



## OLD GLORY DC vs NOLA GOLD

**WEEK 8**

**SATURDAY, MARCH 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 NOLA Gold kickoff.



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Road to Glory Podcast

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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





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## BURGER MONDAY\*

Award-winning Classic Burgers, grilled to order

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## NACHO THURSDAY\*

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## TACO TUESDAY\*

Two soft tacos, fresh chips & zesty salsa

\$9.99

## FRIDAY FISH FRY

Yuengling battered filet, thick and golden brown

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## RIB WEDNESDAY\*

Half portion, warm cornbread & seasoned fries

plus:

**\$6.99 APPS\*!**

AFTER 9PM  
ALL WEEK LONG



\*Dine in only.



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)





# THE VALUES THAT DRIVE US

## PILLARS OF THE IRON VINE MISSION.

As a founding sponsor of Old Glory DC and lifelong rugby players and fans, we value leadership and a strong sense of character both on and off the field.

### DEVELOPING GOOD CHARACTER. LEADING BY EXAMPLE.

Iron Vine prides itself on our value-based, purpose-driven culture, as it is the foundation of our approach and sustained success. This is why character and leadership make up the remaining pillars of our Iron Vine Shield. Character and leadership are essential in the development of a good relationship with the community that supports your endeavors, whether in a business or on the field.

A strong sense of character begins with humility and counts far more than talent when you are part of a team. Having good character means never being too big to do the small things and being willing to “Sweep the Sheds” at the end of the day, no matter the outcome.

“Be more concerned with your character than your reputation, because your character is what you really are, while your reputation is merely what others think you are.”

– Coach John Wooden

The ability to lead — and lead well — requires an unshakable character. A true leader both on and off the field leads their team by example in their behavior, capability and overall performance. Rugby instills these values into players at all levels of the game, from grassroots to professional, and Iron Vine is proud to sponsor organizations like Old Glory that have them at their core.





# 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)



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.







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.







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OF  
OLD GLORY DC**



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\*See site for details.

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2022 Vision

# STATE OF THE OLD GLORY UNION

Members of Old Glory Nation:

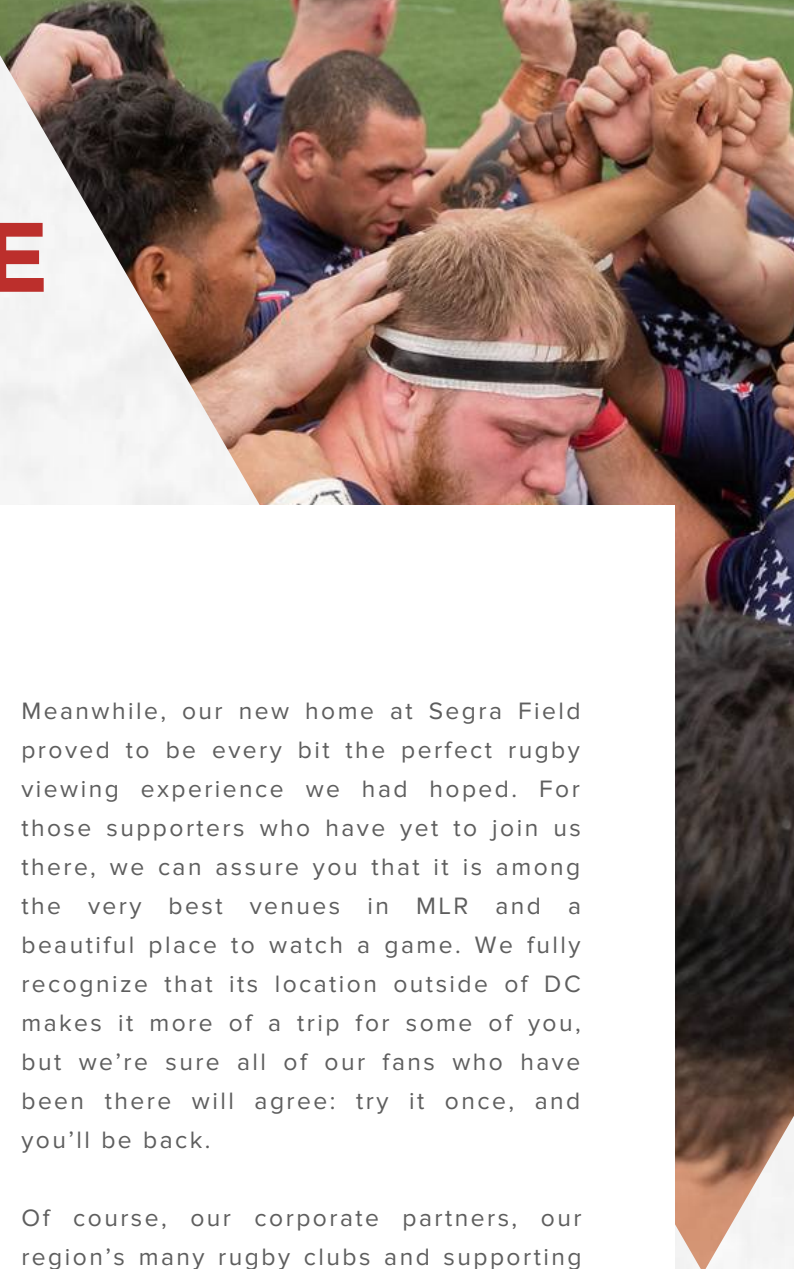
Happy New Year and welcome to 2022! As we look back over the past year, the headline is clear to us: Rugby in the Mid-Atlantic region is thriving and moving actively toward a bright future!

