

# News from the Scrum



St. Joseph's Prep Rugby Football Club  
1733 W. Girard Avenue  
Philadelphia, PA 19130

## Prep Rugby Mission Statement:

*The Mission of St. Joseph's Prep Rugby is to provide a consistently positive and winning program to the young men of St. Joseph's Prep which fosters teamwork, discipline and sportsmanship on and off the rugby pitch.*

## Kick Starting the 2009 Season

Welcome to Prep Rugby 2009!

Starting next week, Tuesday, February 3, Prep Rugby begins its two week introductory practice sessions for players who want to come out and learn rugby. Practices are Tuesday, Wednesday and Friday, from 3:00 p.m. until 5:00 p.m.

During these two weeks, players will be introduced to the game of rugby and some of the basics of the sports, in-

cluding working with the ball, understanding terminology such as "ruck" and "maul", and meet their teammates.

Returning players who are not involved in another sport are expected to come to these sessions both to help new players and to "knock the rust off" as we prepare for full team practices.

Any player—returning or interested in coming out for rugby—who is involved in another sport is expected to complete the season for that sport before coming

to rugby. That team and those teammates have come to depend upon these players and we hope to see them successfully help those teams achieve their season goals.

A note for new players: we practice in just about any weather: rain, snow, wind, cold, heat. Unless the conditions are extreme and unsafe, plan on having practice. Always pack clothes for indoor and outdoor practice, and if you can, have a change of clothes so you are warm and clean on the car or bus after practice.

Let's get started!

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## Special points of interest:

- *Practice for New Players:*  
February 3, 2009
- *Practice for All Players:*  
February 17, 2009

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## Sign-Up Information

In order to participate in practices and game, all students must complete the sign-up packet, which includes a Parent Permission Form, Codes of Conduct and a Sports Physical Form.

All forms are available on the Prep Rugby website:  
[www.thepreprfc.com](http://www.thepreprfc.com)

Notes:

1. If a student has the sports physical already completed for a sport 2008-2009, he does not need to duplicate it.
2. Scheduling a sports physical may be a couple weeks; coaches need to know that at least one has been scheduled and that date.
3. Dues for returning players are mandatory, but new players have a two week grace period to make sure they want to remain on the team.
4. If paying dues is a concern, please contact Coach Farren—Prep Rugby never wants dues to be an impediment to joining the team.

**Mark Your Calendars: Beef-n-Beer tentative date is Sat., Feb. 28. More info to come.**

## Captains 2009

Since our inception in 2005, Prep Rugby has been fortunate to have good captains. Over the years, as the team has developed, our captains have taken on more roles and the players look to them for guidance and as a resource to help improve the team.

As we head into 2009, there are several players who began to stand out as leaders for the team, guys who help give identity to Prep Rugby.

Last week at our team meeting, we announced our captains for 2009. We expect them to be examples not only for the younger players, but also for the whole team. They understand the nature of what being a Prep Rugby Captain means—driving players without rides, motivating players in practice and games, communicating with the coaches, playing in A or B or Division II games as needed to help the team, even getting water for practice (well, at least until we have a manager).

We are happy to announce that our Captains for the 2009 Season are:

- Ross McMonigle '09
- Michael “Sherm” McGilvery '09

We have much work to do and with the help of these two, Prep Rugby should prove to be the team to beat in the EPRU High School Division.

Go Prep!

## Prep Rugby Game DVD's Still Available

Prep Rugby has available the game tapes of the 2008 Season. Brendan Murphy filmed the games and has them formatted to DVD's. He can have them in time for Christmas.

Here is the info:

A Side Games: \$25

B Side Games : \$25

A&B Sides: \$35

If orders are in by Dec. 17, 2008, DVD's will be available for pick-up in school on Dec. 19, 2008.

If you would like the DVD's mailed, add \$4.95 S&H.

Make Checks payable to Prep Rugby.

Also, DVD's may still be available from the 2007 season:

A Side Games: \$20

B Side Games : \$20

A&B Sides: \$35

For additional questions about the DVD's, please contact Brendan Murphy: [bmurphy@sjprep.org](mailto:bmurphy@sjprep.org)

## New Website

It has been a long time coming, but Prep Rugby has finally been able to update the website. The new page is cleaner, easier to navigate and a little more user friendly. From our end, it is MUCH easier to prepare and update and we are hoping to be able to use it much like we did a couple of years ago (before we clogged it up with numerous links and unclear connections)

as a communication tool for parents and alumni, as well as a promotion of Prep Rugby and the sport of Rugby, in general.

If you have any questions or suggestions, please let us know.

One note: the website address is:

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

If it does not work, please add: /home. The site without the “home” on the end may still take you to the old site (scary) but it should be okay now. In the meantime, bookmark it with “home” and you’ll be all set!

