



## OLD GLORY DC vs RUGBY ATL

**WEEK 7**

**SUNDAY, MARCH 20TH, 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 Rugby ATLs kickoff.



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Road to Glory Podcast

# 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	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	FREE JACKS
HOME	APR 23	7:00 PM	FREE JACKS
AWAY	MAY 07	7:00 PM	FREE JACKS
AWAY	MAY 14	8:00 PM	NO LA
HOME	MAY 21	1:00 PM	FREE JACKS
HOME	MAY 29	2:30 PM	RUGBY UNITED NEW YORK
AWAY	JUN 05	12:00 PM	AA

ROUND 6 AND 13 - BYE





RUGBY FOOTBALL CLUB



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OF  
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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)





Because  
Where  
You Live  
Matters™





# live the Dittmar way

Proud to be the official housing provider for 2022 Old Glory DC players. Dittmar Company is Northern Virginia's premier home builder, hotel, operator, and apartment manager. Dedicated to Quality Living...that is the mantra that Dittmar Company has operated by for over 66 years. Exquisite workmanship, attention to detail, and a commitment to our residents have earned our steadfast reputation in the industry.

Dittmar's first projects were small three-bedroom houses constructed in 1951 on a historic Arlington County road from which the firm took its name. Over the decades, Dittmar built thousands of houses, townhomes, and condominiums, and also thousand apartments in 21 projects.

RentDittmar offers a variety of rental properties which include modernized luxury unfurnished and furnished studio - three bedroom apartments located in the heart of Arlington, Alexandria and Fairfax. Through thoughtful design, we have the perfect community for every resident - garden style, mid-rise, high-rise, direct metro or bus access, urban setting, and timeless amenities. All properties are pet free.

Here is another reason why you will love living at a Dittmar community. We've partnered up with local businesses in the Northern Virginia area to offer exclusive deals to all Dittmar residents. Dittmar Plus is truly a one-of-a-kind neighborhood perks program. At move-in, you will automatically be enrolled into our free program and receive a welcome envelope that contains everything you will need to unlock your savings.

Let us be part of your home searching journey. With advanced technology and professional leasing team, we will help you to narrow your search and get you connected with the properties that fit your needs. We're here to provide the personal touch to find your perfect place to call home.



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.





Why Rugby?

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## 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.





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.







PROUD PARTNER OF  
Old Glory DC Rugby!

# DAILY SPECIALS

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Award-winning Classic Burgers, grilled to order

\$6.99

## NACHO THURSDAY\*

Half order of chili nachos, piled high

\$7.99

## TACO TUESDAY\*

Two soft tacos, fresh chips & zesty salsa

\$9.99

## 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.



2022 Vision

# STATE OF THE OLD GLORY UNION

Members of Old Glory Nation:

