



OLD GLORY DC vs RUGBY NEW YORK

WEEK 17

SUNDAY, MAY 29, 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 Rugby New York

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Road to Glory Podcast

THANKS TO OUR 2022 SEASON PARTNERS!



THE ST·JAMES

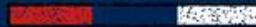


WorldRugbyShop.com
Powered By Passion





CLUB ANNOUNCEMENT



This weekend's game against Rugby New York will be played in honor of the 21 victims of the Robb Elementary School shooting in Uvalde, TX on Tuesday. Our hearts are with the victims' families and the entire community of Uvalde.

RUGBY FOOTBALL CLUB

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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

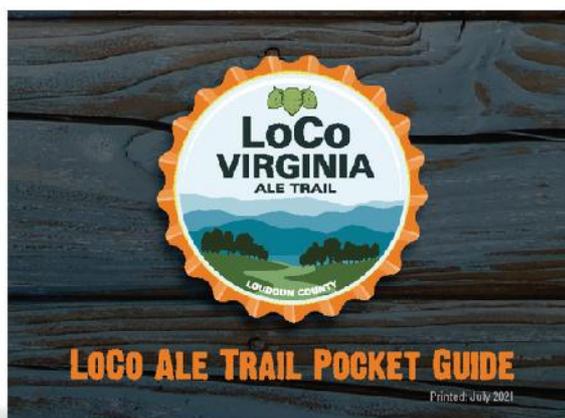


TAP INTO THE *Trail*

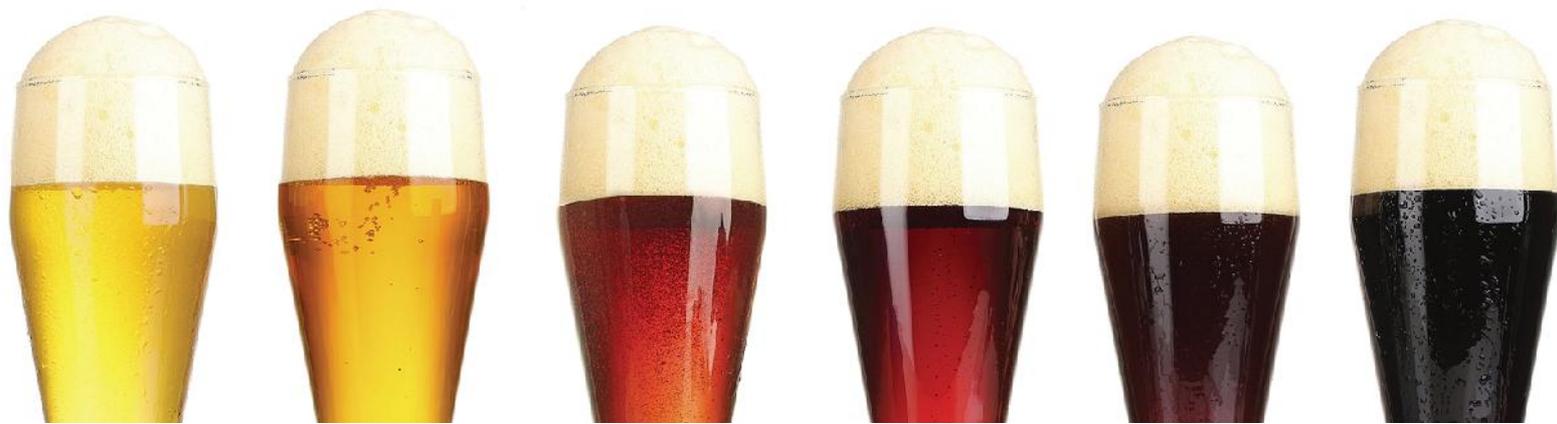
No matter what your favorite style is, you will find the perfect brew to quench your thirst along the LoCo Ale Trail. Divided into Brews with a View, Brews by Bike via the Washington & Old Dominion Trail, Downtown Leesburg and the Dulles Corridor, you can choose to conquer the trail cluster by cluster or visit a brewery in each category to get the full experience.

Grab a passport at any Loudoun brewery, visit tasting rooms, collect stamps and send your passport to the Visitors Center to redeem your prizes!

Choose to collect stamps and win prizes cluster by cluster OR conquer the ale trail in its entirety – either way, we will send back your passport, so you can continue collecting along the trail.



