

**IDAHO STATE UNIVERSITY**  
**RUGBY CLUBS**  
***"THE PROGRAM"***  
***WE ARE WARRIORS***  
**HISTORY & INFORMATION PROFILE**  
**FALL/SPRING 2009/2010**



***ROAD TO THE NATIONAL  
CHAMPIONSHIP***

***2010***

***COLLEGIATE RUGBY:*** Collegiate rugby has been in existence since the 1800s. It was mainly played on the east and west coast. Today there are over 759 men and women collegiate teams in the nation. Rugby is not an NCAA sport. However, we do have a playoff system, eligibility criteria, and a national championship tournament. Most recently, women's rugby has been approved as an emerging sport by the NCAA. This will do great things for rugby overall. Rugby was an Olympic Games sport back in the early 1900's. The United States own the only gold medals ever awarded in the Olympic Games. The first Collegiate Conference was started by Harvard, Brown, and Columbia Universities. We now have 6 regional territories across the nation.

***COLLEGIATE NATIONAL CHAMPIONSHIPS:*** Each year teams compete during the regular season for the opportunity to make the playoffs and compete for the national championship. USA Rugby has two divisions that teams can choose to compete in. Teams have to designate which division they will play in Division 1 or 2. Each division will crown a national champion for both men and women. The men's Division 1 Championship was created in 1980. The women's Division 1 championship was not created until 1991. In 1998 the men's Division 2 championship was created. The women's Division 2 championship was not created until 2000. The future we feel will eventually call for a Division 3 championship.

***ALL AMERICAN TEAMS:*** Each year Collegiate Rugby selects an All American team for men and women. The selections are conducted in two ways. 1. Several try out camps are held in which players can attend and be chosen from these tryouts. 2. Each year there is a collegiate all-star tournament in which players are selected to play from their perspective regions. There are five (5) teams; East, West, Mid West, South, and the Pacific Coast. Players can also be selected as an All American from this tournament. The All American teams compete internationally against some of the very best rugby nations in the world. Selection to the All American squad can also, lead to an opportunity to make the United State National Team, the Eagles. Here at ISU we feel we have a couple of players we will be sending to the All American camp next year.



# **IDAHO STATE UNIVERSITY MEN'S RUGBY CLUB:**

*The first ISU rugby club was created in 1981. At that time the program was not involved with USA Rugby. The team did compete against many of the teams that are in our conference today, such as Brigham Young, Utah State, and the University of Utah. The team also competed against schools in Montana, Washington, and Oregon. However, there was no conference and the playoff system was not in existence at that time. By the time the playoff system was created the ISU program had folded. This happened mainly because the co-organizers of the program graduated and move on and no one was left to continue the program.*

*In the fall of 1996 the program was reinstated and became a charter member of the Inland Pacific Collegiate Conference. The Conference included: Brigham Young, Utah State, University of Utah, Weber State, Boise State, and Idaho State.*

*In 1996 only two (2) players who join the ISU team had any rugby experience. Competing in a conference with teams that had been around for over thirty years was tough. However, the players on that revitalized team never ever quit trying to do their best. There was a pride that developed and this pride has been the foundation of ISU rugby. We have never backed down from playing anyone, no matter who they were. That attitude has helped our program grow. The experience we have received by playing some of the best teams in the nation is the key that has helped our players and program improve each year and to become the team of the future.*

*In 1999 the team compiled it best record, going 8-4-1. We out scored out opponent 462 points to 183. The team has competed very well against: The Air Force Academy (2003 National Champions), Nebraska, University of New Mexico, Wyoming (national runner ups in 2000) Colorado State, Univ. of Colorado, U of Montana, Oregon State, and many other schools in Washington State. In the spring of 1999 the team lost a heart breaker to the University of Nebraska 17 to 18. That same spring of 1999, we lost fourteen starters and started a rebuilding phase the fall of 1999. In the fall of 2000 the ISU program switched from Division 1 to Division 2. We felt this is our best chance at making the playoffs.*

## **Rugby**

***The game of rugby is about life. You don't get  
to fall down and stay down or it moves on  
without you.***

*Ram Eddings*



*Left to right in orange: Veteran Connor Collins, Flanker #6 and Rookie Wesley McWaine, Locke #5*

*In the spring of 2002, the team traveled to the University of Arizona. The U of A has an 86-man roster and 10 coaches. It was a new experience for our team. Prior to this tour, the team was struggling and did not understand their true potential as a team. They were not clicking as a unit. In Arizona, they begin to put things together and realized that they could play with top caliber teams. As was indicated, our tradition is to play the very best clubs when the opportunity arises. On the logo on our jerseys are the words “No Fear” which signifies our belief in our abilities to stand tall against anyone.*

