

# Connecticut Yankees

## Rucks & Mauls

Volume 1, Issue 12

December 14<sup>th</sup>, 2012



mcgovern

*"It's gonna be massive footy, mate."*

### TRIBUTE

#### In this issue of Rucks & Mauls

In light of the pending apocalypse (zombie, or otherwise), we thought it would be appropriate to reflect upon the illustrious history of the Connecticut Yankees, and to pay tribute to those legendary characters who have come before us. There have been countless Legends over the years, but this one goes out to the Original Yanks.

- *Tribute*
- *Dead Sea Scroll*
- *A Yankee Legend Speaks*
- *Some WD-40 For The Joints Courtesy of Pappa*
- *Social Calendar*
- *Legend's Corner*
- *A Thanks to our Sponsors*
- *Spring 2014 Tour Announcement!!*

What has become apparent in our research, is that a few things have changed, like the names involved, and cost of dues (which used to be \$30!!), but the attitude, love for all things rugby, and debauchery have largely stayed the same. Reproduced here (without permission) is the original newspaper ad placed by Connecticut Yankees Godfather, Frank Sinnott (President 1976), in September of 1975...

#### **Ruggers wanted!**

#### **Westport rugby team now forming**

A new rugby team is taking shape in the Westport area. The team, yet unnamed, should see action along college, state and regional lines. Preliminary practice and position assignments will begin at once since a few games may be arranged before the winter weather arrives.

Traditional rules will be observed, with equally traditional after-game festivities fully encouraged.

The only requirement is that prospective players must display a robust loyalty for this dignified form of controlled mayhem. Weight and size, of course, should be adequate, but grim determination will suffice quite handily. If interested, and we fail to see why not, please contact Frank Sinnott, 226-5683.

That first season end much like the Fall of 2012...inauspiciously. The Yankees played one match in the Fall of 1975, and lost to Yale University 28-4 (is it even possible to score 4 points in a rugby match??)

With one "season" under their belts, the inaugural Yankees joined the Metropolitan New York Rugby Union (now dissolved) in the spring of 1976. After a Fall 1976 record of 6-5-1, the Yankees were moved up to Division II for the Fall of 1977. With a first place finish in Division II, the Yankees were then moved to Division I for the Fall of 1978. This was a momentous move for such a fledging club.

The end of the 1970's saw the Yankees host a number of visiting sides from Europe, and begin planning for the milestone tour of England in the Fall of 1981. Let us note here that most of the current Yankees were not yet born when the plane left JFK, bound for Heathrow Airport on August 27, 1981...

## THE HISTORY OF *RUCKS & MAULS*

In researching the Yankees, the crew here at *Rucks & Mauls* uncovered fragments of ancient issues of *Rucks & Mauls*, which had been floating around in the ether for a number of millennia. These issues were poorly, poorly written...and typed on a typewriter (a what?), which reminds us...before going any further, we would like to send a special shout-out to the current staff of editors, writers, foreign war correspondents, and photo-journalists who help contribute to these monthly issues. They are overworked, underpaid, and generally disgruntled. Often times, they do not even know we will be borrowing their text or Facebook photos. So thank you: Randy Heller, Michael "P.Diddy" Pappa, Melissa Clark, Cathy "Mrs. Cheese" Buerger, Patrick "Captain Planet" Toole, Giles "Baby Daddy" Haysom...and the rest of you who have contributed in some way this year...

Now, for a real treat, reproduced here is the text from the June 11, 1978 issue of *Rucks & Mauls* (the parchment had been torn to shreds, painstakingly pieced back together, and re-typed on my iPhone, so excuse any typos).

### ANNOUNCEMENT

A picnic of major proportions is definitely scheduled for Saturday, July 8 from 5:00pm on the ymca recreation camp in Westport. Beer, clams, dogs, burgers, corn, salads...etc. Five dollars per person gains you entry, all friends are welcome. The price includes party favors, hats, horns and a team picture. Softball, volleyball, canoes and awards are on tap for the day. Finalists in the Sandy Woodard look-a-like contest will be named. MVP, Rookie of the Year and forced retirement will be given to deserving souls. Call Ed L. for res. 226-6659 or work 226-3355

### BALTIMORE

The Yankees played one half and watched another as they lost to a tough North Carolina club. Halftime: 12-0 Yankees, final 21-12 N.C. The Eagles won their match 12-7 in a game noted for a great deal of kicking. Exiled - Baltimore, the town that made Spiro Agnew and the Son of Sam honorary founding fathers has asked that Mark Butterworth and Jim Kelly never return. We have no details but understand that films will be available upon request for a small charge.

