



# OLD GLORY DC VS TORONTO ARROWS

WEEK 3

Saturday, April 3rd, 2021 at Segra Field

## Gameday Rosters

Head Coach Andrew Douglas names his 23-man squad for today's home opener.

## Letter from the Owners

Open for a letter from Owners Chris Dunalvey, Paul Sheehy, and Scottish Rugby Union.

## Game Day Preview

Read Evan Lappen's match preview ahead of the Old Glory DC v Toronto Arrows kickoff.

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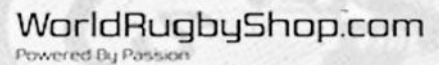
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Rugby 101

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# THANKS TO OUR 2021 SEASON PARTNERS!



# 2021 SEASON SCHEDULE

WEEK	DAY	DATE	OPPONENT	TIME	SCORE
1	SUN	MARCH 21	at NOLA GOLD	4 PM	26-26
2	SAT	MARCH 27	RUGBY ATL	5 PM	30-23
3	SAT	APRIL 3	TORONTO ARROWS	5 PM	
5	SUN	APRIL 18	at RUGBY UNITED NEW YORK	2 PM	
6	SUN	APRIL 25	NEW ENGLAND FREE JACKS	1 PM	
7	SAT	MAY 1	at LA GILTINIS	8:30 PM	
8	SAT	MAY 8	at UTAH WARRIORS	9 PM	
9	SUN	MAY 16	SEATTLE SEAWOLVES	1 PM	
10	SAT	MAY 22	at HOUSTON SABERCATS	8 PM	
11	SUN	MAY 30	RUGBY UNITED NEW YORK	1 PM	
12	SUN	JUNE 6	at NEW ENGLAND FREE JACKS	4 PM	
13	SAT	JUNE 12	NOLA GOLD	5 PM	
15	SAT	JUNE 26	at RUGBY ATL	8 PM	
16	SUN	JULY 4	at TORONTO ARROWS	6 PM	
17	SAT	JULY 10	SAN DIEGO LEIGON	5 PM	
18	SAT	JULY 17	AUSTIN GILGRONIS	5 PM	

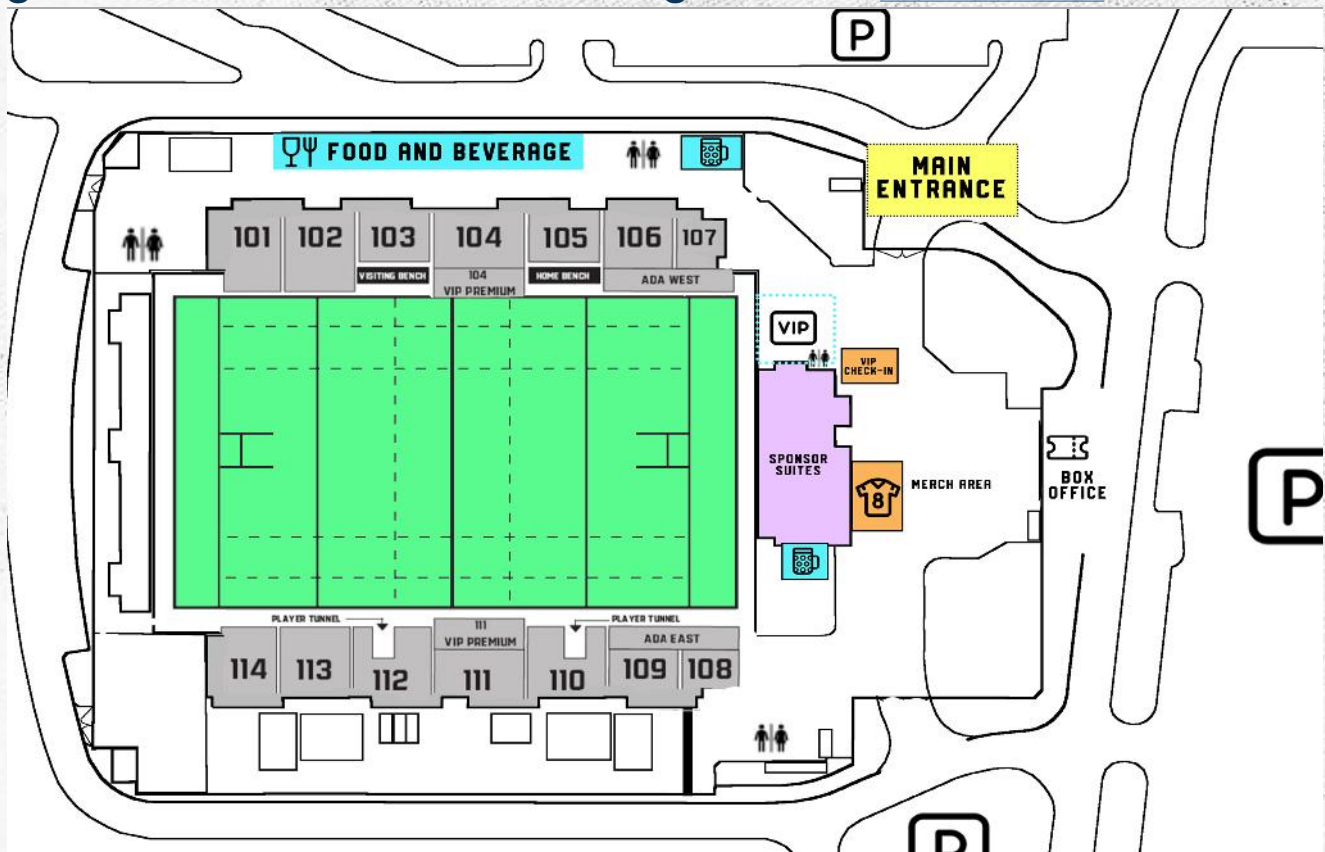
BYE WEEK: WEEK 4 AND WEEK 14 / SUBJECT TO CHANGE

# GAMEDAY INFO



Old Glory DC is proud to call Segra Field in Loudoun County home during the 2021 Major League Rugby Season. The stadium is still under renovations for the next few weeks and we kindly ask you to excuse our mess for the next few games. As we refine our skills on the pitch, we are working to refine our game day experience in our new home.

**There are new guidelines in place this season at our new stomping grounds. Please review the whole guide at [our website](#).**





## **MASK UP, SEGRA!**

We are still a few games out from updated restrictions in Virginia and at Segra, and we ask that you continue to stay diligent and mask up.