*In 2003 we began to play very well. Things were coming together for the team. We played well on our trip to Oregon in February of 2003 taking 2<sup>nd</sup> place in the tournament there; we made the playoffs for the first time in our history this spring. We deserved to go and we did and performed well. We came in 3<sup>rd</sup> in the region, going 1 & 1 in the playoffs. We played hard and just missed going to the Elite 8. We left Santa Clara, California with our heads up and people respecting Idaho State University. We are excited about the future. In 2004 we again played in the first round of the playoffs. However, due to a tragedy with our program, we fell short of moving on. In the 2005 the team competed in the United States of America Rugby Football Union Elite 8. The team finished 7<sup>th</sup> in the nation for Division 2. We have a solid program. In the twelve years we have been here there has been tremendous forward progress. Our goals include a national championship in the future.*

***ISU WOMEN'S RUGBY:*** In the past there have been women playing rugby who were associated with ISU. However, it was not a real legitimate collegiate team. In the fall of 2001 the first legitimate women's program was created. We are looking to have a solid women's program here at Idaho State in the future. The women did well for their first year and we felt the program would only get stronger and both our programs would continue to grow. In 2003/2004 the women's team struggled to maintain players needed to comprise a competitive team. While many did get an opportunity to play some games, generally they had to have help from other teams. Therefore they were not eligible for the playoffs. Building a new program is tough. It takes time, dedication, and patience. We have 12 solid players. They are the best athletic team we have had here at ISU. That is very promising for the future of the program. We are committed to our women's program and we will be successful. We continue to interact with the Idaho State Athletic Department about making women's rugby the next women's varsity sport on campus. We have the set up to make it happen.

***WOMEN'S RUGBY AN EMERGING NCAA SPORT:*** Women rugby has been approved by the NCAA as an emerging sport. We have ten years to develop a competition system and to get institutions to implement rugby as a varsity sport. Becoming a varsity sport will do wonders for rugby as a whole. There are over 300 collegiate women programs in the nation. In addition, in 2008 USA Rugby held the first high school girls rugby national championships. There are over a 150 women high school programs in the nation. Several of these programs have achieved varsity status at their schools. The future means greater recruitment opportunities for collegiate programs. We are very excited about this opportunity and look for a bright future in women's rugby.



*Idaho State Player of the Year 2003, Amber Larson (first standing player) playing for the Pacific Coast Women All Stars, the Grizzlies in San Francisco, CA*

## **IDAHO STATE COACHING STAFF:**

**Ram Eddings** \_\_\_\_\_ **Head Coach**  
**Pete Otto** \_\_\_\_\_ **Assistant Head Coach**  
**Mike DeKing** \_\_\_\_\_ **Assistant Coach**  
**Geo Simmons** \_\_\_\_\_ **Assistant Coach Strength and Weights**  
**Captain** \_\_\_\_\_ **Jesse Haddix**  
**Club President** \_\_\_\_\_ **Fred Vilas**  
**We also have several part-time Assistant Coaches.**

*We have one of the most knowledgeable and experienced coaching staffs around the conference. Together there is more than 60 years of rugby involvement and play.*

**HEAD COACH RAM EDDINGS** played competitive rugby for 19 year, playing in both Divisions 1 and 2. Coach Eddings has been coaching for 15 years as a head coach. He has coached both men and women, collegiate and club side teams and the USA Grey Wolves. Coach Eddings is a former All-Idaho Select Side player and played in the east and west coast Men's Club Side Championships for Divisions 1 & 2. Coach Eddings is a Level 2 Certified USA Rugby Coach. He hopes to have his final level 3 certification in 2009. In 2001 coach Eddings was elected to the United State of America Rugby Board of Directors, as the collegiate representative, representing the 800 collegiate programs. He has been selected and received the "HEROES" award for his commitment to youth, and is the CEO and President of the nationally known Grey Wolves All Star Team. In the summer of 1994 coach Eddings ran and walked 2600 miles from Los Angeles to Washington DC raising funds for youth rugby.

**COACH OTTO:** Is from South Africa and has over forty years of rugby experience as a player and coach. Coach Otto has played on the highest levels and was at one time considered for the South Africa National Team, one of the strongest teams in the world. Coach Otto has a vast amount of rugby knowledge and is a tremendous asset for Idaho State Rugby.

