



# OLD GLORY DC vs NE FREE JACKS

**WEEK 3**

**FRIDAY, FEBRUARY 18TH, 2022 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 Dunlavy, Paul Sheehy, and Scottish Rugby Union.

## **Game Day Preview**

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



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# THANKS TO OUR 2022 SEASON PARTNERS!



THE ST·JAMES



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2022 SCHEDULE / 2022 SCHEDULE / 2022 SCHEDULE



# OLD GLORY DC 2022 SCHEDULE

OLDGLORYDC.COM

AWAY	FEB 05	3:00 PM	A
AWAY	FEB 12	8:00 PM	AG
HOME	FEB 18	8:00 PM	FREE JACKS
HOME	FEB 26	4:00 PM	AA
AWAY	MAR 06	6:00 PM	SD
HOME	MAR 20	2:30 PM	A
HOME	MAR 26	3:00 PM	NOLA
AWAY	APR 03	3:00 PM	UNITED NEW YORK
AWAY	APR 09	12:00 PM	AA
HOME	APR 15	6:00 PM	FREE JACKS
HOME	APR 23	7:00 PM	FREE JACKS
AWAY	MAY 07	7:00 PM	FREE JACKS
AWAY	MAY 14	6:00 PM	NOLA
HOME	MAY 21	1:00 PM	FREE JACKS
HOME	MAY 29	7:30 PM	UNITED NEW YORK
AWAY	JUN 05	12:00 PM	AA

ROUND 6 AND 13 - BYE



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ECONOMIC DEVELOPMENT



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About

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# PROFESSIONAL RUGBY IN WASHINGTON, DC

Old Glory DC is a professional rugby team based in the District of Columbia and officially joined Major League Rugby (MLR) in 2018 and entered its first season in 2020. Playing its home games at Segra Field in Leesburg Virginia, Old Glory will compete in MLR's Eastern Conference against teams from Atlanta, New England, New Orleans, New York, and Toronto, as well as play games against Western Conference teams Austin, Dallas, Houston, San Diego, Seattle, and Utah.

The Old Glory ownership team is led by DC natives and life-long rugby players Paul Sheehy and Chris Dunlavy and includes the Scottish Rugby Union, represented on Old Glory's board by the SRU's COO Dominic McKay. The organization seeks to grow the sport of rugby in the region through community engagement, by promoting an alternative path for personal development through sport, embracing the unique values of rugby: respect, determination, diligence, teamwork, and commitment.

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





Name \_\_\_\_\_

# WHY OLD GLORY DC?

Old Glory is a nickname for the flag of the United States. The original "Old Glory" was a flag owned by the 19th-century American sea captain William Driver (March 17, 1803 – March 3, 1886), who flew the flag during his career at sea and later brought it to Nashville, Tennessee, where he settled. Driver greatly prized the flag and ensured its safety from the Confederates, who attempted to seize the flag during the American Civil War. In 1922, Driver's daughter and niece claimed to own the original "Old Glory," which became part of the collection of the Smithsonian Institution, where it remains at the National Museum of American History.

After considering hundreds of options proposed by our fans and advisors, we have selected a name and logo that speak to our region's patriotism and the unique role of our home city as the nation's capital. Old Glory DC will be known for valuing the traditions of rugby, but also for our appreciation of the strong connections between the Mid-Atlantic rugby community and our military personnel and their families. Beyond that, our name is a nod of respect to so many of our corporate partners, whose missions are to serve the people and agencies who serve all Americans.

"The response to our Name the Team challenge was incredible, with close to 1,000 fans participating," Co-owner Paul Sheehy said. "We had so many great names to choose from, but in the end, we felt we had to choose a name that could only really work in Washington, and that is inclusive of all of the diverse members of our community."

"And we think our fans will see the deeper meaning," Co-owner Chris Dunlavey added. "Yes, it's a flag, but Old Glory has been places. It's battle-scarred. It's weather-beaten. But still it flies proud. It symbolizes all the strength, resilience, commitment, and substance over style that are the hallmarks of rugby and, for that matter, the American character."

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



Why Rugby?

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# RUGBY VALUES



Rugby provides a unifying spirit that leads to life-long friendships, camaraderie, teamwork, and loyalty, which transcends cultural, geographic, political, and religious differences. Our values set rugby apart from any sport out there and are central to the fabric of the game.



There's no talking back to the referees. We go to war with our opponents and then help each other up and share a meal. Fighting is frowned upon, and standing up for your teammates is encouraged. Our fans and supporters are the foundation of every win, always.