You can briefly lower or remove your face covering while actively eating, drinking or taking oral medication, but it must be worn between prolonged bites and sips.

We can't wait to see your smiling faces, but until then, we look forward to protecting ourselves and our neighbors by wearing a mask outside when we are all together.

# AND STAY IN YOUR ~~FORWARD~~ PODS!

To further the decrease of spreading COVID, Old Glory DC has elected to form pods during the beginning of the 2021 season to limit the potential for transmission in the event of an exposure or outbreak. The smaller the pod size, the more the team can minimize the broader transmission of COVID-19.

Comfort levels may vary, so please be mindful of your pod neighbors and remember to stick to your pod at all times. Rugby is about community, and it's about keeping your community safe!

It takes all of us to return to rugby. Please familiarize yourself with Old Glory DC's [game day policies](#).



# LETTER FROM THE OWNERS

Old Glory Family,

Welcome to Major League Rugby 2021. What a feeling to be back!

It has been just over a year since the cancellation of the 2020 MLR season. This has been a difficult year for all of us, and we realize that we are not yet out of the woods with the challenges facing our nation. Today, however, we are on the comeback trail. And, as always, Old Glory intends to be at the vanguard.

Last week's game marks the first professional sports event open to fan attendance in the DC area during the 2021 emergence from the pandemic lock-down. For our campaign to secure the 2021 MLR Shield, Head Coach Andrew Douglas has assembled a team comprised very much of the same core of players that leapt to a 4-1 record last year, but with a number of high-impact additions whose presence is sure to be felt on the pitch. Operations Manager John Manson has upgraded the infrastructure backbone of the team, getting the players into living quarters and training facilities that are second to none in MLR. Most notably, our move to Segra Field means we will now present professional rugby to greater Washington in optimal viewing conditions, on a field properly dimensioned and lined for our sport, with a 360-degree seating bowl boasting excellent sight lines from every seat. We can't wait to share the excitement on the pitch with you!

Of course, leadership must be exercised responsibly. As we push forward, we must adhere to strict safety guidelines for the protection of our players, our staff, and you our fans. As a result, you will notice that our first two games will be held in front of restricted-capacity crowds, with firm seating assignments to maintain social distancing, and relatively few game-day activations and celebrations for which Old Glory games are known. We assure you that Old Glory will return to a fully active game-day, complete with kids' play zone, live music, beer garden, in-game entertainment, and a variety of other attractions for the entire family – as soon as allowable under public health and safety regulations.

Until then, on behalf of Scottish Rugby and ourselves, please enjoying the best rugby in North America.

Go Old Glory!

Chris Dunlavey and Paul Sheehy



# LETTER FROM THE COACH

Dear Old Glory Supporters,

It is really great to see you at Segra Field today. The players have spoken about how passionate the Old Glory fans are, and the players who are new to the squad this season are excited to get out and play in front of you. The team has had to deal with adversity in the last two weeks, but they have come through it as better men, and it shows the true character of the team.

They are building well for the 2021 season, and we know that Toronto Arrows will be a tough challenge, but we can't wait to play in front of you.

Thank you again for your ongoing support.

Best,

Andrew Douglas

# WELCOME HOME TO SEGRA FIELD!



**Andrew Douglas**  
Head Coach

“

It is a beautiful turf pitch, and having 5,000 fans right alongside the touchline will create a great atmosphere. To have a pitch that allows us to play a wide, expansive game is exciting for players .





### **A new place to call home**

Segra Field, which is located in Leesburg, Virginia, will offer Old Glory's fans the best possible presentation of the sport of rugby, from the properly dimensioned, top-quality turf field, to the clear sight-lines, comfortable seating, and festival-like match day experience that Old Glory fans have come to expect, with activations, a beer garden, and kids' play zone.

# WEEK 3 PREVIEW AGAINST TORONTO ARROWS

## Toronto Comes to Old Glory DC for First Ever Test

**Written by Evan Lappen**  
**Photos by Paris Malone**

Old Glory DC welcomes a new opponent to the Nation's Capital as the Toronto Arrows come to Segra Field in Leesburg, Va. on Saturday. The Arrows don't have a win in their quiver this season but are an experienced and skillful club that many predicted to be the top contender in the MLR's Eastern Conference. It will be a tall order for Old Glory on Saturday, and you can watch all of the action at 5:00 pm EST on NBC Sports Washington and the Rugby Network.

Although the victory over Atlanta was monumental, it's only the first step in a season that is already confronting difficulties. Faced with injuries to the backline last week, head coach Andrew Douglas made the late week switch to replace Jason Robertson



and Ciaran Hearn in the lineup. Mike Dabulas was the first option at flyhalf; however, he too was not 100% with a hamstring strain. Danny Tusitala was next in line to #10 and Sean Hartig started at scrumhalf.

In the match versus Rugby ATL, the offense didn't get into gear until the second half when Douglas decided to substitute Dabulas at flyhalf and move Tusitala to #9. The offense took off and scored 24 straight points en route to the 30-23 defeat of the Ratlers.

With no new injuries to report and Robertson and Hearn not expected to return until after the bye, Coach Douglas will look to field a similar starting lineup against Toronto that you saw in the second half a week ago.

Known as the 'three Es of the front

row', Jamie Dever, Mikey Sosene-Feagai, and Stevey Longwell have turned a liability of last year into a dominant presence this season. Api Naikatini and Tevita Naqali have been steadfast in the locks and the addition of Stan South makes the group even deeper. Jamason Fa'anana-Schultz, who is making a sizable push for the starting #8 job with the Eagles, along with experienced flankers Callum Gibbins and Mungo Mason, complete a back row trio that rivals the best in the MLR.



**"The last two games for us have given our whole pack a lot of confidence." - Mungo Mason**

The last two games for us have given our whole pack a lot of confidence,” captain Mungo Mason said. “We’ve changed from being a fast, dynamic pack from last year to being the bigger guys on the field. It has given us the confidence to do a bit of bullying and muscle up and be physical. We are not going to hold anything back on Saturday.”

In the backs, Tusitala, the league’s leading scorer, will look to return to his natural position at #9 and team up with Dabulas at flyhalf. Doug Fraser will start versus his Canadian comrades at inside center, while the savvy veteran Thretton Palamomans the outside. Rookie wings Sam Cusano and Dmontae Noble impressed against Atlanta and fullback Renata Roberts Te-Nana has excelled as the last line of defense.