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.



A large photograph of a football team huddled together 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. A large white diagonal graphic overlays the left side of the image, containing text.

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







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.



# 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!



LOUDOUN  
VIRGINIA  
ECONOMIC DEVELOPMENT



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are on the way at [biz.loudoun.gov](https://biz.loudoun.gov)



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

## WOMEN AND GIRLS' RUGBY DAY

Women's and Girls' rugby is a part of the foundation of rugby in North America. Women and Girls' Rugby Day welcomes the return of the "With Her" Award, which is presented to an individual or group who has demonstrated outstanding leadership and made significant contributions to the advancement of girls and women's rugby in the Washington Metropolitan and Capital Rugby Union area, through achievements in the sport, on the field, and/or at the workplace. Nominations open March 1. Come celebrate Women's and Girls Rugby during Women's History Month!

## GAMEDAY ATTRACTIONS

### SEGRA FIELD GAME DAY SCHEDULE

- 10:30 a.m. Gates Open**
- 10:45 a.m. Curtain raiser: Fort Hunt vs Charlotte Tigers**
- 12:30 p.m. Curtain raiser: Iron Vine Series Rugby Invitational featuring Navy Rugby vs Penn State Men's Rugby teams**
- 1:00 p.m. Face Painter and Kid's Zone Opens**
- 2:15 p.m. Free Rugby 101 session for all-ages at information bike at Sheehy Corner**
- 2:20 p.m. Old Glory DC and NOLA Gold Warmups**
- 3:00 p.m. Old Glory DC and NOLA Gold Kick-Off**

## WOMEN AND GIRLS' RUGBY DAY ELEMENTS

- **Howard's Womens+ Rugby Pop-up- Stop by their table to ask questions about their club and enter their raffle!**
- **OG Kids Zone- Kids will have their own area to learn about and explore the game of rugby, play games, get their arms or faces painted!**





# 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).







# 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  
NOLA GOLD

NEEDING A WIN,  
OLD GLORY AWAITS NOLA  
FOR A SATURDAY TEST

BY EVAN LAPPEN

#DCVNOLA

 **Sports**  
WASHINGTON

PRESENTED BY:

 **leidos**

NEW ORLEANS FOOTBALL CLUB



# Week 8 Preview Against NOLA Gold

**Needing a Win, Old Glory Awaits  
NOLA for a Saturday Test**

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

In the aftermath of Sunday's loss to Rugby ATL, Old Glory has taken a long, hard look inward and plans to concentrate on playing as a team and not as individuals.

"I don't think it's the coaches. It's the players," lock Stan South said. "We're the ones on the field, and we're the ones making mistakes. Our systems work. If you look at the first half in the Atlanta game, we spent 37 minutes defending our own end line. We didn't have a lot of possession in the first half, but when we did get down inside their 22, we came away with points. We spent the rest of the half back inside our 40 meters."

"Our defense was good when we stuck to our systems, but people started getting bored and tried to solve problems by themselves," South continued.



"Discipline came in, and we started to get marched back. I think the coaches are doing everything they can and more, but I think it's the players."

There will be changes in the starting lineup as the coaching staff looks to jumpstart the offense against NOLA. After adding some pop to the backline in the second half versus Atlanta, Mike Dabulas will take over at flyhalf, replacing Rohan Saifoloi. In the forwards, Tevita Naqali returns from injury and will immediately slot in at flanker opposite of Felix Kalapu, who had an impressive debut last weekend.

