



OLD GLORY DC vs TORONTO ARROWS

WEEK 4

SATURDAY, FEBRUARY 26TH, 2022 AT SEGRA FIELD

Gameday Rosters

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

Letter from the Owners

Open for a letter from Owners Chris Dunlavey, 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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2022 SCHEDULE | 2022 SCHEDULE | 2022 SCHEDULE | 2022 SCHEDULE | 2022 SCHEDULE



OLD GLORY DC 2022 SCHEDULE

[OLDGLORYDC.COM](http://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	5:00 PM	SD
HOME	MAR 20	2:30 PM	A
HOME	MAR 26	3:00 PM	NO LA
AWAY	APR 03	3:00 PM	RUGBY UNITED NEW YORK
AWAY	APR 09	12:00 PM	AA
HOME	APR 15	8:00 PM	AG
HOME	APR 23	7:00 PM	AG
AWAY	MAY 07	7:00 PM	FREE JACKS
AWAY	MAY 14	8:00 PM	NO LA
HOME	MAY 21	1:00 PM	AG
HOME	MAY 29	2:30 PM	RUGBY UNITED NEW YORK
AWAY	JUN 05	12:00 PM	AA

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About

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



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

Why Rugby?

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.



Why Rugby?

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?

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.



Why Rugby?

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.



2022 Vision

STATE OF THE OLD GLORY UNION

Members of Old Glory Nation:

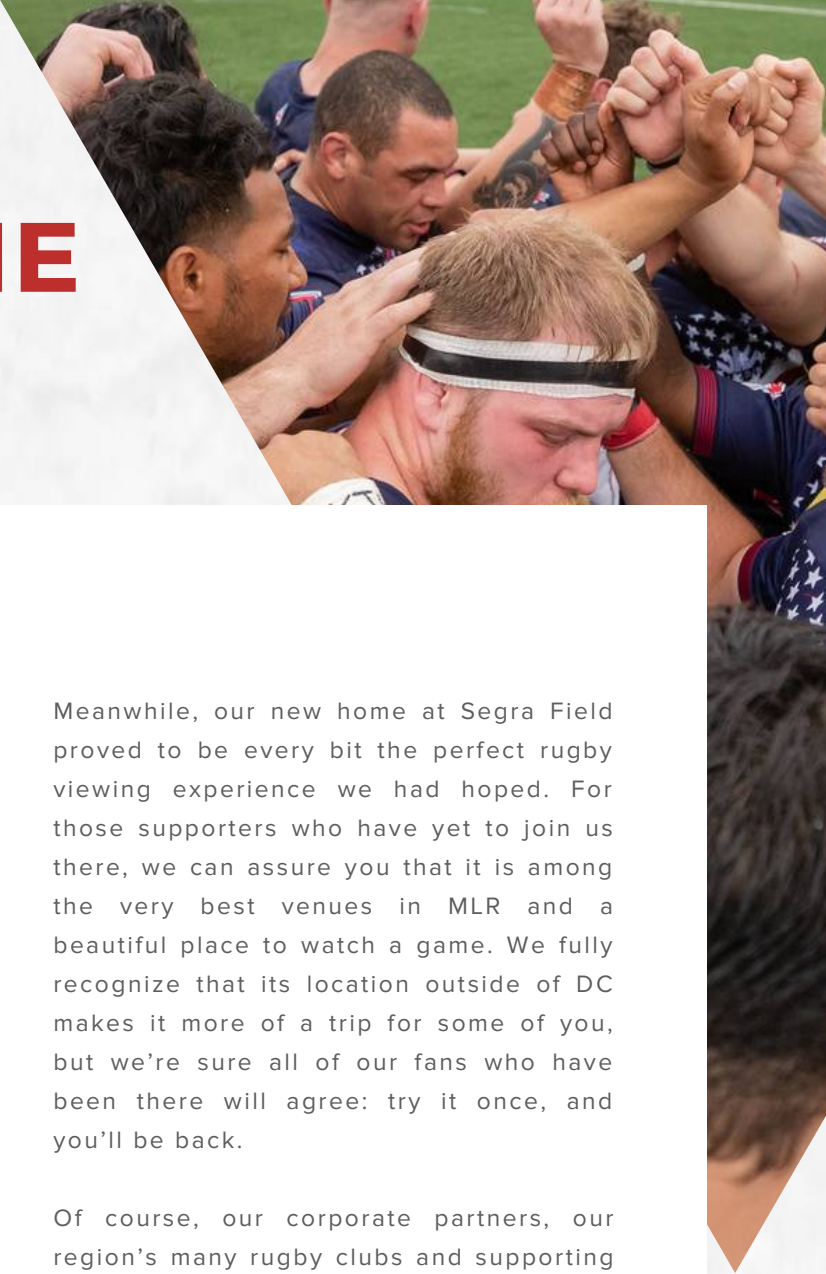
Happy New Year and welcome to 2022! As we look back over the past year, the headline is clear to us: Rugby in the Mid-Atlantic region is thriving and moving actively toward a bright future!

