



OLD GLORY DC vs UTAH WARRIORS

WEEK 11

FRIDAY, APRIL 15, 2022 AT SEGRA FIELD

Gameday Rosters

Head Coach Nate Osborne 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 Utah Warriors 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 | RG |
| 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 | NOLA |
| 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 | NOLA |
| 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



SATURDAY, MAY 14
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11A-4P LIVE ENTERTAINMENT
& GAMES!

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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.



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.





RUGBY FOOTBALL CLUB



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RUNNING



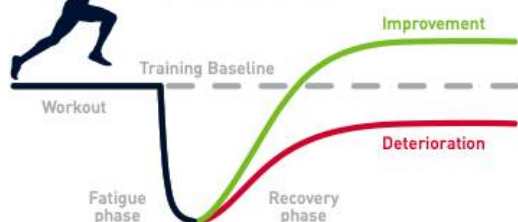
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These values are engraved on the Iron Vine Shield, which has been presented to winners of the collegiate Iron Vine Shield Series Rugby Invitational games this season.

Along with being Driven by Purpose, these values define Iron Vine as a company and what we look for as we seek to build high-performance teams of cybersecurity experts. Our mission supports critical cyber operations both within the federal government and around the world, and nowhere is teamwork and coordination more necessary. We think in any setting, but especially in the work we do, these values are critical to individual and team success.



It is no accident, then, that we support and invest in rugby, because these values are instilled in rugby players at all levels, especially youth rugby. Players learn what it means to be part of something greater than themselves and combine their unique gifts to help the overall team succeed. Rugby culture nurtures, reinforces, and encourages these values as players become lifelong members of the worldwide rugby community. The Shield Series is our way of celebrating how players live out rugby's core values both on and off the pitch.

At Iron Vine, we set out to create the company that we always wanted to work for, filled with cybersecurity enthusiasts who also embody these values. We think that our success comes from this foundation, which includes former rugby players and coaches, and we think our clients notice and appreciate the difference.



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)

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.





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.



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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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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.



Game Details & Entertainment

FRIDAY NIGHT LIGHTS

When the lights are on, the community comes together. So join us in celebrating the middle of the season and bring a friend to join the community!

SEGRA FIELD GAME DAY SCHEDULE

- 5:00 PM** Gates Open
- 5:30 PM** Curtain raiser: Iron Vine Series Rugby Invitational featuring Mount St. Mary's and Mary Washington Men's Rugby teams
- 6:00 PM** Face Painter and Kid's Zone Opens
- 7:00 PM** Shintaido demonstrations and a Taiko ensemble performances
- 7:15 PM** Free Rugby 101 session for all-ages at information bike at Sheehy Corner
- 7:20 PM** Old Glory DC and Utah Warriors Warmups
- 8:00 PM** Old Glory DC and Utah Warriors Kick-Off

Japanese Heritage Night Elements

In partnership with the Embassy of Japan, OGDC will don a limited-edition Cherry Blossom kit for the match. Embassy of Japan's Deputy Ambassador Tamaki Tsukanda will present the match ball to referees before kickoff, and the jerseys will be auctioned off following the match on April 23, with funds going to Asian Americans Advancing Justice. Additionally, Old Glory celebrates Japanese Heritage night with a Shintaido demonstration by Lee Ordeman and a taiko ensemble performance from Nen Daiko.



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MATCH PREVIEW

OLD GLORY DC VS
UTAH WARRIORS

FRIDAY NIGHT LIGHTS SHINE
BRIGHT ON UTAH VERSUS OLD GLORY

BY EVAN LAPPEN



RUGBY FOOTBALL CLUB

#DCVUTAH

Sports
WASHINGTON

PRESENTED BY:

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Week 11 Preview

Friday Night Lights Shine Bright on Utah Versus Old Glory

Written by Evan Lappen
Photos by Paris Malone

After a pair of close losses on the road, Old Glory DC is back at Segra Field on Friday night against the Utah Warriors. The visitors and OGDC share many similarities as both teams let their head coaches go midseason and are amid extended losing streaks. However, something has to break on Friday, and Old Glory is banking on the return of a few notable players to spur a victory. Tickets are available at Ticketmaster and the game will be broadcast live on NBC Sports Washington and the Rugby Network at 8:00 pm on Friday.

In partnership with the Embassy of Japan, OGDC will don a limited-edition Cherry Blossom kit for the match. Embassy of Japan's Deputy Ambassador Tamaki Tsukanda and Spokesperson Masashi Mizobuchi will present the match ball to referees before kickoff, and the jerseys will be auctioned off following the match on April 23, with funds going to Asian Americans Advancing Justice. Additionally, Old Glory celebrates Japanese Heritage night with a Shintaido demonstration by Lee Ordeman and a taiko ensemble performance from Nen Daiko.



For the curtain-raiser, the final match of the Iron Vine Security Shield Series between Mount St. Mary's and Mary Washington starts at 5:30 pm.

Victory Slips Away in Toronto

After an impressive showing against New York, Old Glory had the opportunity to secure its first win at Toronto. Unfortunately, the Arrows' defense stood tall in the final sequence of the match to win 32-27. DC scored more tries than Toronto, but the home team was better with the boot kicking two of three conversions and two penalties.