Follow the
LoCo Ale Trail





TASTE WHAT'S *Brewing*

With so much fertile farmland producing fresh fruit and grain, it's no surprise Loudoun has become a vibrant craft beer destination.

More than 30 breweries make up the county's LoCo Ale Trail, in a variety of locales – trendy urban taprooms, Piedmont farm beer gardens, mountaintop tasting rooms – few regions can match.

While many breweries incorporate local ingredients, some are inspired by the old European "land beer" ethos requiring beer be made solely with regional ingredients. **Wheatland Spring Farm + Brewery** in Waterford leads the way producing, in 2021, the first all-Loudoun grown beer – the crisp, citrusy Loudoun Grown Farmhouse Ale – in which every ingredient came from the farm or county.

Vanish Farmwoods Brewery in Lucketts uses hops from its five-acre hops field, while **Dirt Farm Brewing** in the Blue Ridge makes fruit-forward seasonal IPAs using peaches, strawberries and cherries from their own orchards.

As with all creative subcultures, Loudoun brewmasters constantly innovate. You'll find everything from crisp lagers and hoppy ales to malty barrel-aged stouts fused with herbs, honey, flower petals, coffee, wine or whiskey, many made with obscure yeast strains at Sterling science lab Jasper Yeast.

Just as the scene gets more refined, restaurants add local craft beers to menus, notably **1836 Kitchen & Taproom** in Lovettsville and **Tuscarora Mill** in Leesburg, the latter of which hosts beer pairing dinners.

Don't miss Virginia Craft Beer Month in August!

Check out the events calendar at VisitLoudoun.org

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?

PLAYER ACCESS



Meet our players up close and personal at your event. No need to wait in line for an autograph signing. Old Glory players want to interact with our fans as much as possible.



it's the ability to be coached by a professional rugby player in the afternoon and then later that same day cheer on their mentor taking the pitch themselves.



Why Rugby?

COMMUNITY



We have a term for our supporters at Old Glory DC - the 16th OG. A rugby team fields 15 players at a time during a match. Old Glory fields an extra player - the 16th OG.



They are the power behind every scrum, the force behind every tackle, the fortitude across the defensive line, and the unbreakable spirit in the 79th minute. You won't see an extra Old Glory jersey on the pitch, but you'll hear the beat of an extra heart. The 16th OG is the core of Old Glory DC.





THE DISTRICT

Audi Field, July 16th

Unlock 20% off

select tickets for Old Glory Fans
with code DCOG.

Buy Your Ticket Now



INNOVATIVE SOLUTIONS TO REAL-WORLD PROBLEMS

IRON VINE USHERS IN AN ADVANCED VIEW OF CYBEROPS SERVICES.

A photograph showing two men in a server room. One man, wearing glasses and a dark jacket, is pointing at a computer monitor displaying various data and charts. The other man is partially visible on the left, looking at the same monitor. The background is filled with server racks and blue lighting.

Iron Vines takes pride in our ability to deliver intentional solutions to complex security challenges. Our company was purpose-built to cultivate a welcoming, friendly culture in the cybersecurity space, while providing our talented team with meaningful, technical work that results in innovative solutions to real-world SOC problems.

Our company culture and subject matter expertise in cyber operations, allows Iron Vine to provide hands-on technical monitoring and synthesized data to approximately 100 datacenters, eight SOCs, more than 250,000 assets, and over 1.2M end users.

So, how have we ushered in a new era of CyberOps Services?



MANAGEMENT OF FEDERAL SOCS

Iron Vine manages eight Federal government SOCs, where we focus on integrating the NIST incident response lifecycle and the MITRE ATTACK framework into our detection, investigation, and response workflows — resulting in measurable, actionable improvements for our clients. We automate processes and leverage intelligence and correlation logic to identify actionable events, which decreases our Mean Time to Detect (MTTD). Last year, we improved our MTTD for a large federal client by 77.78% with an automated ticketing process — going from a manual process MTTG of 54 minutes to only 12 minutes MTTD.



UNDERSTANDING OF CYBERSECURITY OPERATIONAL PROGRAMS

We have a proven understanding of federal requirements, how to manage complex federal Cybersecurity Operational programs and how to make them more successful at lower costs. Whether our penetration testing teams are implementing a crowdsourced testing solution that lowered client cost, or our forensics teams that are automating the process to reduce the time from two days to 10 minutes to obtain decryption keys from IT operations teams — we have developed methodologies and frameworks that evolve processes and capabilities to drive improvement and deliver enduring value.