## HARD-HITTING AND FAST-PACED



Rugby is fast, hard-hitting, and thrilling, a distinctly American interpretation of the international game that hooked. Rugby embodies elements of the country's most popular sports. The physicality of rugby reminds us of football, except in rugby, you don't play with pads or helmets. The flowing grace reminds fans of soccer. The constant ball exchange is similar to basketball, while the intensity is like hockey.



Rugby brings together many of the great characteristics of major sports that are already here, but with the unique rugby elements that set our league apart. If you like sports, you're going to LOVE rugby.





Why Rugby?

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## PLAYER ACCESS



Meet our players up close and personal at your event. No need to wait in line for an autograph signing. Old Glory players want to interact with our fans as much as possible.



it's the ability to be coached by a professional rugby player in the afternoon and then later that same day cheer on their mentor taking the pitch themselves.





RUGBY FOOTBALL CLUB



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Why Rugby?

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# COMMUNITY



We have a term for our supporters at Old Glory DC – the 16th OG. A rugby team fields 15 players at a time during a match. Old Glory fields an extra player – the 16th OG.



They are the power behind every scrum, the force behind every tackle, the fortitude across the defensive line, and the unbreakable spirit in the 79th minute. You won't see an extra Old Glory jersey on the pitch, but you'll hear the beat of an extra heart. The 16th OG is the core of Old Glory DC.





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2022 Vision

# STATE OF THE OLD GLORY UNION

## Members of Old Glory Nation:

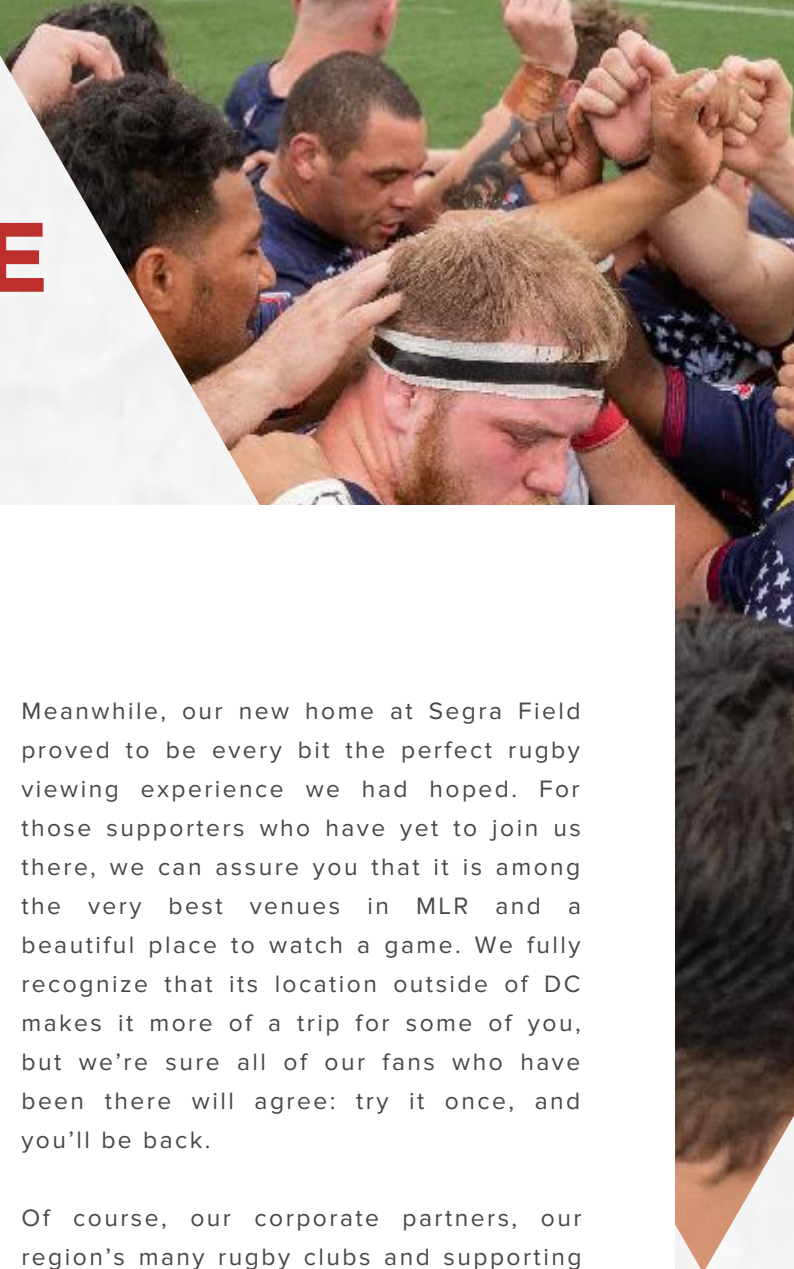
Happy New Year and welcome to 2022! As we look back over the past year, the headline is clear to us: Rugby in the Mid-Atlantic region is thriving and moving actively toward a bright future!

