rugby

- 1962 – Men's team formed
- 1979 – Women's team formed
- 1991 – Women's collegiate team formed
- 1997 – 1<sup>st</sup> National Championship
- 2006 – Rugby moves to Athletic Department in Team sports
- 2007 – Professional rugby positions created by University



## On Field Excellence

1993 – 4th	2002 – 2 <sup>nd</sup>
1994 – 3 <sup>rd</sup>	2003 – 3 <sup>rd</sup>
1995 – 2 <sup>nd</sup>	2004 – National Champions
1996 – 2 <sup>nd</sup>	2005 – 2 <sup>nd</sup>
1997 – National Champions	2006 – 2 <sup>nd</sup>
1998 – 2 <sup>nd</sup>	2007 – National Champions
2000 – National Champions	2008 – 2 <sup>nd</sup>
2001 – 2 <sup>nd</sup>	2009 – National Champions

*"It wasn't important that we won a National Championship together, what was important and what made playing Penn State Rugby special is that we always strived to play the best rugby we could."*

## A Different Kind of Program

- Practice twice a week
- No required attendance for practice or conditioning
- Player-led University supported program
- Players make their own choices
  - 50 players at 10pm practices on Friday night
- Player/Coach selections

*The program is owned by the players and supported by the coaches*



## National Championship Rivalry

- Penn State and Stanford have met in the last 6 finals, each winning 3.
- Both are significantly better than the rest of the competition - average semi-final score 37-10
- Penn State/Stanford Canada Tour happened in 2007 and will happen again next year.



## Rugby Beyond Penn State

- 58 All-Americans
  - 7 All-Americans in 2010
- 3 Current USA XV's Eagles
- 8 Total capped XV's Eagles
- 4 Penn State players in USA 7s team to Dubai
- Keystone Rugby, New York, NOVA



*"My Penn State Rugby experience defined my college career, and will likely shape my future."*



## Spring break

- Go to Europe every year
- Player funded
  - \$1,100 this year. Covers all transport, housing and some food
  - Fundraising opportunities
- Play top women's sides in Europe
- Opportunity to experience rugby culture
- England, Ireland, Wales, France, Spain, Italy, Switzerland



## Player Development

- 50+ players
- Intense competition for traveling spots for nationals
- 5 Rookies started in A side this year
- B and C side games for everyone
- No seniority – best player plays (2 seniors that traveled last year did not travel this year when freshman did)

*"It is the players now and in the future who will elevate the game beyond anything we could have imagined when we were in college."*



## Pre-Season

- Intense camp to prepare for the season
- 1 week before the start of the fall
- Double days and team building
- Preparation for Alumni Game



## Strength and Conditioning

- Access to Varsity Athlete weight room and trainers
- Designated Conditioning coach
- Weight sessions twice-a-week
- Conditioning sessions twice-a-week

*"The championships are great, but it's the time leading up to them that I'll always remember."*



## Professional Coaching Staff

### Pete Steinberg – Head Coach

Head coach of Women's All-American team, Head coach of MARFU Men, assistant coach USA Women's 7s, head coach of Keystone, USA Rugby Attacking Skills coach, former head coach of USA U23 Women, former assistant coach of USA Women, former Head Coach of USA Hawks, IRB staff coach

### Peter Baggetta – Assistant Coach

USA Rugby Defense Coach, assistant coach USA Women's 7s former head coach of Guam National Team, former assistant coach USA Women, Former head coach PAC, former assistant coach MARFU Sharks

### Farrah Douglas – Assistant Coach

Current USA National Team player, former assistant CARFU U23 coach, assistant Illinois U19 coach. 7 Caps



## Volunteer Staff

- Jeremy Bischoff
- Darren Smith
- Fraser Grigor
- Erin Long
- Ko Basu
- Lance Connolly



## Life Skills

- Goal setting
- Nutrition
- Time management
- Financial management
- Team players skills
- Planning

*"No matter where you go in rugby or in life, your Penn State Rugby experience will forever be in your heart."*



## The Legacy

*“Leave the team better than you found it”*



## Alumni

Penn State Rugby is about more than winning national championships. It's about getting to know new teammates, the late nights studying in the hub, the bus trips, spring break in Europe and being able to play a game you love with your best friends. It's about climbing Mount Nittany with your teammates at sunrise, cleaning the stadium after homecoming, Friday night practices in Holuba Hall and singing "show me the way to go home" as the bus passes the rugby house at 2 am.