**MIKE DEKING:** is a former ISU player and also brings a fresh approach to the modern game of rugby. This is Mike's first coaching job and we know he will do well. Mike will also become a referee.

**GEO SIMMONS:** Is the strength and weight s coach. Geo is also a former Idaho State rugby and football player. This knowledge of both football and rugby gives Geo a great understanding of how each game is played and how to set up training programs for each player.

**CAPTAIN JESSE HADDIX:** is in his second season as Captain. Jesse comes from the state of Washington and plays the Scrum Half position. His leadership skills are vital for our continued success.

**ADDITIONAL COACHES:** In addition to the permanent coaching staff, we have a host of other coaches who will help the team out. We also will bring in specialist for assistance. This helps to maintain a solid base for training our players.

***STYLE OF PLAY:*** Our style of play is a quick game. When the opponent gets to the break down, we have already secured the ball and gone. We are never in one spot long enough for the opponent to be effective. It is geared to force the opponent to have to run more than they want to. We never give them a moment to rest keeping them off guard until they cannot think or react by the end of the game. We play a 4 by 4 offense and defense. What this means is, whichever way the ball goes out of the scrum or loose play, the four players to that side are responsible to secure the ball. This allows our forwards to be in good support positions and it does not force all forwards to have to run across the field all day. Our back line is wide open and our backs always have a green light to run, run, and run. Both our scrum and backs work together. They must understand each other's strengths and weakness in order to offer the best continuity possible.

**CONDITIONING IS THE KEY TO OUR STYLE OF PLAY. WE EXPECT ALL OUR PLAYERS TO BE AT THE HIGHEST LEVEL OF CONDITIONING POSSIBLE. ANYTHING LESS IS UNACCEPTABLE.**

***TRAINING, EQUIPMENT, AND FIELD:*** We believe that the success of any program is hard work. We expect our players to work hard in practice and in the class room. As for training, we are one of the best equipped teams in the conference. We have all the necessary equipment to help players improve on the skills and ability to become solid rugby players. Also, SAFETY is our first concern and requires that all our players wear scrum caps for protection against head injuries.



*Idaho State Rugby Club @ University of Montana 2008*

**PITCH:** We have our own pitch to practice and play games. Our pitch is one of the best in the nation and in 2008 we were awarded \$20,000 from the ASISU student government to improve it. That work should be completed by the fall of 2009.

**TRAINING:** We hold regular training sessions twice a week. However, we also have a rugby class that players must take and two one hour conditioning sessions. We also have our players sign up for weight training, aerobics, yoga, and military fitness classes. We believe these classes help our player improve their overall skills and abilities.

## **FITNESS, SPORTS PSYCHOLOGY, AND**

**NUTRITION:** It is very important that our players are prepared to play rugby both mentally and physically. The game is very demanding physically and being in proper condition is very important. Rugby is played in two 40 minutes halves, with no huddles. Physical condition helps player with their mental condition. We train very hard to be physically fit for our games. Rugby is a thinking person's game. 80% of rugby is mental and 20% physical. The beauty of the game is being able to make good decisions while being on the move. Playing two 40 minutes periods is very demanding and being smart and in the proper condition makes it fun. This leads to two other areas of training; Sports psychology, being mentally prepared and Nutrition, having proper eating habits. Eating habits are very important in order to maintain a high level of energy throughout the game. We high encourage our players to eat correctly. We do have part-time Sports Psychologist and a Nutritionist to help our players in these areas.

## **THE UTAH RUGBY UNION COLLEGIATE CONFERENCE:**

Idaho State University is a charter member of the Utah Rugby Union Collegiate Conference. The Conference was organized in 1995 and was called the Inland Pacific Collegiate Conference. Our Conference was recognized by USA Rugby and thus eligible to compete for the playoffs. In 1998 BYU and Utah State represented the conference in the playoffs for Division 1. Division 2 was just getting started. BYU did well and advanced in the playoffs. Utah State lost their first match, but the experience was very good for their program. In the fall of 1999, the conference was renamed, the Utah Rugby Union Collegiate Conference. Over the years Brigham Young and the University of Utah have been to the playoffs. Brigham Young having finished 4<sup>th</sup> in previous years and the University of Utah made it to the sweet 16 in 2000 and were national runner-ups in 2002. In 2002 Utah Valley State College was the Conference Division 2 champion and represented us at Sanford. They won their first match but lost a close game to Sanford in their second match. Sanford went on to win the national championship for Division 2. We have one of the strongest and most competitive conferences in collegiate rugby. All our programs are solid and improving with each year.

