# The Milwaukee Westside Harlequins Present:

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## Home bar of the Milwaukee Harlequins

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# WISCONSIN RUGBY FOOTBALL UNION

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Dear Rugby Players and Fans,

Well it has certainly been tough to figure out what season we are in this year. Winter never seemed to end with snow reaching into the spring season. The recent rains made it feel like early spring. If you hadn't noticed we stepped into summer last week. And that can only mean one thing. It's time for the Lakefront 7s Rugby Tournament sponsored by the Milwaukee Westside Harlequins. On behalf of the Wisconsin Rugby Football Union I would like to welcome all of you to this year's tournament.

This is the 26th year for the tournament which has become one of the premier 7s tournaments and is used as a qualifier for the Midwest Rugby Football Union 7s competition. That means that some of the best players in the Midwest will be in attendance playing their hardest to gain qualifying points for their team. But the Lakefront 7s has something for every level of play. You can expect to see men's and women's sides. High Schools, colleges and club sides will be participating as well. And let's not forget those ruggers of yesterday in the old boys division. Even though the old boys may have lost a step or two, their after game stories will put that step back in their stride.

In addition to the Lakefront 7s Tournament we also have the start of Summerfest. Eleven days of food, entertainment and music. It is billed as the world's largest music festival and includes an amphitheatre and eleven grounds stages. The festival grounds are located about one mile south of Veterans Park which is the site of the Lakefront 7s tournament. So after the tournament treat yourself to on of Milwaukee's most popular summer traditions.

On behalf of the Wisconsin Rugby Football Union, I wish you all a successful tournament. In the spirit of rugby, play your hardest, display good sportsmanship, and most importantly, enjoy yourselves.

Sincerely,

Stan "Stas" Garbasz
President, Wisconsin Rugby Football Union

# TOURNAMENT RULES

- All matches will be played at Veterans' Park. **Captains' meeting is at 7:30 a.m. Matches start at 8 a.m.** Matches will consist of two 7 minute halves and a 2 minute halftime. In case of a tie, sudden death will determine the winner. Most points scored and most tries scored will be additional tiebreakers, if needed. Matches will be every 20 minutes, i.e. 8:00, 8:20, 8:40, etc. Teams more than 2 minutes late will forfeit the match.

- To simplify the tournament, we will be playing Championship brackets for ALL DIVISIONS. Teams will be divided into groups of 4 for round robin play. In divisions with 16 teams, the top team in each of the 4 groups following round robin play will advance to the semifinals. In divisions with 12 teams, the top teams in each of the 3 groups and the highest runner up from all 3 groups will advance to the semifinals. In divisions with 8 teams, the top team and the highest runner up in each group will advance to the semifinals. Each team in the tournament will be assured of a minimum of 3 matches regardless of division (barring unforeseeable forfeits).

- Rosters will be limited to 12 players. Each team must submit a roster/waiver form to the tournament director prior to starting play. Rosters should include CIPP numbers and players must have their CIPP cards with them. A player may only play for one team and playing of an individual that is not on the team roster can result in the forfeiture of that match. A player sent off for any reason will be considered OUT of the tournament.

- Please do not change kit out in the open, as it is imperative that we maintain good relations with the people that are allowing use to use these fields. Restrooms are available, so please use them!

- Beverages and food will be available for sale at the main tent. Beer will be available for sale to those of age and with appropriation identification card.

We hope that you enjoy the tournament and will return next year. Comments, suggestions and criticism are always welcome, as we always try to improve.

## 25th Annual Lakefront 7s Tournament Results
## Saturday, June 30th, 2007
## Veterans Park, Milwaukee, Wisconsin

**Men's Qualifier**
1) Milwaukee RFC
2) Griffins
3) Chicago Lions
4) Grand Rapids

**Men's Open Competitive (53-0)**
1) Irish Pub
2) Milwaukee Harlequins

**Men's Open Social (53-15)**
1) Fond du Lac
2) Fox Valley

**Women's Open (14-10)**
1) Valkyries
2) North Shore

**Girls' High School**
1) Vernon Harlequins
2) WI U-19 Girls

**Boys' High School**
1) Vernon Harlequins
2) St. Charles


*Milwaukee Westside Harlequins*

*The Milwaukee Harlequins are committed to promoting rugby and to developing players and our team. We are inviting players of any experience level to join our practices at any time of the year.*

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# Rugby – A Gentleman's Game:

