



RIVER WEEKLY

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Upcoming Events

September
24—Men @ VA Beach
Women @ Raleigh
27 & 29—Practice 6:30
October
4 & 6—Practice 6:30
8—Women vs. Stingers
Men vs. Virginia
11 & 13—Practice 6:30
15—Men @ Blackwater
Women @ Exiles
18 & 20—Practice 6:30
22—Women vs. NOVA
Men vs. Roanoke

Women Score in Final Minutes to Beat Severn River

--Samantha Pankey



Coming off a loss, a team can either be motivated for a win or fold under pressure. The James River Women had to face this challenge against Severn River this past Saturday at Pole Green Park.

Severn River, fresh off a win, always gives James River a tough match, and this time would be no different. JR was ready for the challenge and pulled off a last-minute win in this exciting match.

The match opened as it ended, with a JR drive into Severn territory. Severn's defense quickly regrouped and regained possession. They countered with a drive of their own, and for most of the first half the two teams played on JR's end of the field.

Despite JR's offensive ineffectiveness, their defense was solid. They staved off the Severn attack time and again. However, with the half winding down a Severn forward put a try in with a short run and put them up 5-0.

This score seemed to fuel James River, and they got possession when Severn bobbled the kick off. A few good forward punches and back line connections found JR with a penalty kick attempt. Unfortunately, Sam Pankey couldn't put the ball through the uprights and the half ended at 5-0.

JR picked up where they left off in the first half and used their momentum to drive into Severn territory. Again, Severn countered, and for a while, the two teams found themselves at a stalemate with neither gaining much ground. Finally, JR broke through and pushed back into Severn's red zone. A penalty, a quick tap and an excellent forward push later propelled Sarah Krysztofik into the try zone and tied the match 5-5.

With JR's rucking looking worlds better compared to the Norfolk match, they were able to maintain possession for a majority of the second half. However, Severn's defense stifled JR's offense, and after the JR score, they were able to earn possession once again. A JR penalty gave them a shot at penalty kick with the half winding down.

Reminders

- Pay dues (you can do this online)!
- Complete your waivers and turn them in.
- Everyone needs to try to be at practice as much as possible.
- Join James River's Facebook page.

Exercises of the Week

One Leg RDL—This is the Romanian deadlift with a twist. Take a dumbbell in your right hand and balance on your left foot (right is off the ground). With your weight on your heels and your knees slightly bent, bend at the waist and lower the dumbbell to your left foot (deadlift). Raise up and repeat. Do the same with a dumbbell in your left hand, standing on your right foot.

Good Mornings—A very simple exercise that hits the posterior chain with emphasis on the lower back. Get a fairly light weight on a straight bar and place it on your traps (as if you were doing a squat). With your feet slightly apart and your knees slightly bent, bend at the waist, and then return to the starting position.

For supplemental information later this week, check out my blog:

<http://jrrfnews.blogspot.com/>

Severn's kick was short, and JR's subsequent drop kick at the 22 drove their offense to mid-field. With only minutes remaining, they pushed further down the field, but lost possession with a penalty. Earlier, some unsafe scrums forced the ref to go to uncontested scrums, so the JR pack would have no effect on the following Severn scrum.

However, JR's flanker, Paula Belmonte, and their back line had wound their gears tight and were just waiting to spring on the Severn offense. They did just this, and the pressure forced an errant pass, which Sam picked off.

With momentum on her side, she rushed past the last Severn player and into the try zone, giving JR a 10-5 lead with seconds left. The whistle sounded, signaling the end of the match, before Severn could get off a kick.

The win gave James River a 1-1 record in MARFU South. Their physicality in the rucks made the



difference in the match. Two players also contributed significantly to the win. Cierra Reaves and Paula earned Back and Forward of the Match respectfully. If the squad can sharpen their offense and eliminate some silly penalties, they will surely be in the running for a playoff spot.

Following the match, many James River newcomers got a chance to have their first taste of rugby in b-side. JR coach, Joe Kaut, liked what he saw, saying that with some new talent and a lot of numbers, it would be difficult to make selections in the future. These factors—the depth and intra-squad competition—are key in making good teams great.