## **DIVISION-2, LEADING THE CONFERENCE:**

Division 2 is becoming a very competitive division. All the teams are very strong and it will be a big test for each team on their way to the playoffs. We look for some very strong and solid rugby coming from this division. In addition, this spring 2009, Snow College has submitted an application to enter the conference. We are not sure which division they will enter.

## **CONFERENCE TEAMS:**

### **Division I**

*Brigham Young University*  
*University of Utah*

### **Division II**

*Idaho State University*  
*Utah Valley State College*  
*Weber State University*  
*Utah State University*  
*Boise State*

*Snow College has apply to enter the conference for 2009*

***RECRUITING:*** *We are constantly recruiting for the clubs. Ninety five percent of the students that participate in rugby at ISU have never played the game. As mentioned earlier, our players have heart and are good athletes that accept the challenge of doing something new and upholding the ISU Rugby tradition. We have open enrollment and invited anyone interested in rugby to come out for the teams. You don't have to be big, just have heart. Never played! Don't let that stop you we will teach you the game.*

***HIGH SCHOOL RUGBY RECRUITING:*** *One of the keys to collegiate rugby's future will be the development of high school rugby. There are over 600 male and female high school programs in the nation. There are an estimated 429 boys and 150 girls' teams. Collegiate teams will be able to recruit from these youth programs. Most colleges do not give scholarships for rugby. Colleges that do have high school programs in their areas will be able to entice experienced rugby players from those programs to attend their college. ISU is the only team in the conference that does not have local access to high school rugby players. There is no high school rugby in Idaho. Utah has eight (8) high school programs. This provides the other teams in our other conference a solid resource in which to recruit. That gives them a big advantage over us. However, in an effort to recruit, the ISU Rugby Club has been given out of state tuition fee waivers. This will be a great help in our efforts to recruit high school players outside of Idaho.*

***OUT OF STATE FEE WAIVERS:*** *(men) Over the last 12 years with the majority of our players never having seen rugby and the level of competition we play, it was necessary that we recruit experienced players. It was taking us too long to train our players and by the time they had the experience they were graduating and we were starting a new five year cycle of rebuilding. With the support of past President, Dr. Bowen, Vice President of Student Affairs, and the Athletic Department, The program was given out of state fee waivers. ISU is one of only 10-12 programs nationwide that offer incentive for rugby players. By offering out of state fee waivers it has helped us recruit top level players. We are looking for waivers for the women. We believe very strongly with waivers for women we can build a very powerful and nationally ranked program.*

**OUTREACH PROGRAM:** Four years ago we developed an outreach program. The program is designed to take a collegiate sport to the smaller communities in Southeast Idaho. The purpose is to become involved in these communities, interacting with the youth and to educate the people about the sport of rugby. This has worked well and it has helped us in our recruiting efforts. We have held practice sessions, games, or cooked pancakes for youth in; Salmon, Soda Springs, American Falls, Blackfoot, and Idaho Falls. The folks in these communities have been great to us and have appreciated us coming to their communities. We have plans to do more outreach in the coming years. We are proud of this program and were the leaders in developing this type of program on campus.

**THE RUGBY SEASON:** We play two seasons in rugby, fall and spring. In the spring is when the collegiate playoffs are played. The playoffs begin in April and the national championships are held in May. In our conference we play each team twice, once in the fall and spring. Only divisional games count towards the playoffs.

**ELIGIBILITY CRITERIA:** There is an eligibility criterion students have to meet in order to play collegiate rugby. A student has **FIVE YEARS** of eligibility to play collegiate rugby. The five years time clock starts the moment a student starts college. It does not mean when you started playing rugby, but the moment you officially start college. A student must be a full time student and in good standing with their institution and registered with USA Rugby.

**EXCEPTIONS:** There are exceptions to this time clock. Those with religious mission's obligations and military service can obtain exceptions. These acceptations have to be approved by USA Rugby Eligibility Committee.