CONSISTENT INNOVATION & ADVANCEMENT

Since our founding in 2008, Iron Vine has continued to build our company and grow to be one of the most trusted cybersecurity partners to the United States Federal Government. Our team and purpose-built environment have enabled us to deliver innovative solutions to solve real-world problems and create measurable efficiencies in Security Operations Centers (SOC) for our clients.

If you want to see how forward thinking cyber operations programs can change your SOC game, [call on Iron Vine Security.](#)

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 www.ironvine.com.



Salad Days

Nothing heralds the arrival of spring like the bright flavors of crisp, crunchy salads. Take a gander at some of our favorites and toss up something fabulous.

By Marilyn Kitzes

As any food lover knows, salad is so much more than a mound of greens on a plate. Depending on the ingredients, salads can serve as appetizers, main courses, and when made with fruit, dessert. They're the ideal creative medium for cooks who delight in nutritious foods—and especially satisfying for those of us who grow our own vegetables. In fact, perhaps more than with any other recipe, fresh produce matters when you're making salads, and if you can get to your local farmers' market to buy your ingredients, all the better.

POACHED EGG SALAD WITH LEEKS AND MUSTARD VINAIGRETTE

This simple recipe ingeniously pairs sous vide eggs (the best way to cook eggs, we think!) with steamed leeks. It also calls for homemade croutons made from a sourdough bread and a simple Dijon mustard vinaigrette. To serve, combine the leeks with fresh radish (for a hit of crisp zestiness) and top with the eggs and croutons. Sophisticated and absolutely delicious.

WOOD SKIN HALIBUT & CHICKPEA SALAD

A main course dish that's light and flavorful, this recipe conjures up a Middle Eastern mood thanks to fiery harissa and fresh lemon. You'll need cedar paper for this recipe, soaked in white wine and placed with the halibut in a sous vide bath for 17 minutes. The fish is then quickly seared on a non-stick pan. Chickpeas, first soaked overnight, also get the sous vide treatment, and are later tossed with cucumber, fresh parsley, mint, and a harissa vinaigrette. The combination of ingredients is delightful.



MICHEL RICHARD'S TUNA & COMPRESSED WATERMELON SALAD

Pay tribute to the late, great Michel Richard with this inventive salad. Here, compressed watermelon (you'll need a vacuum sealer) is paired with raw tuna for a simply elegant presentation. These main ingredients shine bright on the palette thanks to a yuzu vinaigrette. All ingredients for the vinaigrette dressing are commonly found in the pantry, with the exception of yuzu juice and xanthan gum. Garnish with scallions, sesame seeds, Bibb lettuce, and green tobiko for next-level wow.



GRILLED SALAD WITH BEER-HONEY VINAIGRETTE AND GOUDA SPREAD

Impress your taste buds—and any guests—with this flavorful salad. Belgian endive, romaine lettuce, and fennel are prepared to perfection thanks to 45 minutes in a sous vide circulator and 6 minutes on a grill. Served with a fantastic beer-honey vinaigrette and a homemade Gouda spread—that's also prepared through sous vide—it's a winning salad that works any time of year.

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

@Cuisine Solutions
 @cuisinesolutions



BEGINNER

Chickpea liquid—yes!—creates a luxurious (and vegan) meringue in this summer drink.

Limoncello Meringue

SERVINGS Varies

PREPPING TIME 10 mins

SOUS VIDE COOKING TIME 3 hours



Developed by Chef Bruno Bertin, Executive Chef at Cuisine Solutions, the Cuisine Solutions culinary team, and CREA. Featured in Sous-Vide magazine Spring/Summer 2019.

EQUIPMENT

Sous vide circulator
Sous vide pouches
Vacuum sealer
Ice cream machine
Paring knife
Small saucepan
Baking sheet
Baking rack
Grill

INGREDIENTS

HONEY LIMONCELLO

10 organic lemons
2 C sugar
1 C clover honey
1 liter vodka
3 C water

COCKTAIL

1 ½ fl oz sous-vide honey limoncello
1 ½ fl oz vodka
1 fl oz fresh lemon juice
1 fl oz canned low-sodium chickpea liquid, strained
Angostura bitters

DIRECTIONS

FOR THE HONEY LIMONCELLO

1. Preheat water bath to 140°F (60°C).
2. Wash and peel lemons, trimming off any of the white pith from the peels. Juice the lemons and reserve.
3. In a large sous vide pouch, combine the lemon peels with the rest of the ingredients. Chill liquid to 37°F (3°C) or colder, then seal the pouch.
4. Cook in water bath for 3 hours, gently shaking once or twice to make sure the sugar is evenly dissolved. Remove the pouch from the water and strain the limoncello, while still warm, through a coffee strainer.
5. Chill, then transfer to a bottle or lidded container. Makes two liters.

