

# Yale Men's Rugby



Flanker Phil Constantinou '11 barrels past Penn's defense for a try

## Club Announces Spring 2010 Tour to Ireland

This spring, Yale Rugby's two Irish members are planning an exciting tour of their homeland from March 5th through 14th, hopefully including an overnight in London.

Having taken early initiative in planning the event, the tour secretaries Matthew Shipsey '11 and Sam Power '12 have lined up games against two university clubs in Dublin. Yale will be playing Trinity College and University College Dublin.

Additionally, the club will reap the benefit of two practice sessions with different Irish rugby clubs as well a match against one of the Colleges in Oxford.

As a special treat, the tour secretaries are currently trying to

acquire tickets for the Ireland-Wales Six Nations match. The club will also visit the World Rugby Museum in London along with a variety of "cultural or historical trips" in Dublin.

At this point, Matt and Sam have done an excellent job soliciting sufficient interest in the trip among team members, the lack of which precluded last year's Cayman Islands tour. They have also secured the tour in spite of the athletic department's decision to cancel sports travel abroad, which is no minor feat.

For any questions, comments about the tour, contact [matthew.shipsey@yale.edu](mailto:matthew.shipsey@yale.edu) or [samuel.power@yale.edu](mailto:samuel.power@yale.edu).

## Fall 2009 Results

9/19:  
Yale 36, Princeton 10

9/20:  
Yale 31, UPenn 14

9/26:  
Yale 8, Dartmouth 62

10/3:  
Yale 11, Brown 26

10/10:  
Yale 43, Columbia 17

10/11:  
Yale 60, Cornell 3

10/17:  
Yale 7, Harvard 26

10/24 (Playoff):  
Yale 6, Dartmouth 56

11/21 (The Game):  
Yale 25, Harvard 40

## SEASON RECAP

The fall 2009 season took on an added level of excitement as early as last spring with the introduction of an official Ivy League. The majority of returning players, as well as Coaches Jan Pikul and Frank Heaven, arrived over a week before the start of classes for preseason. With three weeks to train before the opening weekend at Princeton and Penn, Yale entered the season well prepared. After overcoming early deficits to win big in two consecutive games, the team established a much needed sense of confidence and winning attitude.

However, the opening wins came at a price, as Yale lost both starting fly half Sam Cartmell '10 and wing Wariz Anifowoshe '10. Injuries came to be a theme of this season for the team when star outside center Matthew Shipsey '11 had preseason knee surgery and fly half Arturo Zindell '11 went down in an exhibition match against UConn. Combined with the midseason loss of two-year starting lock Brandon Sharp '11 to a bacterial infection, the A-side was forced to play the last half of the season short-handed. Nonetheless, both veterans and rookies stepped up and Yale finished 4-3 in league play and earned a fourth seed in the playoffs.

A pivotal moment of the season came at a 26-11 loss at Brown, at a time when both teams were 2-1 and vying for 3rd place. Forced positional shifting due to injuries hurt the backs and Yale's ability to remain consistent into the second half. Following that loss, the team had trouble maintaining a high level of play. Yale easily beat lesser programs like Cornell and Columbia but struggled with Harvard



Patrick Mitchell '11 throws in a line out against Columbia

and Dartmouth, losing twice to both. The 4-4 regular season and playoff record, and corresponding scores, are indicative of the great disparity in play, and thus bittersweet nature, of Ivy League Rugby.

Looking forward, the club recruiting chairs had a successful season and were able to bring out plenty of rookie talent across the field. From a promising prop with a Texas football background, Matt Walker '13, to a quick winger who contributed three A-side tries in his rookie year, Mack Hull '13, the team is well positioned for the future.

Finally, it is now easier than ever to follow the club. With regular web updates at [yale.edu/rugby](http://yale.edu/rugby) and an official Yale Rugby Twitter, you can keep up with the team in real time. Additionally, if you are not on the alumni email list or would like to receive match reports, email [ross.brendel@yale.edu](mailto:ross.brendel@yale.edu).



Yale scrum faces off against Harvard on October 17th

## CLUB FINANCIAL UPDATE

As Yale Rugby began its first season in the Ivy League Championship Series, club administrators took steps to ensure the team's financial future. We have continued the budgeting and accounting reforms begun by last year's treasurer, Senthu Arumugam, '09. We submitted an itemized projected fall budget to increase transparency between the club and Friends of Yale Rugby before the season's start. Furthermore, the closer relationship we established with the University's Financial Development Office has already benefited the club. While income from both alumni gifts and the endowment has decreased during this economic downturn, our detailed budget and clearer understanding of income streams have helped us make smarter financial decisions.

