

# University of Virginia Women's Rugby Team

## Fall 2016 Collegiate Clinic

### For High School and Middle School Girls



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

#### 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

FREE

#### 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>

#### 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 CHAMPIONS
- 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

#### Info:

- Must be USARugby CIPP registered
- RSVP
- Be enrolled in HS or MS
- Bring lunch
- Water provided

#### What to bring:

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



#### 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
- Position-specific breakout training
- Lunch: Included
- Q&A with current players and alumni on rugby at UVA
- Game observation
- Small skill techniques
- Player of the Day Award

#### TEAM CONTACTS:

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

[womens-rugby@virginia.edu](mailto:womens-rugby@virginia.edu)

Charlottesville, Virginia

**Mason-Dixon  
Division I Rugby  
Conference**