



OLD GLORY DC VS NEW ENGLAND FREE JACKS

WEEK 6

Sunday, April 25, 2021 at Segra Field

Gameday Rosters

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

New Signings

Learn more about the reinforcements on the field today.

Game Day Preview

Read Evan Lappen's match preview ahead of the Old Glory DC v New England Free Jacks kickoff.

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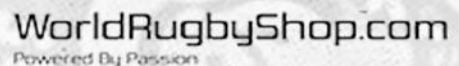
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Old Glory Academy

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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	40-19
5	SUN	APRIL 18	at RUGBY UNITED NEW YORK	2 PM	38-34
6	SUN	APRIL 25	NEW ENGLAND FREE JACKS	3:30 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	12 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	

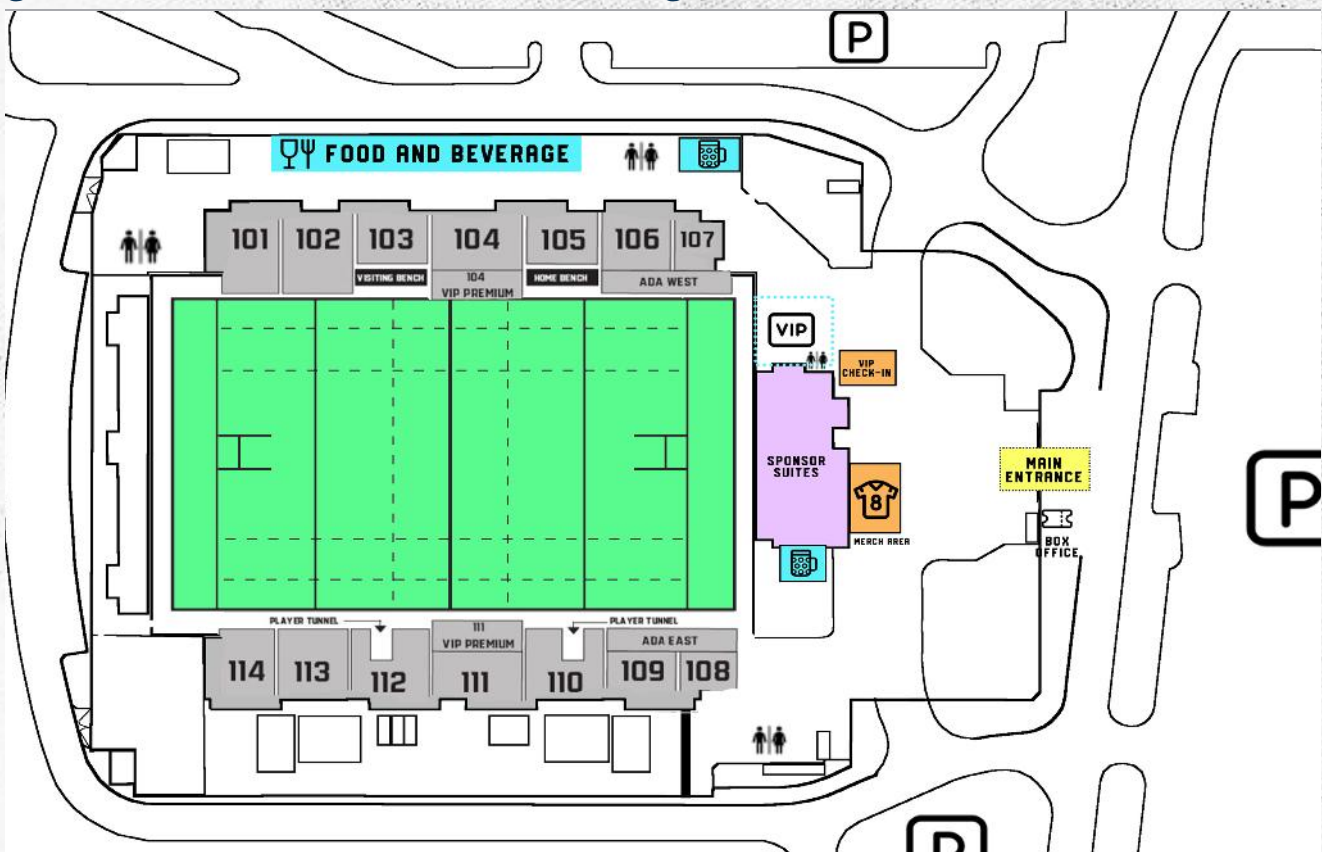
BYE WEEK: WEEK 4 AND WEEK 14 / SUBJECT TO CHANGE

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!

