



# 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



**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  
 1701 COLLEGE AVE.  
 FREDERICKSBURG, VA 22401

[KKABZA@UMW.EDU](mailto:KKABZA@UMW.EDU)  
 (540) 371-8796  
 (540) 842-0731  
[BILLLUCAS@AOL.COM](mailto:BILLLUCAS@AOL.COM)  
 (540) 538-4199

**Capital Conference  
 Division II  
 UMW Athletics**