

RUGBY DAY IN CANADA



Nº2 JUN-JUL 2010

**VANCOUVER'S CONOR TRAINOR
& THE UWO MUSTANGS**

**CHURCHILL CUP
NWL FINALS**

**COAST TO COAST PHOTO REVIEW
& MORE**



TEAM CANADA AT STADE FRANCAIS, PARIS | PHOTO: MEGHAN MUTRIE

GOOD LUCK, LADIES!!!

Marie-Eve Brindamour-Carignan | BC/QC

Leslie Cripps (C) | UK

Kim Donaldson | BC

Marlene Donaldson | BC

Gillian Florence | QC

Maria Gallo | BC

Megan Gibbs | ON

Brooke Hilditch | ON

Corinne Jacobsen | BC

Heather Jaques | BC

Jennifer Kish | AB

Paige (Burdett) Knauf | BC

Ashley MacDonald | AB

Mandy Marchak | BC

Lesley McKenzie | BC

Barbara Mervin | BC

Heather Moyses | ON/PEI

Ashley Patzer | AB

Cheryl Phillips | ON

Kelly Russell | ON

Anna Schnell | AB

Tabitha Stavrou | ON

Laura Stoughton | AB

Julia Sugawara | AB

Sarah Ulmer | UK

Brittany Waters | BC

Julianne Zussman | QC

Andrea Burk | BC

Araba Chintoh | UK/ON

Shannon Kane | BC

Ghislane Landry | ON

Darcy Patterson | BC

Kristy Sargent | AB

Follow our National Senior Women's Team at the 2010 Women's Rugby World Cup (20 Aug - 5 Sep) in England on RugbyCanada.ca and RWCWomens.com



RUGBY DAY IN CANADA

N°2 JUN-JUL 2010

Canada's (unofficial)
national rugby magazine

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MATT EVANS SCORES VS. FRANCE 'A' IN DENVER, USA | 13-JUN-2010

EDITORIAL

The Joy of Rugby

It's immensely exhilarating when you score a try for your school, your club, your province, and especially for your country. And because rugby is very much a team sport, that joy is shared by everyone on the team as the try is the culmination of collective effort.

As a rugby photographer who has covered hundreds of games at all levels from beer leagues to the RWC, it has been a great privilege to witness many wonderful tries so close to where they happen. And most of the time, I manage to photograph the actual try, forever recording it in pixels. Posting the photograph afterwards on the 'net allows the player and his teammates and friends to relive the moment and affirm bragging rights.

Sometimes though, there's not even one try. In late November 2008, Canada battled it out with Scotland in Aberdeen's Pittodrie Stadium. It was freezing, it was snowing, Scotland was up 41-0, but our boys kept going at it. I was the only photographer on the Canadian try line, everyone else was on the opposite end. Aaron Carpenter and Ryan Smith, among others, were so close to scoring tries but couldn't get past the Scottish defence. I stayed there until the end, waiting for a Canadian try, hoping for some little joy... The snow was coming down in full force when the whistle was blown. There was no joy to be had in the land of Braveheart that day.

Two years later, in sunny Denver, Team Canada got some swagger back after winning against France 'A' to reach the Churchill Cup Finals for the first time in the tournament's history. Among the many tries that day was Matt Evan's, who was on the final receiving line after about five Canadian players passed the ball from midfield, going through gaps in the French defence.

Mevans evaded the final tacklers (even one that looked like Jesus), dove across the line, stood up, turned around with arms outstretched and gave the biggest smile to his mates as they rushed to hug him. Canadians in the stands raised their arms in unison to cheer for our boys in red.

That's the joy of rugby that we all know so well, in our own games in our schools and clubs all over this country. It's the same joy of rugby that gave birth to this magazine and will always be the joy that will sustain it.

Thank you very much for supporting the first issue, we've received many emails from the readers all over Canada and abroad. This second issue is even bigger, and we already have material for the next three issues.

For the love of rugby,

José Romelo Lagman :-)
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Special thanks!

Many of the contributors to this magazine shoot photographs or write articles for RUGBY CANADA and we'd like to thank RC for letting us use content originally produced for them.

"Rugby Day in Canada"

The name of the magazine is inspired by the famous rugby expression "today is a rugby day!" and the CBC show about that *other* sport in this country "Hockey Night in Canada".

Usual Disclaimers

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PHOTO COURTESY OF ANDREW K., AKA "GRABBERS" FROM HALIFAX TARS RFC

LETTERS

“Congratulations and keep up the good work! ... I believe the more exposure we can give to rugby the better and entrepreneurial efforts like yours are to be commended. Bravo!”

We've received lots of emails after the premiere issue came out in May and we're featuring three here.

First, from a player who's also a member of the Canadian Forces based in Kandahar. Andrew K., or Grabbers as his old teammates call him, played for the Halifax Tars RFC and was in Afghanistan when he received a digital copy of the first issue. He also attached the above photo of himself (he's on the right). Here are some snippets from his emails:

"... my self and Sgt Scott M. are in the process of getting regular touch matches together and have hopes of involving the US, Aus and Brit contingents as well, perhaps a sort of Kandahar RWC if you will. We are only just now getting on ground over here and as we progress I would love to send you photos and articles of rugby over here."

Grabbers' last update was that apart from the Canadians, the Americans, Fijians and Dutch have likewise joined the rugger nights

The second and third letters are posted here in their entirety, one from Calgary (who requested her Wanted ad to be posted) and one from Vancouver Island

WANTED

INTERNATIONAL WOMEN'S RUGBY TEAMS FOR THE WORLD POLICE FIRE GAMES IN NEW YORK 2011

Are you a serving police officer, fire fighter or corrections officer?