On the opposite side of the field, the Toronto Arrows are a team waiting to fulfill their potential. After losing Richie Asiata and Sam Malcolm in the offseason, the Arrows are a work in progress but are chock-full of international players with a ton of experience and ability. Unfortunately, the squad is still searching for that winning formula.

“They have a strong roster with a lot of international players, whether they be of Canadian or South American origin,” Douglas said. “They were probably the MLR favorites before the season started. We have to be really wary of them because they have good enough players that can still hurt teams. They are still pretty structured and organized and that’s only going to improve with more game time. They will be better than their last two games and will be tough to beat.”



While the front row has struggled in the scrum, the rest of the pack is formidable. Lock Mike Sheppard is a beast and the back row of Tomás De La Vega, Lucas Rumball, and Manuel Diana can take over a game. For the backs, Tayler Adams is shifty at flyhalf, Joaquín Tuculet brings leadership to the back three, and Manuel Montero is explosively quick off the bench at wing.

“They have threats across the park and are an experienced squad,” Douglas stated. “They are going to be dangerous because they are under pressure now. If they go three losses on the trot, that puts them in a pretty dark hole... A roster so strong, I can’t see that pattern persevering. They are going to start beating teams sooner or later, I just hope it’s not Saturday.”

The keys to the game for Old Glory will be strong forward play especially with the locks and back row, maintaining possession for longer periods of time, increasing the tempo and work rate around the park, and deploying a stout defense in the backline to combat its Toronto counterparts.

For the Arrows, they need to score early, as Toronto has only held the lead for a total of four minutes in two games. Additionally, the Arrows have to shut down OGDC’s forwards in the loose and dictate the pace with their pattern of play.

This weekend will be the second match at Segra Field and Old Glory is feeling the home-field advantage. “It was fantastic and exciting,” Mason stated. “For a small cohort of fans, they made some noise. It just gives us everything to play for. We definitely want to push Old Glory as a family-based club and that’s what it felt like. We are really looking forward to filling that baby up and getting 5,000 seats full by the end year.”

As for Mason’s hair situation on the pitch, “It didn’t look particularly professional. I think I need to get rid of it. It’s not good. I look like a bloody tosser when I’m running about and it’s flying all over. I promise it will be better on Saturday.”

POWERED BY  IRON VINE SECURITY



1 JAMIE DEVER



2 MIKEY SOSENE-FEAGAI



3 STEVEN LONGWELL



4 TEVITA NAQALI



5 STAN SOUTH



6 LUKE CAMPBELL



7 MUNGO MASON (C)



8 JAMASON FAANANA SCHULTZ

STARTING

April 3rd // 5 PM ET  
SEGRA FIELD

VERSUS TORONTO ARROWS



VS



Head Coach Andrew Douglas calls up the 23-man squad to square off against Toronto Arrows this Saturday, April 3rd, at 5 PM. Flanker Mungo Mason and center Thretton Palamo will return to co-captain the squad this season. Simi Moala will earn his Old Glory and Major League Rugby cap.

Known as the ‘three Es of the front row’, Jamie Dever, Mikey Sosene-Feagai, and Stevey Longwell will command a dominant presence this season and will return to the front row. Tevita Naqali and Stan South will see the start at second row. Jama-

# STARTING

POWERED BY  
**IRON VINE**  
SECURITY.



**9 DANNY TUSITALA**



**10 MIKE DABULAS**



**11 D'MONTAE NOBLE**



**12 DOUG FRASER**



**13 THRETTON PALAMO (C)**



**14 SAM CUSANO**



**15 RENATA ROBERTS TE-NANA**

## RESERVES

16. JAMES KING

17. MAX LUM

18. JACK CARROLL

19. API NAIKATINI

20. CALLUM GIBBINS

21. DANIEL THOMAS

22. SIMI MOALA

23. JOSH BROWN

son Fa'anana-Schultz, Luke Campbell, and Mungo Mason will guide the scrum from the back row.

In the backs, Danny Tusitala, the league's leading scorer, will look to return to his natural position at #9 and team up with Mike Dabulas at flyhalf. Doug Fraser will start at inside center, while the savvy veteran Thretton Palamo mans the outside. Rookie wings Sam Cusano and D'montae Noble return to the outskirts of the pitch, and fullback Renata Roberts Te-Nana will stand at the last line of defense.

## Tips & Techniques

# Shortcut Success



No time to cook? Turn a weekend of sous vide cooking into a week of always fresh-tasting, quickly reheated meals.

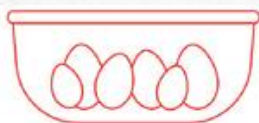


By Sara Johnson

Preparing healthy home-cooked meals during the workweek can be challenging. Some weekdays, it feels like there's not enough time to boil water for eggs, let alone roast a chicken. That's where sous vide meal prep comes in. Set the circulator as you're making your Saturday morning coffee, and by the time you're pouring a glass of wine on Sunday night, you'll have a full week's worth of proteins ready to reheat and serve.

### SATURDAY, 8 AM: START WITH BREAKFAST

Eggs are one of the most popular foods to cook sous vide—and for good reason. Sous vide easily produces a soft yet cooked egg every time without the need for standing at the stove. To make the perfect egg, place whole eggs in a perforated strainer inside a 145.7°F (63.2°C) water bath for 50 minutes. After cooking, serve warm for a mid-morning breakfast, and chill the rest in ice water before storing in the refrigerator. Sous vide eggs will keep for 5 days in the refrigerator. Reheat to serve by placing in a 132.8°F (56°C) water bath for 15 minutes.



### SATURDAY, 12 PM: TRY TURKEY

After the eggs have been cooled and stored, move on to turkey breasts. Set circulator for 144.8°F

(62.7°C) and place breasts in a sous vide pouch, then place in the water bath. After cooking for 2 hours and 30 minutes, remove the breasts. Chill in an ice bath. Turkey will keep in the refrigerator for 5 days, or in the freezer for up to a month. During the week, use as the base for simple meals like turkey salad sandwiches or chili. If you're serving hot, reheat turkey at 132.8°F (56°C).



### SUNDAY, 8 AM: STEAK DAY

Save the longest cook for the laziest day.