Men Shutout Blacksburg

--Samantha Pankey



Going into Saturday's match, the James River Men expected a physical test of their mettle against a Blacksburg squad that finished second in their division last year. They may have been tested a few times in 40 minutes, but they made it look easy as they rolled over Blacksburg 32-0.

James River opened up the scoring early, when Pat Doherty

ran through the Blacksburg defense and put five points on the board. Matt Balazik conversion gave River a 7-0 lead.

Matt's kicking was stellar all day and helped keep the momentum in River's favor. He literally kicked things off with the conversion, and then later in the first half hit a penalty kick from over 50 meters. This gave James River a 10-0 advantage in the first 40 minutes.

The first half, was just as River expected—a physical match with Blacksburg trying to push the tempo. However, the JR defense suffocated any threat that the Blacksburg offense

Memorable Quotes

"If it was your lower back, I'd take you in that back room..." – Todd on how to fix lower back problems

"Just rub it up and down." –SJ on how to fix upper back problems

"We sound like we can sing when it's 50 of us." –Tammy on our "Happy Birthday" serenade

"Just trying to get everything straight." –Ref "Ain't all of us straight." –Tammy

"Look at who it is. It's Paula." – Julie recognizing Paula all dolled up

"The wetter it gets, the worse she smells. She smells like a farm animal." –Paula on Adam's pig

"You look like a ghost...a cheesy ghost." –Aliea while a cold Sam was eating cheese doodles

posed. River dominated the physical side of the half, only allowing Blacksburg in their half briefly, and their offense, while only posting 10 points threatened to score with most of their possessions.

River took that first half performance up a notch in the second half. Whereas Blacksburg was able to break a River defensive line here and there in the first, they only got into River territory, in the second, by kicking. Even then, they didn't stay long.

The second half began with some nice runs by Matt and Billy Morgan, which brought River within 10 meters of the try line. However, Blacksburg played good defense and held them, but only briefly. Josh Matheny finally punched through for River and tacked on another five points, making the score 15-0.

After the score, River quickly pushed into Blacksburg territory again. Following a Blacksburg penalty, Matt put yet another kick through the uprights, building River's lead to 18-0.

River had a short lull in their offense on the ensuing restart. The two teams got into a kicking showdown, with Blacksburg coming out the winner, as they found themselves deep in River territory.

However, Billy came through for River, yet again, with an explosive run into Blacksburg territory. After a few phases, Banks Gr. cleaned up some messy play and burst through



the defense to score. The subsequent kick put River up even further, 25-0.

With time winding down, the match seemed out of reach for Blacksburg, but River wasn't done scoring just yet. John Pulli tacked on the final try of the match, breaking the Blacksburg lines yet again (something that the River backs did all day). Matt's kick made the final score 32-0.

James River never let Blacksburg in the match. The few times Blacksburg threatened, River swatted them away as if they were a housefly. The River defense completely dominated the Blacksburg offense, and the River offense continuously broke the Blacksburg lines. The forwards controlled the ball for River and the backs finished their drives off.

From the start, the match was River's. Two players, in particular played exceptionally well. Banks, playing scrumhalf for an injured Billy Wallace, stepped his game up and earned Back of the Match honors, and Blaise Marotta was a force for the forwards, garnering the Man of the Match award.

River hopes to keep rolling with the victories next week. They're looking for a 3-0 record as they travel to play Virginia Beach.

Hanover Youth Rugby Finishes Second in the State

–Kevin Kilgore

First off, I'd like to thank all the James River Club who came out and supported the efforts of "their" youth both in the set up of the fields for the big day, when they played like

Brief Boundy Recap

--Sam Boundy

Men won. Women won. Hope to make it next week. I have to run and do an experiment. Go River.

Other Contributors

Pictures—Marsha Durocher

Quotes—All those clever souls who uttered their sweet lyrics

champions in the heat and won at Courthouse Park. Also, for the adults who came out and supported their youth counterparts in fine James River fashion and spirit, you gave these kids the extra edge in competition, which they needed as the youngest and smallest club in the league.

All the players for Hanover Youth played aged 10 to 15 for the U15 side all season long. It was not the same for the teams they were to play against in the State Championship in Northern Virginia. Against some tough odds, these kids took on the best teams in the state, and finished second.

