



REPORT NAME: SENIOR WOMENS REPORT 2014

SUBMITTED BY: BRIANA CUNNINGHAM

The Senior Women's teams had a tough season in 2015, following a double championship in 2014. While still highly competitive in both the OWL and OWL 2 leagues, the A and B side suffered losses in the semifinal round of the OWL and OWL 2 Cup. This year brought a new structure to the OWL league in which the 2nds team game was played after the 1sts team. In previous years, the games were played in the opposite order. Rugby Ontario has indicated this year would be a trial of the new structure, and it will be evaluated at year end. On weekends where numbers were short, the new structure allowed the A team players to play in their game as first priority, and sub into a B game if needed.

In order to be effective at practice, more coaching staff is needed. This year Mark ran both teams with little other coaching input. When splitting into forwards and backs or A and B teams to run through systems, more coaches are needed to cover all areas.

The women's program had 2 players playing for the Ontario Storm and 2 players playing for the U20 Ontario Storm. Congratulations go out to Ashley Snider and Sarah Guttin, both instrumental players to the Ontario Storm winning the National Championship for the second year in a row, and to Elizabete Alves and Natalie Kwiecen for their participation with the U20 Ontario Storm team. Natalie was named to the Canada U20 roster for the Can Am Series, travelling to Ellensburg, Washington to represent Canada.

At the beginning of 2015, the women participated in Core indoor training during the winter. Those that attended found the training to be beneficial, but numbers were scarce throughout the 10 week run. Moving forward the women will need to evaluate whether or not commitment is there to run offseason training sessions. There are no dedicated sessions booked for the 2015/2016 winter season, but Graham has offered those women that are looking for training sessions to join the men's team sessions.

A SIDE

The A side ended the regular season with a 6-4-0 record. They were eliminated in the semifinal round of the OWL cup in a loss to the eventual OWL Cup Champions, the Aurora Barbarians.

B SIDE

The B side ended the regular season with a 9-1-0 record and finished first in the regular season. They were eliminated in the semifinal round of the OWL 2 Cup to the Toronto Scottish.

JUNIOR GIRLS

The junior girls expanded this year to field two teams, a U16 and U18 team. This is a very exciting time for the junior team and the senior team who will benefit from more experienced players aging into senior division. Both teams played in the NRU; the U18 team finished with a 2-3-1 record and the U16 team finished with a 5-1-0 record. The U18 girls also played in the fall 7's series, a tournament style competition for continuing development. As with many teams in this club, the exciting expansion of teams requires additional coaching staff. Anna Kirkey has been the leader of the program for several years, but cannot operate two teams on her own.

Sincerely,

Briana Cunningham, Director Senior Women's Rugby