

ACWRFC

NESCRC RUGBY AWARDS

The New England Small College Rugby Conference (NESCRC) recognizes exceptional athleticism, sportsmanship, and academic performance through its awards every fall season. For Fall 2012, Amherst College's Women's rugby team had its players acknowledged within all of these categories. Jasmine Green '16, a freshman, was named rookie of the year by

NESCRC out of all the colleges represented within the conference. Such an achievement cannot be overstated. Jasmine Green '16, left wing position, and Claudia Wack '13, lock position, were placed into the All-Conference Team, designating them as the best players of the fall season in their respective positions. The following players were recog-

nized for their scholastic as well as athletic achievement in the conference's All-Academic Team: Bridget Bennett '14 Marlene Cedeno '13, Mia Certo '13, Rasha Fletcher '15, Anya Goldberg '13, Cassandra Gross '14, Jessica Levine '13, Julia Smith '15, and Claudia Wack '13. Finally, awarded to the All-Sportsmanship team was Julia Smith '15. Amherst Wom-

en's Rugby would like to congratulate all of these players for their outstanding achievement on and off the field.

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INTERESTED IN COACHING?

The Amherst College Women's Rugby Club seeks a part-time coach for the 2013 fall season and beyond. The club practices three times a week in the afternoons and plays matches on Saturdays. The spring season lasts six weeks in late March and April, and the fall season from September to the end of October. Our club is student-run and administratively self-sufficient, coach responsibilities

include planning and running practices, selecting player lineups and attending matches. The Head Coach is expected to be an active contributing member to the conference in which we play--the New England Small College Rugby Conference. The NESCRC has a number of opportunities for in-

volvement that are open each year. Salary is at least \$4,000/semester, but may be negotiable to some extent, commensurate with experience.

If interested, please contact amherstcollegewrvc@gmail.com



PRESIDENT FOR 2013



This spring, the women of Amherst rugby elected new officers. Key amongst them, was the election of Karen Rind-Siegel '15 for president. Karen has been a member of Amherst Women's Rugby since the fall season of her freshman year. A current sophomore, Karen is a psychology major and hopes to do research in her future. She continues to show great en-

thusiasm for the sport and gracefully ascended from match secretary to president. Her favorite position since playing has been prop and she hopes to take the team to the NESCR final four next year. "It's so great to be part of a sport that nobody's ever played before and is completely different than anything else I've ever done," she says. However, despite her

inexperience, Karen has proven to be a valuable player both on and off the field. Her dedication to women's rugby showed through her efforts as match secretary last year and will continue through her new position as president.

2013 FORWARDS CAPTAIN

Daejione Jones '15 is a sophomore at Amherst College, planning to double major in Theater and Dance, and Film Studies. Originally from Ceres, California, Daejione, on the pre-med track, hopes to become a trauma surgeon. She has played rugby since the fall semester of her freshman year and hopes to con-

tinue her rugby career beyond graduation. Her favorite rugby position is loose head prop. Her most memorable game was her first, in which she and a fellow teammate, tore their ACLs in the first fifteen minutes. Though that injury took her out of her fall season, Daejione came back full force in the spring and has become one of

the stronger players on the team. She promises to be a dedicated and resilient captain.



2013 BACKS CAPTAIN

"I love the camaraderie, support and diversity of our team." - Abigail Hahn

Abigail Hahn '14 is currently a junior at Amherst College double majoring in Chemistry and Women & Gender Studies. She plans to pursue volunteer work abroad after graduation before applying for graduate school where she will study social work and public health. As the team's A-side fly-

half, her favorite position on the field, Abigail proved to be a great leader for the backs from her first season and was thus voted to be captain. Though she has competed on Amherst Women's Swim team since her freshman year, she immediately fell in love with

both rugby and the team her first time playing sophomore year. She looks forward to being part of the growth of the team in its upcoming seasons.

NOTES FROM ABROAD: ELENA VILLAFANA IN DENMARK

Elena Villafana, the former backs captain, decided to study abroad in Copenhagen, Denmark the spring semester of her junior year. She has discovered that there are not that many differences between the United States and Denmark but remarks on how she misses the mundane; the lack of peanut butter for instance. Despite these small nuisances, Elena has enjoyed Denmark most of all because of the presence of her host family. She says, "they are full of laughter and delight, with

her host brother Mikkel always cracking jokes" and the many trips she has taken to the family's beach house. While she finds great joy in spending time with her host family, when asked about what she missed about home, Elena had this to say, "Of course I miss ACWRFC most of all. But I am playing rugby here as well. Instead of 15s though, it is 7s. This has been a great experience. I have made so many Danish and international friends. I even have the op-

portunity to practice with the Danish national team. My position in 7s has changed slightly, I am playing prop." While ACWRFC misses her presence on and off the field, we know that when she does return she will be an even greater player from her experience abroad.