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



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OF OLD GLORY DC**



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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



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TACO TUESDAY*

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\$6.99 APPS*!

AFTER 9PM
ALL WEEK LONG



Chicken Tacos

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*Dine in only.

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

INTERNATIONAL GAME DAY

Come with us “Around the world in 80 minutes” as we celebrate the international community in the DMV with various groups, performances, and fanfare! Fans are encouraged to bring flags from their favorite rugby or non-rugby nation and wear the cultural attire of their homes.

GAMEDAY ATTRACTIONS

SEGRA FIELD GAME DAY SCHEDULE

- 11:00 a.m. Doors Open**
- 11:30 p.m. Curtain raiser: Old Glory Capital Selects Women - Red vs Blue**
- 1:30 p.m. Curtain raiser: Old Glory Capital Selects Men vs Hartford Harpooners**
- 2:00 p.m. Face Painter and Kid's Zone Opens**
- 3:15 p.m. Free Rugby 101 session for all-ages at information bike at Sheehy Corner**
- 3:20 p.m. Old Glory DC and Toronto Arrows Warmups**
- 4:00 p.m. Old Glory DC and Toronto Arrows Kick-Off**

Other International Day Elements

- **French American Chamber of Commerce** - Starting around 2 PM, visit the French American Chamber of Commerce on the concourse for a chance to win a surprise treat in exchange for correct french trivia!
- **MacMillan Pipe Band** - The MacMillan Pipe Band returns to Old Glory DC matches. Check them out on the concourse starting at 2 PM! You won't be able to miss them.
- **Steel Drums in VIP** - Maryland Native Emanuel Ector brings warm Trinidad to the DMV this Saturday in the VIP zone! Transport yourself to the Caribbean in the VIP area!
- **Pasifika Souls' Food Drive for Tongan Relief** - Pasifika Souls will be organizing a food drive at Segra Field as a relief effort for the people of Tonga. Bring non-perishable goods to donate at the gate and be entered in to win two VIP tickets to our match on May 21 celebrating the Pacific Islander Culture. We will be drawing winners at halftime!



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.





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MATCH PREVIEW

OLD GLORY DC VS TORONTO ARROWS

OLD GLORY POISED TO BREAK
SLUMP AGAINST TORONTO

BY EVAN LAPPEN



RUGBY FOOTBALL CLUB

#DCVSTOR



PRESENTED BY:  leidos

Week 4 Preview Against Toronto Arrows

Old Glory Poised to Break Slump Against Toronto

Written by Evan Lappen
Photos by Paris Malone

With Friday's loss to New England, Old Glory joins a group of four MLR clubs still searching for its first victory of the 2022 campaign. DC had the Free Jacks on the ropes into the second half, but unfortunately, OGDC's mistakes and turnovers caught up to them, and the team was dealt the 41-25 defeat.

"We're really disappointed," Head Coach Andrew Douglas said. "We did enough to win the game... But, in the key moments that change games, we are not ruthless at the moment. We'll score points, have a poor exit or kick receipt, and leave teams off the hook. We have to be a lot more ruthless than we are right now in our decision-making and our process, and hopefully then it will drive results."



