

University of Virginia Women's Rugby Team

Fall 2016 Collegiate Clinic

For High School and Middle School Girls



www.viriniawomensrugby.com

Team Highlights:

- 2016 DI WOMEN'S COLLEGIATE RUNNER-UP
- NATIONALLY RANKED #7 (15s), #6 (7s)
- 4 DI WOMENS COLLEGIATE FINAL FOUR BERTHS
- 14 DI WOMENS COLLEGIATE NATIONAL ROUND OF 16 BERTHS
- DI MASON-DIXON CONFERENCE CHAMPIONSHIPS
- 12 VRU DI CHAMPIONSHIPS
- 3 EAGLES - NATIONAL TEAM PLAYERS, INCLUDING JAMIE BURKE, THE MOST CAPPED EAGLE
- 34 COLLEGIATE ALL-AMERICANS
- 55 MID-ATLANTIC U23 ALL-STARS
- 4 MID-ATLANTIC U19 ALL-STARS
- 50 VRU ALL-STARS

DATE & TIME

Saturday, September 17, 2016
9:00 AM – 5:00 PM
arrive by 8:30am for registration check-in

LOCATION

Madison Bowl "Mad Bowl" on Rugby Road (across from 155 Rugby Rd.) Charlottesville, VA 22903. The corner of Rugby Road and University Avenue.

COST

\$20 - Pay Upon Arrival to Clinic

FEATURED RUGGERS AT THE CLINIC

USA Rugby Eagle Jamie Burke

RSVP

<https://www.eventbrite.com/e/virginia-womens-rugby-high-school-girls-clinic-tickets-27257710546>

Itinerary Example

- Welcome and Intro from Coaches Nancy Kechner, Jules Comer, and Erica Cavanaugh
- Skills sessions on:
 - Passing and Ball Handling
 - Total Tackling Technique
 - Managing Contact
 - Rucks
 - Passing out of contact
 - Continuity
 - Kicking: How and when
- Lunch: Included
- Q&A with current players and alumni on rugby at UVA
- Defensive structure
- Position-specific breakout training
- Scrimmage
- Player of the Day Award

Info:

- Must be USARugby CIPP registered
- RSVP
- Be enrolled in HS or MS
- \$20 to attend and hold your spot
- Free Event T Shirt
- Lunch and water provided

What to bring:

- USARugby CIPP card/ proof of CIPP
- cleats
- sneakers
- mouth guard
- water
- light shirt/dark shirt



TEAM CONTACTS:

Captain: [Luma Abunimer](#)
President: [Zoe Schmitt](#)
Head Coach: [Nancy Kechner](#)
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Charlottesville, Virginia

**Mason-Dixon
Division I Rugby
Conference**