

# ACWRFC

## AMHERST WOMEN'S RUGBY

VOL. 2 NO. 2



Members of the team (Cara Dorsey, Nicole Stokes, Anna Savage, Rosemary Gonzalez, Lena Budinger, and Keemi Ereme) enjoy a cup of hot chocolate after the race.

### RUGBY WOMEN RUN FOR SAFE PASSAGE

NORTHAMPTON, MA -- Early in the morning of Sunday, December 4th, a group of seven players, along with their coach, stretched their legs and prepared for a chilly yet exhilarating 5K run.

The Hot Chocolate Run takes place each winter in downtown Northampton, Massachusetts. This year's race marks the eighth year that the event was held. The walk/run raises funds for Safe Passage, a Hampshire County organization providing shelter, counseling, and advocacy services to women and children who have experienced domestic violence. This event is Safe Passage's largest fundraising event, bringing in thousands of participants and dozens of business sponsors and donors each winter.

The race always earns an impressive amount of money, but this time it shattered the fundraising

goal of \$135,000 set forth by Safe Passage. At the end of the day, the 5,500 runners who had participated brought in over \$150,000.

The races popularity stems from a couple of different things--most who run the 3.2 mile course do it for the thousands of women supported by Safe Passage's mission. But, adding a little extra fun to the mix, each runner and walker receives a cup of homemade hot chocolate in a collector's mug at the end of the course.

Keemi Ereme has run the race for the past three years and says, "it seems to get more popular each year. Not only does it benefit a great group doing amazing work, but...it's a really great team bonding experience. I feel every time we run together as a team not only do we show our support for the community but we also show our support for each other. It's a beautiful thing!"

### A BOOST FROM BEANTOWN

AMHERST, MA -- Every spring, the members of ACWRFC usually make their way to Newport, Rhode Island to take part in one of the largest organized rugby tournaments in the country--Beast of the East. The tournament is one of the most exciting and enjoyable events a member of the team will experience at Amherst, but this season we are looking to shake things up to ensure the long-term development of the club.

After a frustrating fall season plagued by injury and low numbers, Coach Elek would like to creatively and proactively tackle the problem of dissipating numbers. Again, our roster looks small this season, so we will be forgoing the Beast of the East Tournament and trying something new.

Instead, we will be focusing on getting our current players up to speed with the help of the Beantown R.F.C. Beantown is the nation's premier women's rugby club and a perennial feeder to the USA Eagles XV and 7s sides. They have generously offered to send five players out to run an extensive clinic one day, so that we can have an extra set of eyes. They will focus their efforts primarily on basic backline skills.



## NOTES FROM ABROAD: MIA CERTO SHARES HER EXPERIENCE IN THE UK

LONDON, UK -- I have bruises and my bruises have bruises. That's how I know it's rugby season.

This semester, I've swapped my Amherst purple for King's College, London red/blue. I use a "gumshield", say "trackies" and "trousers" instead of "pants" to avoid embarrassment, and remind myself of Steve (our coach prior to Elek), spitting out British slang with my American accent. Note: people really do say "minger" here.

I've been playing with the KCLWRFC for almost a month, mainly struggling with the concept of January being "in season." We have matches twice a week, play in two leagues (currently sitting on top of both with a "lush" points differential), and social on Wednesdays at the university bar (though I miss the ACWRFC, I don't miss the smell of Coolidge basement). At times I feel like rookie all over again, but fortunately the team has taken me on as a "fresher," their term for a first-year, with great affection.

At first the entire game felt foreign.

The pacing and style of play were unfamiliar and at fly-half I routinely panicked, blanking-out on plays with such descriptive names as "Crash-Bang," "Rollback," and "S-2." Fortunately, my team was always there,



reminding me in side-mutters and hand gestures as the ball was coming out of the scrum or down from a lineout. Only in the past week have things begun to come together, and as I fall asleep thinking about my dad's cooking and what happens on the field when I call "Stab," I can feel myself settling into a familiar rhythm. The elements of my

life here are much the same as at Amherst—classes, reading, rugby, friends—and from this I stretch a chain, a link from home to here.

Only a month into the season, there is much to look forward to, especially something called "The London Varsity." I can only attempt to describe it as a Williams-Amherst homecoming game, but with rugby at the heart of it. Two schools—King's and University College, London—gather to fight out an 180+ year-old rivalry on the pitch. There are songs to be sung, headshots to be taken, trash to be talked, and tickets to be sold. Of course, there's a lot of training as well (and schoolwork).