In the morning, quickly sear flank steak on each side, then chill for a minimum of 45 minutes. Set circulator for 141.8°F (61°C), season steak, and place in a sous-vide pouch and seal. Cook for 10 hours. After cooking, rest for 10 minutes and then chill in an ice bath. Steak will keep in the refrigerator for 5 days. When ready to serve, sear once more on each side. Serve as a salad-topper or with a side of vegetables.



For more recipes of all skill levels check out [sousvidemagazine.com](http://sousvidemagazine.com).





### Masters of Sous Vide meet Masters of Rugby

Recognized by the world's top chefs, Cuisine Solutions is the authority on sous vide—the innovative slow-cooking technique that they pioneered, perfected and popularized.

Thank you to the Cuisine Solutions Chefs and team for stopping by our team headquarters to teach the Old Glory squad a lesson on preparing quick, healthy, and delicious meals, using their signature sous-vide cooking methods, so that our athletes can use to stay on top of their daily nutritional goals.

### Next up... Master Chefs learn to play rugby.

They can sear, zest, and blanch. Put can they pass, kick, and step? We challenge Cuisine Solutions to meet us on the pitch for a fun and informative lesson on rugby!

Stay tuned for more info.



# TORONTO ARROWS WEEK THREE SQUAD



**Chris Silverthorn, Toronto Arrows Head Coach selects 23-man roster to face Old Glory DC**

Arrows Captain Ben Lesage & company will meet Old Glory DC for the first time in Major League Rugby history.

**HONDA**



**COLE  
KEITH**



**TOMÁS  
DE LA VEGA**



**GASTÓN  
MIERES**

16. J. **MCROGERS**

17. P. **LYNOTT**

# LINEUP VS DC



ANDREW  
QUATTRIN



TYLER  
ROWLAND



ADRIAN  
WADDEN



PAUL  
CIULINI



LUCAS  
RUMBALL  
"C"



MANUEL  
DIANA



ROSS  
BRAUDE



TAYLER  
ADAMS



GIUSEPPE  
DU TOIT



BEN  
LESAGE  
"C"



MITCH  
RICHARDSON



JOAQUÍN  
TUCULET

18. L. MURRAY

20. K. FRANCIS

22. W. KELLY

19. M. SHEPPARD

21. J. HIGGINS

23. P. PARFREY

# OLD GLORY DC COACHING STAFF



**2021**

**OLD GLORY DC**

## **COACHING STAFF**



**ANDREW DOUGLAS**  
Head Coach

**JOHN MANSON**  
Operations Manager

**TOSHI PALAMO**  
Assistant Coach

**CALLUM GIBBINS**  
Assistant Coach

**MARK DIXON**  
S&C Coach

**MATT BALES**  
Assistant S&C Coach

**NICHOLAS PURVIS**  
Performance Analyst

**MEGHAN WILKINSON**  
Athletic Trainer

**DARRAN COLEMAN**  
Team Manager

**TOGAMAU FANUELI**  
Assistant Team Manager

# OLD GLORY DC FRONT OFFICE



**2021**

**OLD GLORY DC**

**FRONT OFFICE**



**CHRIS DUNLAVEY**

Co-Owner

**PAUL SHEEHY**

Co-Owner

**TIM BROWN**

Player Pathways Director

**BRIAN TAORMINA**

Commercial Officer

**HOPE ALLEN**

Marketing Manager

**KESHA HALL**

Merchandise Manager

**JOHN MANSON**

Operations Manager

**CHRIS McCAY**

Ticketing & Technology Manager

**PARIS MALONE**

Social Media Coordinator



# The power to do great things.

Leidos is seeking powerhouse talent for positions in IT, engineering and science. Our diverse workforce is dedicated to solving some of the world's toughest challenges – join us and help make a difference.

To learn more about our people, programs and opportunities, visit:

**[careers.leidos.com](https://careers.leidos.com)**

An equal opportunity employer/disability/vet.



Learn about how Leidos is helping military members transition into civilian life on the next page.



## **Helping transitioning military members: Our partnership with Hiring Our Heroes**

David Wells found it tough to transition from 25 years in the Air Force to the civilian workforce without support or guidance. "I stumbled along trying different things until I found something that matched what I wanted to do — with a company that had strong ethics and a culture I wanted to be part of," he says, reflecting on his difficulties.

10 years down the road, Wells works as the Colorado Springs Site Manager for Dynetics, a Leidos subsidiary. His struggles inspired him to help ease the path for others making that leap to the civilian workforce by championing Hiring Our Heroes at Dynetics.

For Patrick Walsh, the decision to become a mentor in the Hiring Our Heroes program when he came to Leidos was effortless after his positive experience as a military fellow during his own transition from the U.S. Army almost four years ago. He notes that veterans and military spouses can be a big source of unemployment, "so if (Hiring Our

Heroes at Leidos) can help match some of those skills to different roles as these military members ease out of service, it's a win-win situation."

Leidos has a strong track record of hiring veterans. In fact, Hiring Our Heroes fits right in line with Operation MVP, our company-wide initiative to hire, train, and support veterans. The Hiring Our Heroes Corporate Fellowship Program offers professional training, job search guidance, and hands-on experience to transitioning service members. Participants in the 12-week program are placed in civilian fellowships with corporations that understand the value veterans bring to the workplace.

Leidos has a strong track record of hiring veterans. In fact, Hiring Our Heroes fits right in line with Operation MVP, our company-wide initiative to hire, train, and support veterans. The Hiring Our Heroes Corporate Fellowship Program offers [www.example.com](http://www.example.com) job search guidance, and hands-on experience

to transitioning service members. Participants in the 12-week program are placed in civilian fellowships with corporations that understand the value veterans bring to the workplace.

"This program allows you to focus entirely on your transition for 32 hours a week and then use that time to reflect and not worry about a normal full-time job while you're still developing, and I can unequivocally say that I would've had challenges finding a job in the time frame I needed if I was not a military fellow," says Walsh.

To read more, visit [Leidos.com](http://Leidos.com).



## **DELICIOUSNESS. DELIVERED TO YOUR DOOR.**

At Cuisine Solutions, our world-class chefs are devoted to creating mouthwatering dishes that satisfy every appetite. From rich risotto topped with creamy white wine sauce to rack of lamb dusted with tantalizing spices, all our options use only the finest ingredients.

We do all the prep work. All you have to do is heat and serve.  
No reservations necessary.