Even with the tough economic environment, budgetary foresight has allowed the club to prosper despite facing a perfect storm of higher expenses and decreased income. Aware that income from the endowment and alumni gifts would most likely be down and that the new Ivy League schedule would increase our costs, we took measures to limit spending last spring. We cancelled a trip to Washington, DC, and instead scheduled more local games to reduce hotel and travel expenses. The money we saved has permitted us to afford this season's hotels, buses, coaches and medical trainer.

While we have had to use players' dues for more on-the-field costs than in previous years, social chairs Michael Horrell and Sam Cartmell have been able to maximize limited resources to keep the team's social scene as vibrant as ever. In addition to traditional events, Horrell and Cartmell, along with Coach Pikul, organized the first annual Yale Rugby Clam Bake at the House this September. We have maintained player dues at \$250. This modest sum covers a player's transportation, lodging, union and USA Rugby dues,



Ryan Vandersloot '11 converts a try against Harvard

medical trainer supplies, and social events for the entire year. The club has successfully supplemented player dues by selling old game jerseys. We also plan to sell Ivy League commemorative rugby balls at this spring's Alumni Game.

We believe the club's administrators have done everything possible to manage the budget wisely. Yet, we are aware that expenses outstripped income this season. We continue to encourage alumni donations and plan to schedule mostly local games this spring to help refill the club's coffers. Nonetheless, we are happy with the position in which we are leaving the club and look forward to handing over the reins to the next generation of Yale Rugby leaders.

## CAPTAIN'S WORD FROM PATRICK MADDEN '10

With the conclusion of the inaugural Ivy League season, Yale Rugby established itself as a prominent program within the Ancient Eight, but realized the steps it must take to become a serious contender for the crown. When last year's captain Andy Beck set into motion the rebuilding of a team that had met with tremendous frustrations during the 2007 campaign, the group's mentality started to change. Every player stepped onto the

pitch knowing Yale fielded a competitive side, but the results never showed. An extra drive was needed to turn the corner and return the team to its winning tradition in the 2009 season. With the introduction of a new team policy and a strong pre-season, the squad was able to ac-

complish this right from the start. Following back-to-back victories at Princeton and Penn, a winning culture around the team began to flourish as players started to see the pains of off-season conditioning workouts pay huge dividends. Team morale saw its fair share of ups and downs throughout the rest of the season, but at the end our 4-3 mark separated us from the bottom of the tables and firmly placed us in the top half of the league. Reaching the playoffs for the first time in recent memory was an earned reward, but the team has significant obstacles to clear before a deep playoff run can be considered an expectation, not a goal.

Teams like Dartmouth, Harvard, and Brown are able to maintain a higher standard of

play for two obvious reasons: players and coaches. Every Ivy League team has essentially the same pool of players to choose from, but Yale must do a better job in recruiting. Practice attendance has been phenomenal this year, but the number of players on our roster still remains low compared to our rivals. The clubhouse at Dartmouth, multiple rugby fields at Harvard, and the endowment at Brown are all huge draws.



The A-side takes the field against Penn on September 20th

Yale must find a competitive edge in order to attract the few extra players needed to take the next step. Another area for improvement lies with coaching, not in the areas of dedication and talent, but with overall access. Jan Pikul has done everything in his power to help this club, but it is simply impossible to coach both the A-side and B-side forwards and backs at the same time. Frank Heaven and John Broker have been a tremendous help, but more often than not Coach Pikul was left to organize and teach 25+ players at practice. All in all, however, the season was certainly a success that built upon the tide of change established last year. The standard has been set, and the future leaders of the team are well positioned to continue the upward trajectory of Yale Rugby.