*Left to Right: Jerry Okeyo, Outside Center, Clint Johnson Inside Center, Mike Deking Fly-Half.*

## ***ACADEMIC ACHIEVEMENT:***

*The members of ISU Rugby have had great pride in their Academic achievements. We EXPECT all our players to graduate from the university. We have an 85% graduation rate. Many of our players have gone on to professional schools, Medical, Dental, Chiropractic College, and Law Schools. Many other have received advanced degrees such as Masters and PhDs. We are proud of these students and their achievements. Coach Eddings is also an Academic Advisor and Counselor with the university. In addition, we have an Academic reporting system for all freshmen, sophomores, transfer, and international students.*



## ***UNIVERSITY SUPPORT:***

*Like most collegiate rugby programs in the nation, ISU Rugby is a club sport on campus. However, we do receive some funds from the student government. We also work hard to raise our own funds. Our philosophy is do all that we can to help ourselves before asking others to help us. We have done such things as run 788 miles across the state of Idaho to raise funds for the program. This spring we will start our First Annual Boise to Pocatello. This is a 350 mile run. We hope to make this annual fundraiser that we can develop in the coming years. We have earned great respect from the university community to include the President of the University, students, faculty, and staff who have all contributed to our success. We have earned the positive reputation we have on campus. We are proud of our relationship with the university community. In the last two years we have also begun to receive solid support from the Pocatello and some surrounding communities as well. We work hard to do our best.*

***SPECIAL HONORS:*** Over the years many Idaho State University rugby players have received top honors for their play on and off the field. Four ISU players have played with the USA Grey Wolves a national all star team. This past year we had two men who made the All Conference for Utah Rugby Union Collegiate Conference. Two of our women also made the Utah Rugby Union All Conference Women's Team. Amber Larsen, ISU women's team Player of the Year for 2003 was invited to tryout and made the Pacific Coast all star team, the Grizzlies. We are proud of our player's who work hard in order to make these teams and represent Idaho State University. David Larsen, Craig Miles, Jess Willey and JC Freeman were All Conference Players.

## ***NATIONAL AND ALL-ARMY ACHIEVEMENTS:***

*This past fall 2008, two of Idaho State Alumni have distinguished themselves and our program.*



*Mark Roberts, comes back to visit ISU after making the United States National Team, the Eagles.*

***MARK ROBERTS:*** Was selected to play with the United State National Team, the Eagles. This is a great honor to make the national team and we are very proud of Mark. Mark recently played in an International game against the Queensland team from New Zealand in Salt Lake City and a number of our team members went to support and watch him play.

***FIRST LIEUTENANT: EDER RAMIREZ,*** Was invited to tryout and made the United States All-Army Team. Again, this is a great honor for Eder and the ISU Rugby Program. Eder had the opportunity to play in the Military All-Services Tournament.

## **PLAYERS TO WATCH IN THE FALL OF 2009:**

*In the fall of 2009, we are looking to have our best team since the 2005 season. We are expecting a very strong returning team and with the present recruiting season we are very excited.*

**Clinton Johnson # 12 and Jerry Okeyo #13.** *Jerry will have completed a year of collegiate rugby and we look for him to step up his game. Jerry is an excellent runner playing outside center for us. In the open field he is very dangerous. He has quick feet and can reach top speed very quickly. Jerry is an exciting player to watch. Clint has good speed and power. At Inside Center we look for him to put a great deal of pressure on the opponent. This is a very good tandem backline and they will only become stronger and better with experience.*

**Carey Coleman #8:** *From Florida has shown some great possibilities as our #8. Carey is in his second season playing collegiate rugby and has great possibilities.*

**Adam Ramirez #6, Connor Collin, and Paul Martin:** *These three players are very diverse in their ability to play multiple positions. They are mainly Flankers and are extremely active on the field. They give us great stability.*

**Alphonso White, Mike Matauvave#4, and Wes McWaine #5:** *Alphonso has great potential to be a solid rugby player. He has had a two season to get it straight. If he works hard he will be a play maker for us in the scrum. Mike is an up and coming player. Mike at the Locke position will give our scrum stability. Also, Mike has the good speed and power and loves to run the ball. Wes also has the ability to play multiple positions and also loves to run the ball. Wes is in his second semester playing rugby but the future for him is very bright.*

**Jesse Haddix #9 and Fred Vilas #10:** *Jesse is becoming one of the best Scrum halves in the conference. His continued improvement will add more to our game. Jesse is great on defense and reading defenses. Fred our Fly Half will have a host of talent in the backline to work with. His continued development at the position will help a lot without talented backline.*

**FRESHMEN RECRUITMENT:** *As indicated, we have had a great freshman recruitment season. These players we feel will have a strong and immediate impact on the team. These players will come from the following places.*

