



# University of Mary Washington Women's Rugby Team

## FALL 2016 COLLEGIATE CLINIC For High School and Middle School Girls



[www.marywashwomensrugby.com](http://www.marywashwomensrugby.com)

**DATE & TIME**  
 Sunday, October 2, 2016  
 9:00 AM – 5:00 PM  
 arrive by 8:30 for registration check-in

**LOCATION**  
 Battleground Athletic Complex - Hanover Rec Field  
 1400 Block of Hanover Street  
 Fredericksburg, VA 22401


**COST**  
 Free

**FEATURED RUGGERS AT THE CLINIC**  
 USA Rugby Eagle Nancy Fitz (15s & 7s)  
 USA Rugby Eagle Beth Black (7s)  
 2011 UMW All-American prop Molly Walter  
 2008 UMW All-American flanker Katie Miller

**RSVP**  
<https://www.eventbrite.com/e/umw-hs-ms-girls-rugby-clinic-tickets-27256933221>

**\*RSVP by September 21 to guarantee a free T Shirt**

- Team Highlights:**
- DII WOMEN'S COLLEGIATE 2014 NATIONAL CHAMPIONS
  - 6 TOP FIVE NATIONAL FINISHES
  - 10 DII WOMENS COLLEGIATE NATIONAL CHAMPIONSHIP BERTHS
  - 2 CAPITAL CONFERENCE DII CHAMPIONSHIPS
  - 14 VRU DII CHAMPIONSHIPS
  - HOSTED 2016 USARUGBY WOMENS DII ROUND OF 16
  - 6 COLLEGIATE ALL-AMERICANS
  - 7 MID-ATLANTIC U23 ALL-STARS
  - 3 MID-ATLANTIC U19 ALL-STARS
  - 48 VRU ALL-STARS
  - 11 LEAGUE, TOURNAMENT SPORTSMANSHIP AWARDS

- Info:**
- Register with USARugby
  - Be enrolled in HS or MS
  - RSVP
- What to bring:**
- USARugby registration card / proof of USARugby registration
  - Cleats
  - Sneakers
  - Mouth guard
  - Water
  - Light shirt/dark shirt
  - Lunch
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- Itinerary Example**
- Welcome and Intro from Coaches Kris Kabza & Bill Lucas
  - Warm-up passing
  - Passing skills
  - Contact Skills
  - 1 mile run to Goolrick Hall Gym
  - Strength & conditioning session with athletic trainer
  - Lunch
  - Q&A with current players and alumni on rugby and the University of Mary Washington
  - Position-specific breakout training
  - Scrimmage
  - Player of the Day Award

**TEAM CONTACTS:**  
 COACH - KRIS KABZA  
 COACH - BILL LUCAS

UMW WOMEN'S RUGBY  
 GOOLRICK HALL  
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**Capital Conference  
 Division II  
 UMW Athletics**