Want to play in the first Women's Rugby Division at the World Police Fire Games?

Right now the rugby in the WPFG is co-ed. In order for the organizers to justify creating a Women's Rugby Division, they need five women's teams registered for the games in 2011.

So far Canada, the UK, the USA and Australia are working hard to get women's teams together.

If you are interested please contact me. If you have international friends who may be interested, please pass on my email.

Thanks for supporting women's rugby at the World Police Fire Games!

And GO CANADA GO at the Women's World Cup!

Angie Tetley
atetley@shaw.ca
www.calgaryramsrugby.com

Dear Rugby Day In Canada,

I just received the first edition of your magazine and was so impressed by your efforts I had to drop you a line to say

Congratulations and keep up the good work! As a referee here on Vancouver Island and former player (30 years in total devoted to rugby!), I believe the more exposure we can give to rugby the better and entrepreneurial efforts like yours are to be commended. Bravo!

Sincerely,

Pierre Iachetti

RUGBY DAY IN CANADA

magazine

proudly supports



CANADIAN RUGBY FOUNDATION

To place ads on both digital and paper editions of this magazine, we request you to make direct donations to the Canadian Rugby Foundation in exchange for the ad space. For details, please send an email to Kevin Blanchette at RugbyDayInCanada@gmail.com

For this issue, we thank Macquarie for their donations to the CRF.



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“ Playing with Trainor over the past two years has been an awesome experience. He is an extremely talented, focused and competitive rugby player, who leads by example. Having Trainor out on the field is a huge confidence boost because he can always be counted on to make the game winning play. ”

- Gareth Dyer, teammate and fellow Vancouverite



C-TRAIN EXPRESS

From the West Coast to Western to the world stage, Conor Trainor is on his way

You know you've "arrived" when fans of the opposing university team have a special jeer just for you during the game, or when a player from your hometown in BC tells the provincial internet rugby news that the highlight of his career was "smoking" you to the ground! Well, in that sense, Conor Trainor has arrived.

C-Train has indeed arrived, and has thrived, at the University of Western Ontario in London. He has played two seasons for the Western Mustangs and has been named to the Ontario University Athletics (OUA) All Stars. And in the last two years, he has been called to play for Canada at the IRB Sevens circuit and has earned several 7s caps.

RUGBY DAY IN CANADA (RDIC) magazine caught up with Conor in his last week of summer break in Vancouver as he prepares to drive back to Southern Ontario before school starts again this fall.

RDIC: Hey Conor, it's been an amazing break-out year for you, playing 16 international sevens matches and earning six caps for Canada! What do you think of these accomplishments at such a young age?

Conor: It has been a dream come true this year. Since I played in my first tournament in Grade 12 I have always had the goal to play sevens for Canada. To be able to get the chance long before I expected has been amazing. I'm very grateful to Morgan (Williams) for taking a chance on myself as well as on other younger players.

RDIC: Where was the biggest international crowd you've played at?

Conor: I think the biggest crowd was in England, which was 50,000 people, but that was in Twickenham which holds 80,000 so it seemed much smaller. In Hong Kong and Wellington the stadiums are much more intimate so the crowd appears much larger. To go from playing in front of 200 people at Western to crowds of 40,000 has been a thrill.

RDIC: Which international try was your most memorable?

Conor: My first try was definitely my most memorable. It was in Las Vegas playing against the U.S. so the atmosphere in the stadium was electric. We received a free kick about ten yards outside the try line and I just happened to be the nearest to the ball. I had never taken a quick tap in my life, but Phil (Mack) was yelling at me to go quick. I tapped it, ran over my opposite number and landed in the try zone. There was no celebration at the time, but later in the day the feeling hit me and I was ecstatic.

RDIC: How do you compare playing 15s and 7s, how different is your preparation for these two?

Conor: I have never been a very fit player in terms of endurance, and my teammates at Western will tell you last season was no exception. Luckily Morgan didn't ask me to run a beep test before my first tour in Fiji, but it would not

have gone well. From that point on I did very little work on weightlifting, but instead did huge amounts of running to try to improve my endurance. Sevens is the most tiring sport I have ever done, but I felt towards the end of the season that my fitness had improved immensely. I was able to focus on the game instead of trying to breathe.

RDIC: How old were you when you started playing rugby and when did you realize that you can go far with it?

Conor: I first started playing when I was in Grade 9 at St. Georges School in Vancouver. I was always one of the smallest kids my age, so at first I had a tough time making the 'A' team. By Grade 12 I had grown and was a starter, but still had no belief that I could ever play for Canada. My first indication that I might be able to was when we beat Shawnigan Lake School on Super Saturday and I was approached by the then U19 Canada coach after the game. The next year I spent in New Zealand and I came home in time to try out for the U20 Canadian team and I made it.

RDIC: Where did you go on tour as part of the Canada U20s? Any memorable on-the-road stories (that's safe to print)?

Conor: My first year on the U20 team we went to Wales where we beat Fiji and lost to Scotland in double overtime. My second year we travelled to New Zealand and Japan. I felt we had a better team than the year before, but we were never able to reach our potential and only won one game. As for on-the-road stories no one story stands out, but I'll never forget our coach Tim Murdy playing *Don't Stop Believing* at least four times a day for almost a month in Wales.

RDIC: Why did you choose the University of Western Ontario over several BC universities?

