

OLD GLORY DC VS DALLAS JACKALS

WEEK 12 SATURDAY, APRIL 23 2022 AT SEGRA FIELD

Gameday Rosters

Head Coach Nate Osborne names his 23-man squad for today's home game.

Game Day Preview

Read Evan Lappen's match preview ahead of the Old Glory DC v Dallas Jackals kickoff.



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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 Dunlavey 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."

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RUGBY VALUES



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

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





HARD-HITTING AND FAST-PACED





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

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



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.



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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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.

Mighty X Meals

as Breakfast Row

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, prepackaged 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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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

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What We Do



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WHY IRON VINE?

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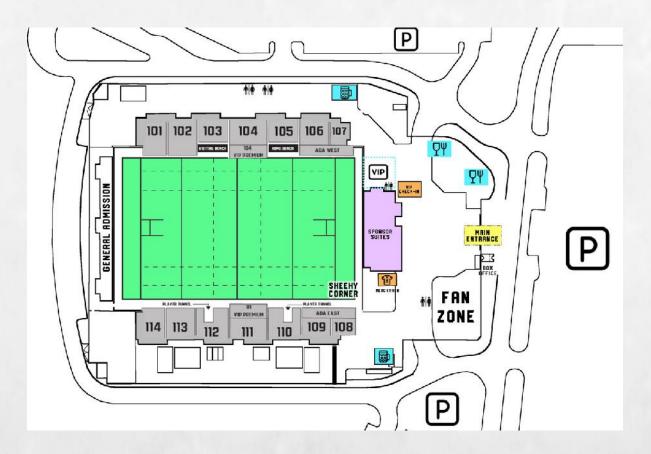


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SEGRA FIELD

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.



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 cheese cloth 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.

For these recipes and more of all skill levels head to sousvideman arms on.

Ingredients

Cryo Coffee Concentrate % 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)



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 nosedeep 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 gobsmacking 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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Game Details & Entertainment

PRIDE NIGHT OUT

Join us for Team DC and Old Glory DC's Pride Night OUT at Segra Field!

SEGRA FIELD GAME DAY SCHEDULE

4:30 PM	Gates Open
5:00 PM	Curtain raiser: Girls U19 Curtain Raiser Begins
5:00 PM	Curtain raiser: Washington Renegades vs Baltimore Flamingos (42214 Greenfield Mill Drive, Leesburg, VA 20175)
6:00 PM	Face Painter and Kid's Zone Opens
7:15 PM	Free Rugby 101 session for all-ages at information bike at Sheehy Corner
7:20 PM	Old Glory DC and Dallas Jackals Warmups
8:00 PM	Old Glory DC and Dallas Jackals Kick-Off

Pride Night Out Elements

Team DC hosts their Pride Night OUT with Old Glory DC on Saturday, April 23. Team DC is the association of LGBTQ sports clubs in the greater Washington DC region with 40 member teams and leagues with over 6,000 participants. In addition to sponsoring Pride Night OUT events with local pro teams, including our very own Old Glory Rugby, Team DC sponsors a College Scholarship program for LGBTQ student-athletes and many other great programs. Head to the table on the concourse to enter to win an Old Glory DC signed ball to support their college scholarship fund!



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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.



OLD GLORY DG VS Dallas Jackals

OLD GLORY TO BUILD ON FIRST VICTORY AGAINST DALLAS

BY EVAN LAPPEN



PRESENTED BY: Fieldos

LOR

Week 12 Preview

Old Glory To Build On First Victory Against Dallas

Written by Evan Lappen Photos by Paris Malone

Victory Unlocked Against Utah

The weight of a winless season was finally lifted last Friday as Old Glory defeated Utah. Down by eleven points in the second half, the defense shut out the Warriors for the final 30 minutes, and the offense fought for every inch behind tries from Junior Sa'u, Peni Lasaqa, Jamason Fa'anana-Schultz, and Fintan Coleman.

"The first thing I did [Monday] morning was congratulating the boys on the victory. I said I never want to hear about it again for the rest of the week," head coach Nate Osborne said. "There isn't any point winning a game and turning up this week flat and getting beat by Dallas. We want to use that victory as a springboard to build from."

"It was awesome," Felix Kalapu reflected. "A change of momentum. Get the boys hustling for the next game and try to carry on that buzz... [To keep winning,] we need to win our battles, especially around the ruck area. Be in the game and play direct."



Getting Healthier and Ready for the Final Run of the Season

Setting up for the last six games of the season, Coach Osborne and his staff have made a few changes to the lineup for Dallas. After playing nearly everv minute of the season thus far, Stan South will take a rest on Saturday, with Kalapu replacing him in the second row. The front row of Jack Iscaro, Rob Irimescu, and Kyle Stewart remains the same and Tevita Nagali slotting in at lock. Fa'anana-Schultz is inserted at No. 8, with Luke Campbell sliding to flanker with Cory Daniel.

The coaching staff sees no changes in the backline with captain Danny Tusitala and Saifoloi at #9 and #10 and Thretton Palamo and William Talataina in the centers. The back three consists of power and quickness with Sa'u and Lasaqa at the wings and Renata Roberts-Te Nana at fullback.

health On the bench. has provided some much-needed depth. Back from injury, Doug Fraser will provide pop and experience in the reserves. Api Naikitini is rested and ready for the final stretch and joins Jack Carroll, Coleman, Jake Ilnicki, Mo Katz, Owen Sheehy, and Danny Thomas to fill out the rest of the 5-3 split.