Mike Skane sends his love from Arlington, VA.

Also at the picnic Jim Pocock will once again honor us with his now acclaimed sermon on "Violence in Rugby" if he can remember where the party is.

Will the real Sean Murray please stand up. Reports from Baltimore have it that Sean played like he was 25 and that Eddie like he was 50.

Membership dues for the Kevin Michaels Fan Club are to be sent c/o Kevin Michaels, Trumbull, CT.

Tournaments definitely on schedule for the summer: Saranac Lake, late July, Milford Oyster, August, and Monmouth, August, 28. Monmouth to be used as the trials match for the Fall season. Teams from Philly and Wash., D.C. to be there.

Wednesday night workouts (informal) to begin shortly. Contact Jim Kelly 255-5342.

Steve D. will have the fall fixture for distribution at the picnic. Be there.

FOND FAREWELLS Gene (Redeye) Fabray is leaving the Yanks to join the Eagles. Redeye, named Utility Man of the Year by Rugby News is expected to contribute in many ways.

Eric (Boom-Boom) Swanson, as it turns out really is the marrying kind. Eric will we see you in September?

Now is the time to begin our recruitment for the fall season. If everyone brings one friend, we can really strengthen the club. Any male, or female, with two legs, and sore knees is a candidate for Rugby. Pete Walzer?

### IMPORTANT

New procedure for paying dues. Pay up or DIE, the Executive Committee decreed at the last meeting. This past spring dues are to be paid before the fall season play or you don't play! Treasurer John Zabel is awarding 280Z to the first member to pay his fall season dues.

Yankees Jim Kelly, Ed L., Mark Butterworth, and Redeye joined Moon and Lynch in drinking MacKenzies out of beer this past Monday as they finished off Eight (8) gallons in the record time of 57 min. All Yankees should be very proud. Tim Moore claims he could have done it faster all by himself.

## OFF SEASON TRAINING...FOR OLD BOYS

Old Boys, we salute you! You've given us some amazing traditions. Among your contributions to the Yankees and society in general are jean jackets, mustaches, 80s music, loose morals, and a winning tradition we can be proud of. Now we want to give back to you. After last month's edition of *Rucks & Mauls*, your responses flooded in! You asked for some training advice for those among you who remember when the World Cup sounded more like an unsanitary drinking game than a rugby championship and we have produced! Here is some training advice tailored specifically for those of you whose playing days are in the past.

### Tip #1 - Work on flexibility and mobility

Let's face it, max strength and power isn't on the top of your to-do list. You want to generally feel good and look good naked while occasionally being able to run a few attacking lines (in that order). That's why one of your first concerns should be your mobility and flexibility. The first step towards feeling better is something called foam rolling. Most gyms have a foam roller (if they don't you can get one for \$10) and there are few easier ways to break up scar tissue and feel much better. Foam rolling is a form of self-myofascial release which helps to loosen tight muscles. It's basically like giving yourself a massage (no Swedish Masseur included, that's what Montreal is for). Visit this YouTube link to see what a foam roller looks like and how to use it properly: <http://www.youtube.com/watch?v=8caF1Keg2XU>. Ten minutes per day will go along way to making you feel fitter and also impressing the cute girl in yoga pants doing the hamstring stretch suspiciously right in front of you.

Speaking of yoga, Bikram Yoga is another amazing way of building the right kinds of strength while also helping you to feel less pain. Bikram Yoga is popularly known as hot yoga and takes place in a very hot room with extremely high humidity. This helps to bring blood, and nutrients and oxygen along with it, to your muscles and the surface of your skin while doing stretching and strengthening exercises. You will feel amazingly loose after doing this and, for those who can't walk down the steps in the morning without grabbing both railings, this is worth its weight in gold. While you're doing it you'll feel every rugby injury you've ever sustained being worked on and loosened but, as our Old Boys demonstrate on Facebook every day, who doesn't like reliving the golden years? Bring lots of water, a large towel, and give it a try - you won't regret it.