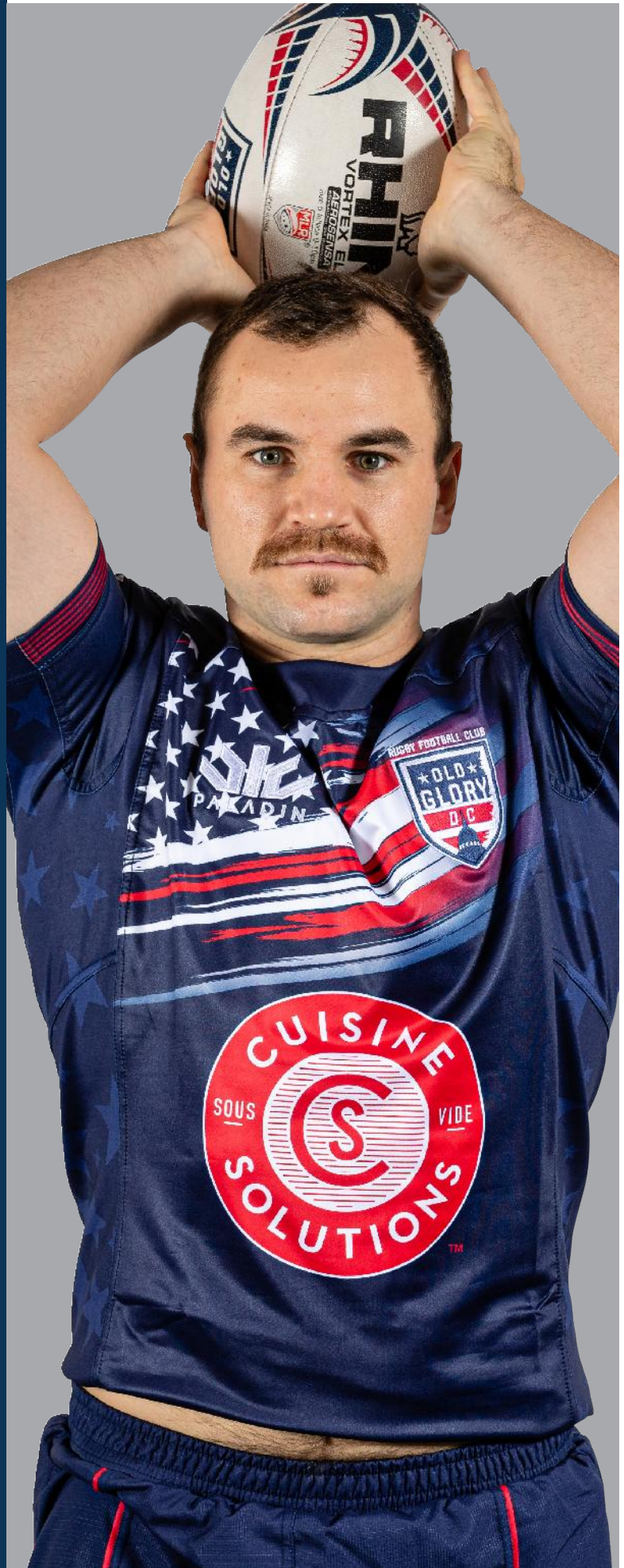
Order from our menu of sous-vide entrées and sides at  
[shop.cuisinesolutions.com](https://shop.cuisinesolutions.com)

**GET 30% OFF YOUR FIRST ORDER\***  
Use promo code: **CS+OLDGLORY21**



"I am thoroughly looking forward to meeting a new bunch of blokes in a brand new city and hopefully bringing my rugby skills to the table<sup>And</sup> in order to help OG succeed. Under great coaching and administration guidance, why would I want to play anywhere else?"

**JAMIE  
KING**



# When federal organizations face process & infrastructure challenges they call ASCEND.

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◆ Jira Software

✂ Confluence

▣ Bitbucket

🔄 Bamboo

▣ Jira Align

🛡 Crucible

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Integrated



[www.ascendintegrated.com](http://www.ascendintegrated.com)

“At the end of every training, we do a cheers call. One of the boys said ‘Mi Familia’ today,” Mason stated. “‘ My Family’ and it does feel like that. We’re lucky that we are with our mates for however many hours per day, four or five days a week. We are building a family-oriented culture. Many of the boys have their wives and family over if they’ve come from overseas, and, obviously, the local boys have their partners and wives and families here. We are trying to create a family-based team and environment that knows rugby is awesome, and we are lucky to be playing it, but it more about the bigger picture.”

**MUNGO  
MASON**





# PROUD FOUNDING PARTNER OF OLD GLORY DC

Iron Vine Security is a Washington D.C.-based cybersecurity company specializing in Program Development, Security Engineering, SOC Management, Forensics and Examinations, and Cloud Infrastructure Security, serving federal agencies and commercial organizations — anywhere in the world.

[IRONVINE.COM/OGDC](https://ironvine.com/ogdc)

# CULTURE MATTERS



**Whether it's in the office or on the rugby pitch, we recognize top talent.** As lifelong rugby players and fans, we know that the same qualities that make a player successful on the pitch will make them successful in the office: **Humility, integrity, character, and teamwork.** Just like Old Glory, the best teams are built with individuals who have a sweep the sheds mentality. We founded Iron Vine to be the kind of company we always wanted to work for: a cybersecurity company with a strong culture, that values the individual, respects the team, and grows the person.

**Old Glory as an organization and as a team has the same mentality and culture.** From our first conversations, we could see alignment of purpose. This is evident in their Academy and youth programs, where they are investing in the next generation—**not only to grow the sport of rugby but also to grow character and resilience.** To bring together our love of the game with such an organization that embodies rugby's ethos so tangibly made our partnership an easy decision. Their management approach and long-term strategy aligns with our core values and starts at the grass roots level. The opportunity to be part of that is something special.

**Culture and purpose go hand-in-hand. Leadership may define culture, but purpose sustains it.** And in rugby, teams driven by common purpose are unstoppable. No matter how hard the hit, they keep getting back up. **Common purpose breeds dedication, focus, and passion.** It's the difference between a win or a loss, a losing season or a championship trophy. It's the same for business. In cybersecurity, a lack of purpose leads to real consequences—information loss, profit loss, and reputational damage. Regardless of the end goal, teams that try to operate without a unifying purpose eventually run into trouble. So, when you can bring together a team of experts, who bring their passion and enthusiasm for the field, and provide a culture and a purpose to keep driving, customers notice.