In the first game, Hanover Youth was matched against a Richmond side that had played tackle for several games during the season and attempted to play an older “waiver” player. Hanover Rhino’s Coaching staff objected, which caused much consternation throughout the day. This may have shaken the Rhino herd, but they were not stirred to distraction. Focused and keeping their eye on the ball (and some their head); they won a tough game 15 – 12 at the end.

In the next match, we were ready to play Springfield, a team they had beaten all season long. What we did not know was that this northern Virginia team had used their advantage of depth and put a totally different side against us (a side that had been playing U15 tackle rugby), making for a surprisingly hard match. Not to mention, the official was just a little cross-eyed and a few other things and some choice words from yours truly (oops). The final result was Hanover 7, Springfield 26.

The loss meant that the Hanover squad was going to have to do it the hard way against a very angry and vengeful Richmond Lions squad looking for a bloodletting and revenge, in a rivalry that goes back before the mid-east conflict.

With only three teams in the U – 15 touch bracket this year (unfortunate), it was inevitable that the Rhinos and Lions would engage on the Northern Virginia plains near where the “war of northern aggression” began 100 years earlier. Two different but defeated teams had one game left to get into the State Championship or to go home a loser.

As Lee and Jackson rallied their troops at Manassas, so did Theakston and Ham. “We’re not going Home!” were the words the Lion cubs could hear as they stepped on to the pitch.

In an amazing match, the Rhinos didn’t go home. The final was Hanover 47, Richmond 21. Yes, we did it the hard way, the way of the Rhino horn, short sighted, low to the ground and with determination. Richmond fell twice this day to the Rhinos (Kevin cackles more than just a little).

The finals were more than just a battle of North and South, but of fair play and “come on.” We knew Springfield would put in everything they had at us, and they did with their mostly tackle squad against our 10 year olds.

But for the second year in a row Hanover Rhinos, the smallest, youngest team in Virginia took second in the State. Thanks to great help from fabulous people who all supported them.

Training the Posterior Chain

--Samantha Pankey

In newsletters past, I’ve stressed the importance of training the legs for rugby. There have been articles detailing the muscles of the legs, illustrating exercises that work the legs, and touching on the importance of power lifting and explosive training.

At the beginning of every rugby season, we all feel the strain on our legs. No matter how

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much and hard you train, there's nothing that equals actual game play. A lot of these aches and pains are felt in the knees and back. One way to prevent some of these minor hurts and to cut down on potential injuries to these areas is to train the posterior chain.

The posterior chain includes the hamstrings, gluteals and lower back, and it is one of the biggest areas of neglect for the athlete. Think about it, when you train legs and back, how often do you focus on this area? Neglecting the posterior chain can lead to chronic pain in the knees, hips and lower back.

It can also inhibit your athletic performance, by throwing off the balance at the knee and hip joints. Also, compared to the quads (those big muscles in the front of your legs), the gluteals and hamstrings are more powerful muscles with a higher proportion of fast-twitch fibers (muscle fibers that are recruited for prolonged activities that require relatively high force).

Taking all of this into consideration, what you're doing when you neglect the posterior chain is limiting your athletic potential (you could be faster and stronger) and increasing the chance for pain and injury. Now I realize that it's easy to neglect this area of the body. For starters, we don't see the back of our legs and butt, so figuratively they're in the back of our minds when we're training. Furthermore, the quads are bigger so we tend to give them more attention.

You also may not know how to train the posterior chain. Well, you will after you've finished here. Some exercises for the posterior chain are deadlift variations, Olympic lifts (power lifts), good mornings, glute bridges, hamstring curls, glute-ham raises, pull-throughs, back extensions, lunges and step-ups.

If you aren't familiar with these exercises, look them up (I will detail a couple in the "Exercises of the Week" section, and hopefully will get some video up on my James River blog). Basically what you're doing in most is lifting a weight (yourself or a deadweight) by bending your legs and/or back.

Training the posterior chain doesn't require anything extravagant. If you have a swiss ball at home, you can do hamstring curls, back extentions and glute bridges. You can do good mornings on your own, as well as lunges and step-ups.

These are all simple exercises (with the exception of some of the Olympic lifts) and are easy to incorporate into your leg workout or any workout. If you want to be stronger and faster and cut down on knee or back pain, I would suggest starting a posterior chain regiment or doing more (this doesn't mean neglect your quads either).

Happy training!