### Tip #2 - Lifting weights

Now let's get into the fun part. So you want to start attacking the weights and conditioning like you did in your prime? Good. First, however, you have to be realistic with yourself. You're going to want to lift no more than three days per week. Remember, you only grow when you are resting and recovering, not when you're working out. Your goal should be to form good, functional muscle while feeling healthy. With that in mind, you can structure your week like this: **Monday:** Upper Body, **Wednesday:** Lower Body, **Friday:** Upper Body

Let's face it, working the upper body rocks, and you'll get more than enough leg stimulation on Wednesdays and the occasional Tuesday night game of touch to keep your legs strong. Next you'll want to choose some main exercises to work on. I'd suggest a pressing movement for Monday (Bench Press or Dumbbell Press works well, or you can try the military press which is better for the shoulders), a good leg movement for Wednesdays (Squats or Deadlifts are good, or you can push a sled if your gym has a Prowler or similar piece of equipment), and an upperbody pulling movement for Friday (Chin-ups or Rows are best here). Simply work hard on these movements, working up to a heavy set of two or three reps (max reps on the chin-ups) after you warm up, and you're good to go. From here you add exercises that support your main movements and keep you healthy staying in the 6-10 rep range for 3-4 sets. You can do 3-4 of these supportive movements. The key here is biofeedback - if you're feeling sluggish and in pain, it's perfectly acceptable to do a few light sets and call it a day as this will actually speed your recovery. See Joe DeFranco's workout "DeFranco's Training Rules for Washed Up Meatheads," which is a complement to the program our team is currently using for older crowds, for suggestions in the area of exercises. Your favorite movements that feel good to you and don't make you feel any pain work fine here as well. Be sure to hit some of the beach muscles too.

Team picture after defeating Maidstone RFC



Yankees - 28

Maidstone - 19

MAY 29, 1979



Tom Moore (left) and Tim Moore (right)...Yankee Legends.

## OFF SEASON TRAINING...FOR OLD BOYS (CONTINUED)

However, there are a few things to focus on to keep yourself healthy. The two main problem areas for many athletes AND the sedentary population are internal rotation of the shoulders (and T-Spine Mobility) and external rotation of the hips. Instead, you want to build a strong back and external rotation of the shoulder to keep your upper body healthy, and glute strength to keep your knees and lower body healthy. Here are some of my favorite exercises that have helped me achieve this and remain pain free (read any articles by Eric Cressey for practical solutions and exercises). Include at least one of these on each day along side your other favorite exercises:

**Upper Body** - Band Pull Apart - Simply grab a stretch band and do 100 reps, you can do this every day; Face Pulls - Similarly, it's tough to overload this exercise, do it as often as possible for good posture (high reps are best); YTWs - Search "YTWs Mobility" on YouTube for an example of this exercise (be humble with the weights, it's surprisingly difficult!); Single Arm Dumbbell Rows - These are great on either upper body day, grab a heavy dumbbell and crank out 10-15 reps

**Lower Body** -(YouTube each of these exercises for a visual)...Glute Bridges; Reverse Cross Over Lunges; Single Leg Deadlifts - Use a Dumbbell in the hand opposite the leg on the ground; Glute-Ham Raise; Sled Pushes and Pulls (if your gym has a sled, this are great)

And of course, you can always push yourself at the end with a finisher set - doing barbell complexes, sprints, high rep sets of body weight squats or push ups are all great ways of keeping your fitness up and pushing yourself.

### Tip #3 - Stretch

You have to stretch dynamically at the start of workouts to feel good! After foam rolling you should warm-up and then do body weight activities like lunges, pushups, and squats to get loose. Glute bridges, reverse crossover lunges, and the other exercises above, besides being great for a workout, are good for warming up as well. Joe DeFranco's "Agile 8" is another great warm-up program. Finally, I would suggest doing a static stretch of your hip flexor every day, this will immediately make you feel better.

### Tip #4 - Get your diet right

Wait... nevermind. You should be enjoying your post-rugby career! Try to eat generally healthy and avoid processed foods. Oh yeah, and remember Arnold's advice from Pumping Iron, don't drink milk or protein after working out - "Milk is for babies, when you grow up you have to drink beer!"

Look forward to more content specifically for you in the coming months!

Pappa

## TOUR OF THE EMERALD ISLE, SPRING 2014!!!

IMPORTANT ANNOUNCEMENT!! CALLING ALL YANKEES, PAST, PRESENT AND FUTURE!!!

The club has begun organizing a tour of Ireland for the Spring of 2014. All are welcome, and commitments are required sooner, rather than later. Here are the preliminary details...

**WHEN:** March 2014 (week of St. Patrick's Day)

**WHERE:** Ireland

**WHAT:** Coaching, Training, 15s Matches v. Irish sides, Six Nations game, Sight-Seeing

We're working off a \$2,100 price that will include lodging, transportation in Ireland and airfare. We're setting up a Webster account linked to Paypal for those who need help putting aside monthly savings for the trip.