## COACHES CORNER WITH JAN PIKUL

All summer, the players and coaches anxiously waited for the fall season to arrive. Personally, I was starting my 7<sup>th</sup> year as coach with as much energy, enthusiasm and desire as ever before. We were returning a veteran team, two experienced assistant coaches (John Broker and Frank Heaven) and it was the start of the first ever Ivy League Rugby Union. Many hours were spent during the spring and summer on email and on conference calls trying to iron out the details of the new league. Not only were we trying to iron out scheduling, refereeing, playoff seeds, and league administration, we were being approached by several vendors concerning sponsorship. The task of setting up the league was daunting enough, so the sponsorship offers were put on the back burner to prevent us from signing a bad deal. As a note, the formation of the league was strongly supported by both USARugby and by the local territorial union.

The season started out strong. We had almost two full weeks of double sessions and two scrimmages to prepare us for our opening weekend. The pre-season sessions were well attended by the players and we had at least one of the three coaches at every session. This effort paid off in our first weekend as we handily beat both Princeton and Penn. We did suffer two big losses though, two



Halftime huddle at Brown

key backs were injured and we were without their services for the rest of the IVY season. The team regrouped the following week and the back line was rearranged prior to the Dartmouth match. But, it was apparent we lost our continuity and Dartmouth came out very strong early in the match. Yale gave up some early points, but regrouped in the second half to keep Dartmouth scoreless for the final twenty five minutes of the match. This was a good moral victory for the player and coaches, as we proved that we could play with Dartmouth for an extended period of time. The following weekend, we played at Brown in a monsoon. Yale had the advantage most of the first half, but we gave up two bad tries to allow Brown to stay in the game. In the second half, we could never get out of our defensive end for the entire half and Brown was



Captain Pat Madden leads the pre-game huddle before facing off against Columbia

able to score a couple of tries to win the match. As a coach, this was my biggest disappointment of the season. The following weekend, Yale regrouped and pounded both Columbia and Cornell. The regular season finale was played at home versus Harvard. Yale played well in most of the match, except the first 5 minutes of each half. In this ten minute span, Harvard was able to capitalize on 3 Yale miscues and score three tries. As it turned out, these points were the difference in the game, as we outplayed and outscored Harvard the other 70 minutes of the match. Yale finished 4<sup>th</sup> in the league and was headed back to Dartmouth for a playoff match. Yale played much better in this match, thanks to some good game planning and video study. But in the end, Dartmouth was too much and our IVY season came to an end.

The team was well organized this year with excellent leadership by our officers, especially Captain Pat Madden and president Andrew Moir. We also have strengthened our relationship with club sports and facilities. In addition, the rookie class of 2009 was a good one. We picked up multiple players who were able to play and even start in several of the A-side matches. Some notables are Matt Walker (tight head), Mack Hull (wing/fullback)

and Grey Grissom (loose forward). We will be graduating a large class this spring and these players will be ready to fill in some key spots. We have some other promising freshman, who with more time on the field and at practice should start to see some A side time.

Looking forward to next season, we have a tour planned to Ireland (pending school approval) and are putting together of spring schedule. We are hoping to start an annual rivalry game against Brown and we are currently mulling over some ideas for an original trophy idea. The team will begin its winter workouts in January and be ready for the spring season and the much anticipated alumni rematch. Please follow any news about Yale rugby on our website and the IVY league website. You can also find us on Twitter. As always, you can contact me personally at [janpikul@hotmail.com](mailto:janpikul@hotmail.com).

Jan Pikul, Head Coach



## SENIOR PROFILES



### Patrick Madden (Captain)

Pat is a physics and economics major from Cincinnati, Ohio. Next year he will be working as a trader in foreign exchange and Morgan Stanley. He joined the club as a freshman and was elected captain this past winter. The team has been the most rewarding experience of his time at Yale and his singular focus outside of the classroom. Pat looks forward to following the team in the future and staying connected with the club.



### Andrew Moir (President)

Outside of Yale Rugby, Andrew is a chemistry major in Berkley College. He is also a staff writer for the Yale Scientific Magazine and a FOOT (Freshman Outdoor Orientation Trip) leader. Andrew is currently doing research on dye-sensitized solar cells in Professor Charles Schmittenmaer's research lab and plans to attend graduate school in chemistry next year. In the long term, he hopes to focus on industrial alternative energy technologies.



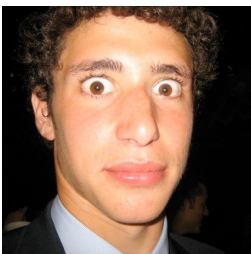
### Rich Anantua

Rich is both a joint physics and philosophy major as well as a joint economics and mathematics major. He spent the last summer doing physics research and down the line plans to pursue a PhD in that subject. Outside of the club, Rich is a member of the Yale Powerlifting team, works at the Payne Whitney Gym fitness center and is a member of Klib Kreyol, which is the Yale Haitian Students Organization.



