



SOUTHERN CALIFORNIA
RUGBY FOOTBALL UNION

GRIFFINS

UNDER 23 WOMEN
U.S. NATIONAL CHAMPIONSHIPS
PITTSBURGH, PA
JUNE 13-15, 2008

A Griffin (or Gryphon) has the body of a lion and the head and wings of an eagle. The lion is the king of the beasts and the eagle is the king of the sky, so the Griffin is a particularly powerful and majestic creature. Griffins are tenacious guardians of treasure and the divine.

Southern California Rugby Football Union (SCRFU) was founded in 1953 and governs rugby football in Arizona, Nevada and Southern California (from San Diego to Santa Maria). SCRFU is a member of USA Rugby which governs rugby in the United States. USA Rugby is a member of the International Rugby Board which governs rugby world wide. SCRFU has a few thousand rugby players, ranging in age from five years old to septuagenarians!

SCRFU chose the Griffin as the coat of arms for the SCRFU all star rugby sides (teams) which are composed of the best rugby players selected from Arizona, Nevada and Southern California. The Griffins represent SCRFU in matches around the United States against other all star rugby sides in national level competition.

Players selected as SCRFU Griffins are not only privileged to be recognized as exceptional athletes and skilled rugby players, but also are entrusted with the highest duty SCRFU can bestow – the responsibility to represent the thousands of rugby players in Arizona, Nevada and Southern California with unwavering tenacity and integrity.

For more information:

SCRFU <http://scrfu.org/griffins.htm>

USA Rugby <http://USArugby.org>

IRB <http://irb.com>

United States National All-Star Championships:

http://www.usarugby.org/media/EDocs/2008_website_attachment_Pittsburgh_Women_AS_5_9_08_.pdf

PROUDLY SPONSORED BY THE NATIONAL GUARD

<http://1-800-GO-GUARD.COM>



Andrea "Andi" Adams – Fullback "15"
5'6" 145 lbs 20 yrs old
From Fresno, CA
U.C. Santa Barbara WRFC CIPP #344256
Student at U.C. Santa Barbara

Andi is finishing her 3rd year in Black Studies at U.C. Santa Barbara. She has been playing rugby for 2 years and, out of all of the sports she has played, she enjoys rugby the most. Andi enjoys going to the beach, listening to music and chillin' with friends, family and her man.



Jenna "Chuckles" Anderson – Eight "8"
5'8" 165 lbs 18 yrs old
From Saratoga, CA
U.C. San Diego WRFC CIPP #385290
Student at U.C. San Diego

Jenna has played basketball since she was nine and club soccer since she was five. She joined rugby her freshman year at U.C. San Diego to try something new and loved it. She has one sister (who also plays rugby) and five brothers. Jenna is currently a Human Biology major and hopes to become a doctor.



Alyssa "Bark" Barker – Flanker "7"
5'10" 170 lbs 22 yrs old
From Jakarta, Indonesia
San Luis Obispo WRFC CIPP #307732
Biochemist and Pizza Girl

Alyssa has been voted best karaoke in both Santa Cruz and San Luis Obispo. She likes to travel, play rugby, get fit, and party. She also coaches Lacrosse. Her future plans are not to have future plans.



Sara "Scates" Cates – Outside Center "13"
5'5" 135 lbs 22 yrs old
From Carlsbad, CA
San Diego Surfers WRFC CIPP #397374
Student at University of St. Augustine

Sara is working on her doctorate degree in physical therapy and completing her Massage Therapy program. She competes in triathlons and claims she will try any sport once. She ran cross country and track at San Diego State University, played premier league youth soccer, and (unavoidably) took long walks on the beach.



Stephanie "Diabetty" Cazares – Flanker/Lock
5'6" 165 lbs 19 yrs old
From Ventura, CA
San Luis Obispo WRFC CIPP #357505
Student at Cal Poly SLO

Rugby is her #1 sport, but Stephanie also plays basketball for Cuesta College as point and shooting guard and enjoys soccer, softball, beach volleyball, tennis, SCUBA, rock n' roll, hiking, running, swimming, bike rides and coaching basketball and baseball. She has raised about \$10,000 for diabetes research through the Juvenile Diabetes Walk-A-Thon. Stephanie will major in Biology at Cal Poly SLO in the fall.



Sophia Chang – Hooker "2"
5'5" 175 lbs 20 yrs old
From Riverside, CA
U.C.L.A. WRFC CIPP #302810
Student at U.C.L.A.

Aside from rugby, Sophia enjoys playing music (flute, piano, violin and saxophone) and outdoor sports (mountain biking, rock climbing and kiteboarding) and is pursuing a black belt in Shotokan karate. Sophia is a third year neuroscience and pre-med student at UCLA who hopes to attend medical school after college and continue to play rugby.



Evelyn "Evy" Deniz – Flanker "7"
5'2" 140 lbs 17 yrs old
From Wasco, CA
Fallbrook RFC CIPP #387533
Student at Fallbrook High School

Evy is an artist accomplished in drawing and sculpture. She enjoys sports, writing poetry, watching movies, dancing and singing, and all sorts of music. She would like to study business and zoology (or maybe cosmetology and massage therapy) before opening her own autoshop and deli named "Evy's Deli for the Belli."