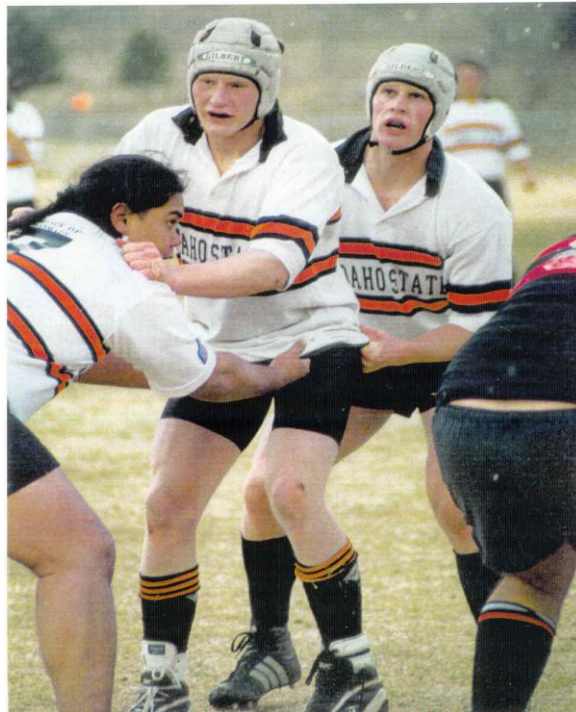
**TEXAS**  
**OREGON**  
**MISSOURI**  
**COLORADO**  
**ENGLAND**  
**CALIFORNIA**  
**MONTANA**

## ***THE FALL 2009 SEASON:***

*Fall 2009 schedule will find us in the thick of things. We will travel to the United State Air Force Academy. In addition, we will also, host a team from South Africa here at ISU and that is exciting. Another major test will come against the University of Montana in the Montana/Idaho game. This game is played once a year between these two universities for bragging rite. A traveling trophy is kept by the winning team. Idaho State has lost the last two matches. We will be looking for revenge.*

***THE ALUMNI HALL OF FAME GAME:*** *In the spring of 2002 the first alumni game was played and the ISU Rugby Hall of Fame was created. In the first year seven members were inducted in to the Hall. Two of the members were the original men who started the ISU Program back in 1981. The Hall of Fame Alumni Game is held every two/three years. In 2004 Ms. Bobette Rowe, former ISU Women's coach was inducted. This fall we will also host the 3<sup>rd</sup> Bi-Annual ISU Hall of Fame Alumni Game. We hope to bring back the two teams who made the playoffs in 2003 and 2005. During this time we will also induct three new members into the Hall of Fame. We are really excited about this game. The ISU men have never lost to the alumni since it was developed. However, expectations are very high with the alumni.*

*In addition to the games we will play, our pitch will be completed by the fall and should be the best in the conference. We are excited about this.*



*From Left to right three future ISU Hall of Famers Thomas Tamaseu,, Jess Willey, and Justin Livermore*

**ORGANIZATION:** *The rugby club is a member of the Club Sports Council. The organization regulates all club sports programs. Both of the ISU Rugby Clubs are operated by elected officers and an advisor. Each year the teams hold elections for president, vice-president, secretary and treasurer. These individuals insure that all universities policies and procedures are followed.*

**EDUCATION:** *Our motto is simple; you are attending ISU to get an education. We expect our players to attend classes and maintain good grades. Idaho State University is set up to help students be successful in school. We expect our students to do all that is necessary to maintain your academic good standing. As we say, you have two things to do here, get your schoolwork done and make rugby practice. These two must work together. We pride ourselves as one of the top academic sports on campus. Many of our players have gone on to medical, dental, chiropractic, and optometry schools. Others have received advanced degree. If you are not in good standing with the university academically, you cannot help us. Each team in the conference selects annually, an Academic All-Conference Player. This is done to acknowledge the outstanding academic performance of the players. We are truly proud of our student athletes' performance in the classroom.*

**FINANCIAL MATTERS:** *ISU rugby being a club sport means we do not receive funds from the Athletic Department. Our students have to do a great deal of fund raising. We do receive funds from the Associated Students of ISU, but it is not nearly enough to fund the program. In April of 2000 the men's team ran from Coeur D' Alene, ID 788 miles to raise funds for the program. We raised \$7000, which was used to purchase needed training equipment. We are constant creating fund raising activities to help ourselves. Often, our players have to come out of their own pockets to keep thing going. Our objective is to eliminate that happening. In 2002, we (men) did a sponsor a jersey campaign to purchase new needed white jerseys. We asked different departments to sponsor a jersey for \$50. With that sponsorship, we would place their department name on the back of the jersey. We received 27 sponsors and we were able to purchase our new uniforms. In 2003 we went to the community for jersey sponsorships and were successful. If we are to continue to travel and play top level competition we must have financial backing. We hope the future will open some doors for us as the community begins to see the dedication, commitment, and sacrifices our student athletes make on their way to becoming the best. To reach our goals we must have financial support from the southeast communities. We will continue to help ourselves, but your support would be greatly appreciated.*