## Prep Rugby Scarves, Ties, Commemorative Jerseys for Sale

The Prep Rugby Commemorative Jerseys **ARE AVAILABLE** in the Prep Bookstore, as are the scarves and ties.

able in crimson (see the picture) or grey (the inverse of the picture color scheme).

Contact Coach Farren for more information.

The scarves and ties are \$20 each, and the jerseys are \$60. Jerseys are avail-



## Alumni Updates and Notes

(This is a repeat of the last Update... please send us current news!!!!)

We love to hear what's been going on with our alumni, recent grads and older alumni. So, all you Prep Rugby alumni, send us updates.

Of course, we can all stay connected with:

- Facebook: St. Joseph's Prep Rugby group
- LinkedIn: St. Joseph's Prep Rugby group

**Join us!**

[Current updates \(as of 11.28.08\):](#)

Here are some '08 grads playing and making an immediate impact on their college A and B Side teams (in alpha order):

- Tyler Dewechter, US Coast

### Guard Academy

If we are missing someone, please let Coach Farren know and the update will be here.

We know not all are here, but if you would like to be included here, let us know and we'll find a way to mention your college rugby highlights.

*... to the whistle in any weather, fellas!*

The Prep Rugby 2008 Black Friday Alumni Game was a huge success, with over 80 people in attendance.

Thanks to all who were there, and we hope everyone had a great time!

We look forward to hearing from you.

## Fun Facts

Esquire Magazine recently listed the "75 Things Every Man Should Do Before He Dies".

#1?

Play Rugby

<http://www.esquire.com/features/75-things-0808>

# Prep Rugby Gear **Order Form**—Triple Play Gear

*This is the gear style we had in the 2008 season with sweatshirts, hats, etc.*

**Please make checks payable to:**

Triple Play Sports

**Submit checks and forms to coaches.**

Attn.: Dewey

827 S. 9<sup>th</sup> Street

Philadelphia, PA 19147

Skull Caps (\$15)

\$ \_\_\_\_\_

Black Knit Caps (\$15)

\$ \_\_\_\_\_

Mesh Shorts (\$22)

Name to be Stitched: \_\_\_\_\_

\$ \_\_\_\_\_

Size (XS – S – M – L – XL – XXL): \_\_\_\_\_

Additional Item: (\$ \_\_\_\_\_)

Size (XS – S – M – L – XL – XXL): \_\_\_\_\_

Name and Number: \_\_\_\_\_

\$ \_\_\_\_\_

Additional Item: (\$ \_\_\_\_\_)

Size (XS – S – M – L – XL – XXL): \_\_\_\_\_

Name and Number: \_\_\_\_\_

\$ \_\_\_\_\_

Total: \$ \_\_\_\_\_

# Prep Rugby Gear **Order Form**—Canterbury NZ Gear

This is the official lineup apparel for players, coaches and fans of St. Joseph’s Prep Rugby! Canterbury of New Zealand has been the world’s premier provider of quality rugby gear for over 100 years. Order time is 6—8 weeks from the time the final order is placed.

*Please make checks payable to “Prep Rugby” and submit to coaches.*

*All Canterbury gear is backed by a lifetime warranty!*

Name: \_\_\_\_\_ Phone: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

### “Kirra” Polo—\$43.00

- Poly-Cotton classic polo. Prep logo embroidered on chest. Available in Grey with maroon sides and white piping (Choice A) or Black with grey sides, white piping (Choice B).

- Quantity: \_\_\_\_\_ - Size: (S—3XL): \_\_\_\_\_  
- Color Choice: \_\_\_\_\_

### “Ellis” Training Tee—\$37.00 (One will be included in dues; this would be in addition to that.)

- Durable Poly-mesh tee. Great for training! Prep logo embroidered on left chest. Available in grey with black sides (Choice A) or grey with maroon sides (Choice B).

- Quantity: \_\_\_\_\_ - Size: (S—3XL): \_\_\_\_\_  
- Color Choice: \_\_\_\_\_

### “Premier” Track Jacket and Pant Warm-Up—\$80.00

- Water repellant nylon shell is ideal for staying warm in poor weather. Embroidered logo. Available in black (Choice A) or grey (Choice B).

- Quantity: \_\_\_\_\_ - Size: (S—3XL): \_\_\_\_\_  
- Color Choice: \_\_\_\_\_

### “Kirra” Hoody—\$55.00

- Soft fleece lining with front pocket. “PREP RUGBY” screen printed on center of chest in maroon on both color options. Available in black with white piping (Choice A) or grey with maroon piping (Choice B).