Old Glory will also welcome Facundo Gattas to the MLR this Saturday. The 26-year-old has 37 caps with the Uruguayan National team at hooker and played most recently for Hindú in Argentina.

While only being in the USA for a few days, Gattas will provide a refreshing punch as a replacement.

Along with the return of Naqali at flanker, Jack Carroll replaces Kyle Stewart in the front row. The Gonzaga product joins Jake Ilnicki and Rob Irimescu as the starters. Stan South and Api Naikitini are back at lock, and Luke Campbell returns at #8 following a solid match against Atlanta. Dom Bailey, Cory Daniel, Will Vakalahi, Stewart, and Gattas will come off the bench in the forwards.

In the backline, captain Danny Tusitala will team with Dabulas in the halfbacks, while Junior Sa'u and William Talataina are in the midfield. Peni Lasaqa, Doug Fraser, and Renata Roberts-Te Nana return in the back three. Solfoloi, John Lefevre, and Owen Sheehy are the impact subs in the backs.





Despite its 2-4 record, NOLA has played its best on the road this season. The Gold struggled out of the gate, losing its first three games in New Orleans, but rebounded with a two-game winning streak against Seattle and Dallas on the road. In the six games played, NOLA has only led at halftime twice, but it ended up winning both games.

The Gold will look to dominate early with their forwards and set-piece led by Cam Dolan. Their weapons are plentiful in the backline with Robbie Coleman, Nick Feakes, JP du Plessis, and Juan Capiello.

Add in the boot of Carl Meyer, NOLA has shown it can compete with anyone as four of its games this year have been decided by less than a try.

“[NOLA] has a good kicking game in Robbie Coleman and the big boy [Carl] Meyer at fullback,” head coach Andrew Douglas said. “They have long kicks that turn you around and play in your part of the field.

They have a big midfield that likes to dent your line. They are a good team that can certainly do damage. Cam Dolan has been their leader for a long time, and their lineout is pretty efficient.”

After watching the film from the loss against New York last weekend, Douglas reflected, “You have to pressure their set-piece, and New York did that pretty well. Our set-piece wasn’t great against Atlanta, so they will expect a big reaction for our boys around that area. If we dominate the set-piece and the territory battle, we’ll be in a good spot.”

Old Glory’s defense has stepped up in recent weeks, but it’s now time for the offense to find its rhythm and wake up.

“We got to hold onto the ball,” South said. “Simple things like that. Ball presentation and ball security weren’t there, which is a basic thing. Being able to hold on to the ball for longer phases and not get bored. Use our dangerous men like Peni [Lasaqa] as he started playing his game right towards the end. We need to give him the ball more and have more runs as he did. We got to have fun while we’re playing rugby and at the moment, it isn’t easy to. As senior boys, we have to lead [this team].”

The need and want for the team’s first win are extremely palpable. “It will be like a weight’s lifted,” South insisted. “Everyone goes through these rough patches in sport. It’s not like we’re not trying. We’re working our asses off. Once we get that win and we get that win, you will be able to see how much it means to us. We’re all desperate for it. We want it, and we need it.”

“The best thing about rugby is there is always another week,” South said. “Another week to rectify your mistakes, another week to go out and prove to people that you can be better.”





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*Danny  
Tusitala*



# Old Glory DC Roster



OLD GLORY DC VS NOLA GOLD

SATURDAY, MARCH 26 | 3:00 PM ET

OLD GLORY DC

RUGBY FOOTBALL CLUB

FINISHERS

IRON VINE SECURITY

 1   JACK CARROLL	 2   ROB IRIMESCU	 3   JAKE ILNICKI	 4   API NAIKATINI
 5   STAN SOUTH	 6   TEVITA NAQALI	 7   DOM BAILEY	 8   LUKE CAMPBELL
 9   DANNY TUSITALA	 10   MIKE DABULAS	 11   PENI LASAQA	 12   JUNIOR SA'U
 13   WILLIAM TALATAINA	 14   DOUG FRASER	 15   RENATA ROBERTS-TENANA	
16. FACUNDO GATTAS	17. WILL VAKALAH	18. KYLE STEWART	
19. FINTAN COLEMAN	20. CORY DANIEL	21. JOHN LEFEVRE	
22. JACK RUSSELL	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

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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



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***"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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# 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.***



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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!