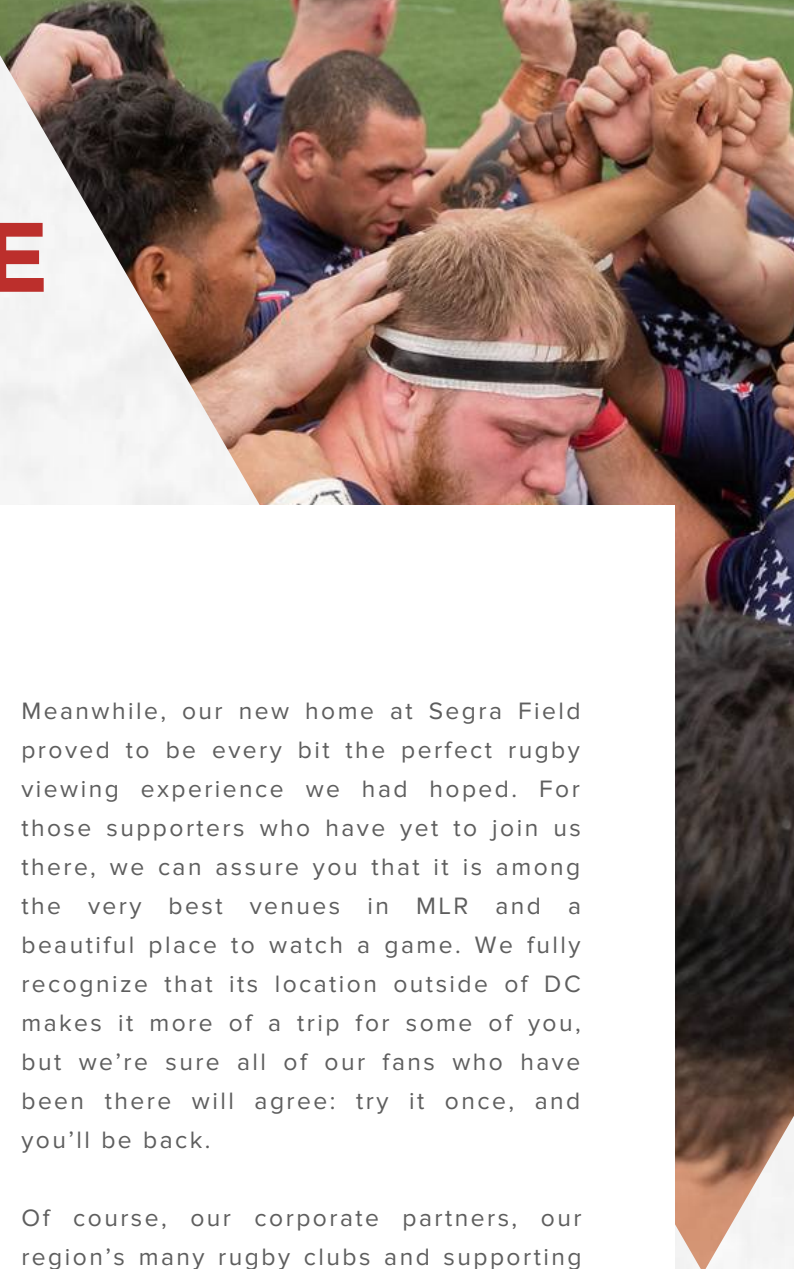
Happy New Year and welcome to 2022! As we look back over the past year, the headline is clear to us: Rugby in the Mid-Atlantic region is thriving and moving actively toward a bright future!

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.



A group of football players in a huddle on a field. The players are wearing dark blue jerseys with white stars. One player in the foreground has a white headband and a white wristband with 'KT' on it. They are all looking down and have their hands clasped together in a huddle. The background shows a green field and stadium seating.

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

Chris Dunlavey and Paul Sheehy







# THE VALUES THAT DEFINE US

**DRIVEN BY PURPOSE AND CORE VALUES.**



As a **founding sponsor**  
of **Old Glory DC** and lifelong  
rugby players and fans, we  
know firsthand respect and  
humility are core values on  
the field and in everyday life.



# DRIVEN BY RESPECT. GROUNDED IN HUMILITY.

Respect and humility often mean different things to different individuals and cultures. Regardless of these differences, these shared values are the foundation of every good relationship, teammates and customers alike.

Humility and respect are the two pillars underpinning Iron Vine's mission. Together, humility and respect is our standard and way of behaving, and we are intentional about practicing it to honor everyone we interact with, from the rugby team we support to the foundations and charities we advocate for.

**It is these core beliefs, Iron Vine strives to make a positive impact in both the cybersecurity world and our community.**

## Community Partners



## About Iron Vine

Iron Vine Security is a leading Cybersecurity services company specializing in delivering Cyber Operations, Risk Management, and Mission Support to public and private sector enterprises. We provide proven expertise in Cybersecurity program development, security engineering, SOC management, cloud infrastructure security, and digital forensics. Our multiple ISO certifications and our Level 3 CMMI for Services appraisal demonstrate our commitment to quality using defined practices that reduce risk for our customers. At Iron Vine, we are Driven By Purpose to enable our customers to advance their missions securely. Learn more at [ironvine.com](https://ironvine.com).





# 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



# Welcome to Segra Field where we live, work, learn, and play the Loudoun way!



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VIRGINIA**  
ECONOMIC DEVELOPMENT



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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

## St. PATRICK'S GAME DAY

Enjoy the sights & sounds of Irish-American fun during Old Glory's St. Patrick's Day Celebration!