- Quantity: \_\_\_\_\_ - Size: (S—3XL): \_\_\_\_\_  
- Color Choice: \_\_\_\_\_

### Fleece Pullover—\$70.00

- Classic pullover fleece jacket. Prep logo embroidered on chest. Available in Grey with maroon piping.

- Quantity: \_\_\_\_\_ - Size: (S—3XL): \_\_\_\_\_

**Coming soon: Kit Bag**

If you have any questions or concerns, please contact Doug Mazzocco, Canterbury’s Northeastern On-Field Representative, at (610) 331—8401 or via e-mail at: [doug@canterburynzusa.com](mailto:doug@canterburynzusa.com)

## Prep Rugby initiates a Division II Team for 2009

Prep Rugby has always had a policy to try to get playing time for every player. We are, and have been, very fortunate to have good numbers of players coming out to practice but that is not, and has not been, the case for other teams in the EPRU. However, this year, to help teams like the Prep fortunate with players, the EPRU has instituted an official Division II. Prep Rugby has submitted a team for this Division II and will be fielding a team. It is a little different path for us as now our players will be split on some game days. We expect all players to continue to focus on the team concept, play in games assigned and always put forth their best effort. This Division II team will help us from a coaching standpoint as we now have the ability to provide younger players high level play with EPRU Refs and game situations. This will help prepare them as they move up to B and A Side play in their Prep Rugby careers.

## National Guard Jerseys 2009

The US National Guard has been a supporter of USA Rugby and this year is sponsoring jerseys for teams to help outfit quality players and continue to promote the sport.

For the new Division II Prep Rugby Team, Prep Rugby has been able to acquire a set of jerseys which will be used exclusively for the Division II games. This new team will be officially outfitted for game days and continue to present to the EPRU a high level of play and expectations for Prep Rugby. Once the jerseys arrive, we will send out more information.

## Prep Rugby Slogan for 2009

To help unify and motivate the team (and have a little fun), Prep Rugby instituted a slogan in 2007, our third season. We have then changed it each year to reflect the growth of the team and the players.

*2007: Any Game, Any Weather, Any Time*

*2008: ... to the whistle!*

*2009:... ?*

*— What will 2009's be?*

Here are some ideas, please send us yours!:

- *Nothing to Lose, Only to Gain*
- *Everything to Gain*
- *There is no best, only better.*
- *Forging our Path*

Send in your ideas. We'll take a vote in the next issue and use that for 2009!

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Please make all correspondence either:  
Attention: Mr. Thomas Farren, Sr.  
or  
Attention: Mr. Brian McCloskey  
Phone: 215-978-1950  
Fax: 215-765-1710  
E-mail: preprfc@yahoo.com; preprfc@comcast.net

*Prep Rugby Slogan*  
2007: Any Game, Any Weather, Any Time  
2008: ... to the whistle!  
2009: ... ?  
— What will 2009's be?

We're on the web  
(currently working to update):

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

Also, check us out on Facebook and LinkedIn

### Prep Rugby Philosophy Statement:

*The Philosophy of Prep RFC is that rugby is a sport intended to be enjoyed by its players, their families and their supporters. The basics of the sport, including the rules, the traditions, the history and the culture, will be taught to any player who shows a genuine interest in learning the game and becoming part of the team.*

*The coaches will conduct practice in the positive, disciplined manner of a Jesuit high school athletic program. The team concept is encouraged and fostered through practice, team attitude and activities. At the same time, in the off-season, other sports are encouraged for the players as a means of diversifying their talents, their agility and athleticism, and to prevent "burn-out".*

*The rugby philosophy encourages each player to achieve a level of success that equals his individual and team potential.*

## Prep Rugby looking for 2009 Sponsors

Prep Rugby has been blessed to have great support throughout our existence, and a key to the team's success has been our sponsors.

Our players have always felt part of a team and not simply a "club". This helped them to build confidence, and to know they were working towards an achievable goal, one in which others had faith in their ability to achieve. It sounds simple enough, but it is one of the intangibles that help create a team and great team community.

For the 2009 Season, we are again looking for sponsors. A more formalized structure will be set out shortly, but if you are willing to help the team and the players in their quest to continue to establish Prep Rugby as a premier team both at the Prep and in the East Penn Rugby Union, please contact either Coach Tom Farren, Sr. or Coach Brian McCloskey.

On a similar note, we are beginning to organize for the season and our home games. As of now, we do not have a current schedule for 2009. Once we

have that schedule, we will be able to prepare more accurately the various aspects of the season. We will post the information as soon as it is furnished to us from the EPRU administration.

We can't wait for the season to start, and we look forward to catching up and enjoying another great Prep Rugby season!

Contact Frank DeGiulio for more information on Sponsors:  
[fpd@pbh.com](mailto:fpd@pbh.com)