

UMaine Women's Rugby

Volume 1 | Issue 2
February 1, 2017

*University of Maine
Women's Rugby*

www.facebook.com/umowomensrugby

*Contact us at
umowomensrugby
@gmail.com*



Start of Spring 2017 Season

As the spring season is starting to come into full swing we are happy to announce our new head coach Nicole Bernsen!



Nicole started playing rugby in 2003 at UC Santa Barbara where she earned a BA in global and international studies then a teaching credential from Cal Poly SLO near her hometown of Templeton, CA. She moved to Oregon in 2009 where she taught high school social studies in St. Paul and played for the Portland Women's Rugby Club serving as captain, vice-president, and president. While in Oregon Nicole began coaching rugby first at the high school-level in Newberg then at the state-level coaching Oregon's U-17 Girls All Star Team and later the U-19 team. In 2013 she moved to New Mexico where she served as assistant coach to the New Mexico Tech women's and men's teams while earning an MA in political science from the University of New Mexico. Nicole moved to Orono in early 2016 to pursue a PhD in forest resource economics and policy. She has been serving as assistant coach to the UMaine women's rugby team for the past year and this spring assumes the role of head coach. We are very excited for this season and to have the help and support from our new head coach and we wish her well in this spring season.

Spring 2017

Heading into the Spring!

The spring season for UMaine is always a building time to perfect our team and take the time to work on all the techniques needed to become an amazing rugby player and team! We have 2 huge tournaments in late spring that give us a chance to show off all the hard work we have put in the past year. Beast of the East in RI and Maine Cup in Portland give us plenty of competition and time to show what UMaine Women's rugby does best, **DOMINATE!** Last spring UMaine was 3rd at the Best of the East tournament and got second at Maine Cup. This year we strive to come out on top for both tournaments.



New Executive Members

We'd like to proudly announce our new executive office members! Thank you to all previous members and all the work you did to make this team a better club!

Term 2016 Season

President: Molly Fitzpatrick
Vice President: Christina Koumpouras
Treasurer: Emily Turner Watts
Fundraising Officer: Becky Callen
Match Secretary: Ross Ross
Social Chair: Christiana Daigle
Recruitment Officer 1: Marina Naputi
Recruitment Officer 2: Emily Snieckus
Recruitment Officer 3: Caroline Bonenfant
Alumni Chair: Brianna Kelly
Fitness Guru: Kaitlyn Kerrigan

Term 2017 Season

President: Christina Koumpouras
Vice President: Becky Callen
Treasurer: Maggie Aydlett
Fundraising Officer: Danielle Krause
Match Secretary: Rose Ross
Social Chair: Abigail Biegel
Recruitment Officer 1: Liz Capodilupo
Recruitment Officer 2: Steph Piccininni
Recruitment Officer 3: Emily Stanwood
Community Service Officer: Hannah Kerrigan
PR: Elania DeRiso



Player to Watch!

My name is Emily, and I am a senior here at UMaine playing for the Women's Rugby Club! What can I say about rugby, maybe that I wish I had started sooner or that joining the sport may have been one of the best decisions I have made! This sport is like no other, both in technical terms of how the sport is played on the field, but also in the fact that it has the best community of players. Coming to college and attending a year, after

playing sports throughout junior high and high school, I missed being a part of a team. I enjoyed playing soccer and softball, but I had always wanted to play something a bit more intense. Then one day at the gym I heard one of the girls from the rugby team going around trying to convince people to join rugby, and I thought to myself, why not? I don't think I have ever met a team quite so accepting or welcoming. I knew nothing of how the sport was played when I first joined, but the girls on the team pulled me onto the field to practice regardless. They also just accepted me for who I was, and thing with rugby is that there really is a position for everyone! I remember my first game, being thrown in, after the previous hooker was taken out due to an injury. I was so excited to be able to finally play. I remember that first tackle too, it was pretty amazing and I knew at that point that I loved rugby. The pain is almost forgotten about when you're on the field, I mean you feel it the next day for sure, but the bruises are almost like trophy's and the more you have the more you can show off! Venturing through my college career I've experienced different forms of bumps and bruises, questioning if I should have even gone to school or whether I was studying the right thing. Rugby was there to get me through it, all the frustration of the day was able to come out on the field. Rugby is a different kind of therapy! This may all be getting pretty cheesy now, but in all honesty rugby means a lot to me, as I am sure it does to a whole lot of people! Along with being able to tackle and take out my frustrations, one of the best things about rugby is the team! They are all amazing people, accepting and kind, and totally understanding. Being able to travel with the girls on the team is always a hoot! It's basically like taking a long car ride with your family, you may be cramped in a car, but it's fun nonetheless. Everyone has their own story as to how they were introduced to and started rugby, but the passion and drive is there in everyone! We've all overcome our own obstacles and have found ourselves a part of an amazing team playing an amazing sport. The support system and family you get with being on a rugby team is why I would encourage anyone to join! Joining rugby was one of the best decisions I ever made, it made getting through and dealing with college a whole lot easier. I think playing rugby has even made me a better person, and dare I say maybe even changed my life, yeah I do!

We'd also like to take this time to thank our sponsors for this past fall without your support we wouldn't have gotten where we did!

Thank you for all your support!