Even though some restrictions are changing, 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. TWhen everyone stays in their pods, 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](#).



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 6 PREVIEW AGAINST NEW ENGLAND FREE JACKS

Old Glory Hopes to Break the Schneid Against New England

Written by Evan Lappen
Photos by Paris Malone

When Old Glory DC takes the pitch on Sunday at Segra Field against New England Free Jacks, it will look to break a two-game losing streak and get back to 0.500 with a win. Both teams are coming off close losses, but DC has something to prove to itself, its fan base, and the league. The action unfolds Sunday at 3:30 pm EST in Leesburg, Va., and will be broadcast on Fox Sports One. The match will be streamed on The Rugby Network only in Canada and Internationally. Additionally, this weekend is the first of Old Glory's themed days with a Celtic and Club Heritage Celebration. More about the gameday experience is below.

The 38-34 loss to New York last weekend was disappointing, but head coach Andrew Douglas



knows his team is on the right trajectory. "Two lost lineouts, two lost scrums, three silly penalties in the last ten minutes of a tight game. If you make those types of errors, we are not going to cross the line. We have to be better with closing that down. We created opportunities. We just didn't capitalize."

The loss was not for nothing, as the team had its best offensive output of the season, with 34 points and five tries. One of the biggest contributing factors was going for the try instead of points on penalties.

"As you saw, we're going for more lineout drives than penalties to score. It paid off for us on the weekend," Douglas added. "Our forwards are better and stronger, and, although we didn't get it right all the time, we scored two tries from close-in plays with lineouts. I think it's going to be a real

weapon for us."

With New England on deck this Sunday, Old Glory has signed Thomas Morani and Osea Kolinisau to bolster the depth and experience of the backline. Morani, an Argentinian midfielder who cut his teeth playing outside-center for Top 12 side CUBA, is on a short-term loan from the Houston SaberCats. Kolinisau, the captain of the Olympic Gold Medal Fijian 7s side, has played the last three years with Houston and will help in the back three.



"It's going to be a pretty tight game based on lineups" Andrew Douglas

"It's going to be a pretty tight game based on lineups," Douglas said. "Danny and Jason play a massive part in making sure our game is well-managed, we are driving across the park, and playing in the right parts of the field. It will be a good test against New England. I think the game will be won upfront, to be honest. It's whoever is controlling territory and possession is generally the team that is going to come out on top, especially with teams with similar outlines."

As for Sunday's opponent, the Free Jacks have had a roller-coaster season with a loss to LA, a shutout over Houston, and a pair of one-point decisions where they split the results. This past weekend, New England played in a rain-soaked mess at NOLA and lost 30-29. It was a contentious match that saw six lead changes. Ultimately, it came down to who had the ball last, and the Gold came out on top.

"[New England] is a structured side, organized, and has threats across the board," Douglas stated. "The likes of Beaudein Waaka and Dougie Fife are dangerous players and also have good ball-carrying back rows in Joe Johnston and the Canadian captain Josh Larsen... They are pretty tidy and bring the heat on defense with their line speed. We have to be aware of that probably more so than the last two weeks."

Like Old Glory's halfback tandem, the Free Jacks have a skillful duo in John Poland and Harrison Boyle. Poland isn't afraid to scrap it up, and Boyle was very busy against NOLA in week 5. Outside



center Poasa Waqanibau is a big hitter on defense, and Tera Mtembu is just getting his feet wet with the club. New England actively finds creative ways to utilize Fife's talents on the wing as he is among the MLR league leaders with five tries.

In the forwards, eightman Wian Conradie leads by example with 14 carries for 67 meters and 14 tackles versus NOLA. Captain Josh Larsen and lock Jackson Thiebes are beasts on defense with 13 tackles each last week. New England will be without flanker Joe Johnston who is serving the final game of his suspension.

The keys to the game for Old Glory will be to score first, avoid a slugfest, work on ball retention, go for tries more than penalties, and execute when it matters most. For the Free Jacks, they need to slow down the ball, take advantage of the younger players in the back three, and use their experience to their benefit.

Sunday marks the first themed day, Celtic and Club Heritage

Celebration, at Segra Field. When the gates open at 1:30 pm, Old Glory invites its fans in celebrating their own rugby clubs by wearing their club jerseys and t-shirts, celebrate our partners in the Scottish Rugby Union across the pond with SRU gear, or more generally represent with Irish, Welsh, or other Celtic-themed rugby kits. Scottish Rugby jerseys will be available for purchase along with a limited-edition Old Glory DC Celtic-inspired shirt, and bagpipers will perform during pre-game and at halftime. Players and clubs are encouraged to bring their banners and club flags to the stadium.