First Ever Meeting Against Dallas

Although Dallas has struggled mightily as an MLR expansion franchise, Old Glory knows they shouldn't take the Jackals for granted.



Injuries are one of the major reasons for Dallas' poor showing recently, as it has dropped its last four contests by a total of 169-28. After an unfortunate off-field accident in March, many players were sent to the injured list, and a few have since returned. Addina to the list. flyhalf Alejandro Torres suffered a knee injury early in the game versus Austin. Newcomer Matoko Noudéhou is Jackals' third flyhalf after Adriaan Carelse went down with an ankle against LA.

"Dallas is an interesting team," Osborne noted. "When they have their top 15 players on the field, they are a very dangerous team. They've had a lot of injuries and have a lot of guys coming in from other teams. They are a team that's a lot like us because they feel like they are better than their record shows. They have been in a couple of games where they lost in the last few seconds."

"Teams that are getting beat every week, you've got to get on top of them and take away that belief that they can beat you," Osborne said. "We talked about our start being slow, but this is the week more than ever that we need to start fast... I don't want to have players have a letdown or breathe a sigh of relief that they won a game. We got to build on top of it and stay on top of them because they can be dangerous."

The return of captain Chris Pennell last week brings a wealth of experience and leadership to the backline. The Jackals hope to have Eric Naposki back to team up with Chad London, Campbell Johnstone, and Cael Hodgson.

In the forwards, Conrado Roura and Adriaan Booysen are a formidable duo in the back row. Midseason pickups like Asa Carter, Augusto Böhme, Herman Agenbag, and Charlie Hola have stepped up, and Matthew Frings' return from suspension should lift the spirits of the team.

Building On Success

After three competitive games in 12 days, Old Glory knows it's not the time to take the foot off the gas.

"[We need to] build on what we've built the last three weeks and not go backward," Osborne indicated. "Play with belief again and understand how we want to play. When we got opportunities, we got to hunt and hunt together as a pack and as a team. We can't be one-off as individuals because we saw what that gave us at the start of the year. So keep building and be better than the week before." "It's going to be a great challenge," Kalapu concluded. "We definitely know that they are going to come at us, and we can't slip off and think this is going to be an easy win. It's going to be a great battle, and if we go in with that mindset, we can have a great game out there."





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2022 CAPTAIN



Old Glory DC Roster





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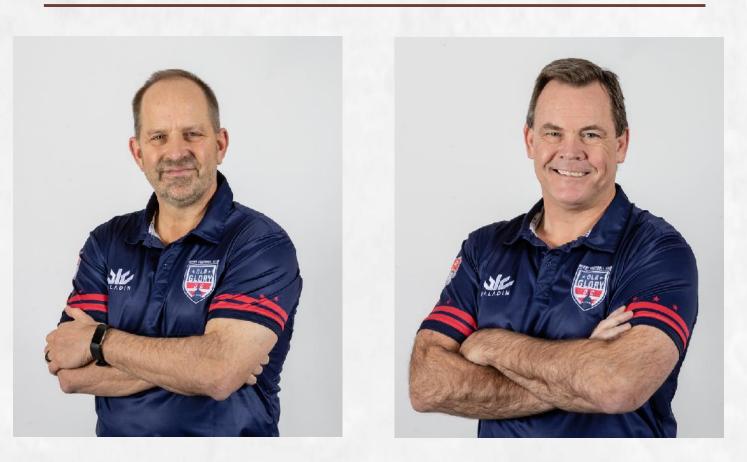
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OWNERSHIP

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

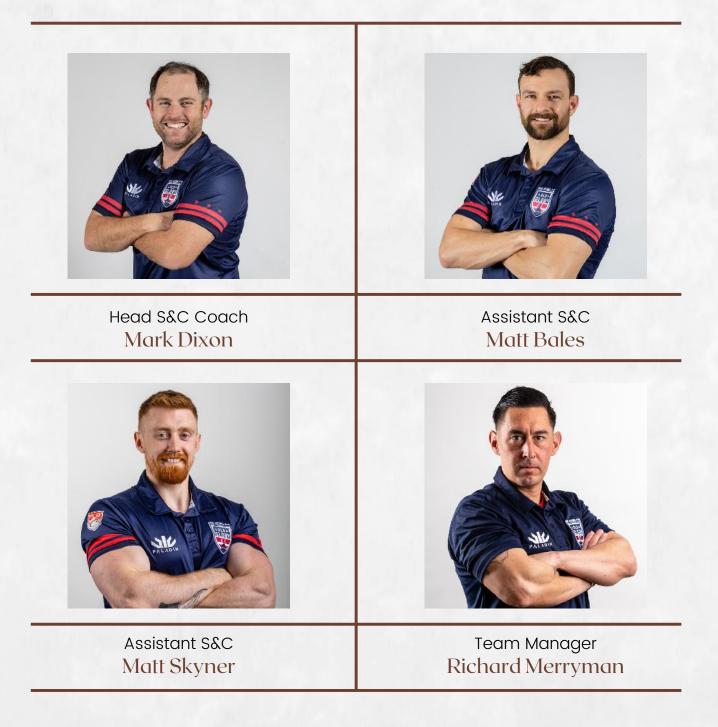
2022 Coaches



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COACHING STAFF

2022 Coaches



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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

OLD

GLARY

We believe there has never been a more important time to see the sport of rugby thrive in the United States. We know oursport 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!