



# The Bluesletter

Wednesday 9<sup>th</sup> August 2017

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## Note from the Editor

If you have anything to pass on to our Bluesletter subscribers ensure I get the details by Tuesday 1200hrs and I will endeavor to get that information into that Wednesdays' issue.

### \* \* Hot Topic \* \*

There will be a pre-season players meeting (current and new) on Thursday August 10<sup>th</sup> 1900-2100hrs in Room 1043 of the Constant Hall at Old Dominion University.

## Practice schedule:

Pre-season training starts Tuesday August 15<sup>th</sup> 1900-2100hrs at Captain Slade Cutter Park, Norfolk.

Practices are normally on Tuesday and Thursday evening (1900-2100hrs) at Cutter Park, but if Cutter Park is closed we could move to Norfolk Collegiate or the Virginia Beach Field House, so if inclement weather is forecast check our social media for updates.

## Social media:

Current players are encouraged to join the "Norfolk Blues Rugby - current players" Facebook page; we are also on Instagram and Twitter - [norfolkbluesrfc](#) while the website is located at [www.bluesrugby.org](http://www.bluesrugby.org)

Ladies we have created a new "**The Official Norfolk Blues WAGs**" Facebook group!

This page is here to motivate and encourage the Norfolk Blues Rugby Club while also having a place for the Wives and Girlfriends to communicate and plan. We will share events, game info, recipes and whatever else we need. We will be aiming to keep things positive but this is also your free space to get your questions answered. Also we will have a couple current members of the clubs Executive Committee on as admins to assist in getting the clubs support for our events and to give us an open line to the governing body of the club, sign up now ladies!

Sign-up to join our "**Yahoo Email Group**" and receive email updates.

## Any other business:

USA Women's World Cup viewing party hosted by the Norfolk Storm!

Wednesday 08<sup>th</sup> August @ Grace O'Malley's Irish Pub & Restaurant 1830hrs; Let's get together and cheer on the Lady Eagles and share some drinks with the Storm.

Pre-Season Ladies night!

The men are about to get busy so this is a chance for the wives and girlfriends to get together before things get hectic. The location is at Christina Ireys house, 3301 Stencil Ct, Virginia Beach VA 23452, starting at 1600hrs Sunday 13<sup>th</sup> August. There will be food and drinks, but Christina will also be giving you ladies ideas about how to have a first aid bag handy. There is a Facebook event on the ladies page so please RSVP there or contact Christina Ireys @ [keepitnatural.irey@gmail.com](mailto:keepitnatural.irey@gmail.com)

The Union have arranged USA Rugby Level 200/300 Coaching and World Rugby Level 1 Strength & Conditioning Courses on Saturday 19<sup>th</sup> and Sunday 20<sup>th</sup> August in Baltimore MD, a couple of Blues members will be taking up this opportunity to add depth and knowledge to the staff.

Capital Select are holding an open camp at the University of Mary Washington on Saturday 19<sup>th</sup> August from 1000-1300hours. Sign-up on Facebook at the "CGU Men's Select Side" page.

Adidas are offering 20% discount from their online store for all those who are CIPP'd with USA Rugby. If you need "correct" footwear for the forthcoming season, or general rugby stash, take advantage now. CIPP opened on 01<sup>st</sup> August, don't be that guy, get CIPP'd now and take advantage of this offer!

Anthony Kowalski (Cheese) is doing a great job with High School rugby and is now looking at expanding into Youth rugby. If you know of any children, aged 10-14, who may be interested in taking part in rugby then please pass on his email address, [bluesyouthrugby@gmail.com](mailto:bluesyouthrugby@gmail.com) and promote this opportunity.

The Crusaders won this season's Super Rugby title, beating the Lions 25-17 in South Africa, and is the 8<sup>th</sup> time they have won it. The game is still available to watch on the ESPN app or ESPN online and it is a belter.

The English Premiership is coming to the USA!  
Corresponding with our fixture versus Schuykill River next month you can take the opportunity to make it a rugby weekend in Philly with Newcastle Falcons versus Saracens. This will be Round 3 of the competition with a chance to see British and Irish Lions stars Liam Williams, Maro Itoji, Owen Farrell, Jamie George, George Kruis and Mako Vunipola strut their stuff.



## Fixtures for 2017/18 Season:

(subject to change, KO's TBC)

Date	Home	Away	D1B Match?
09-Sep-17	Norfolk Blues	Potomac Exiles	Yes
16-Sep-17	Schuykill River	Norfolk Blues	Yes
23-Sep-17	Washington Irish	Norfolk Blues	No
30-Sep-17	Norfolk Blues	Raleigh	No
07-Oct-17	Norfolk Blues	Rocky Gorge	Yes
14-Oct-17	Baltimore-Chesapeake	Norfolk Blues	Yes
21-Oct-17	Norfolk Blues	Washington Irish	No
04-Nov-17	Rocky Gorge	Norfolk Blues	Yes
11-Nov-17	Potomac Exiles	Norfolk Blues	Yes
17-Mar-18	Norfolk Blues	Pittsburgh	No
24-Mar-18	Norfolk Blues	Baltimore-Chesapeake	Yes
07-Apr-18	Norfolk Blues	Schuykill River	Yes
14-Apr-18	Pittsburgh	Norfolk Blues	No

\*\*Start sorting your calendar now! If you are unavailable, let the selectors/coach know\*\*

## The Blues Vision

"As a premier Rugby Football Club in the United States of America, the Norfolk City Blues will promote a sustainable brand as a cornerstone of East Coast rugby based on a winning tradition for all ages".