TO BUILD

Place all ingredients in a cocktail shaker and shake for about 20 seconds. Remove shaker lid and fill with ice, then cover and shake well for another 20 seconds. Strain into a chilled martini glass. Garnish the top of the drink with a few drops of bitters, running a toothpick through the drops to create a swirled effect.



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



**LOUDOUN
VIRGINIA**
ECONOMIC DEVELOPMENT

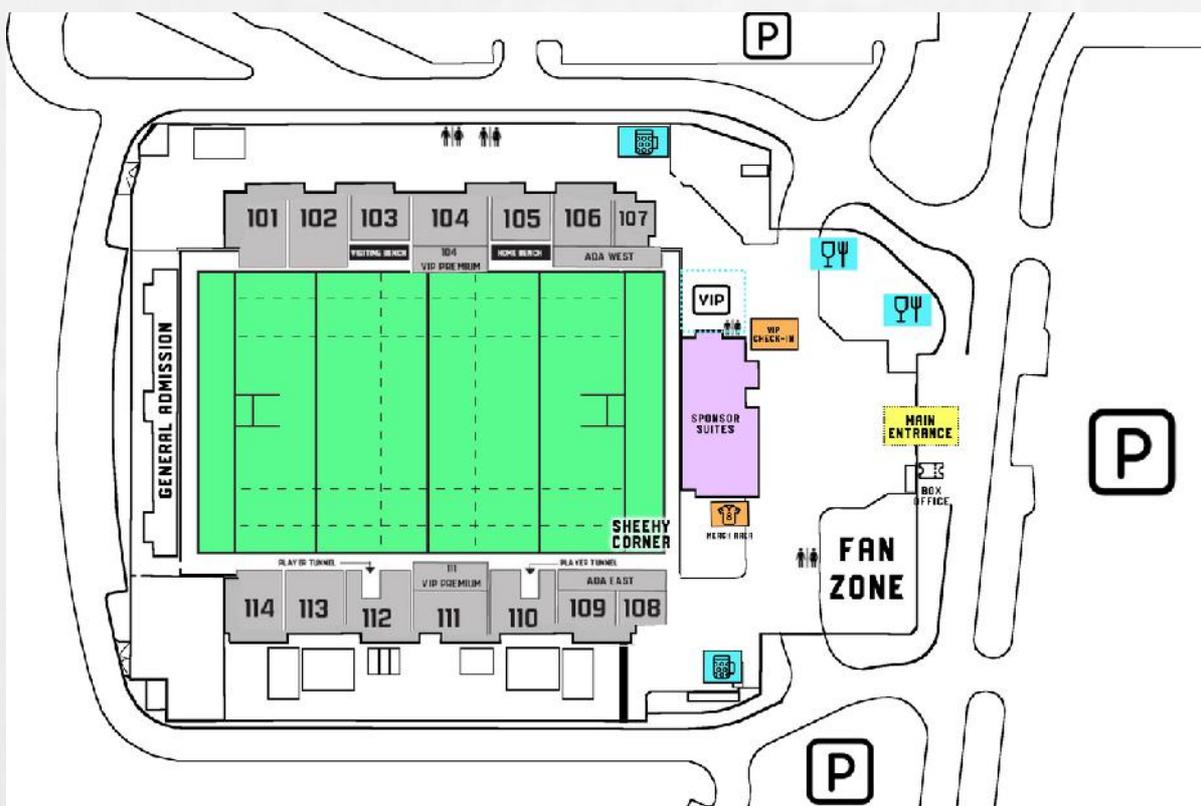


Learn what #LoudounPossible opportunities
are on the way at biz.loudoun.gov



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.