"My host family is full of laughter and delight" -Elena Villafana on studying abroad

EFFORTS TOWARD COMMUNITY ENGAGEMENT: GIRLS, INC.

In an effort to increase community engagement opportunities between the ACWRFC and local non-profit organizations, the team decided to be one of the hosts for a Campus Visit organized by the college's Center for Community Engagement. Girls, Inc. is an organization that sends Amherst College students to Holyoke in order to tutor girls ranging from grades K-6, many of whom are below grade-level in reading, writing, and math. Many members of the team, who act as tutors to build mentoring relationships with these young girls, felt it was also important to teach them about healthy and active living. In an effort to not only

teach them these valuable qualities, the rugby women's team took the initiative to create a 40-minute training course representative of many of the simply skills needed in sports, including rugby. On April 19th, team members, wearing their rugby shirts, introduced themselves to a total of 40 girls from Holyoke and began to build a mentoring relationship that we hope to continue beyond the Campus Visit. The girls were involved in a range of activities from ball-handling techniques in rugby to freeze tag. After much persuasion and interest amongst the group, a demonstration of basic rugby skills, members of the team also gave a

short exhibition of rugby tackling after much persuasion and interest amongst the group. The Amherst Women's Rugby team truly enjoyed spending the afternoon with such inquisitive young girls and hopes to have inspired a life-long interest in the sport.

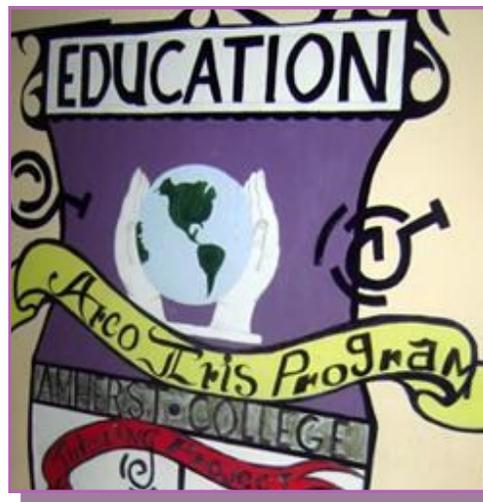
**girls
inc.®**

**Girls Incorporated®
of Holyoke, MA**

EFFORTS TOWARD COMMUNITY ENGAGEMENT: EL ARCO

In a continuation of ACWRFC's efforts at connecting with the surrounding community, the team was invited to also host a Campus Day for the Holyoke tutoring program El Arco during Fall 2013. "El Arco El Arco Iris is an after school program committed to fostering and enriching the talents, skills, and attitudes of Holyoke youth so that they can thrive intellectually and better impact their communities.

The program is comprised of outgoing, enthusiastic, and inspiring individuals who work closely with José Colón, the director of the El Arco Iris Youth and Community Arts Center, to bring the program to life." In an afternoon similar to the Girl's Inc. Campus Day during Spring 2013, players taught youth the basics of rugby and watched them play enjoyable games with a rugby twist such as freeze tag and kick and catch.



SUPPORT ACWRFC:

We are excited to have a gift registry with Rugby Imports, which allows alumnae to actively donate and support Amherst Women's Rugby. By logging onto the registry, alumnae will be well-informed of what the team is in need of and can choose what they would like 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! Al-

though a donation may seem small, every little one makes an impact on the future success of the club. Of course, you are more than welcome to make an open-ended donation to the following address:



Women's Rugby
Amherst College Campus Center
AC # 2071

amherstcollegewrfc@gmail.com

CONGRATULATIONS GRADUATES OF 2013!



The Amherst Women's rugby team would like to congratulate our team members who are graduating this spring! We wish you well on your future endeavors and we will miss you all!

Top Row (from left): Anya Goldberg, Mia Certo, Marlene Cedeno, Claudia Wack, Nicole Stokes, Tamara Joseph, Mid-Row: Jennifer Morales, Ali Simeone, Amalia Gonzalez, Fiorella Herrera, Bottom Row: Karen Yeh, Noella Curiel, Jessica Levine