Here at Old Glory DC, we are not only fully committed to delivering the best possible professional rugby viewing experience for the fans of Greater Washington, but also to supporting and celebrating the growth of rugby in our home region at every level. It is therefore fitting that we take a moment to recognize the accomplishments of all the rugby athletes from across the Mid-Atlantic, as well as Old Glory's progress as a Major League Rugby club. What a year we've all had together!

In 2021, Old Glory completed its first full season in MLR – a league that managed to pull off every one of its 99 scheduled games without a single cancellation, despite the many complications created by the pandemic. While Old Glory's final record was not what many of us had hoped, we certainly showed along the way that OG can compete with any team in the league. Make no mistake about it: it is our commitment to pursue relentlessly the championship that will allow us to bring the MLR Shield home to you, our supporters, here in DC.

Meanwhile, our new home at Segra Field proved to be every bit the perfect rugby viewing experience we had hoped. For those supporters who have yet to join us there, we can assure you that it is among the very best venues in MLR and a beautiful place to watch a game. We fully recognize that its location outside of DC makes it more of a trip for some of you, but we're sure all of our fans who have been there will agree: try it once, and you'll be back.

Of course, our corporate partners, our region's many rugby clubs and supporting organizations, and our family and individual ticket holders each made sure to bring their own special contributions to our game-day experience. We can proudly say that OG match days are uniquely rugby, uniquely Old Glory, and uniquely DC. If you still haven't taken a bite of Cuisine Solutions' Big Glory sandwich, taken a sip from a Clonakilty Captain's Bottle, sat near the Leidos section to cheer alongside the military personnel and their families hosted there, celebrated a try scored in the Iron Vine Security Corner, or tracked down one of the Old Glory owners at a pre-game or post-game tailgate, then you are missing some part of one of the most special experiences in North American rugby.







2022 Vision

# STATE OF THE OLD GLORY UNION

Finally, our media partners at NBC Sports Washington and The Rugby Network made sure that all of our games, both home and away, were available on TV or online streaming to all of our fans, both throughout our market and around the globe.

Meanwhile, Greater Washington scored enormous successes in every milieu where rugby is played – from the Tokyo Olympics and international test matches in London, Dublin, and here in DC, to the Young Glory U23 and U19 academies, to our region's many club, collegiate, high school and youth programs. The accomplishments across the board are so numerous we decided to add them as a list at the end of this piece – take a minute to look through it, and we are sure you will be amazed at seeing everything we did together in one place!

So what's in store for 2022?

First, you should expect our commitment to the highest levels of rugby performance to be evident on the pitch. We have invested in expanding our coaching staff, providing Head Coach Andrew Douglas with more support from specialized experts in various parts of the game. Andrew, in turn, has not only held together the core of the dynamic squad that created so many thrilling memories for us in 2021, but added a number of impact players from both North America (via the collegiate draft and free agent moves) and from around the world.

While we expect you'll see that same signature style of fast-moving, wide-open play for which Old Glory has become known, we also anticipate many more of those close games breaking our way in 2022. We'd add that we are also proud of the balance we have struck between the cultivation of home-grown American rugby players – with a wave of remarkable domestic talent now maturing within our organization – and the international players who elevate our performance with highly developed skills and talent.

Meanwhile, we are developing a number of enhancements to our match day experience in 2022. Look to see improvements to our sound system, our in-game entertainment, the theme days and evenings we create with our partners, and the curtain-raiser and half-time games that bring our family of rugby organizations into Segra Field.

One of the most exciting enhancements to that curtain-raiser experience will be the performances of Young Glory – our academy teams at the U23 and U19 levels. These teams, which include both boys' and girls' sides, are now established and in training and will compete against MLR affiliated academy sides and other teams alongside Old Glory games at various dates through the season.



2022 Vision

# STATE OF THE OLD GLORY UNION

Of course, none of this happens without you – the 16th OG. From our first pre-season games this month (Friday the 21st vs Toronto at 8 pm and Friday the 28th vs New England at 7 pm, both at the St. James), through our eight-game home season from February 18 through May 29 – YOU are an essential part of our success.

WE NEED YOU!

Support our continuing mission to grow the game in greater Washington and the Mid-Atlantic as a whole! Come to our games, buy a ticket, buy a t-shirt or a jersey, and cheer on our team! We guarantee a good time.