Below are the committed people so far:

Richard Leonard	Taylor Beerbower
John Tublin	Michael Pappa
Kyle Schlatter	Matt Gavigan
Danielle MacVane	Dave Terrell
Melissa Clark	Randy Heller
Craig Lucca	Duncan Forsyth
Jaime Lucca	Jake Nugent

Why aren't *YOU* on this list???

Any questions or inquires, please contact your Tour Chairperson, Melissa Clark @ [mclark2436@gmail.com](mailto:mclark2436@gmail.com)

Melissa says that we plan on getting a letter from President Obama...take that Legends (see pg. 8)

## YANKEE LEGEND

### Tim Moore '75 - '86

**Yankee Since:** 1975

**Nickname:** Hammer

**Position:** Wing Forward/Scrumhalf

**Why the Hammer?** Tim Moore is one of the original Connecticut Yankees. Serving as both President and Team Captain in the early days, Tim was integral to the early growth and success of the Yankees. Tim captained the Yankees on the inaugural tour of England in the Fall of 1981. We hear he is still "hammer"-ing away somewhere in the depths of Fairfield County...

#### What Led You to Join the Yankees?

"I got involved with the Yankees from the beginning when I read an ad in the Westport paper "Rugby Players Wanted" (I'll send it tomorrow). I was playing at New York Rugby Club at the time and living in Bridgeport so playing locally was attractive."

#### Can You Tell Our Readers a Little Of Your History With The Yankees?

"I played wing forward and scrum half until 1986 when family and work changes forced my retirement. My last game was an Old Boys game against The Grays in 1999. The Yankees had a clubhouse at the UB campus and I was chairman of the board for the 8 years that they were

there. It was fun starting the Yankees (what should we call ourselves? What should be our colors, etc.) and building a club that grew to 3 full side and won our division (second) and advanced to first division within 5 years. There was no super league then. I remember Kevin Nealon entertaining us after one party with a banjo and comedy routine and asked us what we thought - we were impressed and a couple months later he was off to California to be discovered."

#### Favorite Quotes:

*"This is a Rugby Club, NOT a rugby service - get involved!"* - Tom Moore

*"Get in shape to play rugby, don't play rugby to get in shape!"* - Mike Marcus (Former Captain)

*"I'd love to have sex with you, but then I need to tell all my buddies!"* - Anonymous - 1981 Tour

**Do You Have Any Advice For Current Yankees?** "The only advice is that every member of the club needs to help recruit. We put up posters at the train stations every season, 1 member always wrote a quick game summary and sent it to the local papers, etc."

**What Was It Like Playing Rugby When The Balls Were Still Made Using Pig's Bladder?** "The leather balls that we used to play with were only good until the first rainy game, then they would swell-up if you forgot to deflate them after the game."

**We Hear You Perfected Zone Rugby...Is This True? And For Those Of Us Who May Be Unaware, Can You Please Elaborate On What Exactly "Zone Rugby" Is?** "Zone rugby was where a player let the play come back to him instead of supporting the play. This was started by our C-side front row of Pete Walzer, Jim D'Orio and Sandy Woodard and perfected by Butch Peterson, second row A-side."

Want to nominate a Yankee of the Month, or have a question you would like to ask of your favorite teammates? Let the editors at **Rucks & Mauls** know.



**TIM MOORE**  
Age: 31  
Position: Wing Forward  
Height: 6'  
Weight: 185  
Occupation: Independent Contractor/Consultant  
Experience: 13 years  
Clubs: Georgetown Univ. RFC; New York RFC; Connecticut Yankees RFC  
Honors: Potomac Union Select Side; Metropolitan Union Select Side



A founding member of Connecticut Yankees, the "Hammer" can always be counted on to help. Does his best running lining the field. Invented Zone Rugby. Tim is so excited about this trip, he told *his* Boss to take some time off. The Club Captain leads the team by his example on the field of never giving up.

## SPRING 1980 SCHEDULE

Details for the Spring 2012 schedule will be shared in the January issue. Until then, we will share with you a schedule from the Spring of 1980, so you can see how the Legends were not only better rugby players, but also played against tougher competition. Unfortunately, the results were lost to the annals of time, so we never will be able to compare level of play...oh well.