### William Alexander

Will is a history major from Westbury, New York. He has been on the rugby team since freshman year and has played wing, fullback, and center, and also served as the Club's Match Secretary and Treasurer. He spent last summer at J.P. Morgan's Financial Institutions Investment Banking group and will be returning to the group full-time after graduation. In addition to rugby, William works in the Association of Yale Alumni's Educational Travel Department, is a member of the Delta Kappa Epsilon fraternity, and previously served on the Yale College Council.



### Sam Cartmell

Sam is a cognitive science major and has been part of the club for four years, playing a variety of positions in the backs including fullback, and more recently, fly half. Outside of the team, he is a member of the Sigma Alpha Epsilon fraternity and the director of the Cake Agency, a member of the Associate Student Agencies that delivers cakes across campus.

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## SENIOR PROFILES (CONT.)



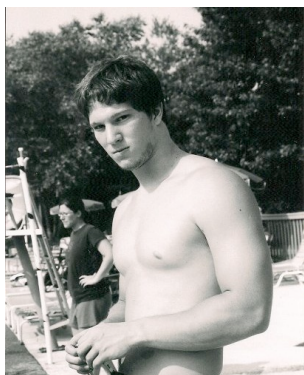
**Joshua Colon**

Josh is a political science major in Silliman College. He plans to attend medical school following graduation as well as study Global Health or International Health Policy in the United Kingdom. Josh is the co-founder and co-captain of the Yale Powerlifting Team, the first in the Ivy League. He has volunteered at Connecticut Hospice and was a member of the Club Sports Advisory Board. Finally, he has worked as a fundraiser for the Yale Alumni Fund.



**Jon Gordon**

Jon is a double economics and political science major. He has played all over the field as a back during his three years with the club. Outside of rugby, he was Director of Development for the Yale Entrepreneurial Society where he focused on raising money for the group. Jon was also Vice President of the Yale Student Investment Group and took part in managing its \$300,000 portfolio. Upon graduating, he plans to attend law school.



**Mike Horrell**

A native of Louisville, KY, Mike grew up playing football and swimming, only picking up rugby when he arrived at Yale. He has been privileged to be part of the team for four years, and also participates in the Sigma Alpha Epsilon fraternity. Though still debating his plans for next year, he foresees eventually going to law school down the road.



**Matt Lacasse**

Matt is a four year member of the club. Outside of rugby, he is also a four year member of the Yale Alpine Ski Team and was a captain of that team his junior year. He is a math major with a focus in algebra and has lived in the rugby house for two years. Matt is not sure what his post graduation plans are, but they are sure to be noble and thoroughly executed.



# Friends of Yale Rugby

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The inaugural season of the reconstituted Ivy League Rugby was by all accounts successful. Yale finished in fourth place with Dartmouth and Harvard moving on to represent the Ivy League in the New England Playoffs. The new schedule which includes two weekend doubleheaders is going to be a challenge to all of the teams in terms of conditioning, depth and resources. Under the leadership of Club President Andrew Moir and Captain Pat Madden the Yale squad has made significant improvements this fall especially in recruitment and ultimately program depth. In order to improve our competitiveness in a very difficult league that trend will have to continue.

One of the consequences of the new Ivy League is the elimination of the usual spring focal point, the Ivy League Tournament. The Yale team is currently arranging their spring schedule to include other matches and hopefully another quality tournament. They are also well on their way to planning a spring tour to Ireland.

In order to continue their progress towards building one of the premier college rugby programs the team needs our help. The current economy has hurt Yale's endowment and has also reduced alumni contributions. Although many of us are also experiencing difficult economic times I would encourage all of you who are able to help support our club in whatever capacity you can. The past and continued support of the Rugby Program at Yale is a testament to what this very special game has meant and continues to mean to us.

The Yale Women's Rugby Club is also in the process of upgrading their program and is trying to establish an alumni organization. I know that some of you on this newsletter list are either women's club alumni and/or supporters of the women's club as well. Please visit their website: <http://www.yale.edu/ywrfc> for contact info if you are interested in getting more involved.