"We got to be better in our start," Head Coach Nate Osborne said. "That first six minutes was pretty horrible. We didn't touch the ball, and they scored ten points. Missed a lot of tackles. We fought like we always do to get back into the game, and then another little lapse before halftime allowed Toronto to score two tries. If you watched the last 20 minutes, we played some great rugby.

We want to take the momentum of that last 20 minutes into the [Utah] game."

Significant Injuries and Notable Returns to the Lineup

On the injury front, Mike Dabulas is out for the foreseeable future with a lower leg injury, and Dom Bailey left the last game with a shoulder issue. The good news is that Doug Fraser will be back after being cleared from a concussion and Api Naikitini is on the gameday 23 after a healthy scratch.

The major headline is the return of Jamason Fa'anana-Schultz and Felix Kalapu from suspension. Head coach Nate Osborne expects a big contribution from both players in the second half of the season.



“It’s a big energy boost to get [Jama and Felix] back,” Jack Iscaro said. “They’ve been phenomenal over the last few weeks in practice and gave us a tremendous look. They’ve been a big reason why we’ve been trending upwards. We’re really excited to have them back in the lineup now and going out there with us. They are ready to get out and prove why they are out there.”

In the forwards, Jack Iscaro, Rob Irimescu, and Jake Ilnicki will line up in the front row with Tevita Naqali and Stan South as the locks. Kalapu and Cory Daniel will man the flanker position while Luke Campbell earned the start at eightman. Fa’anana-Schultz, Kyle Stewart, Mo Katz, Fintan Coleman, Jack Carroll, and Worth/Naikitini are the back-ups in the forwards.

With Dabulas out, Renata Roberts-Te Nana moves back to fullback, with Peni Lasaga and Junior Sa’u completing the back three. Captain Danny Tusitala and Rohan Saifoloi are the halfbacks, and Thretton Palamo and William Talataina will line up in the centers. Fraser and Danny Thomas are the impact subs in the backs.

Fresh Off the Bye, Utah Comes Cross-Country to DC

Much like Old Glory, the Utah Warriors came into 2022 with tremendous potential but have struggled throughout the season. A three-game slide mired the Warriors’ first eight games to open the year, then a two-game

jolt of victory, followed by another three-match disappointment. The last test was a 40-25 home loss to San Diego that ultimately resulted in the release of the 2021 MLR Coach of the Year, Shawn Pittman. Utah has had the bye week to adjust to new interim head coach Brandon Sparks and will be hungry to turn the ship around.

“Utah is a very unpredictable team,” Osborne said. “They can burn you from everywhere on the field if you are not careful. We know we have to match them physically, and if we can do that, we can dominate them. If you allow them to run at you and sit back and wait, they make you look silly. We’re going to take it to them this week and come out swinging.”

Fullback Mike Te’o leads the team with four tries, but the big question is whether Mika Kruse and Paul Lasike will make the trip to DC. Both were out against San Diego, and the bye week should help get them back on the field. Add in the front row of Olive Kilifi, Tuvere Vugakoto, and Angus MacLellan and the back row of Lance Williams, Bailey Wilson, and Jurie van Vuuren, Utah has the horses to compete with any team in the MLR. According to Iscaro, the game plan is simple but relies on execution. “We have to start faster, so we don’t have to dig ourselves out of a hole. We have to be more disciplined and find a way to get points when we have opportunities. We got to play defense crazy, too.”

A Lot Left to Prove

“One of the teams is going to have to prove themselves this week,” Osborne said. “It’s easy to sit back and say we got a great team, but if you’re not aiming up on the field, [it’s all for not]. So the challenge this week is to make sure we aim up and want it more than them... We will be tight, be ready, and know our roles and responsibilities.”

“We’re trending upwards,” Iscaro remarked. “To be unsatisfied with a very narrow loss to a good team like Toronto shows where are mindset is. Our record is what it is, but I think we’re a good team, and we have a lot to prove.”





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*Danny
Tusitala*

Old Glory DC Roster



OLD GLORY DC VS UTAH WARRIORS

SUNDAY, APRIL 15 | 8:00 PM ET

| | | | |
|---|--|--|---|
|  <p>1 JACK ISCARO</p> |  <p>2 ROB IRIMESCU</p> |  <p>3 KYLE STEWART</p> |  <p>4 TEVITA NAQALI</p> |
|  <p>5 STAN SOUTH</p> |  <p>6 FELIX KALAPU</p> |  <p>7 CORY DANIEL</p> |  <p>8 LUKE CAMPBELL</p> |
|  <p>9 DANNY TUSITALA</p> |  <p>10 ROHAN SAIFOLOI</p> |  <p>11 JUNIOR SA'U</p> |  <p>12 THRETTON PALAMO</p> |
|  <p>13 WILLIAM TALATAINA</p> |  <p>14 PENI LASAQA</p> |  <p>15 RENATA ROBERTS-TEMANA</p> | |

FINISHERS

| | | |
|--------------------|-----------------------------|------------------|
| 16. MO KATZ | 17. JACK CARROLL | 18. JAKE ILNICKI |
| 19. FINTAN COLEMAN | 20. JAMASON FAANANA-SCHULTZ | 21. DACODA WORTH |
| 22. DANNY THOMAS | 23. OWEN SHEEHY | |

FRIDAY NIGHT LIGHTS



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
Nate Osborne



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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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.

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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 eatmightymeals.com







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



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



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!