**THE KEY TO OUR SUCCESS IS:**

**GO FORWARD      GIVE SUPPORT**  
**MAINTAIN CONTINUITY**  
**PRESSURE THE OPPOSITION**

**RUGBY MYSTIC:** In the past rugby has had a reputation (that it earned) for fighting, drinking, destructive, and just being wild. Even today, we hear people talk about rugby players drinking and partying. **That is not and never will be part of ISU Rugby.** Today, collegiate rugby is trying very hard to change that image. Rugby is a great sport and for teams to be successful, they must have solid athletes playing the game. We are out to show that the type of athletes we have playing the game today are committed to doing their best. Each year the game and teams becomes more competitive. Our program here at ISU is one of high standards and professionalism. Those who come out for the team are expected to conduct themselves in a **POSITIVE and RESPECTFUL** manner as student athletes. The overall conduct of our athletes is vital to our success on campus. We will not tolerate disrespect or misconduct from our players. We expect our athletes to do all that is necessary to insure that they are fully prepared to play top level rugby. We have nutrition, sports psychology, conditioning, and weight training programs that we want our players to follow. We provide up to date training and skills building to our players. Our players are athletes and as athletes, they are expected to train to be mentally and physically prepared. That is what we look for. Those who can not stand up to those standards are encouraged to find another club to join.

**A NATIONAL CHAMPIONSHIP:** This is a big goal. It is one that we believe we can achieve. However, you have to truly visualize the magnitude of the goal. National Champions, it has a great ring to it. To reach this goal will not be easy. It will require hard work and great sacrifice. There can be no excuses; the work has to be done. This is our goal and all our work will be designed to get us there. It will be hard, demanding, and at times down right nasty. Understand, there are over 750 men and women collegiate team all seeking the same goal. The coaching staff and players must believe and be willing to do what is required to get it done.



*The 2005 USA Rugby Football Elite 8 National Tournament Santa Cruz California ISU 7<sup>th</sup> in the Nation*

**CONCLUSION:** While the ISU program is young by the standards of the other schools in the conference, we are growing and our ability to compete successfully with others is also improving. We are committed student athletes and coaches. We seek players who want to work hard, will take up the challenges we have set for ourselves, be committed, and who are willing to try something new. We want a national championship and we will be successful reaching that goal. Rugby is a great game to play. The game challenges your very being, physically and mentally.

The attitude of our players is solid and committed. Although rugby is a club sport at ISU, we are serious about our program and we want to be successful. As athletes we expect a lot from our players. They may not be scholarship athletes, but their work ethics and desire to be the best is second to none on this campus. For a few years we were the top program on campus. We took great pride in that accomplishment. While we have been rebuilding, we are on the thresh hold of returning to our winning ways. We are proud of what ISU Rugby is all about. Those interested in playing for us must be serious and ready to join a winning program.

## **NATION GUARD**

In 2006 the Idaho State University received a \$6000 equipment grant from the U.S. National Guard. The Guard awarded 300 kits to colleges across the nation. We were very honored to be given this grant and to have the Guard as one of our sponsors. The National Guard is the major sponsor of all USA Rugby Championship Tournaments.



*We are Warriors*

**HONOR HEART TEAM**

# **C**OMPETITION

Over the years Idaho State Rugby has competed against some of the best rugby teams in the nation. We are proud of the level of competition we have played and the success we have had. Below are teams we have competed against over the years. We will continue to compete against the best teams we can, Division 1 or 2.

*Air Force Academy 2003 D-1 National Champs*

*University of Oregon D1*

*University of Nevada (UNLV) D2*

*University of Nebraska D1*

*Northern Colorado University 2005 D-2 National Champs*

*University of Oregon D1*

*University of Wyoming D1*

*University of Idaho D2*

*Central Washington D1*

*Colorado State D1*

*Oregon State D2*

*Weber State D2*

*University of Colorado D1*

*University of Montana D2*

*Boise State D2*

*University of Arizona D1*

*Brigham Young University D1*

*Utah Valley University D2*

*University of New Mexico D1*

*University of Utah D1*

*Santa Rosa D2*

*Merit-time University D2*

*George Town University D2*

*Orange signifies our wins*

# **IDAHO STATE UNIVERSITY RUGBY CLUBS**

*Student Athletes Seeking Education and Athletic Excellence*

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*Ladies and Gentlemen:*

*On behalf of the Administration, faculty, staff, students, veteran rugby players, and the Idaho State University Rugby Club coaching staff, allow me to welcome you to the Idaho State University Rugby Club organization. We are very happy that you are showing interested in our club. ISU Rugby is a program full of tradition and pride. While we are a club sport on our campus, we are committed to being the best sports organization on campus. Our players are not on scholarships, but their work ethnics are second to none. Our goals are high. **WE WANT A NATIONAL CHAMPIONSHIP.***

