



November 22nd, 2011

### Special points of interest:

- Cougar 7s with Nolan Allen
- Upcoming events and activities
- Alumni Dues



Giving the business to Central in the NCRC 7s Tourney

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Washington State University Rugby Football Club Alumni Association

Volume 1 issue 2

### Cougar 7s- By Nolan Allen; WSURFC Alumni

I was asked to be involved with WSU's 7s effort this year and as a result had the opportunity to handle some of the coaching opportunities in the build-up. I made three trips to Pullman to conduct 7s 'camps' that helped identify a player pool, install a system, and develop skills and strategy. The first weekend was extremely structured with 9am practice, noon film, followed by another afternoon practice on Saturday in addition to Friday practice and Sunday scrumage.

The second visit coincided with our alumni game and the third visit coincided with the WSU Career Fair where I represented my company while also focusing on 7s.

The culmination was the Seattle Collegiate 7's tournament. We had a tough draw with University of Washington and CWU in our pool. It was

the pool of death given that only one team could advance from each pool and the fourth team being decided by point differential. Given that CWU was the hands-down-favorite we certainly had our work cut out for us.

We played UW first and were eager to see if all of our hard work would pay off. It did. The boys played to our system, attacking down the sideline and moving the ball through the middle of the field to find space. Defensively they brought back the WSU mantra of old: We Hit Hard. I was extremely impressed with the boys' tackle-impact, tenacity at the breakdown, and overall physicality in defense. UW didn't stand a chance. It was great to defeat a UW team coached by former Chicago Lions and UW alum, Jeremy Nash, who has also won a National Championship with Chicago in US 7s.

Against CWU it was more of the same. The boys rose to the challenge and gave CWU a real scare. Again playing to the system and choosing their insertion points wisely, CWU struggled to defend their constant onslaught as well as WSU's newly labeled 'barbarian defense'. It was great to hear the crowd get behind the WSU underdogs as they gave CWU a real run for their money. Although it was a loss we ended up with the closest margin of difference of any other opponent for the day.



All-in-all it was a terrific build up and adventure for WSU into the collegiate 7s environment and I look forward to contributing in the future to their continued success. **Cont'd on Page 2**

### Alumni Dues-By Eli Wasserman; WSURFC Alumni Treasurer

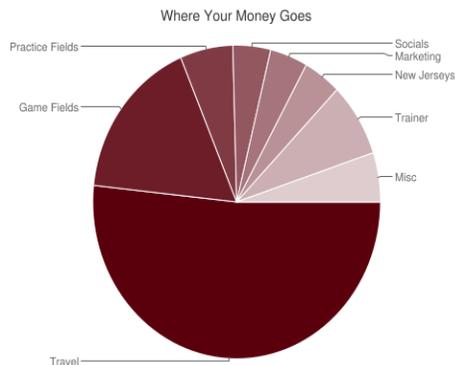
With a full schedule of upcoming matches and events it becomes crucial that the Alumni Association steps up and helps by contributing Dues. Dues are set at \$100 per year and can be paid easily online through a safe and secure pay pal at [www.wsurfc.org](http://www.wsurfc.org) in the [Alumni Section](#). To donate a different amount go to the [Donations section](#). You can also send checks by mail (see address on page 3). The WSURFCAA is a Non-Profit, Registered 501 (c) 3 organization; therefore all contributions are

tax deductible. Every little bit helps!

I remember when the Alumni bought new jerseys for the

team when I was a student at WSU. It was an awesome feeling to know there are was a group out there that cared enough about WSU Rugby to pitch in. Let's help the current team experience that same feeling.

Let me know if you have any questions about how to donate and thank you in advance for supporting the proud tradition of cougar rugby!



**WSU IS LOOKING FOR SPONSORS FOR THE 2012 SEASON**

For Sponsorship options visit the Sponsorship section on the website ([www.wsurfc.org](http://www.wsurfc.org)).



**WSU VS. Central in the NCRC 7s Tournament**

“CWU struggled to defend their constant onslaught as well as WSU’s newly labeled ‘barbarian defense’”

**Season Update– By Matt Hudson; Head Coach and Director of Rugby**

The WSU Men's Rugby Club recently completed a successful fall campaign that saw many changes from previous year. The first and most obvious of which would be the concentration on 7s in the fall with the creation of a National Collegiate 7s Championship in December. The Cougs enlisted some help from OPSB player and Cougar alumni Nolan Allen to work the boys into a 7s system and saw WSU compete in two qualifiers, the NCRC 7s in Seattle and the Pacific 7s in Palo Alto. Although no bid came from either tournament it was evident to me that our players could compete with any team we faced in either tournament. Next fall we are hoping to bring Nolan back and concentrating primarily on 7s for a majority of the fall in order to put us in the best position to win one or both tournaments.