**We invest in passion.** The thrill of a long multiphase attack that ultimately creates a gap in the defense to score a try, the payoff of all the hours of practice and planning, the moment when the bigger picture becomes clear. These moments don't just happen, they require something more. At Iron Vine, we are proud to be a company focused exclusively on cybersecurity and helping our customers, whether they are in government, healthcare, financial, or international sectors, to build innovative cybersecurity programs. To do that, we invest heavily in the right people—those who bring their passion and love of the game out onto the pitch.

**We believe passion fuels creativity, and creativity drives innovation.** Our people, our innovative approach, and our purpose-driven culture enable us to consistently deliver world-class cybersecurity programs, anywhere in the world.

**We can't wait to see what the 2021 Old Glory season holds.** If it is anything like what we saw at the beginning of last season, we are in for a great ride.

Visit [ironvine.com](https://ironvine.com) to learn more about our story.



## THRETTON PALAMO CO-CAPTAIN

"The first half of the season is more about growth. It's whoever can develop faster and stay healthy into the backend of the season. In the first few games, I'm excited to see how we grow each week and how we can assess ourselves midseason to see if we are striding and developing from there."



## Clonakilty Captain's Bottle

In rugby culture, each post match social includes team captains congratulating the competing sides and sharing a drink in camaraderie. Old Glory DC Rugby in partnership with Clonakilty Distillery has developed "The Captains Bottle". This exclusive Captains Bottle has been customized for post match celebrations. Each Bordeaux cask finished Irish whiskey bottled is 46% ABV. Old Glory DC Rugby will present this classic bottle to our opposing captains during the 2021 season in the true spirit of the game.



By the coast, on the southwestern tip of the island of Ireland, is Clonakilty, one of the most beautiful locations in the World. My family, the Scully family has farmed this coastal land for 9 successive generations. Our mission is to create Clonakilty Whiskey utilizing the best resources that nature has to offer, prime land, pristine water and salt sea air. The perfect ingredients for a maritime distillery. We grow our own heritage barley on the family farm in the shadow of the Galley Head lighthouse. Centuries of sea mist, soft rain and ocean spray provide a complexity to the soil that permeates through to each individual grain. The state-of-the-art distillery is located a few short miles away at the waterfront, in the heart of Clonakilty town, the three gleaming copper pot stills are an inspiring sight to behold.

It is here that we distil the World's best new make single pot still, an accolade proudly received at the World whiskey awards in 2020. By the oceans edge on the family farm is the whiskey warehouse, ideal for maturing and finishing the finest of whiskeys. Pure clean air, transported across thousands of miles of the Atlantic Ocean, provides a freshness unspoilt by human intervention. This is where the magic really happens, blending, ageing, bottling and hand-labelling. it is here where we fill the casks and let the Irish salt sea air to work its magic. With a passion for innovation at Clonakilty we strive to use only the best casks to finish our whiskey. These include Imperial stout, Port, Bordeaux red wine and Cognac casks. So, when you receive a bottle of Clonakilty Whiskey you know it is something special.

# CLONAKILTY DISTILLERY

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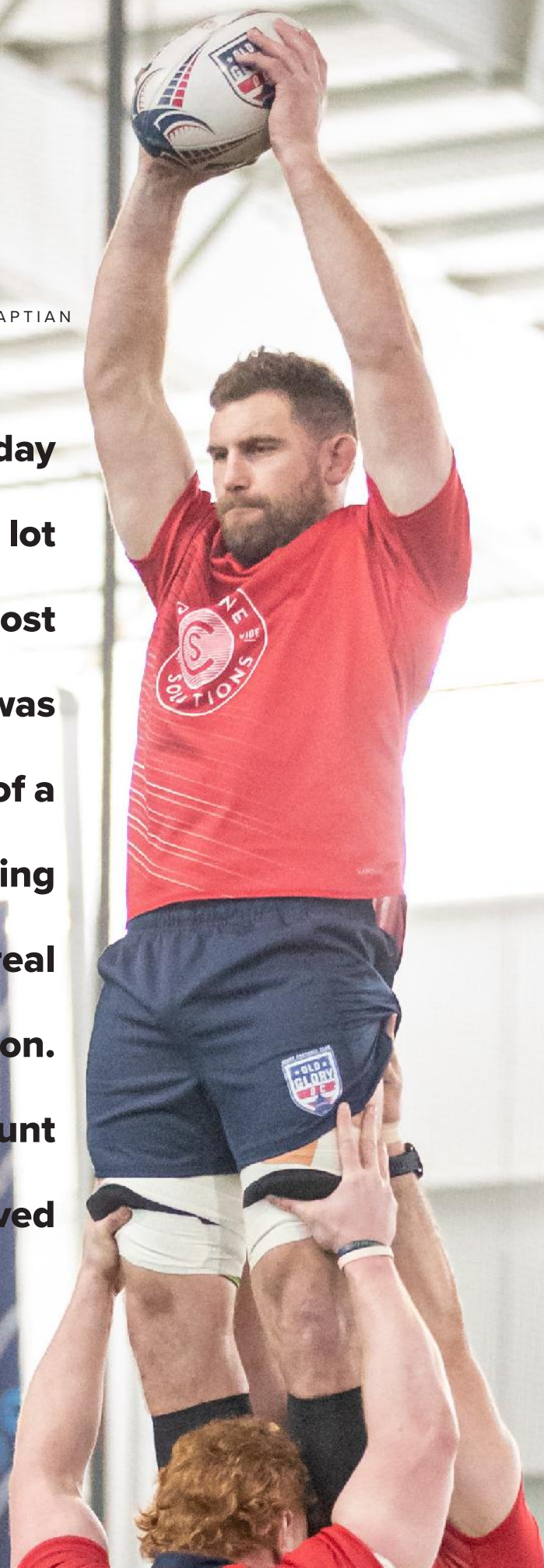
“COMBINING THE  
NATURAL  
ELEMENTS OF  
LAND AND SEA TO  
CREATE THE  
PERFECT  
WHISKEY”

# CALLUM GIBBINS

PLAYER-COACH, FORMER GLASGOW WARRIOR CAPTIAN

**To get out there on Sunday when I was warming up, a lot of emotions hit me and almost brought a tear to my eye. It was great to be out there as part of a new team. A team that's trying to establish itself and a real contender in this competition. Getting to play a good amount of minutes was great and I loved every moment of it.**

ON HIS RETURN TO RUGBY





RUGBY FOOTBALL CLUB



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# RUGBY 101





# “ IT'S LIKE A GAME OF CHESS UNDER FATIGUE.

## Rules of Rugby 15

Two teams of 15 players have 80 minutes to advance the ball past their opponents' side of the field (pitch) and touch it to the ground for a score worth 5 points (try). Participants may only pass the ball backwards or sideways with no blocking allowed; using a variety of phases such as lineouts, mauls, rucks and scrums to retain possession during play. Rugby is unique in that play is continuous even after players are tackled on the field. Kicking is the only method by which both teams may move the ball forward.