Game Details & Entertainment

Military Appreciation at Segra Field

- Old Glory will honor those who have served by wearing limited-edition military-themed kit, which will be auctioned off with proceeds donated to Veterans Moving Forward.
- The team will launch the Tries for Troops campaign that will dedicate tries scored by both sides to military members of the Old Glory community on our social media and website.
- The Marines and National Guard recruiting teams will be on the concourse talking about service opportunities

SEGRA FIELD GAME DAY SCHEDULE

- 11:30 AM** Gates Open
- 11:45 AM** Tendai “Beast” Mtawarira Meet and Greet at the VMF tent
- 12:00 PM** Curtain raiser: Young Glory U23 vs NY Foundry, Rugby New York’s U23
- 1:30 PM** Old Glory DC and Houston Sabercats Warmups
- 1:45 PM** Free Rugby 101 session for all-ages at information bike at Sheehy Corner
- 2:30 PM** Old Glory DC and Houston Sabercats Kick-Off

Other Match Day Elements

Adding to the festivities, Old Glory has a host of guests planned throughout the day. The organization welcomes back OGDC and Springbok legend, Tendai “Beast” Mtawarira, for a Meet and Greet at the Veterans Moving Forward tent from 11:45-12:00 pm. On the concourse, the Premier Rugby Sevens, a domestic professional sevens league for men and women, will be on hand to promote their tournament stop at Audi Field in Washington, D.C. on Saturday, July 16.



PROUD PARTNER OF
Old Glory DC Rugby!

DAILY SPECIALS

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\$7.99

BURGER MONDAY*

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



Chicken Tacos

24/7 Margarita

*Dine in only.



MLR MILITARY WEEKEND

8 MATCH-WORN SIGNED JERSEYS



POWERED BY **DASH**

OFFICIAL MEAL PREP COMPANY OF OLD GLORY DC

The Northern Virginia company will provide healthy, safe meals to the District's rugby team for the next three seasons.

Old Glory DC and MightyMeals, a Northern Virginia healthy meal delivery service, announced their new partnership for the 2022 season, establishing MightyMeals as Old Glory DC's Official fresh meal partner and an Old Glory High-Performance Partner.

As an Old Glory High-Performance Partner, MightyMeals will be providing Old Glory DC with healthy, pre-packaged meals throughout their training schedule and fueling the squad with top-quality, chef-prepared meals. Additionally, MightyMeals will be working with Old Glory DC to provide long term discounts and meal programs for 2022 Season Ticket Holders and VIP guests in the upcoming season.



"It's truly an honor to partner with Old Glory DC to provide their elite rugby players and staff with a wide array of flavor profiles through our constantly changing menu," said MightyMeals Co-founder and Executive Chef, Stefano Marzano.



Use code MEAL100 to receive \$25 off your first 4 orders.

Order at eatmightymeals.com

OFFICIAL MEAL PREP COMPANY OF OLD GLORY DC

"We offer over one-hundred meals to satisfy almost every dietary requirement, preference, or taste, including five-star rated vegetarian, vegan, dairy-free, and gluten-free meals. In addition, players can select meals based on macro counts, protein type, or specific food allergies. The ability to offer the variety of meals that we do is essential for professional athletic teams, who often have different dietary requirements for every player."

"When you are training as much as our Old Glory players are, it can be a challenge to ensure they get the right level of nutrition when they need it to make sure we continue to hit our training goals," said Old Glory Head Strength and Conditioning Coach, Mark Dixon.

"The meals provided by MightyMeals are not only a great source of whole foods, but they also give us the contents we need to fuel our professional athletes, not to mention they taste great as well! We are excited to have established this partnership with MightyMeals that will impact our performance, especially being another local organization."



Official Meal Prep Company of Old Glory DC

Order at eatmighty meals.com



DITTMARplus



**Because
Where
You Live
Matters™**



RENTDITTMAR.COM

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.



MATCH PREVIEW

OLD GLORY DC VS
RUGBY NEW YORK

Old Glory Aims to be Spoilers
in New York's Playoff Run

RUGBY FOOTBALL CLUB

#DCVNY



PRESENTED BY:



Week 17

Preview

Old Glory Aims to be Spoilers in New York's Playoff Run

Written by Evan Lappen
Photos by Paris Malone



A Stark Defeat in NOLA

Although Old Glory DC has been eliminated from the MLR playoffs, this Sunday's final home game at Segra Field against Rugby New York has immense postseason implications. New York is tied with Rugby ATL for second place in the Eastern Conference and has Toronto nipping at their heels in fourth. Old Glory's early April match marked a resurgence for the club as it played a tight, physical match and only lost by four points. DC will attempt to be spoilers in New York's postseason ambitions and show the Old Glory faithful what's to come in the future. Tickets are available at Ticketmaster for Sunday's 2:30 pm kickoff, which will also be broadcast live on NBC Sports Washington and the Rugby Network.