Asia Donaldson – Wing "11"
5'5" 116 lbs 18 yrs old
From Hacienda Heights, CA
Hacienda Heights RFC CIPP #352936
Student at * High School

Asia played soccer and ran track, but loves playing rugby! Music is her life's love and she enjoys photography.



Andrea "Bowser" England – Prop "3"
5'10" 210 lbs 22 yrs old
From Watsonville, CA
San Luis Obispo WRFC CIPP #342364
Student at Cal Poly SLO

Andrea's main hobbies are photography, reading literature, bicycle building, and vintage motorcycle restoration. She is finishing her undergraduate degree in Biological Sciences at Cal Poly San Luis Obispo, and upon graduation will be pursuing teaching credentials.



Elisabeth "Tiny" Henry – Prop "3"
6'0" 225 lbs 22 yrs old
From Riverside, CA
U.C. San Diego WRFC CIPP #304070
Student at U.C. San Diego

Elisabeth is graduating with a Bachelor of Science in Biology from U.C. San Diego. She plays volleyball, basketball, and was a track and field thrower before coming upon rugby in 2005 and loving it instantly. She loves sports, movies, traveling, and hanging with friends. Her friends say she will live over a hundred years because she laughs so often.



Genevieve "Gen" Ireland – Lock/Flanker "4"
5'8" 137 lbs 15 yrs old
From Thousand Oaks, CA
Channel Islands YRFC CIPP #387674
Student at Newbury Park High School

Gen is very artistic, especially in drawing, photography, and music and hopes for a career as an artist. She's joining marching band as a bass drummer and learning double bass. Gen rode the equestrian path for a few years, and played lacrosse, soccer, baseball, and volleyball. Rugby however, is Gen's unwavering favourite sport.



Shawna Lincoln – Lock "5"
5'10" 160 lbs 21 yrs old
From Ventura, CA
U.C. San Diego WRFC CIPP #385293
Student at U.C. San Diego

Shawna loves to travel and be outdoors. She plays rugby and soccer and is completing a socio-cultural anthropology degree at U.C. San Diego. Shawna's family, friends and dog ("Indiana Jones") are the most important things in the world to her.



Melissa "Mel" Loomis – Scrum Half "9"
5'4" 145 lbs 22 yrs old
From Buena Park, CA
Coast WRFC CIPP #126885
Project Specialist – Kurtzman Carson Consultants LLC

Mel just graduated from Loyola Marymount University in May (Go Lions!), where she majored in Finance and International Business. She is a former dancer and cheerleader. Mel has two sisters and a half-brother. Mel loves to travel, learn new languages, be outdoors, and compete.



Harley "Quinn" Moeller – Eight / Lock "4"
5'9" 132 lbs 15 yrs old
From Brea, CA
Hacienda Heights RFC CIPP #390581
Student at Fullerton High School

Harley discovered rugby on a vacation to England. Harley took to it with a passion. She first played touch with Fullerton YRFC then, at 12 years old, she played full contact as a substitute for the U19 girls' team. Harley is the team captain at Hacienda Heights RFC where she plays Eightman and Fly Half. This is Harley's first outing on a select side.



Samantha "Sammy" Pinson – Prop "1"
5'7" 180 lbs 16 yrs old
From Fallbrook, CA
Fallbrook RFC CIPP #389751
Student at Fallbrook High School

Sammy plays volleyball, basketball, field hockey, and swims. She enjoys rugby the most because it's the best sport in the world.



Christina "X" Ramos – Prop "3"
5'3" 160 lbs 20 yrs old
From Modesto, CA
U.C. Santa Barbara WRFC CIPP #344261
Student at U.C. Santa Barbara

Christina loves hanging out with her older brothers, playing cards with her family, shooting trap, snowboarding, and watching the Oakland A's. She studies psychology at U.C. Santa Barbara, and hopes to live abroad in Portugal or the Açores after graduation.



Carmen Requeña – Wing “14”
5’3” 118 lbs 21 yrs old
From Lima, Peru
San Fernando Valley WRFC CIPP #410374
Student at Cal. State Northridge

Carmen enjoys running half-marathons, going to the beach, working out and school.



Emily “E-Rok” Rodin – Inside Center “12”
5’9” 140 lbs 20 yrs old
From San Pedro, CA
Coast WRFC CIPP #313154
Student at Cal. State Dominguez Hills

Emily grew up with sports: gymnastics, swimming, softball, badminton and soccer. She competed in soccer and badminton in college. Now, she studies Recreation and Leisure Services and plays soccer for Cal State Dominguez Hills. Emily picked up rugby in high school and got hooked on the physical contact and just being out on the pitch.