Cheers,

Chris Dunlavey and Paul Sheehy





# MID-ATLANTIC REGION RUGBY ACCOMPLISHMENTS IN 2021

### At All Levels of Rugby

- We achieved a successful and safe return to play following the interruptions of the Covid-19 pandemic
- In general, rugby programs maintained or grew participation (players, fans, coaches, referees, administrators) across all age levels in the Washington, DC area

### Contributions to National Rugby

- Greater Washington locals Abby Gustaitis and Cheta Emba traveled to compete in the 2020 Olympics in Japan
- Three Old Glory players — Mikey Sosene Feagai, Mike Dabulas, and Jamason Fa'anana-Schultz — were capped for the USA Eagles, and each competed versus England, Ireland, New Zealand, and/or Canada
- Eight of Old Glory's U19 Academy girl and boy players attended the 2021 USA Development Winter Camp
- The Greater Washington region hosted USA Rugby and World Rugby's Talent Identification Camp on May 15, 2021, to find emerging men's and women's players for its junior and senior national teams

### Old Glory DC

- Old Glory DC completed its first full season in Major League Rugby
- Old Glory DC retained the Cuisine Solutions Cup for the second year in a row
- Old Glory DC launched "Young Glory" — its U23 and U19 Academies
  - Old Glory DC was the first team in MLR to have a U19 academy with both boys and girls teams, and the teams played six matches in 2021

- Old Glory partnered with Events DC and the Washington Football Team to host the New Zealand All Blacks vs USA Rugby in the inaugural 1874 Cup at FedExField
- More than seven Old Glory players helped coach local programs, including Thretton Palamo with DC Youth Rugby; Jack Isacaro with NOVA Women; Stan South at Penn State University; Danny Thomas with West Potomac and Old Glory U19s; Max Lum at the University of Pittsburgh; Josh Brown at Rocky Gorge; Sean Hartig at Rocky Gorge; Simi Moala at Southern VA University; and Api Naikatini at West Potomac.

### Capital Rugby Union Men's and Women's Clubs

- The community saw new additions to the union, including DC Revolution
- The Union brought back the Old Glory Capital Selects
  - The Women's Old Glory Select Side played at the Women's Dec 4-5 Mary Graham All Star Tournament in Dallas, TX:
    - Almost 50% of the players played for their first time at the select side level
    - Players represented 9 teams across D1, D2 and D3 levels
  - The Men's Old Glory Select Side faced Philly United on December 4, 2021
    - Players represented 15 teams across D1, D2 and D3 levels
- Galaxy DCA Touch were National Champions, including Old Glory players Thretton Palamo, Jamason Fa'anana-Schultz, and Danny Thomas, Old Glory coach Toshi Palamo, and Sports Scientist Nick Purvis.



# MID-ATLANTIC REGION RUGBY ACCOMPLISHMENTS IN 2021

### Mid-Atlantic Collegiate Rugby

- Both men's and women's collegiate programs were started at Howard University
- Virginia Tech Men won the DI AA National College Championship
- The Naval Academy Women won the DI National College Championship
- Christendom College won a DIII National Championship
- Over 25 area college students played for the Young Glory U23 side, with almost 100 trying out
- The following local college graduates will have roles on Old Glory's first team squad this year: Mo Katz (James Madison University), Matt Gordon (The University of Mary Washington), Mike Dabulas (Pennsylvania State University), Rob Iramescu (Penn State), John Le Vere (Old Dominion University), LJ Koi Larby (Penn State) and Tom Capriotti (Penn State)

### High School

- Old Glory DC boys and girls academies ran throughout the year, playing six games and holding numerous training sessions utilizing our first team coaches
- Academy Coach Danny Breda was offered a full-time college coaching position and his "promotion" following his work with OGDC
- Old Glory has been visited at some point, either online or in-person, by almost every college men's varsity program in the east
- Old Glory DC had 9 academy graduates from last year's boy's team play local college rugby this fall
- Fort Hunt, Vienna, and Gonzaga all made it to the National High School Championships

- Old Glory attended the National High School Championships in KC to support Fort Hunt, Vienna and Gonzaga
- Young Glory had over 40 girls, and 170 boys on the field in tryouts, training, and games from as far away as Raleigh-Durham and Philly for our U19 sides in 2021
- Old Glory DC provided 18 regional coaches with direct access to Old Glory DC professional team coaches and video to hone their skills working with our U19 and U23 programs

### Youth

- Old Glory worked extensively with the board at DC Youth Rugby to build, maintain and grow the "DC500" program, currently tracking at 160 participants
- The team now taught rugby in four school gym classes in Montgomery Co., 2 in Arlington, and 1 in Alexandria through MLR's schools' program
- Old Glory hosted 300 participants at our event at Eastern High School ahead of the 1874 Cup game
- Youth clubs represented half-time mini-games at 7 of 8 Old Glory home games
- Old Glory DC delivered free clinics taught at a high level throughout the year all over the region
- Old Glory players and staff helped to promote and attend the Virginia high school state championships
- Old Glory has donated balls to eight different clubs

