

# News from the Scrum

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



~ Sic itur ad astra ~

## 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.*

## Happy New Season!

Prep Rugby is kicking off the new season! This week, we will be moving to the field for practice. Our practice field is Memorial Hall Field in Fairmount Park, across from the newly opened Philadelphia Please Touch Museum.

Practices are in the afternoon from 3-5 p.m. on

Wednesday, Thursday, and Friday. Tuesday will be a practice day for A Side, A Side hopefuls and any players dedicated to improving their play.

We are currently working on arranging for a bus to and from practice from SJP which should arrive back at the Prep in time for the 5:20 depar-

ture bus.

Practice information will be updated shortly on the team website: [www.thepreprfc.com](http://www.thepreprfc.com)

**TUESDAY, 2.2.10**

**MEET IN FOYER  
BEFORE LEAVING  
FOR PRACTICE**

Volume 5, Issue 5

1 February 2010

## PROUD SPONSORS 2010!

- *Tír na Nóg Irish Restaurant*
- *Beneluxx*

*Currently updating, logos are populating the newsletter on ending page.*

## Practice and Appropriate Clothing

Prep Rugby has traditionally held practice outside in just about any weather: cold, heat, rain, snow, sleet, wind. We're better than the postal service. However, sometimes, the particular skill set on which we are working is best done inside when elements outside impede the progress. To that end, players should be prepared with appropriate clothing.

Minimal practice gear:

- Spikes and shoes
- Mouthguard
- Rugby shorts
- Practice jersey

Appropriate clothing also means that when it is COLD, players should have long pants and shirts and hats. When it is WET, players should have a change of clothes, or at least a blanket/bag on which to sit in cars/busses.

**In inclement weather, players who are not adequately dressed may be assigned to sit on the bus to stay warm, dry.**

Thank you for your understanding as we prepare for a great season!

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## News and Notes on Prep Rugby

### Prep Alum has “silky footwork”

Prep Alum Gianluca Keeler '08 received some national publicity recently and both articles mention both his “silky footwork” and his kicking ability.

Article One can be found here:

<http://www.rugbymag.com/news/colleges/men-dii-college/win-v-cayman-u25s-caps-excellent-preseason-camp-for-loyola-rugby.aspx>

Article Two can be found here:

<http://www.rugbymag.com/news/colleges/men-dii-college/loyola-wins-league-opener.aspx>

### Coach Has Opinion

Recently, Coach Farren initiated a rugby column on Examiner.com in which he offers insight and commentary on rugby and its role, future, and possibilities in the USA. Readers can subscribe (for FREE) and receive updates when new columns are posted.

Enjoy the articles and spread the word—let’s get the word on rugby out there!

<http://www.examiner.com/x-36384-Rugby-Examiner>



*(P.S. Players who subscribe may just find themselves running one less gasser at practice. Something to think about!)*

## More News to Follow...

There are many activities going on and with the season starting, we also have practices, games, tournaments, a TOUR, etc. to plan out. We will be sending out a more complete version of the newsletter, but since this week begins the full week of practice outside, we wanted to spread the word and get the ball rolling.

If you are not receiving this to your preferred e-mail, or if you know of someone who is not receiving it but would like to receive it (and, really, who wouldn't?), please send an update to Coach Farren ([preprfc@comcast.net](mailto:preprfc@comcast.net)) to be added to the list.

If you have any feedback, please be sure to let us know.

***Thanks for your support!!***

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Please make all correspondence either:  
Attention: Mr. Thomas Farren, Sr.  
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Phone: 215-978-1950  
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### Prep Rugby Slogan

*Sic itur ad astra  
This is the path to immortality*

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 2010 Sponsors



### Want to see your logo here?



## Interested in Sponsoring Prep Rugby 2010?

In you are interested in helping Prep Rugby have a successful and memorable season for 2010, the team is happy to discuss sponsorship opportunities. From t-shirts to rugby balls,

practice jerseys and kit bags, Prep Rugby works to bring the best experience possible to the players; any help is greatly appreciated.

Contact Tom Farren, Sr. for more information on Sponsors:

[tfarren@sjprep.org](mailto:tfarren@sjprep.org)