Andrea “Dre” Staid – Wing “14”
5’4” 140 lbs 23 yrs old
From Los Angeles, CA
Santa Monica WRFC CIPP #385230
Aerospace Engineer (aka Rocket Scientist)

Andrea played soccer and ran track throughout high school and college before giving rugby a try. When not playing sports or enjoying the outdoors, Andrea spends most of her days working as an engineer on the Space Shuttle Main Engine.



Vanessa VanBuskirk – Prop “1”
5’6” 235 lbs 20 yrs old
From San Jose, CA
San Luis Obispo WRFC CIPP #383998
Student at Cal Poly SLO

Vanessa is studying biology at Cal Poly SLO.



Alexis "XL" Volen – Scrum Half "9"
5'1" 135 lbs 21 yrs old
From Loomis, CA
U.C. San Diego WRFC CIPP #265869
Student at U.C. San Diego

Alexis is completing her studies at U.C. San Diego with a double major in Psychology and Management Science (she has perfected the art of facebook). In her free time, she loves to travel (epic adventures), snowboard, extreme sports, and relax. Alexis plans to play rugby in New Zealand in the near future with her "bff" and teammate Barker.



Elyse "Creeper" Widin – Fly Half "10"
5'2" 125 lbs 22 yrs old
From Auburn, CA
San Luis Obispo WRFC CIPP #342367
Student at Cal Poly SLO

In her time away from rugby, Elyse loves to skateboard, surf, and snowboard. She lives for live music, awesome books/comic books, camping, and the outdoors in general. Elyse is working towards a bachelor's degree in Mechanical Engineering at Cal Poly SLO.



Sheri A. Hunt – Coach
From Manhattan Beach, CA
Research Fellow, Neutrogena

Before coaching, Sheri was honored with making 3 world cup teams for the United States (Cardiff, Wales '91, Edinburgh, Scotland '94 and Hong Kong '97). Now, when not coaching, Sheri enjoys bicycling to work, surfing on Sundays and golf anytime.



Kathryn "Kate" E. Nichol – Assistant Coach
From Minot, N.D.
Clinical Specialist in Neuroscience (Alzheimer's research)

Kathryn coached the Griffins' U23 side in 2006 and 2007 and Texas A&M sides 2000-'03. She also played Griffins' Senior Side 2003-2007, Griffins' 7s 2003-'05, the West Select Side 2001-'02 and with Coast WRFC and Austin WRFC. She loves to camp, hike, kayak and off-road with her fiancé, Sean, whom she will marry in August on Catalina Island, CA. Kate will run her first marathon in October to support the Alzheimer's Association.



Bert Moeller – Assistant Coach
From Brea, CA
Construction Manager

Bert first volunteered to coach youth rugby without ever playing rugby. To ensure his coaching was based in factual experience, Bert began playing rugby at age 38. He coached two undefeated championship teams for Fullerton YRFC (U15 boys in 2005 and U14 boys in 2006) and now coaches U16 and U19 girls for Hacienda Heights RFC. He also founded the Mutineers RFC division III men's side. Bert is relishing his chance to stand in Sheri's shadow and has already begun to "steal" her phrases. Off season, Bert dreams about the season.



Alli M. Salaman – Manager
From Lafayette, CO
Rugby Mom

Alli is a ski addict. She spends every powder day in Winter Park, CO. A stay at home mom, she volunteers at USA Rugby headquarters, is on several IACUCs, and can fix just about anything. In her former life, she was a Buyer and Master Scheduler in Plastic Injection Molding.



Michael "Spike" Ireland – Trainer / SID
From Thousand Oaks, CA
Available for Employment

Michael played hooker and flanker for Loyola Marymount University (undefeated through four seasons) and briefly for Santa Monica RFC. He coached Channel Islands U19 girls' rugby team in 2008. He loves to play sports, SCUBA dive, mess around with computers, cameras and anything else hi-tech, and race Corvettes (when his wife finishes her races!). He has a black belt in Taekwondo and travelled around the world (literally). Michael would travel anywhere at anytime.

Rugby Background

Rugby football is the fastest growing sport in the United States and predates American football. Rugby was an Olympic sport in the early years of the 20th Century.

Some sports historians date the origins of rugby to the days when folks considered it amusing for the residents of one town to try to deliver a young pig to the opposing town's village square whilst preventing the piglet from being returned to their own town square. Players would employ various methods of dodging, dashing, passing, or just running over others to make progress. Over the years, these competitions were refined and emerged as rugby, soccer, football, etc. To the casual observer, rugby still seems remarkably close to its roots.

There is also the often-cited legend of William Webb Ellis, who bored of kicking the ball during a soccer match at Rugby School in England, so he grabbed the ball in his arms and charged toward the goal. Of course, the opposing team protested physically and William's mates rushed to his aid. The resulting melee was so thrilling for players and spectators, it spread wildly.

Wherever it came from, rugby is now played on every continent (we have it on good authority that Antarctic researchers have been known to play keep away with a hapless scientist's mittens, which qualifies as rugby) and the 2007 Rugby World Cup finals drew more than 2.25 million personally attending and 4.2 billion people watching on the TV.

For more background information on rugby:

http://www.uidaho.edu/clubs/womens_rugby/RugbyRoot/