### Other

- Wolfpack Rugby held their first Special Olympics Rugby Clinic
- Old Glory held its first in-person community coaching clinic led by Head Coach Andrew Douglas and the Old Glory coaching staff





# DEFENSE *IN* DEPTH

**WE'RE PROUD TO BE  
A FOUNDING PARTNER  
OF OLD GLORY DC**



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**RISK MANAGEMENT**



**MISSION SUPPORT**

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2022

# MESSAGE FROM COACH

Dear Old Glory Supporters,

It is really great to see you at Segra field today. It was exciting for players to get onto the field against AG Rugby last weekend, and although we didn't get the result we wanted, the effort and desire to win could not be questioned.

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 2022 season, and we know the New England Free Jacks 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







# Game Details & Entertainment

## LIGHT UP LOUDOUN NIGHT

When the lights are on at Segra Field, rugby is playing. When rugby is playing, the community comes together. And when the community comes together, anything is possible. Join Old Glory DC for its home opener in Loudoun County, to help us celebrate the kickoff of #MLR2022 and our beautiful game. The game of rugby isn't for just anyone; it's for everyone. It's an experience that captivates and forms connections well beyond the final whistle.

## GAMEDAY ATTRACTIONS

### SEGRA FIELD GAME DAY SCHEDULE

- 6:00 p.m. Doors Open**
- 6:30 p.m. Loudoun Chamber Ribbon Cutting Ceremony**
- 7:00 p.m. Face Painter and Kid's Zone Opens**
- 7:15 p.m. Free Rugby 101 session for all-ages at information bike**
- 7:20 p.m. Old Glory DC and New England Free Jacks Warmups**
- 7:50 p.m. Ball Delivery**
- 8:00 p.m. National Anthem**  
**Glory DC and New England Free Jacks Kick-Off**

## THE YOUNG GLORY KIDS ZONE

Kids have their own area to learn about and explore the game of Rugby, play games, get their arms and faces painted, visit the balloon artist, and make signs to show their support of our players! This Friday, we are excited to be able to bring back the fun inflatables!





# SEGRA FIELD

Located in Leesburg, VA, Segra Field's 5,000-seat stadium offers 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 matchday experience that Old Glory fans have come to expect, with tailgating, a beer garden, and kids' play zone.





# Week 3 Preview Against New England Free Jacks

## Old Glory Hoping For A Restart Against New England

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

Banking on a resurgence Friday night, Old Glory DC hopes the home crowd at Segra Field will spark its first victory against New England. OGDC will work to rebound after a dismal pair of road games and face a squad it already has beaten this preseason. The Free Jacks are coming off a bye and will look to improve their record to 2-0. The coaching staff will shake up the Old Glory starting 15 with new arrivals and new position groupings to ignite a fire under the team.

Old Glory's home opener is this Friday night at 8:00 pm at Segra Field in Leesburg, Va. for Light Up Loudoun Night. Gates open at 6:00 pm with various familiar activities like a kid's zone, face painting, and beer garden to new 2022 activations like a hype squad, photobooth, multiple giveaways, and a light show. Tickets are available on Ticketmaster. If you can't be there, tune in to Twitter to follow the Monument Man's live updates, NBC Sports Washington, and the Rugby Network for all the action.



Things couldn't have gone worse in the first two games of the 2022 MLR season. Poor performances and a rash of injuries resulted in a pair of over 30-point losses. To add on top of it, the 57-12 defeat to Austin meant the surrender of the Cuisine Solutions Cup to the Gilgronis.

Old Glory is now faced with a similar situation as early last season after a two-game losing skid. After losing to Toronto and New York, DC returned to Segra Field and beat New England 35-22. The victory served as a 'get-right' game and evened OG's record. The team has an opportunity on Friday night to do the same.

"It has to be," Douglas said in regards to New England being a 'get-right' game. "We don't have a choice, do we? We can't carry on with those sorts of performances. Against Atlanta, we at least showed something. Obviously, the result was disappointing, but at least for the first 55 minutes, we played rugby and were in the fight. We showed nothing against Austin. So, it has to be."

In order to accomplish its goal, DC needs to make adjustments and that starts with a new starting 15. "If nothing changes, nothing changes. The performance last weekend wasn't acceptable ... We just

have to be better," Douglas concluded.