POWERED BY  IRON VINE SECURITY

STARTING

 1 JAMIE DEVER	 2 MIKEY SOSENE-FEAGAI
 3 STEVEN LONGWELL	 4 TEVITA NAQALI
 5 STAN SOUTH	 6 CALLUM GIBBINS
 7 MUNGO MASON (C)	 8 JAMASON FAANANA-SCHULTZ

April 25th // 3:30 PM ET
SEGRA FIELD
 vs NEW ENGLAND FREE JACKS

 VS 

Head Coach Andrew Douglas names the 23-man squad to face New England Free Jacks this today at 3:30 PM Eastern. Flanker Mungo Mason and center Thretton Palamo will co-captain the team this season. Thomas Morani, Osea Kolinisau, and Cory Daniel will earn their Old Glory and Major League Rugby caps.

The forward pack remains unchanged with familiar faces. The faithful front row consists of Jamie Dever, Mikey Sosene-Feagai, and Stevey Longwell. Locks Tevita Naqali and Stan South see the start at second row. Jamason Fa'anana-Schultz, Cal-

POWERED BY
IRON VINE
SECURITY.

STARTING

9 DANNY TUSITALA		
10 JASON ROBERTSON	11 RENATA ROBERTS TE-NANA	
12 THRETTON PALAMO (C)	13 THOMAS MORANI	
14 OSEA KOLINISAU	15 MIKE DABULAS	

RESERVES

16. MAX LUM	17. JACK ISCARO	18. DANTE LOPRESTI
19. CASEY RENAUD	20. JOSH BROWN	21. DANNY THOMAS
22. D'MONTAE NOBLE	23. CORY DANIEL	

lum Gibbins, and Mungo Mason will safeguard and ambush at back row.

Danny Tusitala and Jason Robertson will continue to renew the connection that set the MLR aflame last season. Thomas Morani and Thretton Palamo will duet in the center. Utility back Renata Roberts Te-Nana and Olympian Osea Kolinisau start at wing. Fullback Mike Dabulas will stand at the last line of defense.



Salad Days

Nothing heralds the arrival of spring like the bright flavors of crisp, crunchy salads. Take a gander at some of our favorites and toss up something fabulous.

By Marilyn Kitzes

As any food lover knows, salad is so much more than a mound of greens on a plate. Depending on the ingredients, salads can serve as appetizers, main courses, and when made with fruit, dessert. They're the ideal creative medium for cooks who delight in nutritious foods—and especially satisfying for those of us who grow our own vegetables. In fact, perhaps more than with any other recipe, fresh produce matters when you're making salads, and if you can get to your local farmers' market to buy your ingredients, all the better.

POACHED EGG SALAD WITH LEEKS AND MUSTARD VINAIGRETTE

This simple recipe ingeniously pairs sous vide eggs (the best way to cook eggs, we think!) with steamed leeks. It also calls for homemade croutons made from a sourdough bread and a simple Dijon mustard vinaigrette. To serve, combine the leeks with fresh radish (for a hit of crisp zestiness) and top with the eggs and croutons. Sophisticated and absolutely delicious.

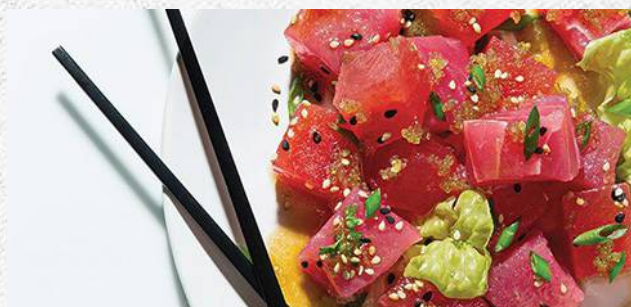
WOOD SKIN HALIBUT & CHICKPEA SALAD

A main course dish that's light and flavorful, this recipe conjures up a Middle Eastern mood thanks to fiery harissa and fresh lemon. You'll need cedar paper for this recipe, soaked in white wine and placed with the halibut in a sous vide bath for 17 minutes. The fish is then quickly seared on a non-stick pan. Chickpeas, first soaked overnight, also get the sous vide treatment, and are later tossed with cucumber, fresh parsley, mint, and a harissa vinaigrette. The combination of ingredients is delightful.