The weekend of April 23-25<sup>th</sup> has been set aside for our fourth annual alumni weekend. The recent alums led by former captain Sean Walbridge will attempt to reverse last year's humiliating loss to the Yale First XV. The NOB's (Nasty Old Bastards) led by Dave Bateman will attempt to remain undefeated against the "Yutes" Yale's B-side. As those of you who have attended past events will attest, the entire weekend is a great time. I would strongly encourage as many of you as possible to plan on attending with or without your boots. Spouses or significant others are welcome. If anyone is interested in playing golf on Friday afternoon let me know and if there is sufficient interest I'll try and set something up.

If you are interested in the alumni weekend or anything else, I can be reached via email at [Boschland@AOL.com](mailto:Boschland@AOL.com) or by cell at (203) 943-1569. I look forward to seeing most of you and on behalf of the Yale Rugby Program sincerely thank you for your ongoing and indispensable support.

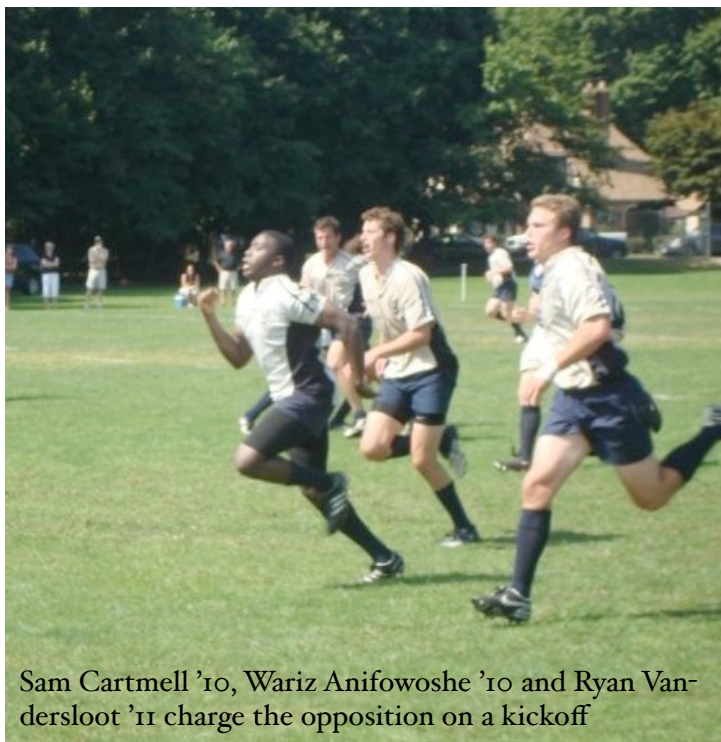
Ralph

Friends of Yale Rugby, PO Box 208216, New Haven, CT 06520 | Phone (203) 943-1569 | [www.yale.edu/rugby](http://www.yale.edu/rugby)

# Upcoming: Fourth Annual Alumni Weekend!

The tradition continues this spring with the fourth annual alumni weekend. Turnout has been strong and growing steadily every year across a wide range of graduation classes. The event is always the highlight of the spring season and this year will be held on **April 24th, 2010**. Contact Friends of Yale Rugby President Ralph Bosch ([boschland@aol.com](mailto:boschland@aol.com)) for more information.

Young Alumni: Come fight to avenge last year's game and claim the "Walbridge Wager" trophy! Last year, John Walbridge, the father of Sean Walbridge '08, donated a Cape Buffalo head trophy and plaque, thus starting the annual tradition of a match between the A-side and recent grads, now dubbed the "Walbridge Wager."



Sam Cartmell '10, Wariz Anifowoshe '10 and Ryan Vandersloot '11 charge the opposition on a kickoff

## Tentative Spring Schedule

### February 27:

Southern Connecticut State\*

### March 5-14:

Tour of Ireland

### April 3:

Middlebury\*

### April 10

Princeton\*

### April 17:

Beast of the East Tournament\*

### April 24:

Alumni Weekend

\*Location TBA. check online for updates

## Donate to Yale Rugby!

Send donations to:

Yale Rugby Club  
Yale Athletic Dept.  
P.O. Box 208216  
New Haven, CT 06520

For online donations, please refer to the alumni section of our website.



We're on the Web!

See us at:

[www.yale.edu/rugby](http://www.yale.edu/rugby)