## GAMEDAY ATTRACTIONS

### SEGRA FIELD GAME DAY SCHEDULE

- 2:00 p.m. Doors Open**
- 2:30 p.m. Curtain raiser: Mary Washington University vs Bowling Green**
- 4:30 p.m. Curtain raiser: Iron Vine Series Rugby Invitational featuring Virginia Tech vs James Madison Men's Rugby teams**
- 5:00 p.m. Face Painter and Kid's Zone Opens**
- 6:15 p.m. Free Rugby 101 session for all-ages at information bike at Sheehy Corner**
- 6:20 p.m. Old Glory DC and Rugby ATL Warmups**
- 7:00 p.m. Old Glory DC and Rugby ATL Kick-Off**

## Other St. Patrick's Day Elements

- **The MacMillan Pipe Band-** Old Glory welcomes back The MacMillan Pipe Band to perform during pre-game and at halftime
- **Celtic Harpist Abbie Palmer-** Old Glory DC welcomes Abbie Palmer to the VIP Club House on Sunday for Celtic music on the harp. Abbie's style is eclectic in nature and she enjoys approaching music with untethered creativity.
- **Irish Dancers-** Irish Dancers from the Maple Academy of Irish dance will be on the concourse during the match day to showcase their talent and dance!



# 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)**





# 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.







# MATCH PREVIEW

OLD GLORY DC VS  
RUGBY ATL

REVITALIZED AFTER THE BYE,  
CONSISTENCY AND FINISH IS THE FOCUS  
AGAINST ATLANTA

BY EVAN LAPPEN

#DCVSD

 Sports  
WASHINGTON

PRESENTED BY  leidos



RUGBY FOOTBALL CLUB



# Week 7 Preview Against Rugby ATL



## Revitalized After the Bye, Consistency and Finish is the Focus Against Atlanta

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

Fresh off the bye week, Old Glory DC welcomes its Week 1 opponent, Rugby ATL, to Segra Field for a nationally televised clash on Sunday night. The 4-1 Ratlers are one of MLR's hottest teams after a convincing 29-14 victory over previously unbeaten Austin. Although DC didn't win in its last contest, Old Glory played its most complete game of the season before the bye.

Old Glory is focused on upsetting the top club in the Eastern Conference, with the team rested and healthy, and with new faces joining the fray. Kickoff will be at 7:00 pm Sunday on FS1, and tickets are available [here](#).

OGDC will celebrate St. Patrick's Day at Segra Field as the gates open at 2:00 pm. The first of two curtain-raisers starts at 2:30 pm with Mary Washington University battling Bowling Green.

At 4:30 pm, Virginia Tech takes on James Madison as part of the Iron Vine Series Rugby Invitational. The MacMillan Pipe Band will provide the music during the pre-game and halftime, and Celtic Harpist Abbie Palmer will be on stage in the VIP Club House. The Beer Garden will be back by the Sheehy Showcase next to the north try zone for all fans.

The bye allowed the coaching staff to assess the first third of the season and put an optimum lineup on the field for Sunday. The arrival of Felix Kalapu gives the forward pack a boost and flexibility with increased depth. Another roster change is Jake Ilnicki replacing Jack Iscaro, who is out with a lower body injury.

With the team as healthy as it is, it gives the coaching staff more options. "At the root of it, it gives us more competition," Renata Roberts-Te Nana said. "Healthy competition is going to be massive.

Whatever game plan we feel like we want to use this week, we have the tools necessary to do that. Whether we want to be more crash and bang or watching out for the high balls, we got the skillset and everyone available now to execute the game plan that Coach Douglas wants."

In the forwards, Ilnicki, Rob Irimescu, and Kyle Stewart will line up in the front row. Api Naikitini and Stan South are your locks with Kalapu, Cory Daniel, and Luke Campbell manning the back row. Mo Katz, Dante Lopresti, Dom Bailey, Fintan Coleman, and Will Vakalahi will be the impact subs.





Consistency breeds success as the coaching staff will roll out the same backline starters as the Legion match. Captain Danny Tusitala and Rohan Saifoloi are the halfbacks and Junior Sa'u and William Talataina will man the centers.