Conor: I have always enjoyed travelling, so the prospect of living in a different province was very appealing to me. My sister had gone to Western for a year and she loved it so it was an easy choice. I wasn't sure at the time how far I wanted to go with rugby, so I chose Western because it is a great school with an outstanding program. After two years I am very happy with my decision.

RDIC: Was it a big adjustment to live in Ontario, especially with the frigid winters? How do you keep fit in the winter time?

Conor: The cold in my first year was definitely a big shock. I had a hard time adjusting because I had skipped Canada's winter the year before in favour of New Zealand's summer and had also never experienced a real winter living in Vancouver. Many days I wouldn't want to leave my residence and some of them I wouldn't. It's hard enough getting up at seven thirty every morning, but knowing that it is negative thirty outside almost makes it unbearable. I don't think I'll ever fully adjust to the winters.





CONOR AT CANADA U20 SELECTION MATCH IN SHAWNIGAN LAKE, BC | SPRING 2008



CONOR AT CANADA U20 SELECTION MATCH IN SHAWNIGAN LAKE, BC | SPRING 2009



CONOR + MUSTANGS VS. BROCK BADGERS IN LONDON, ON | FALL 2009



CONOR PLAYING FOR VALLEY HIGH AT ABBOTSFORD SEVENS IN BC | SUMMER 2010



CONOR SCORES AT USA SEVENS IN LAS VEGAS | FEB 2010 | PHOTO: CAITY McJULLOCH

CONOR SCORES!

RDic: How many of you Western Mustang boys are from BC? What did you bring to the team to make it one of the best teams in the OUA?

Conor: There is a very strong contingent of teammates from BC. I would think maybe a third of our team and many of them are key players. Many players on Western have played for their respective provinces, so there is no shortage of talent. The assets I bring to the team definitely wouldn't mean much if it wasn't for the outstanding play of my teammates. A prime example of this is our open play defence. I try for a pretty unreasonable amount of interceptions every game and a lot of the time I don't get them. I can't remember an instance where this has led to a try or even a huge break and that's a testament to the skills of my teammates.

RDic: Is this the year the Mustangs will finally win OUA Gold, after several years finishing second or third?

Conor: I can't promise anything, but I would be hugely disappointed if this wasn't our year. The amount of depth we have in all positions is outstanding and is going to provide our coach a lot of headaches trying to decide on a starting lineup. Our back row alone, which includes our captain, has four players who have excelled playing for Canada.

RDic: Apart from playing for Canada, what are your personal goals after university?

Conor: Well if everything goes to plan I will graduate in another four years with a degree in environmental engineering and sixteen months of work experience. I know I'm

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not going to want to work immediately so hopefully I can travel. A huge desire of mine is to play in the Olympics, but anything can happen in the six years until then.

RDic: Who are your personal heroes?

Conor: I have never been a huge follower of professional sports, so I don't have any sporting heroes. I have always been a fan of Derek Redmond's performance in the 400 meter at the 1992 Olympics where he tore his hamstring, but still finished the race. Some people who I have looked up to and who have helped nurture me as an athlete are my soccer coach Roman Tulis who passed away recently and Dwight Hillis who coached me for the first two years of my career.

RDic: Do you have any personal messages of inspiration for the kids out there who dream of playing for Canada?

Conor: I can say from experience that no matter how far away the dream seems it is always attainable. Rugby can be played by anyone and how hard you work will dictate how far you can go.

RDic: Thanks Conor! Have a safe drive back to London.

To see Conor and the rest of the Western Mustangs in action this fall in Southern Ontario, check OUA.ca for the game schedules.



DAVE + MUSTANGS VS. McMASTER MARAUDERS | FALL 2006



DAVE + MUSTANGS VS. McMASTER MARAUDERS | FALL 2007



DAVE + MUSTANGS VS. LAURIER | FALL 2008



DAVE + MUSTANGS VS. QUEEN'S | FALL 2009



DAVE + MUSTANGS | FALL 2009

CAPTAIN DAVE

David Jacks is the current captain of the Western Mustangs, a role he has grown into and takes very seriously. We were privileged to touch base with him before his team re-groups and trains for the coming season.

RDIC: We've covered a lot of rugby teams and the Western Mustangs are one of the tightest groups we've met - what is so special about your team?

Dave: We definitely try to instil a "Work Hard, Play Hard" attitude here at Western. This is a difficult squad to make, so a sense of pride in the team and its members is adopted early, and only grows stronger as a player makes his way through his years here. We are all really close friends, on and off of the field.

RDIC: We've heard that some of the players, even those from outside Ontario, chose UWO because of its rugby program - is this true? How many players do you have that are not Ontario boys?

Dave: Very true. I would estimate that about 1/3 of our roster is from out of province. Much of our top talent comes from the West Coast, where we all know there is some good rugby being played. The guys choose Western because they know we have a great rugby program, and they probably want to get as far away from their parents as possible. Having one of the top rated student-life experiences in Canada doesn't hurt recruitment either.

RDIC: A lot of the players in your roster have played for the Canada U20s and some have even played for Canada for both 15s and 7s - how does this amazing talent pool enrich your team?

Dave: We are very lucky to attract some of Canada's finest rugby talent. We look to such players for leadership during games, practise, and around the school. It really helps add to the overall focus of the season when you have members of the squad who know the commitment and intensity required to be the best.

RDIC: As captain of the team, what is your primary duty to your teammates? Do they seek your advice for non-rugby matters?