A shuffle in the front row has Jack Iscaro, Rob Irimescu, and Jake Ilnicki in the lineup with Api Naikitini and Stan South back at lock. Cory Daniel will flank with Dom Bailey in the back row and Jamason Fa'anana-Schultz will lead the forward pack at No. 8. For the reserves, Kyle Stewart, Mo Katz, Will Vakalahi, Dante Lopresti, Matt Gordon, and Fintan Coleman are in the mix.

The backline is where the coaching staff expects a new energy to reinvigorate the unit. Rohan Saifoloi and Peni Lasaqa are finally poised to make their MLR debuts at flyhalf and wing, respectively.





Danny Tusitala will captain the team at scrumhalf and with an injury to Junior Sa'u, Renata Roberts-Te Nana will join the centers at outside and William Talataina will move back to inside. Doug Fraser returns to the wing and John Lefevre makes his first MLR start at fullback. Mike Dabulas is day-to-day with an injury leaving Owen Sheehy, Simi Moala, Danny Thomas, and LJ Koi-Larbi as the reinforcements.

On the road in Week 1, the Free Jacks defeated NOLA, 24-13, behind a 14-point performance from Beaudein Waaka (a try and 4/4 from the tee). However, new England will be well-rested and prepared following an early bye week in Week 2.

"New England is a pretty good side," Douglas reflected. "They are very efficient, their set-piece is sound, and are defensively solid. They don't make a lot of errors. They have some good threats with Waaka and Joe Johnston is good over the ball. Good side and dangerous."

The coaching staff examined the game tape for flaws but didn't come up with much. "They didn't have a lot of ball," Douglas said. "Most of their points came off of turnover attacks, so that's the key thing. They are turnover dangerous, so we have to make sure we shut them down and not give the ball over too easily as we did against Austin."

Waaka is NE's main catalyst/playmaker, and he garners a lot of attention. With Dougie Fife getting suspended for a dangerous play versus NOLA, Waaka will probably shift back to fullback with Harrison Boyle at flyhalf.



"[Waaka] is very good on his feet and has a good kicking game," Douglas said. "We have to put pressure on him and run on him and make sure he is making his tackles. Take energy away and force him into errors while taking his time away."

Rugby under the lights at Segra Field is a sight to behold. Old Glory DC can't wait for the roar of the crowd and have a proper home-field advantage cheering them on Friday night.

"We're really excited about it," Douglas said. "We love our fans, and I truly believe we have the best fans in the league. Even after the last two weeks, they have been pretty loyal to us. We know we need to pay them back and thank them for their support. We are pretty keen to do that... It will be nice to be home."

Light Up, Loudoun is presented by Loudoun Economic Development. When the lights are on at Segra Field, rugby is playing. When rugby is playing, the community comes together. And when the community comes together, anything is possible. Join Old Glory DC for its home opener in Loudoun County,

to help us celebrate the kickoff of #MLR2022 and our beautiful game. The game of rugby isn't for just anyone; it's for everyone. It's an experience that captivates and forms connections well beyond the final whistle.





# Old Glory DC Roster

## OLD GLORY DC VS NEW ENGLAND FREE JACKS

FRIDAY, FEBRUARY 18 | 8:00 PM ET



1 | JACK ISCARO



2 | ROB IRIMESCU



3 | JAKE ILNICKI



4 | API NAIKATINI



5 | STAN SOUTH



6 | DOM BAILEY



7 | CORY DANIEL



8 | JAMASON PA'ANANA-SCHULTZ



9 | DANNY TUSITALA



10 | ROHAN SAIFOLOI



11 | DOUG FRASER



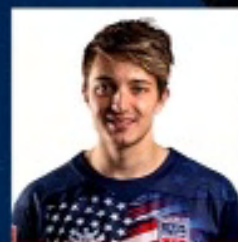
12 | WILLIAM TALATAINA



13 | RENATA ROBERTS-TEHANA



14 | PENI LASAQA



15 | OWEN SHEEHY

RUGBY FOOTBALL CLUB

## FINISHERS

16. MO KATZ

19. FINTAN COLEMAN

22. SIMI MOALA

17. KYLE STEWART

20. LUKE CAMPBELL

23. LJ KOI-LARBY

18. JACK CARROLL

21. DANNY THOMAS

IRON VINE SECURITY



# 2 0 2 2 C A P T A I N



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

*Danny  
Tusitala*



# OWNERSHIP

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2022 Season

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Old Glory was founded by life-long DC area residents, business leaders, and rugby players Chris Dunlavey and Paul Sheehy. In 2019, the Scottish Rugby Union joined the partnership, committing both financial investment and operational support to the organization. Scottish Rugby is the only Tier One national governing body in rugby to have linked with an MLR club.