Peni Lasaga and Doug Fraser are the wings with Roberts-Te Nana completing the back three at fullback. Mike Dabulas, Owen Sheehy, and John Lefevre are the covers on the bench.

With the bye in the rearview, Old Glory is focused on the next challenge with Rugby ATL on Sunday. After playing its best game of the season at San Diego, DC knows it needs to finish plays and, ultimately, play a full 80 minutes to beat a team like Sunday's opponent.

While building on the positives from the San Diego match, the impetus is clear. "We're going to have to finish," head coach Andrew Douglas said. "We had enough opportunities to score and win the game, but we didn't take those opportunities. We need to be more ruthless in the 22 and finish. We got ourselves in good parts of the field and just didn't complete."

Roberts-Te Nana added, "When the opportunity arises, we just have to be able to call for the ball where we are literally slowing everything down to a halt [inside the 22]."

We are letting the defense set and wait for the perfect picture where sometimes you just got to beat them with speed. So this week, we have to play lightning quick, but with a lot of precision."

Old Glory DC hung tough against Atlanta in Week 1 for 55 minutes until it fell apart. The Ratlers return a physical forward pack led by Johan Momsen and Matt Heaton. ATL was without Kurt Coleman, Joaquín de la Vega Mendiá, and Duncan van Schalkwyk last weekend against the Gilgronis, but the trio of Martini Talapusi, Harley Davidson, and Austin White filled in exceptionally. The center combo of Will Leonard and Ryan Nell is lethal and attracts a lot of attention.

"We know we can compete with Atlanta," Douglas said.

"Our set-piece was pretty good in that first game, and when we were connected defensively, we were good. We have to be in the game for a longer period of time than we were. We have to be more consistent in our approach both on offense and defense."

"In everything we do, we have to do it quickly, efficiently, and try to run these boys around the field," Roberts-Te Nana said. "They like to be brutal and fast and are quite robotic in what they do. As long as we are on the same page, if we play heads-up rugby, we'll be alright. Expect a really fast game. High intensity."

After five straight losses, Old Glory has had to do some serious soul-searching over the bye. "We've had to take a deep, hard look at ourselves and make sure we're all doing it for the right reasons," Roberts-Te Nana stated.

"We have to trust each other and know that all of the pieces are there. The team, coaches, and owners are there, and we have to put out that performance and create that hope to win a game. Build on it because winning becomes a habit."

With the trust, belief, and health on their side, OGDC needs to fight and keep fighting until the final whistle. "We need to stay in it the whole game for however long it takes to win this game. We need to be in the game laser-focused the whole time. We can't switch off like we did the first time at 55 minutes and think that's going to do the job. From the first kickoff to the last whistle, everyone from #1 to #23 with coaches included has to be on their game without switching off," Roberts-Te Nana concluded.





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"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."



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*Danny  
Tusitala*



# Old Glory DC Roster



SUNDAY, MARCH 20 | 7:00 PM ET

 1   <b>KYLE STEWART</b>	 2   <b>ROB IRIMESCU</b>	 3   <b>JAKE ILNICKI</b>	 4   <b>API NAIKATINI</b>
 5   <b>STAN SOUTH</b>	 6   <b>FELIX KALAPU</b>	 7   <b>CORY DANIEL</b>	 8   <b>LUKE CAMPBELL</b>
 9   <b>DANNY TUSITALA</b>	 10   <b>ROHAN SAIFOLOI</b>	 11   <b>PENI LASAQA</b>	 12   <b>JUNIOR SA'U</b>
 13   <b>WILLIAM TALATAINA</b>	 14   <b>DOUG FRASER</b>	 15   <b>RENATA ROBERTS-TENANA</b>	
<b>FINISHERS</b>			
16. MO KATZ	17. WILL VAKALAH	18. DANTE LOPRESTI	
19. FINTAN COLEMAN	20. DOM BAILEY	21. JOHN LEFEVRE	
22. MIKE DABULAS	23. OWEN SHEEHY		





# 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

---

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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# 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](http://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](http://sousvidemagazine.com).











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## 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.



# 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!