Dave: As Captain, the main duty is to set the example. No missing training, no skipping weight room sessions, being an ambassador for rugby around campus, having the longest keg stand, etc. All part of the job description.

Guys usually come to me for advice about the best way to balance rugby life with school life. I tell them you are here for three things: School, Sports, and Social Life - and you can only manage to do two of them well at a time, so sacrifices need to be made. Often, guys take this advice the wrong way. LOL

RDIC: The Mustangs last won OUA Gold in 2004, and you've played with the team since 2005 and finished silver a couple of times. Will this year be the year to raise the Gold Cup again?

Dave: I think everyone in the OUA knows that UWO is the real deal this year. I can hear Phil White soiling himself at the thought of our roster this year, and I don't blame him. We are big, mean (especially me), fast (not really me), and very hungry - only gold will do.

RDIC: This is your final year in school, what are your plans for the future, and what are the most important rugby lessons you've learned that will push you through the next life challenges?

Dave: After I graduate this year, I plan on travelling for a bit before I decide between grad school or getting right to work.

The most important lesson I've learned from rugby that I will apply to all aspects of my life, is that "the sum of all of our efforts is greater than any of its parts".

RDIC: Thanks Cap!

UWO MUSTANGS



On a freezing rainy day last May, seven of Western's awesome women rugby players

WOMEN'S RUGBY



players volunteered for an impromptu shoot on campus. Thanks ladies! :-)





MUSTANGS WOMEN

AT THE U-OF-WESTERN ONTARIO'S BEAUTIFUL CAMPUS IN LONDON





JESSICA BELCHOS

Currently wearing the #2 jersey for Ontario, Western's Jessica works towards her dream of playing for Canada

RDIC: How many years have you played for the Mustangs and what positions did you play?

Jessica: I have played at Western for four years at hooker and flanker positions.

RDIC: How did you manage to balance your athletics, academics, and social life, especially when you played for Ontario as well?

Jessica: Well I think that is a talent all successful student rugby players develop. Having amazing time management skills is essential, and I am pretty good at knowing when I have to just sit down and study or get something finished so I can go play rugby or go out or whatever. But you can't be a hermit all the time!



JESSICA HOOKING FOR ONTARIO AT THE NWL FINALS IN TORONTO | JUL 2010

RDiC: How do you keep fit in the off season? Which clubs do you play for in the summer?

Jessica: I play for the Markham Irish Canadians in the summer and Koko (Lozada) is pretty good at keeping us fit haha. But I also follow a program from the fitness coach at Western, Jacquie Edwards, with gym and track sessions.

RDiC: Having played your final year for the Mustangs, what do you think of the recruitment process for the university, which recently announced the successful acquisition of players from both BC and Ontario with provincial-level rugby experience?

Jessica: The recruitment for Western is pretty intense, the coaching staff and the girls work together to get out to high

school events and I have definitely shown around a couple of girls in my time. It also doesn't hurt that we have a long line of Canada/Ontario players who graduated out of our program.

RDiC: What are your rugby and personal plans for the future now that you're done with school?

Jessica: Well I would like to get a shot at the next World Cup as I missed out last year because of my surgery. And I am pretty excited about next year's provincial team! Outside of rugby I will be starting my Masters in Clinical Anatomy in the fall and I would like to have a successful career in the medical field in the future.

RDiC: Thanks Jess!



RUGBY & MED SCHOOL

U-of-Toronto's David Lawrence finds the perfect balance

Words and photography by José Romelo Lagman

Dave has grown up! I first met him in 2005 when I started photographing rugby at Fletcher's Fields. Back then he was this thin scrawny player, looking more like a high school kid than a university freshman. Today, at 5'9" and a muscular 190 lbs., he more than fills his Varsity Blues rugby jersey. And in spite of the extremely demanding academic life as a student at the U-of-T School of Medicine, he continues to train and play rugby for his university and his club, the Toronto Nomads.

I caught up with Dave at the U-of-T rugby pitch in May to take some photos for this article. This downtown campus is no strange place for him as he grew up just a few blocks west.

The son of British immigrants, he attended Lord Lansdowne grade school and Harbord Collegiate Institute high school and spent many summers playing baseball. Fortunately for Dave and for us, he started playing rugby at 14, and this decision marked a major turning point for him: "Without going into too much detail I think rugby has moulded me into the person I am and got me where I am today. When I made the decision to play rugby I was finish-

ing up my baseball career and needed a new summer sport so it was a toss-up between rugby and soccer. If I had gone down the other path I would be a lot scrawnier and probably have a minor in drama. I would, however, make an excellent research patient for neurologists who study the phenomenon of 'referred pain', a relatively new and interesting field."

After high school, Dave headed to the University of Western Ontario in London (i.e. Little London) and earned a degree in an Honours Specialization in Genetics (HBSc) program.

I asked him if he knew then that he was destined to be a doctor: "To be honest after my first year at Western I swore I would never go to med school. Med school was the only thing everyone in my program thought about; they ate, slept, and breathed med school. I thought if this was the type of person who became a doctor I didn't want any part of it. So it wasn't until later in my undergrad career that I realized that I really had a passion for medicine and decided to make my own route there."

