



INFORMATION PAGE

Week of September 4th, 2011

1 THE PICTURE

The NACRA region's two RWC 2011 squads have arrived in New Zealand! USA squad shown at far left and Canada squad being greeted in a traditional Maori welcome at right. More information below on their path to the Rugby World Cup 2011. You can follow their games and other matches from the RWC on NBC Universal, TSN and TSN2. Good luck to both!

2 EAGLES LAND IN NEW ZEALAND FOR RWC

BOULDER, Colo. -- The United States Men's National Rugby Team landed in New Zealand this afternoon to take part in the 2011 Rugby World Cup (RWC) in New Zealand. The Eagles will face Ireland (Sept 11), Russia (Sept 15), Australia (Sept 23) and Italy (Sept 27) during pool play, with coverage on NBC Universal (www.universalsports.com).

Following the recent tour to Japan, the Eagles assembled in Santa Barbara on Sunday August 28. The short camp at the University of California - Santa Barbara (UCSB), held in cooperation with the Santa Barbara Rugby Academy, was extremely beneficial leading up to the RWC challenge.

Eagles Head Coach, Eddie O'Sullivan, said "It was a great three days at UCSB, and hugely important to us. For the first time this year with no game immediately looming we were able to get a lot of work done and hardwire our systems for the RWC. We were very well hosted by Kevin Battle in Santa Barbara, and the facilities were excellent with the squad really enjoying our time there."

The USA will be based in Wanganui for the first week of the RWC tournament, traveling to New Plymouth on September 9. There the Eagles will face Ireland on September 11, and Russia four days later, on September 15.

Wellington will be the next base camp for the United States as they take on Tri Nations champions Australia at Westpac Stadium on September 23. The final pool match will be against Italy in Nelson on September 27. The top two teams in each pool will then advance to the RWC quarterfinals.

USA EAGLES RWC 2011 SQUAD

Forwards:

Inaki Basauri (Perigueux), Chris Biller (San Francisco Golden Gate), Todd Clever (Suntory Sungoliath), Pat Danahy (Life University), Eric Fry (Las Vegas Blackjacks), JJ Gagiano (Univ. of Cape Town), Nic Johnson (Unattached), Scott LaValla (Stade Francais), Mike MacDonald (Leeds Carnegie), Brian McClenahan (Olympic Club), Mate Moeakiola (Bobigny 93), Shawn Pittman (London Welsh), Hayden Smith

(Saracens), Louis Stanfill (Unattached), Phil Thiel (Life University), John van der Giessen (Unattached)

Backs:

Paul Emerick (Life University), Tai Enosa (Belmont Shore), Colin Hawley (Olympic Club), Nese Malifa (Glendale), Taku Ngwenya (Biarritz), James Paterson (Highlanders), Mike Petri (New York Athletic Club), Blaine Scully (Unattached), Junior Sifa (Nottingham RFC), Andrew Suniula (Chicago Griffins), Roland Suniula (Boston Rugby), Kevin Swiryn (Agen), Tim Usasz (Nottingham RFC), Chris Wyles (Saracens)

USA EAGLES RWC 2011 STAFF

Eddie O'Sullivan (Head Coach), Dave Hodges (Forwards Coach & Technical Analyst), Matt Sherman (Backs Coach), Mike Tolkin (Defensive Coach), Dan Payne (Skills Coach), Chris O'Brien (Kicking Coach), David Williams (Strength & Conditioning), Jarrad Griffiths (Assistant Technical Analyst), Tristan Lewis (Team Manager), Kevin Battle (Assistant Manager), Dallen Stanford (Team Media Manager), Michael Keating (Physiotherapist), Alex Garibay (Physiotherapist), Sarah Sall (Masseuse), David Schneider (Doctor, 3-16 Sept), Pat McNair (Doctor, 17 Sept onwards)

RWC 2011 SCHEDULE | NEW ZEALAND

September 11, 2011: USA vs. Ireland (New Plymouth)

September 15, 2011: USA vs. Russia (New Plymouth)

September 23, 2011: USA vs. Australia (Wellington)

September 27, 2011: USA vs. Italy (Nelson)

Further information on the RWC can be found at:

www.rugbyworldcup.com

Broadcast information: NBC Universal will be airing the RWC matches online and on television – full schedule visit:

www.universalsports.com

3 CANADA WRAPS UP TRAINING CAMP IN AUSTRALIA TO FLY TO NZ.

Canada's Rugby World Cup squad has wrapped up its pre-tournament preparation following two weeks of training, games and opposed runs on Queensland's Gold Coast in Australia.

The camp was valuable for several reasons, and a tactic utilized by at least one other World Cup team, as it allowed the squad to recover from the jetlag and get some serious training under their belt before hitting the shores of New Zealand, where the real pressure of the tournament begins.

While in Australia, Canada first faced the Australian Barbarians in front of nearly 5,000 people at Skilled Park on the Gold Coast. Although the Barbarians won 38-14 Canada's defence and set piece were impressive.

DTH van der Merwe, who scored one of Canada's two tries and set up Phil Mackenzie for the other, felt the Australian tour was good for the team, but was chomping at the bit to get into the action of his second Rugby World Cup.

"It's definitely been a positive two weeks," he said. "Guys are geared up and ready to go. We're just excited to get this show on the road finally."

For coach Kieran Crowley, the game was positive in the fact that his team made the necessary adjustments in the second half to match the Barbarians speed.