Alison Worman, 2007 and 2009 National Champion, All-American, Current USA 7s player

It is the ability to count myself among the elite collegiate athletes and to look at the ring that represents five years of blood, sweat, tears and know that I would give it up if it meant I had to give up the years that we didn't win. It is the people who came before me, setting the standard by which we as penn state rugby players and as female rugby players are judged. It is the players now and in the future who will elevate the game beyond anything we could have imagined when we were in college. It cannot be held or captured or taken away from you but is forever carried forward in those you played with who will continue to have the honor of wearing the blue and white and what comes back everytime you see another member of your rugby family no matter how brief your interaction might have been. It is what brings tears to my eyes whenever I leave it and what makes me smile deep in my heart whenever I remember it.

Maggie Reed, 2004 National Champion, All-American and former President



## Alumni

Penn State Rugby provided opportunities to be part of a successful team, grow as a player and individual, and to see the world. But most importantly, Penn State Rugby provided an instant family for me - people I knew I could depend on, have fun with both on and off the field, and who I'm still friends with today, nine years later.

Kim Magrini, 2004 National Champion, All-American, captain and current USA Eagle

As a recent graduate, I am only now starting to realize the impact that Penn State Rugby has had on my life. It extends beyond rugby skills and game knowledge. My Penn State Rugby experience defined my college career, and will likely shape my future. The majority of my valued experiences, friendships, and interests are connected to the program in one way or another. I am so lucky to have been a part of it.

Lauren Rosso, 2007 and 2009 National Champion, All-American, Captain, current USA 7s player



## Alumni

Penn State Rugby holds a special place in my heart for many reasons. My Penn State Rugby experience - and I would suspect any Penn State ruggers experience - is not framed by wins or losses. Rather, my experiences were framed by the people I came in contact with - my teammates, my coaches, the support staff, the fans. Practices, conditioning, the weight room, track workouts, games, trips, tours ... these are things that you'll focus on while you're at Penn State. After you leave Penn State it is the relationships that are formed and the passion for the sport are what will become the most important memories about Penn State Rugby.

For the rest of my life, I'll be forever proud of several things - my kids, my family, my accomplishments, and the fact that I was and AM a part of Penn State Rugby - an organization that has had such a positive influence on so many people. WE ARE...

Jen "Peanut" Ellefson, 1997 National Champion, former president, USA U23 National team

No matter where you go in rugby or in life, your Penn State Rugby experience will forever be in your heart. I have to say, winning and losing with Penn State was more meaningful than any other rugby experience I ever had. Thanks for making me tear up at 5:30am.

Becky Metzger, 1997 National Champion, All-American, USA Eagle



## Alumni

I didn't go to college to play rugby, so finding Penn State rugby was what I've started describing as a "happy accident." I played in high school but had no idea how incredible of an experience I was going to have. My teammates were my study partners, my wingwomen, and the ones who kept me focused, not only on my rugby goals, but on everything that was important to me. They were and are people who keep me sane even now even though I only see some people a few times a year. The championships are great, but it's the time leading up to them that I'll always remember. Just plan on staying for 5 years because it'll be too hard to leave in four.

Kristen Snyder, 2007 and 2009 National Champion, Captain, 2-time President, All-American

Last night our coach asked us to speak about being on a Championship team in preparation for NOVA going to its first Final 4s. One question we were asked was what was the difference the year you won Nationals (2004) then every other year. What I said probably wasn't what they wanted to hear, but it was the truth. The truth is that we didn't feel that that year was really any different than the previous or the ones that followed. It wasn't important that we won a National Championship together, what was important and what made playing Penn State Rugby special is that we always strived to play the best rugby we could. Playing with my best friends and going out there and giving it our all game in and game out, playing for those that came before you and those that will follow you, and enjoying the game at its purest level is what I remember when I think of Penn State Rugby.

Rosie Daley, 2004 National Champion, All-American



## Alumni

Playing rugby at Penn State was the best decision I ever made. It's given me some of my greatest experiences, my best friends, and introduced me to the sport of rugby, which continues to color my life. I really have no idea what my life would be like if I hadn't played. It stays with you. You can't quite explain it to an outsider, but at the same time, you'll never have to explain to someone who's gone through it. It's something you'll always share.

Jenny Lui, 2004 National Champion, USA 7s Player