And after hopefully beating the "Godless scum," (as King's refers to UCL) I'll be headed out on tour! The KCLWRFC is going to Italy for a week for some sun and fun and, of course, rugby, bringing the number of countries I've played rugby in to a solid three. Don't worry. I'll be sure to bring sunscreen (and some Amherst swag) with me.

- Mia Certo '13

## RUGGERS CONTRIBUTE A CARLOAD TO "FILL-A-TRUCK" FOOD DRIVE

AMHERST, MA -- The Amherst Survival Center, which forges relationships that can confront and root out chronic food insecurity in the Amherst area through its



Amherst College challenged students to fill this truck with non-perishable food. ACWRFC gathered enough to fill the trunk of a small car, contributing significantly to the drive.

emergency food bank, relies heavily on food drives carried out by community members to replenish their stock. To keep the stock current, the Center schedules regular drives with local groups and organizations. Amherst College is one such organization.

During the first week in December, the Campus Challenge Committee gave back to the community by holding a major, all-campus "Fill A Truck" food drive. This project was a small part of the Committee's goal of collecting 10 tons of food and raising \$10,000 in donations for ASC by the end of April, 2012. Individuals and groups around campus

were encouraged to collect non-perishable food items and place them in donation boxes around the campus. The short-term goal of this initiative was to gather 5,000 pounds of nonperishable food items—enough to fill a small moving truck



Lena Budinger '15, Elena Villafana '14, and Karen Rind-Siegel '15 with donations.



## NOTES FROM ABROAD: ANYA GOLDBERG REFLECTS ON HER TIME IN COSTA RICA

SAN PEDRO, CR - Being a part of UCRugby femenino was one of my most valued study abroad experiences. UCRugby is the rugby team of the UCR, the national university in Costa Rica. Although I was nervous at first, I immediately wanted to be part of the team, and they accepted me immediately. After my first game we headed for the 'tercer tiempo' at a local restaurant; packed in the back of a pick-up truck like sardines, dirty from the game, with wind blowing my hair back, I felt alive and part of San Pedro for the first time.

The peak of my experience was playing in the first women's 15's game in Costa Rica. I was the eight-man in the historic event. A girl from Germany was also on the team.

There were video cameras, an announcer, and my program friends in the audience. As the camera panned before the game, I stared forward with my super serious game face on. We all laughed after it passed me. Hey, I'm not used to cameras.

Out on the last night I was in Costa Rica, Ivon, one of the girls, made an announcement that I would be leaving and gave me a gift from the team. It was a UCR Rugby femenino t-shirt with my number on it. I was moved that they were so thoughtful even though I wasn't with them for long and couldn't participate all the time. I couldn't help tearing up. I will never forget my experiences or the friendships I gained.

- Anya Goldberg '13



Anya Goldberg (third from right), pictured with her host-team, the UCRugby femenino. Anya proved to be a vital addition to the team at the eightman position this fall.

## ACWRFC ELECTS NEW OFFICERS TO LEAD THE WAY

AMHERST, MA -- As the fall season came to a close, the members of ACWRFC gathered together for the election of its officers. Customarily, the group elected from its veterans a captain of the forwards and a captain of the backline. Hailing from Los Altos, California, Claudia Wack received the nod to lead the forwards. Sophomore Elena Villafana, from West Islip, New York, will take on the responsibility for the backline.

In addition to new captains, members of the club selected teammates to take over the other officers positions. Amalia Gonzalez will remain on as the Outreach Coordinator, but all other posts will be reinvigorated with fresh blood. Jenny Morales will be stepping up as Administrative Coordinator after her term abroad. Nicole Stokes will hold her first officers position as Treasurer. Freshman Karen Rind-Siegel and Lena Budinger will take on the duties of Match Secretary and Webmistress, respectively. Junior Jess Levine will

show Freshman Yenifer Mezquita the ropes of Social Chair. Each officer has been elected to their position for two consecutive seasons, barring any unforeseen changes.



While relatively young, Elena brings a fire and commitment to the game that will carry her far as a backline player. Although her fall season was cut short due to a series of concussions, her team still looked to her for leadership on the sidelines.

Her skills and drive will be instrumental to filling the gap at fly-half this spring.



Wack enters her junior spring as captain of the forwards. After spending three seasons serving as the club's "Webmistress" she looks to take on a bigger role within the club.

Wack has spent time at many positions--including flank, second row, and eightman--making her an ideal candidate to lead the veterans on the field. Her commendable character and leadership will make her an invaluable asset to incoming rookies. Coach Elek expects Wack to be a fixture at second row this spring and take on an active role educating rookies.