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Owner  
**Paul Sheehy**

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Chairman  
**Chris Dunlavey**

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**Scottish Rugby is the first Tier 1 national governing body to link with a club in the Major League Rugby competition in the United States.**

# COACHING STAFF

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2022 Coaches

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Head Coach  
Andrew Douglas



Assistant Coach  
Toshi Palamo



Assistant Coach  
Callum Gibbins



Assistant Coach  
James Willocks



# COACHING STAFF

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2022 Coaches

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Head S&C Coach  
Mark Dixon



Assistant S&C  
Matt Bales



Assistant S&C  
Matt Skyner



Team Manager  
Richard Merryman



## Bean Scene

Coffee's too good to confine to a cup. Celebrate buzzworthy beans from across the globe with these coffee-centric sous vide recipes.

By Morgan Fecto

Wine experts wow us with their ability to discern passion fruit or wet concrete after getting nose-deep in a glass of Sauvignon Blanc. But what about coffee experts? Just like grapes, coffee varieties have incredibly nuanced flavor profiles that beg to be analyzed and explained, and when they are, environment comes up a lot. That's because "terroir," as it's called by wine and coffee professionals, can make a bean harvest taste acidic or floral, bright or earthy. It's the reason coffee grown in Brazil can seem nutty while coffee from Indonesia often boasts smoky undertones.

Here, we've outlined the essence of several coffee varieties, and crafted a few sous vide recipes to showcase global flavors that'll fit perfectly on your holiday table.

### COLOMBIAN

You wouldn't expect roasted beans to taste like ripe fruit, but Colombian coffee varieties do. Colombia has two four-month coffee harvest seasons due to its proximity to the Equator, which may account for its coffee's fresh and juicy taste year-round.

### HONDURAN

Most Honduran coffee is nutty and mild—the right profile for blending with other varieties. Recently though, specific "microlots," or small harvests, have affirmed Honduras as a standout among Central American coffee growers. Some varieties have a syrupy body, and flavors can range from apricot to green tea.

### INDONESIAN

Indonesia's coffee is resoundingly earthy—Sumatran coffee especially. Experts have called coffee from the island of Sumatra "meaty," "stouty," and "smoky." Flavor profiles are also shaped by the harvest's climate



zone, which can be either above or below the Equator in Sumatra.

### ETHIOPIAN

Ethiopia is Arabica coffee's hub. It grows naturally there, so coffee varieties are diverse and easier to cultivate. While biodiversity results in sprawling flavor differences between varieties, processing can impart either a dense, fruity flavor or dry, floral flavor in a single variety.

### GUATEMALAN

Like lots of Central American coffee, Guatemalan coffee is both acidic and fruity. Its flavor echoes the tart-sweet taste of apple and coexists with a chocolatey smoothness—inspiring many coffee connoisseurs to describe it as "balanced."

### KENYAN

Kenya's coffee is highland-grown and is often touted as a favorite of coffee aficionados. Two popular varieties, SL-24 and SL-28, were developed by Scott Labs for the Kenyan government to resist drought and other environmental factors. They deliver the most goli-smacking combination of tang and sweet—similar to black currant or tomato.

### BRAZILIAN

It's all about the process with Brazilian beans. Coffee from Brazil is either "natural" (dried with the coffee cherry attached to the seed) or "pulped natural" (dried with some of the inner mucilage caramelizing around the bean). As a result, the coffee boasts a warm sweetness—delicious in espresso blends.

For these recipes and more of all skill levels head to [sousvidemagazine.com](http://sousvidemagazine.com).





## BEGINNER

*This coffee-infused sous-vide cocktail is served decidedly up.*

# Cryoconcentrated Coffee Martini

*Servings: 1 / Prepping time: 10 minutes / Cooking time: 6 minutes (excludes sous-vide cooking)*

### Method

**For the Cryo Coffee Concentrate:**

**Pour coffee grounds and water in a sous-vide pouch and seal. Cook at 181°F (83°C) for 6 hours.**

**After cooking, place a cheesecloth and coffee filter over a sieve and pour contents of the pouch into the sieve, separating the leftover grounds from the liquid.**

**Place the liquid in the refrigerator for about 30 minutes until it cools to 42°F (6°C). Once fully drained and cooled, place the liquid into a sous-vide pouch and seal. Place in the freezer for at least 3 hours, laying down as flat as possible.**

**Remove the pouch from the freezer, and without breaking the pouch, crush contents with a mallet or a saucepot without breaking the pouch until it forms a slush-like consistency. Next, place the frozen contents in a fine strainer over a mixing bowl to capture the liquid extract.**

**Leave the frozen coffee at room temperature for 2 hours to extract. The ice should remain in the strainer while the extraction is in the bowl.**

**For the Cryo Coffee Martini:**

**Mix the cryo coffee concentration from the bowl, Kahlúa, and vodka in cocktail shaker with ice.**

**To Serve:**

**Strain into martini glass and garnish with a sprig of mint, if desired.**

### Ingredients

Cryo Coffee Concentrate  
½ lb coffee grounds, French  
roast  
4 D.C. water

Cryo Coffee Martini  
4 fl. oz. cryoconcentrated  
coffee extract  
4 fl. oz. vodka (Grey Goose  
is recommended)  
0 fl. oz. Kahlúa  
Sprig of mint (optional)



For these recipes and more of all skill levels head to [sousvidegarden.com](http://sousvidegarden.com).