Sunday is Military Appreciation Day at Segra Field. Old Glory will honor those who have served with a limited-edition military-themed kit, which will be auctioned off with proceeds donated to Veterans Moving Forward.

Additionally, the team will launch the Tries for Troops campaign that will dedicate tries scored by both sides to military members of the Old Glory community on our social media and website.

Adding to the festivities, Old Glory has a host of guests planned throughout the day. The organization welcomes back OGDC and Springbok legend, Tendai "Beast" Mtawarira, for a Meet and Greet at the Veterans Moving Forward tent from 11:45-12:00 pm. On the concourse, the Premier Rugby Sevens, a domestic professional sevens league for men and women, will be on hand to promote their tournament stop at Audi Field in Washington, D.C. on Saturday, July 16.

For the curtain-raiser, Young Glory U23 will take on the NY Foundry, Rugby New York's U23 squad, at noon. Finally, at halftime of the MLR match, NOVA Women's Rugby will be celebrated for winning their second consecutive D1 Club National Championship.

Fireworks Expected for New York Rematch

For the penultimate test of the year, the coaching roster has shaken up the rotation. There are four new starters in the forwards, with Stan South taking over for a suspended Api Naikitini at lock, Kyle Stewart returning to tighthead, Luke Campbell back at eight-man, and Felix Kalapu at blindside flanker. In addition, Jack Iscaro and Mo Katz return to the front row, along with Tevita Naqali at second row and Cory Daniel at flanker.

In the backs, the halfback tandem of Danny Tusitala and Rohan Saifoloi are back for their seventh straight pairing together. William Talataina, who scored a pair of tries against Houston, will be joined by Doug Fraser in the centers. Junior Sa'u and his seven tries move to the wing to partner with the elusive Peni Lasaga (tied for fifth in the MLR with eight tries) and the Super Saiyan blue-haired Renata Roberts-Te Nana in the back three.

Coach Osborne will go for the 6-2 split in the reserves with Rob Irimescu, Jake Innicki, Will Vakalahi, Dom Bailey, Josh Brown, Dacoda Worth in the forwards, and John Rizzo and John Lefevre in the backs.

A Lot to Play for on Sunday

When Rugby New York comes to Segra Field on Sunday, there will be a ton on the line. New York has their playoff lives at stake and has to keep pace with the two other contenders in the hunt. Old Glory finds itself in the role of spoiler with nothing to lose in the last games of the season.

Before last weekend's 38-3 loss to Atlanta, New York was on a three-game roll with wins over NOLA, Toronto, and Seattle. Atlanta won the physicality battle with an aggressive, stout defense and took advantage of their opponent's mistakes with quick ball on offense. Old Glory will attempt to replicate that strategy and punish NY upfront in the forwards.

The game in New York in early April was the first step in Old Glory's resurgence and the team hopes to tap into that energy, minus the discipline issues that plagued that match and last Saturday.

"We changed it all up and decided to play fast and aggressive footy [in April]," Roberts-Te Nana said. "It showed in that game, and similar to Houston, discipline didn't help us in the end, -

but we were there against them. ATL paved the blueprint for us to follow. If we bash them upfront, our backs will have a field day. They have some world-class backs, but just how ATL showed, it doesn't matter whom they have on paper. It's about who shows up on the day."

One of the biggest strengths of New York is its back three of Ed Fidow, Andrew Coe, and former All-Blacks' Nehe Milner-Skudder and Waisake Naholo.

"They got two All Blacks and a Samoan international on the wings and fullback," Head Coach Nate Osborne said. "If they are not winning the middle, not getting good go-forward ball, and we disrupt their lineout and scrum, their boys aren't going to touch the ball. So it's going to be a battle up front and whichever team can take the ascendancy through the tight five... We have to start fast, and we got to understand that as soon as that whistle blows, it's that mindset of not giving them anything."

Time to Show the Real Old Glory at Segra

With only two games left, players are playing not just for the win on Sunday but for all those who have supported them in the good times and bad. Everyone knows change is expected in the offseason, and the team wants to show that potential for the future.