So Dave returned home last year and is now in one of the best med schools in the country. In doing so, he traded



DAVE AT THE U-of-T CAMPUS IN TORONTO | MAY 2010

“ ... It takes a special kind of guy to run you over on the pitch, buy you a beer when the game is over, and prescribe you some pills for the headache that he gave you. ” - Bob Hatanaka

his Western Mustangs rugby jersey for a Varsity Blues version. U-of-T is not known as a rugby hotbed so Dave's arrival in the team has been very welcome. In his first year with the Blues, he played centre/flyhalf and at season's end was named to the Ontario University Athletics All-Stars. Dave attributes his serious growth as a rugby player to the Western Mustangs' rugby program: "All my coaches were amazing but I think one coach stands out the most and that would be my first coach at UWO Scott Stewart. I think my development as a player was the greatest under Scott and my confidence as a person and student grew along with that. Scott Stewart gave us a great deal of advice; the most memorable (and useful) of which mainly applied to life off the pitch and I don't think I can repeat it in this setting."

(Dave did share with me his coach's advice, and yes, it is not appropriate for publishing in a wholesome magazine like the one you're reading. Excellent advice though!)

Dave is currently on his second year and is thriving in med school, earning better marks than his classmates who practically camp at the university library while he trains on the pitch with the Blues or alone in the gym. I asked Dave

how he balances such a demanding schedule: "I don't think I manage time differently than anyone else and many other people are able to maintain a busy work or school schedule while playing rugby. A great example is Graeme Whyte or 'Father Time' who is still playing OUA rugby for Queen's University while doing an Orthopaedic Surgery residency. Incredible! I think the key for me is organization and prioritizing what has to get done at certain times; whether it is studying for an exam, doing a little extra fitness during season, or slamming pints with a few buddies. Rugby was a huge benefit for me and without it I don't think I would have done as well academically in undergrad or now in med school. After eight hours of lecture a day in our intense anatomy block I don't know how anyone in my class stayed sane without going straight off to a rugby practise. It was just what the doctor ordered. Sorry for the bad pseudopun."

The Varsity Blues are definitely lucky to have Dave in their roster. I asked him how long he intends to play rugby: "I hope to be playing rugby as long as possible. I think the bottom line for me, like it is for most people, is how long



DAVE + NOMADS VS. BEACH | SUMMER 2005



DAVE + NOMADS VS. SARACENS | SUMMER 2006



DAVE KICKING FOR THE NOMADS | SUMMER 2007



DAVE KICKING FOR THE NOMADS | SUMMER 2007

DAVE SCORES!

my body will let me. I have little nagging injuries and a few doctors have told me I should probably stop playing soon before I do permanent damage, but what do doctors know anyway right?"

And how about his plans after he graduates? "I'm looking into the fields of family medicine, sports medicine, paediatrics, and neurology at the moment. I know this list is likely to change but hopefully I can narrow down in a few years."

As to devoting some time to volunteer work, like for Doctors Without Borders: "MSF is an excellent program, providing much needed support to areas in need and I definitely have thought about volunteering with them. However, there are many areas and populations here in Canada, and specifically Toronto, that require and benefit from support as well. I like to focus my time in energy and give back to community that has given me so much already."

Yes folks, Dave has indeed grown up to be a fine young Canadian. His grandfather was a capped rugby player for Wales, I'm sure he'll be mighty proud on how little scrawny David Wyndham Lawrence turned out on this side of the Atlantic.

Postscript: On one of the first games I photographed in 2005 at Fletcher's Fields where Dave played, some of the kids in same game have gone on to play for Ontario and Canada, two of whom are Colin Brown (NSMT 7s, BC Bears) and Ryan MacSween (Ontario Blues).

"For a medical professional, it goes without saying that their livelihood depends on their ability to think clearly and critically towards the goal of providing health care to those who need it. The Hippocratic Oath states that a medical professional should keep the sick from harm and injustice.

So the thought of a future doctor diving into a pile of bodies, risking his own physical health, to pull out a rugby ball, might seem counter intuitive to most. But those who know a pure love for competition will understand. Dave is one of those guys who make a decision to do it all. In the time I have known him I have seen Dave come into his own both as an athlete and a student. In taking a multi directional approach to his own self-development, Dave serves as an example to all of those who would say that there must be a trade-off between athletic and academic excellence.

He competes hard in everything that he does not only because he can, but because he is driven to be the best that he can be. It takes a special kind of guy to run you over on the pitch, buy you a beer when the game is over, and prescribe you some pills for the headache that he gave you."

Bob Hatanaka, Dave's old teammate from the Toronto Nomads RFC and fellow UWO graduate

WINNIPEG SNOW SEVENS

by Keith Goeddertz, USA

Photos courtesy of Minot RFC

Minot RFC is located in Minot, North Dakota, USA. The club consists of mostly USA Air Force personnel from Minot AFB. But don't be confused, this is not a military club. It includes local civilians, including individuals from Fiji, Kenya, New Zealand, and South Africa. One of the hardest things about getting a club started is getting word out about the club. What makes it even harder is when there are no other rugby clubs around. Minot RFC ran into just that problem. A group of guys that ended up in the middle of North Dakota, wanting to play rugby but finding no one around to play against.

Since there is no rugby union in North Dakota, the closest union stateside for Minot RFC is the Minnesota Rugby Union. The problem that Minot RFC faced was that the average driving time to Minnesota clubs is eight hours. There is also the Montana Rugby Union on the other side of the state but again Minot RFC faced another average driving time of ten hours each way. But fortunately, Rugby Manitoba just north of the border was their ticket to a closer competitive rugby union.