# NEW ENGLAND FREE JACKS WEEK THREE SQUAD



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



# New England's Roster

FREE JACKS  
VS OLD GLORY



Roster

**Tufts** Medical Center

16. MILLS SANERIVI 17. ALEX JOHNSTON 18. TEVITA SOLE  
19. STAN VAN DEN HOVEN 20. CAM DAVIDOWICZ 21. SEAN YACIOUBIAN  
22. WAYNE VAN DER BANK 23. ZACH BASTRES

**Sports**  
BOSTON

**THE RUGBY**  
NETWORK

FRIDAY FEB 18 | 8:00PM ET



# OFFICIAL MEAL PREP COMPANY OF OLD GLORY DC

***The Northern Virginia company will provide healthy, safe meals to the District's rugby team for the next three seasons.***

Old Glory DC and MightyMeals, a Northern Virginia healthy meal delivery service, announced their new partnership for the 2022 season, establishing MightyMeals as Old Glory DC's Official fresh meal partner and an Old Glory High-Performance Partner.

As an Old Glory High-Performance Partner, MightyMeals will be providing Old Glory DC with healthy, pre-packaged meals throughout their training schedule and fueling the squad with top-quality, chef-prepared meals. Additionally, MightyMeals will be working with Old Glory DC to provide long term discounts and meal programs for 2022 Season Ticket Holders and VIP guests in the upcoming season.



***"It's truly an honor to partner with Old Glory DC to provide their elite rugby players and staff with a wide array of flavor profiles through our constantly changing menu," said MightyMeals Co-founder and Executive Chef, Stefano Marzano.***



**Use code MEAL100 to receive \$25 off your first 4 orders.**

**Order at [eatmightymeals.com](https://eatmightymeals.com)**



# OFFICIAL MEAL PREP COMPANY OF OLD GLORY DC

"We offer over one-hundred meals to satisfy almost every dietary requirement, preference, or taste, including five-star rated vegetarian, vegan, dairy-free, and gluten-free meals. In addition, players can select meals based on macro counts, protein type, or specific food allergies. The ability to offer the variety of meals that we do is essential for professional athletic teams, who often have different dietary requirements for every player."

***"When you are training as much as our Old Glory players are, it can be a challenge to ensure they get the right level of nutrition when they need it to make sure we continue to hit our training goals," said Old Glory Head Strength and Conditioning Coach, Mark Dixon.***

"The meals provided by MightyMeals are not only a great source of whole foods, but they also give us the contents we need to fuel our professional athletes, not to mention they taste great as well! We are excited to have established this partnership with MightyMeals that will impact our performance, especially being another local organization."



Official Meal Prep Company of Old Glory DC

Order at [eatmighty meals.com](https://eatmighty meals.com)











**Official Pathway of Old Glory D.C. U19 and  
U23 Academies | Community Clinics |  
Coaching | Referee Development**



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**If you are interested in joining  
the Old Glory DC Academy,  
email [info@oldglorydc.com](mailto:info@oldglorydc.com)**





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COMPANY  
OF  
OLD GLORY DC**



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\*See site for details.

@eatmighty meals





# DEFENSE *IN* DEPTH

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A FOUNDING PARTNER  
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**RISK MANAGEMENT**



**MISSION SUPPORT**

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**





## New episodes every Thursday

With your hosts Brianna Kim and Roland Pratt! 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.





PROUD PARTNER OF  
Old Glory DC Rugby!

# DAILY SPECIALS

GLORYDAYSGRILL.COM

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Award-winning Classic Burgers, grilled to order

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## NACHO THURSDAY\*

Half order of chili nachos, piled high

\$7.99

## TACO TUESDAY\*

Two soft tacos, fresh chips & zesty salsa

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## FRIDAY FISH FRY

Yuengling battered filet, thick and golden brown

\$11.99

## RIB WEDNESDAY\*

Half portion, warm cornbread & seasoned fries

plus:

**\$6.99 APPS\*!**

AFTER 9PM  
ALL WEEK LONG



\*Dine in only.



# 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!