"We all know we can beat any team," Roberts-Te Nana stated. "We got the capability within our squad to do it, and we've shown it in glimpses. The margin for error is getting smaller every year. We need to take a good look in the mirror from 1 to 15 to 23 everyone in the office. If we want to do a good job, we need to be on the same page."

"It's been a tough year," Roberts-Te Nana concluded. "To watch it all season, from me and all of us at Old Glory, we do appreciate all the support everyone gives us week in, week out. We might not often deserve it, but behind the scenes, we are trying as hard as we can. We don't plan to lose. This is our last home game, and we are going to give everything left in the tank and look forward to putting on a great performance."





**OFFICIAL
MEAL PREP
COMPANY
OF
OLD GLORY DC**



Order at [EATMIGHTYMEALS.COM](https://eatmighty.meals.com)

\$100 OFF FIRST 4 ORDERS!*

*See site for details.

@eatmighty meals



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www.oldglorydc.com

*Danny
Tusitala*

Old Glory DC Roster

OLD GLORY DC VS RUGBY NEW YORK

SUNDAY, MAY 29 | 2:30 PM ET



1 | JACK ISCARO



2 | MO KATZ



3 | KYLE STEWART



4 | TEVITA NAQALI



5 | STAN SOUTH



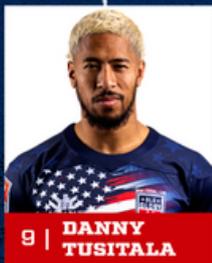
6 | FELIX KALAPU



7 | CORY DANIEL



8 | LUKE CAMPBELL



9 | DANNY TUSITALA



10 | ROHAN SAIFOLOI



11 | JUNIOR SA'U



12 | DOUG FRASER



13 | WILLIAM TALATAINA



14 | PENI LASAGA



15 | RENATA ROBERTS-TENANA

FINISHERS

16. ROB IRIMESCU
19. DOM BAILEY
22. DANNY THOMAS

17. JAKE ILNICKI
20. JOSH BROWN
23. JOHN RIZZO

18. WILL VAKALAHU
21. DACODA WORTH

RUGBY FOOTBALL CLUB



RUGBY FOOTBALL CLUB



SHOP THE OFFICIAL OLD GLORY DC COLLECTION



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MLR MILITARY WEEKEND

8 MATCH-WORN
SIGNED
JERSEYS



POWERED BY **DASH**

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

Prepare to win.

Recover faster, improve performance and reduce your risk of injury.

www.wintergreensport.com



WARMUP



Benefits of warming up

1. Increases flexibility
2. Lower risk of injury
3. Loosens joints
4. Reduces muscle tension & pain
5. Increases blood flow & oxygen
6. Improves performance



Pre-workout warmup rubs enable faster muscle warmup. Choose the heat intensity that is best for you.

SUPPORT



Sportswear Pre-Soak

Helps to eliminate odor and refresh active, sports and gym wear fabrics.

- 1 fabric needs sanitising
- 2 soak, rinse, dry
- 3 fabric is sanitised



Ultra-Grip Spray
Improves hand grip and reduces slip.



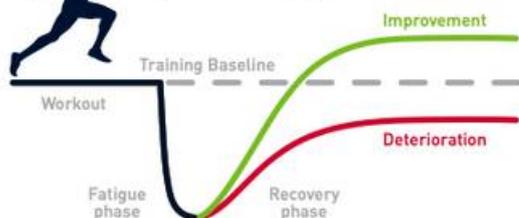
Friction Barrier Cream
Prevents friction-related chafing and relieves pain from blisters, rashes and saddle sores.



RECOVERY



Improve your performance and decrease the risk of potential injury.



Speed up the body's recovery time by reducing inflammation, relieving joint aches and relaxing the muscles with an Arnica Oil massage or a Hot Mustard Soak.



The Magnesium Range is ideal for replenishing lost magnesium fast and to alleviate muscle cramping.

PAIN RELIEF

Pain and injury are common in sports making it essential to have effective relief on hand to maximize your performance.



Joint Support Spray as well as Ice Therapy and Heat Therapy creams, gels and aerosol sprays help relieve pain associated with excessive wear and tear from sports or while healing from an injury.



Proud Sponsor of Major League Rugby

WINTER»GREEN®





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!