The better way to see what might be your new competition is to invite them to a match. Rugby Manitoba sent out that challenge. The Winnipeg Wasps hosted their annual Snow 7s rugby tournament the last weekend of February at Maple Grove Rugby Park. The event held both men and women's divisions, including clubs from all over Winnipeg, as well as traveling clubs. In attendance were the Winnipeg Wasps, Wanderers, Wombats, Highlanders, Assassins, Saracens, Sturgeon Creek Rowdies, and Minot RFC. The tournament was sponsored by Phil Manore of Tim Horton's on McPhillis St., Winnipeg.

The weather was great for rugby. With the snow on ground, the temperature was only 16°C. Even I felt that it was too hot for winter. The matches start at 1100 finishing up right before sun fall. But as for me, it was a day that couldn't get here fast enough. Since I was out for a year due to knee surgeries, Saturday was a RUGBY DAY!

Minot RFC traveled to Winnipeg with ten individuals picking two other individuals. Minot RFC would also like to thank Cole Hunt from the Assassins RFC for his support.

The next Winnipeg Snow Sevens is in February 2011.





If the Snow Sevens can get so many brave and hardy folks to play outdoors in freeze-your-ass cold Winnipeg, will other Canadians east of the Rockies step up and organize their own winter tournaments? If we do, winter rugby in the snow can be the new 'hot' Canadian tradition.



WINNIPEG SNOW 7s

ALL PHOTOS IN THIS SPREAD ARE COURTESY OF MINOT RFC | FEB 2010







Macquarie's support for Rugby Canada Helps Grow the Sport

By Grant MacKenzie

Macquarie Financial cemented our partnership with Rugby Canada in February of this year. We announced that we're extending our original one-year commitment to four years. Also, we're now the Title Sponsor for Canada's national men's and women's Rugby 7's teams. This is a particularly important sponsorship in light of the exciting news late last year that 7's rugby teams will be on the roster for the 2016 Olympic Summer Games in Rio De Janeiro, Brazil. We're thrilled to be backing Canada's budding world contenders.

There's even more good news – the amount of money flowing from Macquarie Financial to Rugby Canada can get bigger. Under our partnership agreement, friends and family of the rugby community can generate funds for the sport simply by using Macquarie's services. For example, when a member of the rugby community takes out a Macquarie mortgage, not only do they get a preferred rate, but we'll make a direct financial contribution to Rugby Canada's national programs for equal distribution among all age groups. A similar contribution happens for those who use our foreign exchange company to make international money transfers. As rugby's profile continues to rise in Canada, the additional financial support will be a welcome boost in the years ahead. To find out more, I invite you to call 1 877 462 3788.

Macquarie's backing of rugby is a worldwide commitment. For many years we've been proud to host children's rugby clinics in Australia and Asia. It's a program we're excited to bring to Canada now for kids of our mortgage customers and employees. Those between the ages of five and fourteen are invited to spend a few hours on a weekend afternoon improving their rugby skills. They get tips, coaching and guidance from advanced players like those affiliated with Rugby Canada. There's snacks, give-aways, and a barbecue lunch at the end. Best of all, the clinics are free. We plan to hold our first Canadian rugby clinics in late summer – stay tuned for dates and locations. I hope you'll join us as we continue to find new ways to support rugby in Canada – for today's great players and the little ones on the way up.

For online information about Macquarie mortgages and foreign exchange services, visit us at www.macquariefinancial.com/rugbycanada. You can also email us at rugbycanada@macquarie.com.

Grant MacKenzie is the CEO of Macquarie Financial Ltd.

Macquarie Financial supports rugby ...and rugby fans!



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- Easy online application

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¹ The No Fee Refinance program does not include: any required independent legal advice, associated borrower penalties, discharge, administration fees or refinances not processed by First Canadian Title. This is a limited time offer and you will be subject to the proper credit approvals. No entity within the Macquarie Group of Companies is registered as a bank or an authorized foreign bank in Canada under the Bank Act, S.C. 1991, c. 46 and no entity within the Macquarie Group of Companies is regulated in Canada as a financial institution, bank holding company or an insurance holding company. Macquarie Bank Limited ABN 46 008 583 542 (MBL) is a company incorporated in Australia and authorized under the Banking Act 1959 (Australia) to conduct banking business in Australia. MBL is not authorized to conduct business in Canada. No entity within the Macquarie Group of Companies other than MBL is an authorized deposit-taking institution for the purposes of the Banking Act 1959 (Australia), and their obligations do not represent deposits or other liabilities of MBL. MBL does not guarantee or otherwise provide assurance in respect of the obligations of any other Macquarie Group company. Photo: Canada's Men's 7s team celebrates bowl championship victory at London Sevens, courtesy Rugby Canada.

Team Canada at 2010 Churchill Cup

Connor Braid (BC Bears)
Aaron Carpenter (Coventry)
Luke Cudmore (BC Bears)
Nanyak Dala (Prairie Wolf Pack)
Tom Dolezel (Prairie Wolf Pack)
Brian Erichsen (BC Bears)
Matt Evans (Hartpury College)
Ed Fairhurst (BC Bears)
Ryan Hamilton (BC Bears)
Ciaran Hearn (The Rock)
Tyler Hotson (Plymouth Albion)
Adam Kleeberger (Rotherham Titans)
Phil Mackenzie (Esher RFC)
Jason Marshall (BC Bears)

Stan McKeen (Oxford University)
Justin Mensah-Coker (Moseley RFC)
Ander Monro (Ontario Blues)
Chauncey O'Toole (The Rock)
James Pritchard (Bedford RFC)
Pat Riordan (BC Bears)
Ryan Smith (Prairie Wolf Pack)
David Spicer (BC Bears)
Luke Tait (Mont de Marsan)
Andrew Tiedeman (Prairie Wolf Pack)
DTH van der Merwe (Glasgow Warriors)
Sean White (BC Bears)
Eric Wilson (BC Bears)
Doug Wooldridge (Ontario Blues)





THE ART OF RUGBY

Photography round-up from coast to coast

TEAM CANADA AT RED BULL ARENA, HARRISON, NJ, USA | PHOTO: JOSÉ LAGMAN



CIARAN HEARN'S KICKS FLEW FARTHER AT DENVER'S HIGH ELEVATION



DTH VAN DER MERWE SCORES!