MICHEL RICHARD'S TUNA & COMPRESSED WATERMELON SALAD

Pay tribute to the late, great Michel Richard with this inventive salad. Here, compressed watermelon (you'll need a vacuum sealer) is paired with raw tuna for a simply elegant presentation. These main ingredients shine bright on the palette thanks to a yuzu vinaigrette. All ingredients for the vinaigrette dressing are commonly found in the pantry, with the exception of yuzu juice and xanthan gum. Garnish with scallions, sesame seeds, Bibb lettuce, and green tobiko for next-level wow.



GRILLED SALAD WITH BEER-HONEY VINAIGRETTE AND GOUDA SPREAD

Impress your taste buds—and any guests—with this flavorful salad. Belgian endive, romaine lettuce, and fennel are prepared to perfection thanks to 45 minutes in a sous vide circulator and 6 minutes on a grill. Served with a fantastic beer-honey vinaigrette and a homemade Gouda spread—that's also prepared through sous vide—it's a winning salad that works any time of year.

For these recipes and more of all skill levels head to sousvidemagazine.com.





New England Free Jacks Week 6 Squad



**Ryan Martin, New
England Free Jacks Head
Coach selects 23-man
roster to face Old Glory
DC**

Free Jacks Captain Josh
Larsen & company will meet
Old Glory DC for the first time
in Major League Rugby history.



#TOGETHERWERIDE



#TOGETHERWERIDE



1 SEF
FA'AGASE



2 PIETER
JANSEN



3 ERICH
DE JAGER



9 JOHN
POLAND



10 HARRISON
BOYLE



4 JACKSON
THIEBES



5 RONAN
MCCUSKER



12 ALEKI
MORRIS LOME



13 POASA
WAQANIBAU



6 JOSH
LARSEN [C]



8 WIAN
CONRADIE



7 JUSTIN
JOHNSON



11 HARRY
BARLOW



15 BEAUDEIN
WAAKA



14 DOUGIE
FIFE



#TOGETHERWERIDE



16 VILI
TOLUTA'U



17 KENSUKE
HATAKEYAMA



18 QUENTIN
NEWCOMER



19 TERA
MTEMBU



20 EVAN
GEIST



21 TOM
BRUSATI




22 JARED
COLLINSON




23 PECI
RINAKAMA

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

Q+A WITH JASON FIGLEY

FOUNDING PARTNER
AND CIO OF IRON VINE SECURITY

1 WHAT DOES IRON VINE DO?

Iron Vine is a Cybersecurity company. We safeguard the systems, networks, and data of organizations, as opposed to physical security companies that have guns, guards, and badges.

2 WHAT IS YOUR ROLE AT IRON VINE?

I'm one of the founding partners of Iron Vine, but I'm also a day-to-day Cybersecurity practitioner working directly with our clients. My current role is focused on supporting clients in the financial marketplace with Cybersecurity and technologies.

3 WHAT MAKES THE COMPANY UNIQUE?

Well, a lot of things make us unique! However, we are truly a company chock-full of Cybersecurity enthusiasts. We certainly have accountants and human resources folks, etc., but we are dedicated to providing holistic, pragmatic, cost-effective Cybersecurity advice and solutions to our clients, and we have a great time doing it.

4 WHAT DOES IRON VINE'S TAGLINE "DRIVEN BY PURPOSE" MEAN TO YOU?

"Driven by Purpose" is a phrase that encapsulates what Iron Vine is all about. Our mission in this world has never been more important. If we don't do our jobs with purpose, really bad things happen. To accomplish our mission, we develop high performance teams, filled with high character individuals who are authentic and humble. We support our folks in their efforts to perfect their craft, and we ask them to create their own legacy at Iron Vine, to leave their chair in a better position than when they found it. Lastly, the leadership at Iron Vine have a 'sweep the sheds' mentality: we've done nearly every job required to fulfill the mission, and still do.

5 WHAT DOES YOUR PARTNERSHIP WITH OLD GLORY DC MEAN TO YOU?

Over the years, Iron Vine has loved hiring folks who have had a rugby background, so that rugby ethos is part of our company DNA. Our partnership with Old Glory really fits our company culture, in fact it's the perfect fit. What's more, the Old Glory team has a great platform to expand rugby into all corners of the DMV.

At Iron Vine, our purpose starts with our people. We understand that great leaders make great organizations. A mission is nothing without the minds behind it. The same can be said about rugby. It's the players who ultimately determine what's possible. As a Founding Partner of Old Glory DC, we're proud to combine our two passions of great Cybersecurity and great rugby. Hear from our own Jason Figley (Founding Partner, CIO) to learn more about what it's like to be part of the Iron Vine team.