After each try, worth 5 points, the scoring team is allowed an opportunity to kick the ball through the posts for an additional 2 points (conversion). Certain penalties also earn the non-offending team a kick through the posts, worth 3 points (penalty) if made. At the conclusion of the match, the team with the most points wins.

### LOOSE PLAY

**MAUL** A maul occurs when a player carrying the ball is held by one or more opponents, and one or more of the ball-carrier's teammates bind on the ball-carrier.

**RUCK** A ruck happens when one or more players from each team, who are on their feet and in contact, close around the ball on the ground. Once a ruck is formed, players can't use their hands to get the ball, only their feet.

### THE SET PIECE

The set piece is a means of restarting the game.

**SCRUM** A contest for the ball involving eight players who bind together and push against the other team's eight for possession of the ball.

**LINE-OUT** Looks somewhat like a jump-ball in basketball, with both teams lining up opposite each other, but one team then throws the ball down the middle of the tunnel.

### WHY DID THE WHISTLE BLOW?

**OFFSIDE** Rugby's offside law restricts where on the field players can be, to ensure there is space to attack and defend. In general, a player is in an offside position if that player is further forward (nearer to the opponents' goal line) than the teammate who is carrying the ball or the teammate who last played the ball. Being in an offside position is not, in itself, an offence, but an offside player may not take part in the game until they are on-side again. If an offside player takes part in the game, that player will be penalized.

**FORWARD PASS OR KNOCK ON** Sometimes an attack which seems to be heading towards the try line will be stopped by the referee's whistle. If a pass has gone forwards, or a handling error has resulted in a knock-on, a scrum will have been awarded to the non-offending team.

**FAILURE TO RELEASE PLAYER OR BALL** After a tackle, the tackler must immediately release the ball carrier, and the ball carrier must immediately release the ball. Failure on either of these counts limits a fair contest for possession. If release does not occur within a reasonable time frame, the referee will award a penalty to the non-offending team.

**FAILURE TO ROLL AWAY** Any players on the ground when a ruck or maul is formed must immediately roll away from the ball, so as to allow continuity of play for the team in possession. Failure to do so will result in the award of a penalty to the non-offending team.

**JOINING RUCK/MAUL FROM THE SIDE** When joining a ruck or maul, all players must do so from behind the feet of the last teammate. If they join from the side, they are in an offside position and taking part in the game, then this will immediately be penalized, then a penalty will be awarded to the opposing team.

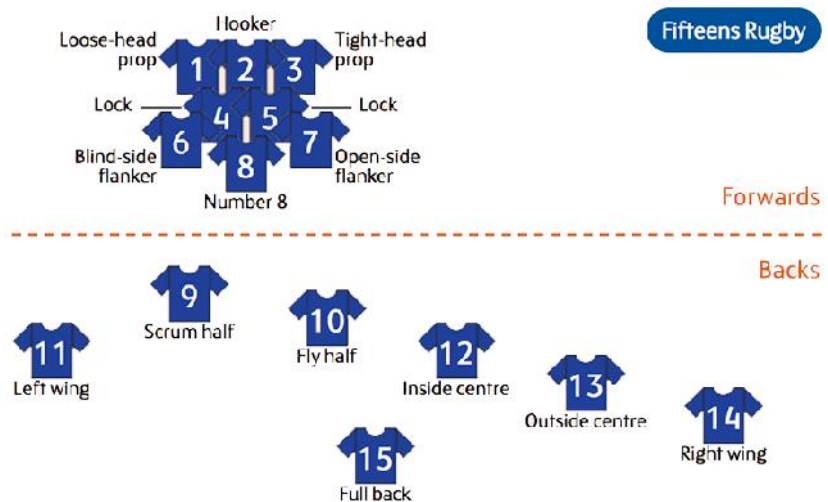
**UN-PLAYABLE BALL IN RUCK OR MAUL** If the ball becomes un-playable in a ruck or maul, e.g., underneath players on the ground, but neither team is at fault, the referee will award a scrum to the team who was in possession before the ruck or maul was formed.

## FORWARDS

1. PROP (TIGHTHEAD)
2. HOOKER
3. PROP (LOOSEHEAD)
4. LOCK
5. LOCK
6. FLANKER (BLINDSIDE)
7. FLANKER (OPENSIDE)
8. NO. 8

## BACKS

9. SCRUMHALF
10. FLYHALF
11. WING (LEFT)
12. CENTER (INSIDE)
13. CENTER (OUTSIDE)
14. WING (RIGHT)
15. FULLBACK



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MedStar Health

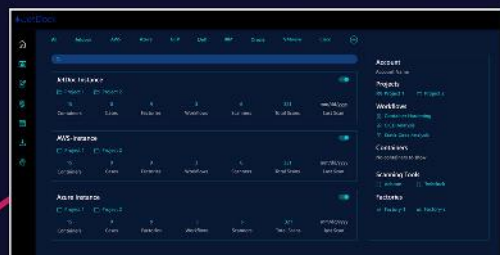


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**Paul Sheehy**  
Old Glory DC Co-founder  
and Sheehy Auto Stores  
Used Vehicle Director

In 1966, Sheehy Ford began as a small, suburban, family-owned car dealership just off the brand-new Washington D.C. Beltway.

Today, Sheehy is the 32nd largest dealer group in the nation. Sheehy Auto Stores is still primarily family-owned and has grown to more than \$1.6 Billion in sales with 25,000 new and 20,000 used vehicles sold per year. We have 29 dealerships located from Hagerstown and Baltimore, MD to Richmond, VA. We are the largest retailer of Fords and Nissan in the region and have the largest selection of inventory in the Mid-Atlantic. Our other franchises include Honda, Lincoln, Subaru, Lexus, INFINITI, Toyota, Volkswagen, Hyundai, Nissan, Buick, GMC, Mazda and Harley-Davidson.