Rugbys' first set of rules was written in 1845 and the formation of the Rugby Football Union came about in 1871. The name itself comes from a school in Warwickshire, England called Rugby School. The school was around much before the game itself began. The game is traced back to the legend of William Webb Ellis. The story has been known to be a myth since it was first investigated by the Old Rugbeian Society in 1895. There were no standard rules for football during Webb Ellis's time at Rugby (1816–1825) and most varieties involved carrying the ball. The games played at Rugby were organized by the students and not the masters, the rules of the game played at Rugby and elsewhere were a matter of custom and were not written down. They were frequently changed and modified with each new intake of students. The story has been dismissed as unlikely since an official investigation by the Old Rugbeian Society in 1895. However, the cup for the Rugby World Cup is named the Webb Ellis trophy in his honor, and a plaque at the school commemorates the 'achievement'. Years to follow, the game came know as the 'Gentleman's Games,' due to the elite who played it.

"Subdue and penetrate." - The motto of the New Zealand All-Blacks

This historical account brought to you by wikipedia.org and:

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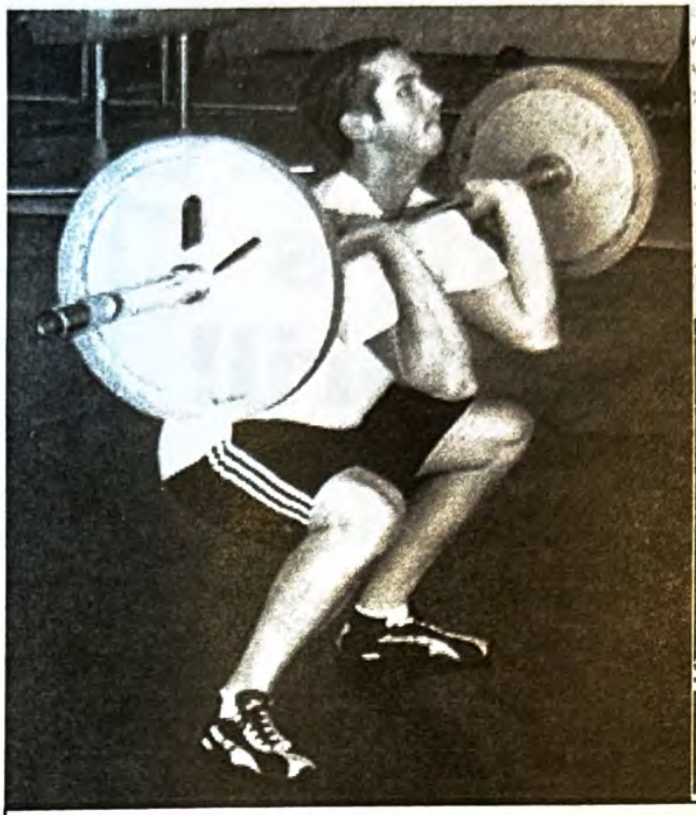
**WISHING ALL RUGBY PLAYERS AND THEIR FAMILIES A SAFE AND ENJOYABLE SUMMER**



Left: Dave Charland executes a deep front squat with a shoulder press at the top a/k/a Thruster.

Right: Ryan Atkins is teaching an introduction to Crossfit Seminar at the Oak Creek Police Department.

# Your Workout is our Warm-Up

Is a joke frequently made by Crossfitters about most fitness programs taught by Trainers in gyms across America. So you might be thinking, "What is Crossfit?" Crossfit is a fitness program that seeks to develop athletes that are capable of overcoming any physical challenge they would ever face in sport or daily life. Forget about juggling strength training days with cardio days. Nature doesn't draw a distinction between strength and cardio, and neither should you when you are training. Crossfit workouts combine 3 main elements. First, gymnastics provides the foundation for body control. Next, weight lifting and throwing develops speed and power. Last, is metabolic conditioning such as running, bike riding, jumping rope, and rowing. Crossfit workouts are all scored by reps, weight, and time. Workouts are short, shockingly intense, and typically not exceeding 20 minutes. Crossfit isn't just for super athletes. The same workout done by a pro athlete could be used for our grandparents by scaling the weight, reps, and intensity. Now is the time to improve your fitness.

We utilize Olympic weightlifting, Russian kettle bells, sand bags, agility drills, gymnastic rings, medicine balls, parallel bars, plyometrics, power lifting and other training techniques normally reserved for Pro, Olympic, and Collegiate athletes.

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