Eightman Jamason Fa'anana-Schultz took a more critical approach.

"No team beat us," Jamason offered. "We are the only team to beat ourselves. When you see us play, we're good enough with the right personnel and knowledge of the game. But then, they scored off our mistakes.

Three breakaway tries from a missed tackle or dropped ball. It comes back down to how strong we are mentally, and that's where we lack."

"As Old Glory leaders, our main focus is getting that confidence back and building that trust again," Fa'anana-Schultz continued. "Build that mental capacity up to be able to last longer with teams, stick to our gameplan, and get some consistency going."

Flyhalf Rohan Saifolai and winger Peni Lasaga made their MLR debuts last week, and their presence was definitely felt.

The knowledge of having a pure #10 had a calming and confidence-building effect on the backline, and Lasaga's electric excitement led to a try and breakaways in his first start. The rapport within the team will only get stronger as the season progresses.

The rest of the starting backline remains untouched as captain Danny Tusitala conducts the symphony as scrumhalf, William Talataina and Renata Roberts-Te Nana are the hitters in the centers, and Doug Fraser is at wing. With Mike Dabulas



still on the mend, Owen Sheehy serves as the sweeper at #15. After missing last Friday with an injury, Junior Sa'u is back on the bench joining a combination of LJ Koi-Larbi, Danny Thomas, and John Lefevre as the replacements in the backline.

The forwards unit as a whole remains the same, but the coaching staff has made two tactical substitutions. Jack Iscaro, Rob Irimescu, and Kyle Stewart will line up in the front row with Api Naikitini and Stan South as the locks. Luke Campbell gets his first start of the season at flanker and links up with Cory Daniel and Fa'anana-Schultz in the back row. Mo Katz, Jake Ilnicki, Jack Carroll, Fintan Coleman, and Dom Bailey are the impact substitutes in the pack.

After only dotting down two tries and failing to score in the second half in their first two games, the Toronto Arrows came back to defeat NOLA in Week 3. A stout defense and Sam Malcolm's fourth penalty kick in the 79th minute proved the 24-23 game-winner. Inspired performances from Kyle Baillie, Lucas Rumball, Andrew Quattrin, and Tomas de la Vega in the forwards and Brock Webster, Gaston Mieres, and Ross Braude in the backs rallied the Arrows from a double-digit deficit.

"They are a pretty good team and a solid outfit," Douglas said. "Obviously, Sam Malcolm coming back in is a big benefit. He is a good player, as well as Spencer Jones at #12.



Things tend to revolve around those two in terms of decision-making. Baillie commands upfront around the lineout."

After seeing some of Toronto's tendencies in the preseason, Douglas expects the Arrows to "try and go through the middle of us again. They will play off #10 a lot with Malcolm, rather than #9... If we can consistently defend and execute our plan for long periods of time, [we can succeed.] If we work to our structure, the plan works well."

Toronto is next, but a majority of the focus is internal. "We let [everyone] down because of our mistakes," Fa'anana-Schultz said. "The coaches don't miss tackles or drop balls. It's on us. We try to focus on the team we're playing against, but at the same time, we have to focus on ourselves. Our main responsibility is to do our roles."

While there is disappointment and frustration, it is only Week 4 of a 16-week season. The belief is once the new players get more experience in the system and the squad gets healthier, Old Glory can put itself in a position to contend.

"It's funny," Fa'anana-Schultz stated. "We're 0-3 and had 150 points scored against us, but somehow the boys are still together. We trust in the coaches and our systems, but we must have the mentality and mindset that we are professionals and have to play like it. Our mistakes have been holding us back. When we play and do our thing, we'll see how great of a team we are."



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www.oldglorydc.com

*Danny
Tusitala*

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'AHANA-SCHULTZ



9 | DANNY TUSITALA



10 | ROHAN SAIFOLOI



11 | DOUG FRASER



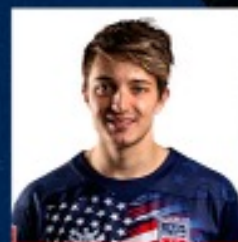
12 | WILLIAM TALATAINA



13 | RENATA ROBERTS-TEHANA



14 | PENI LASAQA



15 | OWEN SHEEHY

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



RUGBY FOOTBALL CLUB

OWNERSHIP

2022 Season

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.