*We are looking for the serious athletes (male & female) who are interested in a challenge like no other they have ever experienced. We require hard work, some sacrifice, and your commitment to do your part to help us continue to be successful. If you cannot give us that, then we suggest another club sport might work for you.*

*Our pride is deep inside of us. We have never backed down from playing anyone. We have competed well against many rugby powerhouses such as; the Air Force Academy, Brigham Young University, the University of Utah, Nebraska, University of New Mexico, and the University of Arizona, to mention a few. We will continue to play schools of this caliber. We are proud of our program. Our student athletes over the years have given a great deal to help us build our program. Today we are ready to move to the next stage in our development. Your participation will help us achieve our goals.*

*Finally, we are about rugby but most important, we are about education. That is why you are here, to obtain an education. Many of our players have moved forward achieving advanced degrees and others have achieved their careers goals. We expect you to work hard and to be just as dedicated in the classroom as you will be on the rugby field.*

*We are happy you are here at Idaho State University and that you are willing to give rugby a chance. It is a sport like no other. It is exciting and fast paced. Please read the information in this packet and if you have any questions, just let us know.*

*Sincerely,*

*Ram Eddings, Head Coach*

## ***Idaho State University Rugby Club***

***THE ROAD TO THE NATIONAL CHAMPIONSHIP  
STARTS HERE and, STARTS NOW.***

***The difference between  
INVOLVEMENT AND COMMITMENT  
is like a ham and eggs breakfast, the  
chicken was involved, but the pig was  
committed.***

*Unknown*

*The goal has been is set. We have the personnel, the coaching is solid, and the game plan has been developed. Let the training begin.*

*Now, it is up to us to take up the challenge and make it a reality. Let's get the job done.*

**TEAM ROSTER 2002/2003 MEN**

<i>Josh Kent</i>	<i>Locke</i>
<i>JC Freeman</i>	<i>Scrum half/Fly half</i>
<i>Jess Willey</i>	<i>Captain #8</i>
<i>Craig Miles</i>	<i>Center (Player of the year 2002)</i>
<i>Jerry Tillman</i>	<i>Prop/Hooker (Co-Coaches Award)</i>
<i>David Larsen</i>	<i>Full back/Center_(Rookie of the year)</i>
<i>Casey Price</i>	<i>Prop (Scrum player of the year)</i>
<i>Luke Barry</i>	<i>Flanker/Full back</i>
<i>Eder Duran</i>	<i>Winger (Co-Coaches Award)</i>
<i>Jeremy Davis</i>	<i>Scrum half</i>
<i>Thomas Tamaseu</i>	<i>Prop/#8</i>
<i>Wayne Fuller</i>	<i>Hooker</i>
<i>George Levave</i>	<i>Center</i>
<i>Mike Mckee</i>	<i>Flanker/Locke</i>
<i>Kelsey Holde</i>	<i>Winger</i>
<i>Spencer Lee</i>	<i>Flanker/Locke</i>
<i>Jeremy Freeman</i>	<i>Hooker/Wing</i>
<i>Phil</i>	
<i>Kon</i>	
<i>Mike Simms</i>	<i>Flanker/Back</i>
<i>Justin</i>	
<i>Alan</i>	
<i>Alvin</i>	
<i>Jared Kidd</i>	<i>Flanker</i>
<i>Ben</i>	
<i>Cur</i>	
<i>Leavo</i>	
<i>Danny B</i>	<i>Flyhalf/Fullback</i>

**WOMEN: 2002/2003 Roster**

<i>Amber Larsen</i>	<i>Fly half (Back of the Year2002)</i>
<i>Kristi Papa</i>	<i>Scrum Half</i>
<i>Ofelia Oseguera</i>	<i>Scrum</i>
<i>Sara Van Dinter</i>	<i>Winger (Most Improved Player of the Year2002)</i>
<i>Serena Lambert</i>	<i>Center</i>
<i>Stephanie Williams</i>	<i>Center</i>
<i>Theresa Tsosie</i>	<i>Locke (Scrum Player of the Year 2002)</i>