6 WHAT IS YOUR FAVORITE PART ABOUT RUGBY?

Hands down, the best part of rugby is the people you meet and being part of something bigger than you. Rugby is a game you can play most of your life. Even in 2021, I'm training for the Aspen Ruggerfest that will take place in September. Having that event on my calendar provides me a great deal of purpose to ensure I'm fit for the event.

7 WHAT PARALLELS DO YOU SEE BETWEEN RUGBY AND CYBERSECURITY?

Iron Vine provides Cybersecurity professional services, so it's really all about people, just like rugby. Being successful in both of those endeavors requires putting together a high-performance team of high character folks who understand they are part of something bigger than themselves. That's our responsibility as leaders, whether on the pitch or in the office, identifying top talent and providing that vision, so the whole team moves as one.

8 AS A CYBERSECURITY PROFESSIONAL, WHAT HAVE YOU LEARNED FROM RUGBY?

When I played rugby with my university team, I was selected by the coach to be the team captain my senior year. Later, in my club days, I was elected team captain by my peers for two of my eleven seasons. As the team captain, you had a major role in doing the weekly selections for the teams, and of course there are going to be about 30 guys who wanted to play on the A-side that aren't — and they want to know why.

Having about 30 individual conversations weekly over the course of those years was a training ground for how to deal with people, and in many ways a management training program for me, and I didn't even know it.

9 WHAT'S THE MOST IMPORTANT THING YOU WANT READERS TO KNOW ABOUT IRON VINE?

Iron Vine is a pure Cybersecurity firm, with a leadership team of Cybersecurity practitioners and enthusiasts. If you want to know more, check out our website at www.ironvine.com!



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

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.

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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.



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2021 MLR STATS

4 Games

292 Minutes

1 Try

39 Ball Carries

154 Carry Meters

39 Into Contact

35 Tackles

10 Lineout Takes

AS OF WEEK 4

TEVITA
NAQALI



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I cannot wait to get back and connect with undoubtedly the best fan base in Major League Rugby. The atmosphere and support that our fans created in our first season as a professional outfit was outstanding and something to be very proud of. Thinking back to those memorable games at Cardinal Stadium where our loud and boisterous crowd got us home in two tough encounters against Seattle and Atlanta, you fans truly are our 24th man and I can't wait to have you guys come support us at our new beautiful home at Segra Field.

JASON ROBERTSON





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

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

A group of rugby players in red and blue jerseys are huddled together on a grass field. The players are wearing red jerseys with blue accents and blue shorts. One player in the foreground has a visible tattoo on his arm. The background is a blurred outdoor setting.

ANDREW DOUGLAS

Head Coach on today's forward pack

Our forwards are better and stronger, and, although we didn't get it right all the time, we scored two tries from close-in plays with lineouts. I think it's going to be a real weapon for us.

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.

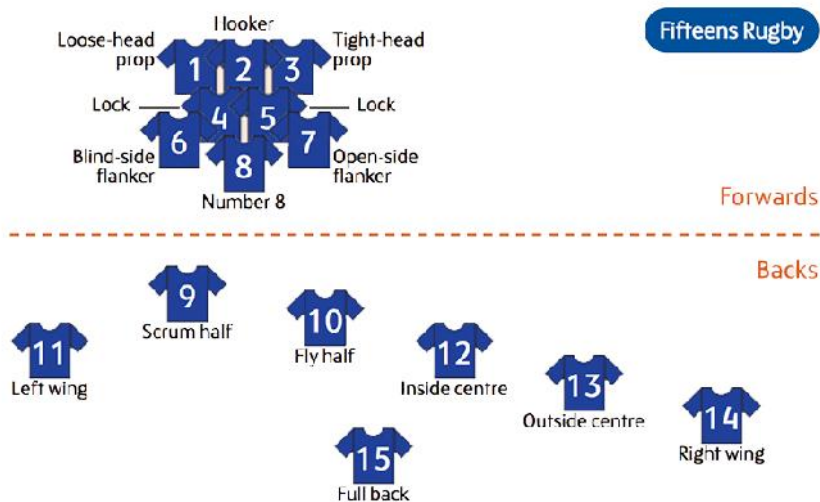
UN-PLAYABLE BALL IN RUCK OR MAUL If the ball becomes un-playable in a ruck or maul, e.g., underneath players on the ground, but neither team is at fault, the referee will award a scrum to the team who was in possession before the ruck or maul was formed.

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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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.

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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 you 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

OFFICIAL



THE ROAD TO GLORY PODCAST

RETURNING THURSDAY, MARCH 18

PRESENTED BY



leidos

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 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!