Owner
Paul Sheehy



Chairman
Chris Dunlavey



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

2022 Coaches



Head Coach
Andrew Douglas



Assistant Coach
Toshi Palamo



Assistant Coach
Callum Gibbins



Assistant Coach
James Willocks

COACHING STAFF

2022 Coaches



Head S&C Coach
Mark Dixon



Assistant S&C
Matt Bales



Assistant S&C
Matt Skyner



Team Manager
Richard Merryman



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TORONTO ARROWS WEEK FOUR SQUAD



**Peter Smith, Toronto
Arrow's Head Coach, selects
23-man roster to face Old
Glory DC**

Toronto Arrow's Roster

TORONTO ARROWS STARTING FIFTEEN



FEB 26 // SEGRA FIELD // 4:00 P.M. EST

1 KEITH 2 QUATTRIN 3 SALMON

4 SHEPPARD (C) 5 CIULINI

6 BAILLIE 8 DE LA VEGA 7 RUMBALL

9 BRAUDE 10 MALCOLM

11 WEBSTER 12 JONES 13 TUFUGA 14 HOOD

15 MIERES

SUBSTITUTIONS

16 // MCROGERS
17 // FALEIVA
18 // OUELLET
19 // WADDEN

20 // O'NEILL
21 // FOLEY
22 // BELL
23 // RICHARDSON

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INNOVATIVE WORK. COMMITTED TEAMS. UNRIVALED CULTURE.

Who We Are

Iron Vine is a leading cybersecurity company specializing in developing technical risk management solutions for public and private sector enterprises. We assist these enterprises in securing their systems, networks and sensitive data to increase overall security posture.

What We Do



SOC Management



Security Engineering



Cyber Strategy and Program Management



Forensics and Investigations



Cloud Infrastructure Security



Security Controls Testing

WHY IRON VINE?

- A stable, thriving team**
90%+ retention rate annually for cybersecurity professionals
- Global professional experience**
Work with customers in 30+ countries
- Innovative security provider**
Ranked Government CIO Magazine's 2020 Top 10 Security Firms
- Top Credentials**
ISO 9001:2015 Certified, ISO 27001 Certified
and ISO/IEC 20000-1:2011 Certified

Join a Company that Values Community

Community is the core of Iron Vine. Whether it's helping secure communities around the world or partnering with like-minded organizations for events and sponsorship opportunities. Iron Vine proudly supports Women in Technology, Nepal SCIF Orphanage, and Old Glory DC rugby team among other organizations and partners.



“ACCEPTING A POSITION HERE YEARS AGO WAS
ONE OF THE **BEST DECISIONS I’VE EVER MADE.**”

—Iron Vine Employee

BENEFITS



401(k)
Matching



Salary
Bonuses



In-person
and Virtual
Social Events



Medical, Dental,
Vision Insurance



Community
Involvement
Opportunities



Critical
Cybersecurity
Work



Professional
Development



Comprehensive
Annual Leave



About Iron Vine

Iron Vine is the trusted solution for complex security challenges. We give clients the confidence to secure their enterprises and create a stronger future. Learn more about our cybersecurity solutions by visiting ironvine.com.



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 echos 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-34 and SL-28, were developed by Scott Labs for the Kenyan government to resist drought and other environmental factors. They deliver the most gob-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.



BEGINNER

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

Cryoconcentrated Coffee Martini

Servings: 4 / Prepping time: 10 minutes / Cooking time: 5 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 43°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, Kahlua, 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

¾ C coffee grounds, French roast

4 C cold water

Cryo Coffee Martini

4 fl. oz cryo concentrated coffee extract

4 fl. oz vodka (Grey Goose is recommended)

6 fl. oz Kahlua

Sprig of mint (optional)



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



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

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



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.

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**If you are interested in joining
the Old Glory DC Academy,
email info@oldglorydc.com**

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!