With 7s complete the Cougs rounded off the season with a couple of friendlies to get ready for the league season which starts in the spring. Despite being hit heavily by injuries, including 8 separated shoulders, the Cougs were able to

easily handle Western Washington University 39-5 and the University of Montana 25-7. Both games really showed us that we have the depth of players to be serious contenders this year. When combined with the players missing due to injury and the expected influx of players for the spring, competition for playing time will be fierce and no spots are guaranteed for anyone. Also in preparation for the spring, the team has been working with two strength and conditioning coaches, a first for the club. I hope to see some alumni out to watch some games this year, please stop by and say hello if you are in the area.

**ANNOUNCEMENTS:**

**Alumni Xmas Brewery Tour - December 17th:** Jon Skelton and Cameron Soller are organizing an Alumni Xmas Activity (likely a brewery tour). Additional details and a Facebook event should be coming your way soon

**SPECIAL THANKS to Tyson Buchmeier** for being the first and ONLY Alumni to pay his 2012 Dues. Follow in his footsteps at [www.wsurfc.org](http://www.wsurfc.org)

**2012 NCRC Schedule**

- Jan 13-15:** Pac-12 Tournament. Los Angeles,
- Jan 28:** EWU (Eastern) vs WSU. Pullman, WA
- Feb 18:** WSU @ Univ. of British Columbia. Vancouver, Canada
- Feb 25:** WSU @ University of Idaho. Moscow, Idaho
- Mar 3:** WSU @ University of Oregon. Eugene, Oregon
- Mar 24:** Simon Fraser University @ WSU. Pullman, WA
- Mar 31:** Central Washington University @ WSU. Pullman, WA
- April 7:** WSU @ Western Washington University. Bellingham, WA
- April 14:** Oregon State University @ WSU. Pullman, WA
- April 21:** University of Washington @ WSU. Pullman, Washington

**COME OUT AND SUPPORT THE COUGS!**

**Cougar 7s– Continued from Page 1**

**Lars 'pee sheets' Swenson delivers a questionable tackle**



**Mike Mentele with a breakaway**



## **WSURFC Alumni Association**

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**On to Victory!**

## **Mission Statement**

*To promote lifelong companionship among WSU Ruggers and support the core values and goals of the WSU Rugby Football Club (WSURFC). The WSURFC Alumni Association strives to provide the opportunity for student athletes to achieve their maximum athletic potential and test their abilities against the best in their sport.*

**[** [wsurfc.org](http://wsurfc.org) **]**

## **About the Newsletter**

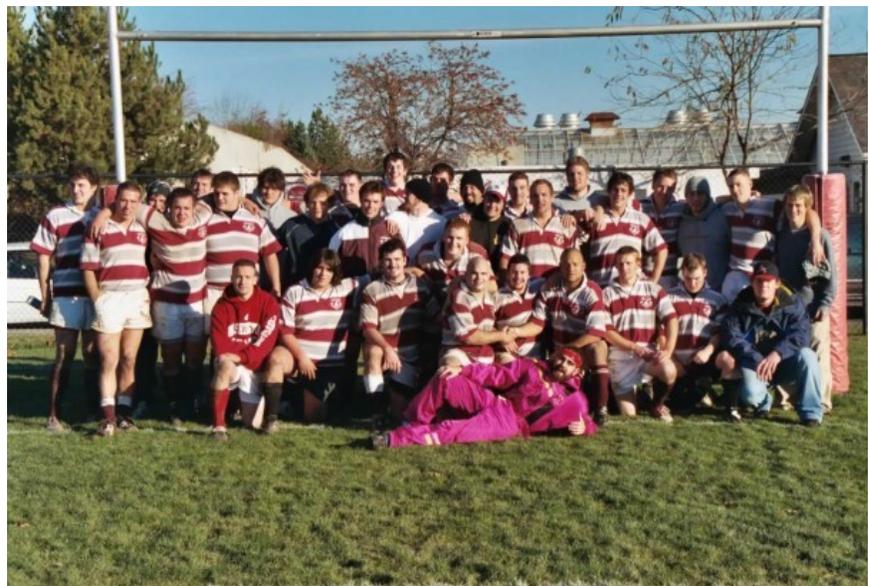
It is our goal to send out a quarterly newsletter to the WSU RUGBY mailing list. There is a lot that we can do with this newsletter to make it a worthwhile read for our members. We will continue to provide updates on upcoming events and activities, as well as inform of new resources for the current and the alumni. The newsletters will also be posted on the website in the media section.

**Please invite all others who are interested to join the WSU mailing list!**

If you are interested in seeing (or writing) a particular topic in an upcoming newsletter speak up! You can make any suggestions via email to the WSU RUGBY mailing list or directly to me:

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[ewasserman9@gmail.com](mailto:ewasserman9@gmail.com)



**WSURFC: Early 2000's**