In addition to our exceptional employees, our success has been driven by our customers' response to our unique and innovative selling approach. At Sheehy we make buying your next vehicle easy with our No Haggle, No Hassle, Sheehy Easy Price. With our Sheehy Easy Trade, you

always get up to 125% KBB value. Sheehy also buys cars – no purchase necessary from us! Most recently, we launched Sheehy Direct, which allows you to shop for and purchase your vehicle from the comfort of your home. We'll even deliver your vehicle right to your door!

Sheehy also supports many organizations in the greater Washington D.C., Baltimore, Hagerstown and Richmond areas. We are proud to give back to the community that has given so much to us. Some of the organizations that we've helped support over the years are Gonzaga, the Innocence Project, Toys for Tots, local food banks in our many different communities, the American Heart Association, Ashland Christian Emergency Services, Mercy Mall of Virginia, Food for Others, Inova Children's Hospital, Washington County Humane Society, Loudon Hunger Relief, Fauquier FISH, St. Lucy Project, Arundel House of Hope, the Arnold House and so many more!



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# REBOOTING EDUCATION WITH FURNITURE AND SANITATION

It's 2021 and schools are faced with the complex task of getting students, faculty, and staff back into classrooms safely. This task will require a variety of well thought out plans. Plans that address the logistics and scheduling of a greater number of smaller class sizes and plans that support keeping those spaces clean. With extensive experience, Impact Office can help ease the stress of designing and executing these plans.

## FURNITURE



Desk and table shields with mobile and multi-functional furniture is one key factor in making spaces both safe and flexible. Creative plans will include scenarios for how and when to turn a gymnasium, cafeteria, or common area into a classroom and back in minutes. Flip-top tables can be nested and moved aside quickly when not in use. These tables and shields can also create health checkpoints, sanitation stations, and help direct the flow of traffic at building entrances and in common areas. This combined with clear and consistent signage will ensure students and faculty have the time and space to keep safe.

## SANITATION

Knowing the difference between cleaning, disinfecting and sanitizing and when to do each is the second key to developing your plan. To start, what is the difference?

- **Cleaning:** removes visible dirt, soil and debris – it does not disinfect.
- **Disinfecting:** eliminates bacteria, fungi and certain viruses – it does not remove dirt.
- **Sanitizing:** reduces the number of germs on surfaces or objects to a safe level, as judged by public health standards or requirements – it does not fully eliminate them.



Sanitizing and disinfecting products also vary in their dwell time (the length of time that a chemical must be in contact with the surface and remain wet, in order to achieve the product's advertised kill rate.) Dwell times can range from a matter of seconds to 10 minutes. Our janitorial and sanitation experts are here to help recommend the best products for your space and put your plan in place.

While the situation with the pandemic is rapidly evolving in every direction, it is important that the solutions you create are adaptable and resilient. Designing a creative plan to keep your faculty and students safe with the ability to flex will help reduce infection and create a stable learning environment. Let's start a conversation – visit our website or call to get help with your plans and implementation today.



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Old Glory DC launched the Old Glory Academy, the high-performance player pathway for age groups 16-18. Beginning Fall of 2020, the Old Glory Rugby Academy's role is to identify and develop talented young athletes from the Mid-Atlantic Region aged 16 to 18 and engage them in a performance development program led by Old Glory DC coaches and staff.

"As Old Glory becomes established as a professional organization in USA Rugby and the MLR, it is important we start growing the franchise's high-performance pathway," said Head Coach Andrew Douglas. "The Old Glory Academy is an essential step in that pathway. It gives high school players a genuine avenue to professional rugby. It exposes them to professional coaching and practices that will not only make them successful rugby players but, more importantly, better people."

"Old Glory's future largely depends on our ability to develop lo-

cal talent," adds owner Paul Sheehy. "The Old Glory academy is our first significant step in the player pathway development. Putting players in this type of environment, locally and under coach Douglas's guidance, will be a game-changer for those players."

The Old Glory Academy is based on the New Zealand Rugby Union (NZRU) 6 Pillars of Player Development and includes:

Technical: Catch & Pass, Tackle, Running Lines, Positional Specific

Tactical: Understanding your role, game plan, rugby laws

Physical: Aerobic fitness, speed, power, strength

Nutrition: General, pre & post-training/game, individual needs, hydration, supplements

Mind Skills: Routines, mindfulness, visualization, dealing with pressure

Leadership and Professional Development

A New Zealand native, Douglas emphasized NZRU's culture-based approach to rugby development when designing the Old Glory Academy.

**We are driven to grow a rich rugby pathway, from youth to professional level**



# OLD GLORY ACADEMY



If you have interest in joining the Old Glory DC academy, email [info@oldglorydc.com](mailto:info@oldglorydc.com)

OFFICIAL



## THE ROAD TO GLORY PODCAST

RETURNING THURSDAY, MARCH 18

PRESENTED BY



### Old Glory DC Is Excited To Announce The Return Of The Road To Glory, The Team's Official Podcast!

The Road to Glory aired weekly during the inaugural season in early 2020 on popular podcast streaming websites. It quickly became OG supporter's favorite way to consume game highlights, team analysis, interviews, and behind-the-scenes content. 2020 Hosts Brianna Kim and Roland "Roly" Pratt will return this season for weekly podcast episodes airing Thursday evenings throughout the Major League Rugby (MLR) season. Bri and Roly will cover all that is rugby on The Road to Glory. The duo will tackle men's and women's rugby in all of its forms – international, domestic, collegiate, 7's, youth, MLR, and of course Old Glory DC! For long-form interviews, expert analysis, features, and in-depth coverage of Old Glory DC and rugby taking place in the DMV, listen to The Road To Glory weekly on your favorite podcast hosting website. Go to [www.oldglorydc.com](http://www.oldglorydc.com) for more details on how you can engage with DC's first professional rugby franchise.

# THANK YOU TO THE 16TH OG!

Old Glory is building for the long haul. We plan to be a fixture in this community and a force in North American rugby for many years to come. In these difficult, pandemic-affected early years, we ask for your continued patience, cooperation, and support. We'll do everything in our power to make this a safe but forward-looking return to rugby, which one day we will all look back on with pride.

We believe there has never been a more important time to see the sport of rugby thrive in the United States. We know our sport connects people, communities, and nations. We look forward to the day we can enjoy our beautiful sport together, and we are committed, more than ever, to making that happen.

Thank you for supporting Old Glory DC and rugby in Greater Washington!