CANADA vs FRANCE A



CAPTAIN PAT RIORDAN LEADS THE CANADIAN FORWARDS



BRIAN ERICHSEN SPRINTS TOWARDS TRY LINE

CANADA vs FRANCE A



ADAM KLEEBERGER DRAGS TACKLERS ALONG



MATT EVANS SCORES!



TEAM CANADA CELEBRATES ADVANCE TO THE FINALS



CANADA vs SAXONS





CHAUNCEY O'TOOLE SCORES!



SEAN WHITE DUMPS A SAXON

CANADA vs SAXONS



JUSTIN MENSAH-COKER DEFIES TACKLERS

CONNOR BRAID STEPS UP AGAINST THE BIG BOYS



MEETING THE FANS FROM HOME





NWL FINALS

NATIONAL WOMEN'S LEAGUE FINALS IN TORONTO | JULY 1-4, 2010 | FEATURING BC, AB, SK, ON, QC, NS



HEATHER MOYSE RISES TO THE OCCASION





NWL FINALS

NATIONAL WOMEN'S LEAGUE FINALS IN TORONTO | JULY 1-4, 2010 | FEATURING BC, AB, SK, ON, QC, NS







NWL FINALS

NATIONAL WOMEN'S LEAGUE FINALS IN TORONTO | JULY 1-4, 2010 | FEATURING BC, AB, SK, ON, QC, NS



MEGAN GIBBS' AMAZING ELEVATION





BRITISH COLUMBIA

U-OF-VICTORIA DEFEATS THE MERALOMAS TO WIN THE BC CHAMPIONSHIP | PHOTOS : DARYL GRIFFITH







ALBERTA

CALGARY IRISH VS. CALGARY SAINTS | PHOTOS : IAIN RAMSAY



SAMVAN-ZEHAN MUSCLES HISWAY UP





TORONTO SCOTTISH VS. BRAMPTON BEAVERS

ONTARIO

MARSHALL PREMIERE LEAGUE AT FLETCHER'S FIELDS



TORONTO SCOTTISH VS. BRAMPTON BEAVERS

AURORA BARBARIANS VS. BALMY BEACH



AURORA BARBARIANS VS. BALMY BEACH





QUEBEC

STE-ANNE-DE-BELLEVUE VS TOURING IRISH SIDE IN MONTRÉAL, QC







CANADIAN INTERNATIONAL MORGAN WILLIAMS SUITED UP FOR HIS NATIVE NOVA SCOTIA



ATLANTICS

EASTERN CANADA TOURNAMENT JUN 25-27, 2010

LOYALIST FIELD, FREDERICTON, NB





ATLANTICS

EASTERN CANADA TOURNAMENT JUN 25-27, 2010 | NOVA SCOTIA JRS. VS NEW BRUNSWICK JRS.





RUGBY DAYS IN AUG

ARC: ON Blues vs. The Rock - Aug 7 (St. John's, NL)
BLRC Lighthouse Sevens - Aug 7 (Burnaby Lake, BC)
National Rugby Festival - Aug 11-17 (Calgary, AB)
ARC: BC Bears vs. Prairie Wolfpack - Aug 14 (Calgary, AB)
Capilano Sevens - Aug 14 (West Vancouver, BC)
ARC: ON Blues vs. Prairie Wolfpack - Aug 21 (Calgary, AB)
ARC: The Rock vs. BC Bears - Aug 21 (West Vancouver, BC)
Bayside Sevens - Aug 28 (Surrey, BC)
IRB Women's Rugby World Cup - Aug 20 - Sep 5 (England)

RUGBY DAYS IN SEP

IRB Women's Rugby World Cup - Aug 20 - Sep 5 (England)
Montreal Irish Labour Day Rugby Sep 4-5 (Montréal, QC)
ARC: BC Bears vs. ON Blues - Sep 4 (Burlington, ON)
ARC: Prairie Wolfpack vs. The Rock - Sep 4 (St. John's, NL)
Cowichan Sevens - Sep 4-6 (Duncan, BC)
OUA/OCAA Rugby - Starts Sep 11 (Southern Ontario)
VIRU Season - Starts Sep 11 (Vancouver Island, BC)
ARC: Canada Final (2 vs. 1) - Sep 18 (Location TBD)
ARC Final - Sep 25 (Location TBD)
Saskatchewan Provincial Finals - Sep 25 (Regina, SK)
Alberta Provincial Finals - Sep 25 (Location TBD)

RUGBY DAYS IN OCT

Manitoba Provincial Finals - Oct 2 (Winnipeg, MB)
Quebec Provincial Finals - Oct 2 (Montréal, QC)
Sudbury Sevens - Oct 2-3 (Sudbury, ON)
FRQ Sevens - Oct 9 (Montréal, QC)
Octoberfest Tens - Oct 9 (Kitchener, ON)
New Brunswick Provincial Finals - Oct 23 (Location TBD)
Nova Scotia Provincial Finals - Oct 30 (Location TBD)
Ontario Provincial Finals - (Date and location TBD)

APPEL à SOUMISSION

Notre objectif à long terme est de faire du présent magazine une publication bilingue.