## SUPPORT YOUR LOCAL HOOKER: DONATE TODAY

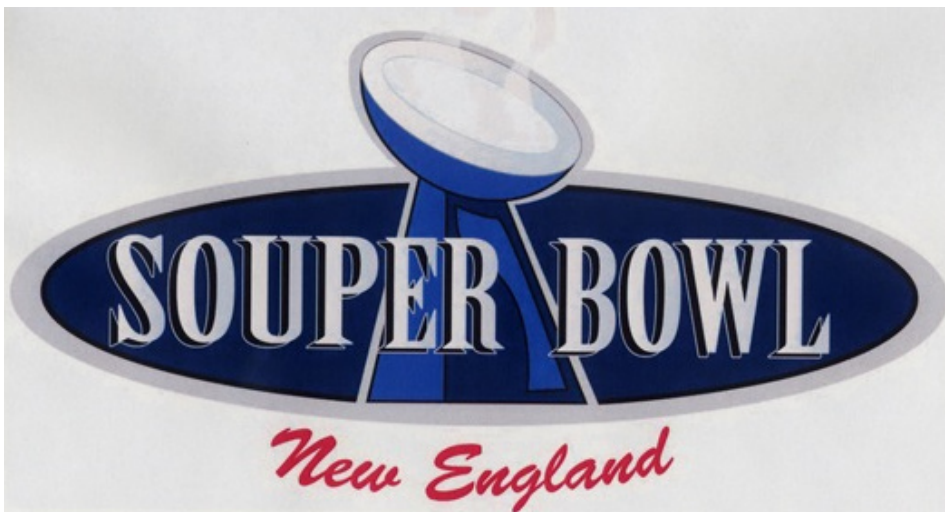
AMHERST, MA -- We announced our gift registry with Rugby Imports last term and are excited for alumnae to be able to donate actively in a new way. By logging onto the registry, you are able to see the real-time needs of the club and donate items of your choosing.

On the registry, you will see exactly what we need (and how much of each item) and you will have the option of choosing what and how many to



donate. It's a unique experience that will allow you to stop by a practice or a game in the future and see exactly how you've helped us! Although a donation may seem small, every little one makes an impact on the future success of the club.

## MEET OUR SPONSORS: THE SOUPER BOWL



Located in town center, the Souper Bowl, offers a quaint spot to dine for ACWRFC. Whether it's before an away trip or after a home game, we love to pop by and grab paninis, sandwiches, nachos, burgers, smoothies, bubble tea, salad, or soups. Voted the Best Homemade Soup by the Valley Advocate for 10 years in a row, they support local farms by using fresh produce year round.

## INTERESTED IN AN ALUMNAE GAME?

It's been four years since our last alumnae game, and we are feeling out of touch. We miss you ladies! This spring, we want to get back in touch with the traditions of the club, the pulse of its beginnings, and the legends of years past.

If you would like to participate in a game during our last weekend this spring, please let us know! The game would probably fall on Saturday April 28th, but the exact date is negotiable. We are still pulling together our schedule for this season and we want to gauge interest levels and figure out

whether or not to go forward with efforts at organizing an event. So, if you think you might want to ruck and maul one more time, please contact our Match Secretary, Karen Rind-Siegel and let her know. Further, we would love to have alumnae help organize the event, so pitch in if you can! If we cannot pull an alumnae game together, please do stop by and watch us play this Spring. We should have a great matchup against the scourge of the Earth (Williams), and nothing would make us happier to have the heart and soul of ACWRFC cheering us on to victory!

Of course, you are also welcome to make a more open-ended donation:

Please send any checks to:

**Women's Rugby**  
**Amherst College Campus Center**  
**AC # 2071**  
**Amherst, MA 01002**

Or, contribute directly via our paypal link on the website. Thanks for your continued support!

## SPRING 2012 ROSTER

Salena Budinger	2015
Rashaa Fletcher	2015
Caroline Katba	2015
Yenifer Mezquita	2015
Karen Rind-Siegel	2015
Kyra Schapiro	2015
Jessi Wilcox	2015
Rosemary Gonzalez	2014
Cassandra Gross	2014
Elena Villafana	2014
Mayya Volodarskaya	2014
Estrella Curiel	2013
Anya Goldberg	2013
Jennifer Morales	2013
Nicole Stokes	2013
Claudia Wack	2013
Jessica Levine	2013
Sally Chung	2012
Ivonne Ortega	2012
Anna Savage	2012
Tahina Vatel	2012
Keemi Ereme	2011 PB

## ABROAD

Marlene Cedeno	2013
Mia Certo	2013
Larissa Davis	2013
Tamara Joseph	2013
Anabel Nevarez	2013
Karen Yeh	2013

## INJURED

Amalia Gonzalez	2013
Daejione Jones	2015