"The play of the BaBaas was quick and it took us a while to get up to speed," he said. "The backs were very explosive and they got a lot of go forward from that, but the second half we came up to speed, so it was very valuable from that perspective."

Canada then faced the Queensland XV in an opposed training run and while it wasn't a game, they ran in 33 points to 14 in a controlled scrum environment. Their final physical test was an opposed training session with Scotland's Rugby World Cup squad.

Both these fixtures gave Crowley, his fellow coaches and the players things to think about.

"The selection hit out against Queensland was pretty wet, we went OK in that but the conditions weren't great," Crowley said. "Then there were some real positives with from training with Scotland. It's been good because we've had one game and two opposed sessions so it's been hectic from that perspective and we've worked hard."

One of the biggest things, Crowley feels, is the team's ability to react well to pressure, which they'll encounter a lot of against opponents Tonga, France, Japan and New Zealand.

"We have to execute our plays under pressure and we have to replicate that in training," Crowley said. "That's massive from a coaching perspective. The pressure and the speed at this level of competition is just another scale of intensity, so the more exposure we get, the better we'll become."

During the second week, Crowley broke up the training with an afternoon of competitive games and team-building exercises, including rock climbing and canoeing.

During their time in Australia, the squad also had the opportunity to experience the deciding Tri Nations clash between Australia and New Zealand at Suncorp Stadium in Brisbane. Some members of the squad also took advantage of their only full day off to take in other local sports in the form of a rugby league or Aussie rules game.

The squad's pre-World Cup camp could not have been possible without the help of the Australian Rugby Union, the Queensland Rugby Union and Gold Coast Rugby and The Southport School.

"I really want to thank everyone for their help, hospitality and support," team manager Rodger Swamy said. "This camp has been an invaluable part of our preparation. Special thanks to Dan, Ivan and Leesa who helped out throughout the trip."

But now it's onto the task of the Rugby World Cup, the third largest tournament in the world, and a whole country of local and visiting rugby fans keen to witness the spectacle of the hunt for the Webb Ellis Trophy.

4 **USA RUGBY TO HOLD COLLEGIATE SEVENS NATIONAL CHAMPIONSHIPS**

BOULDER, Colo. -- The USA Rugby Board of Directors has approved a proposal from the College Management Council for a new sevens national championship for men and women that will debut in December 2011.

The USA Rugby Collegiate Rugby Sevens National Championship will be held from December 16-17, 2011 at a site that is not yet determined. The championships will consist of 24 men's and 16 women's teams.

More than 125 men's college teams will be competing in the qualifying events leading up to the championship. These tournaments will be a mixture of USA Rugby Division I conference championships and regional events that include Division I and College Premier Division programs.

The winners of the qualifying tournaments will earn an automatic berth in the championship tournament. The remainder of the field will be selected on an at-large basis by a to-be-seated Sevens Championship Selection Committee. Criteria for selection will include performance in the qualifying event.

For 2011, the women's event will be a 16-team open invitational tournament. Women's teams will be invited to submit an application to participate in the event, and the Women's Competition Committee will select the final 16 from the pool of applicants.

Qualification Events | Men's Collegiate Rugby Sevens National Championship

August 28: Big 10 7s; Madison, Wis.

Sept. 3-4: Midwest 7s; Bowling Green, Ohio

Sept. 17-18: Atlantic Coast 7s; Greensboro, N.C.

Sept. 24: SCRC 7s; Knoxville, TN.

Sept. 24: SIRC 7s; Tallahassee, Fla.

Oct. 15: Oklahoma 7s; Norman, Okla.

Oct. 16: Northwest Collegiate Rugby 7s Championships; Seattle, Wash.

Oct. 22: Pacific 7s; Palo Alto, Calif.

Oct. 22: Mountain 7s; Glendale, Colo.

Oct. 29: Delaware 7s; Newark, Del.

Oct. 29: California 7s; TBD

Nov. 5: East Coast Rugby Conference 7s; Amesbury, Mass.

Nov. 5-6: Ivy Rugby Conference 7s; Site TBA

Further Information: Jarrod Beckstrom | Communications Manager | USA Rugby | jbeckstrom@usarugby.org | +1.303.539.0300, ext. 124. Follow USA Rugby on [Facebook](#) and [Twitter](#) (@usaeaglesrugby)

5 **SPORTPLAN COACHING SITE**

I know I've mentioned the SportPlan on-line coaching site a few times before, but I thought I'd draw your attention to the recent edition as a reminder of this resource. Membership is easy and the material and discussions are often useful.

<http://www.sportplan.net/drills/Rugby/email/week30-08-2011.jsp>

6 EVOLUTION OF THE HAKA

As the world converges on New Zealand this week to take part in rugby gluttony at the RWC 2011, many will no doubt be hoping to see the renowned Haka in person. Either live or on television it is an awesome spectacle- much refined from this 1973 version...

http://www.youtube.com/watch?v=GZmkFSp9wa4&feature=player_embedded

7 RUGBY WORLD CUP POOLS/CONTESTS

For those that have asked for a re-send of the RWC 2011 pool contests from last week-here they are:

- [Sportguru](#)
- [superbru](#)
- [espn scrum fantasy league](#)

8 INFO PAGE POLL

What is your prediction for the total number of points that will be scored in the highest scoring Pool at the RWC? (and which Pool will that be?)

Actively yours

Scott Harland

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North America Caribbean Rugby Association
www.nacrugby.com



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