Nous invitons donc les amateurs francophones de rugby, particulièrement nos amis québécois, à soumettre des articles en français sur leurs équipes, villes et régions. Merci!

Veuillez transmettre vos soumissions par courriel à :
RugbyDayInCanada@gmail.com



NEXT ISSUE

Issue N°3 Aug-Sep 2010:

Features:
Rebuilding Quebec Junior Rugby
Toronto's Inner City Rugby

Abbotsford Sevens
Canadian U20 Championships
National Rugby Festival
Provincial League Updates
IRB JWT Photos from Moscow
IRB Americas Cup Updates
IRB Women's Rugby World Cup 2010 Updates
Photography round-up from coast to coast

Tentative release date is early October.

CALL for SUBMISSIONS

We welcome submissions of photos and articles about rugby in Canada, especially those coming from smaller towns and cities.

Articles should include legit references and footnotes for data checking prior to publication. They can be in English or en français.

Digital photographs should be submitted uncropped and in low-resolution (72ppi). If they are selected, the high-resolution (300ppi) versions will be requested.

Please email submissions to:
RugbyDayInCanada@gmail.com



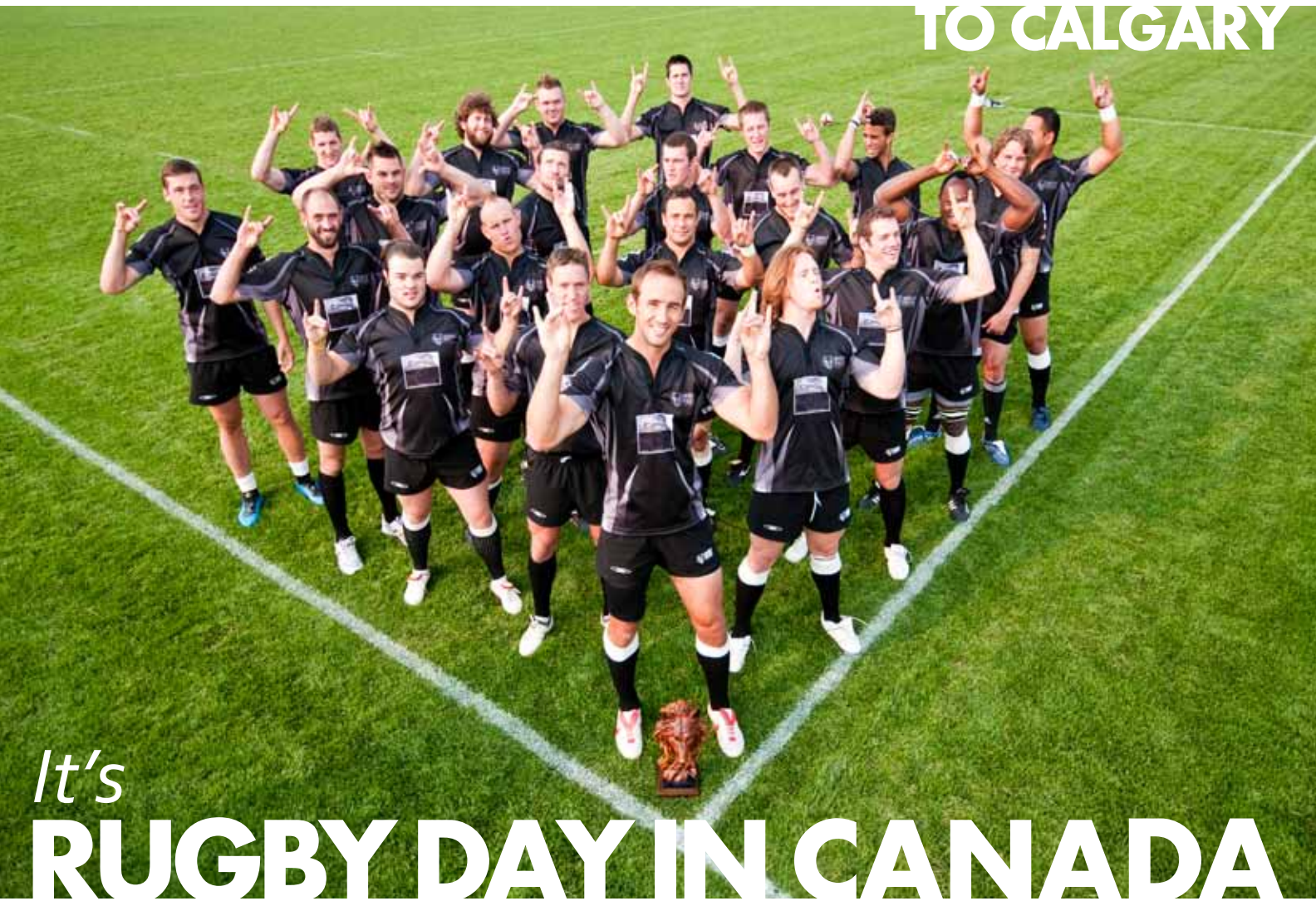
AWESOMELY CANADIAN

Andrew Crow, captain of the 2010 Men's U20 Squad that competed at the IRB JWT in Moscow, in his hometown of Victoria, BC
Photographed by José Romelo Lagman, July 2010



FROM FREDERICTON

TO CALGARY



It's
RUGBY DAY IN CANADA