Date	Team	Venue	Result	Man of the Match
03/15	White Plains	Home		
03/22	UCONN	Home		
03/29	Long Island RFC	Away		
04/5	Yale University	Away		
04/12	Thames River	Away		
04/19	Old Blue	Home		
04/26	Danbury	Home		
05/03	Albany Knicks	Away		
05/10	New York RFC	Home		
05/17	Union County RFC	Away		
05/24	Old Green	Home		

## SOCIAL CALENDAR AND COMMUNITY DEVELOPMENT

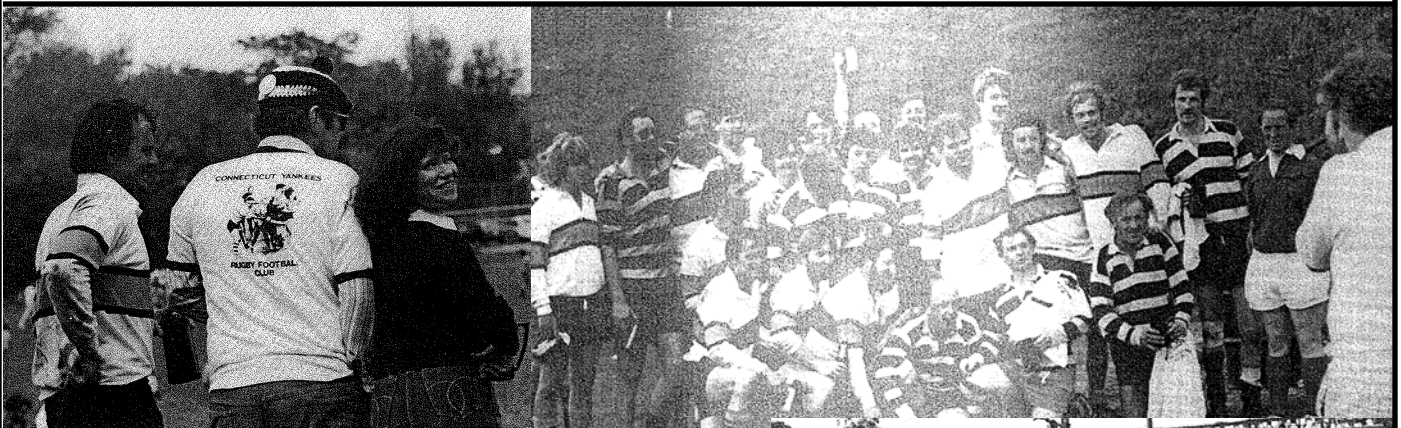
The Yankees are all about rugby, yes, but we also strive to have fun off the field, positively impact our community, and promote rugby development in Fairfield County. For all of you social side players here is a tentative schedule of upcoming social obligations to mark on your calendar:

Thanks for everyone that came out for drinks and the can drive at O'Neill's on December 8th!

- **Winter Touch** - More fun than it sounds!...next "touch" is organized for Sunday December 16th at 12:00pm @ Vets Park on Reef Road in Fairfield...be there.
- **Yankees Family Bowling Night** - Stay tuned for more details
- **Rookie Night!!** - Date TBD...it's definitely NOT December 1st
- **Yankees Holiday Party** - Save the Date - January 12th...Details and Invite forthcoming

**The CT Rugby Development Organization LLC**, is a non-profit organization that raise funds money towards a scholarship for a rugby player and high school senior, who needs financial aid for college. Last year, the Yankees contributed a \$1,500 scholarship to a graduating senior. Through upcoming social events, the Yankees hope increase their support of education and rugby.

# SOME OLD-TIMEY PHOTOGRAPHS



## A MESSAGE FROM YOUR VICE PRESIDENT



THE VICE PRESIDENT  
WASHINGTON

June 8, 1981

Connecticut Yankee Rugby  
Football Club  
P.O. box 374  
Fairfield, Conn. 06430

Dear Friends:

I would like to take this opportunity to wish the members of the Connecticut Yankee Rugby Football Club every success on their forthcoming tour of England, as representatives of the New York Metropolitan Rugby Union. I believe that overseas tours such as this go a long way in promoting international friendship and understanding, and I commend you most heartily on your dedication to the sport of Rugby.

I am aware of the many contributions your Club has made to the community, and I am a sure I am joined by many other of your friends in wishing you a great trip and a very successful tour.

Best wishes.

Sincerely,

A handwritten signature in cursive script, appearing to read "George Bush".

George Bush

## SPONSORS

Thank you to all of our 2012 sponsors!

The CT Yankees are looking for additional sponsors. Want to support the CT Yankees and rugby development in Fairfield County??

Contact [info@ctyankeesrugby.org](mailto:info@ctyankeesrugby.org)



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## LEGEND'S CORNER

“Heroes get remembered, but *Legends* never die”

You might ask..haven't the Legends already gotten enough respect in this issue of *Rucks & Mauls*? Probably, but we have to fill these pages somehow, and there are only so many Facebook pictures we can borrow. Legends, stay tuned for upcoming Yankees social events and opportunities to reconnect with the club. We hope to see you real soon!

