



# Dirty Pitch

## News from the Devils Nation

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## Endowment Meets First Goal *by Michael 'Elmo' Geller*

After 18 years of discussion, Devils Rugby alumni took action on December 20, 2015 to establish the Devil Lords Endowment. Within 65 days, we grew the balance to \$51.5k, shattering all expectations.

The purpose of the endowment is to provide funding in perpetuity to improve the on-field performance of the undergraduate rugby program at Binghamton. The fund is managed through the school via the University Foundation and is designed to produce returns of 2%-4% per year. When the Devils need funding, they submit a request to the alumni advisory board for approval as appropriate. Given our current balance, we are already in a position to provide \$1k - \$2k per year forever. Donations are tax deductible and increase the permanent principal balance. The balance never decreases. The fund only

distributes the yearly returns. The endowment builds upon our history of financial support over the past 7+ years. The key difference is that the endowment is self-sustaining. The alumni have funded many requests over time including a scrum sled, coaching clinics, tournament entry fees, jerseys, and a video camera to name a few. As we grow the balance of the endowment, we will be in a position to regularly fund these types of requests and other requests that will only become apparent over time.

Our goal is to drive the endowment balance over \$100k by 2020.

We would like to give special thanks to Sean White, former team captain and graduate from 1993 for starting the fund with his anchor donation of \$20k. We would also like to thank Skip Rizzo, a founding father of the team back in 1979, for soliciting over \$40k of pledges from a dozen alumni. Of course, we would like to

thank the generous alumni donors representing all generations who have brought us to the \$51.5k mark: Sean White, Lee Nesser, Michael Geller, Skip Rizzo, Sean Doherty, Kevin Gerrity, Pat Forde, Lincoln Groves, Josh Rosenblum, Chris Fix, Keith Cody, John Stoutenburg, Eric Strafel, Brian Bartholomew, Pablo Lacayo, Dan Weinberger, and Bill McLaughlin.

**Help us raise the +\$48.5k we need to hit that goal by donating now:**

1. <https://giving.binghamton.edu>
2. Select "Other" from "Designation" drop down
3. Type "Rugby Endowment #21386" in the "Special Instructions / Comments" box
4. Fill in the rest of the fields and hit submit
5. Email [michael.geller@hotmail.com](mailto:michael.geller@hotmail.com) so he can verify the appropriate increase to the balance with the university

## Devils 2016 Spring Season Finalized

The Devils schedule has been finalized for the "Spring Campaign". A team decision was made to focus more on 7s development during the Spring semester. The Devils will compete in five 7s tournaments: the three ERC 7s series (Stony

Brook, Colgate and Binghamton), and the Kutztown 7s. The 15s will continue with the team's development for the Fall season at Four Leafs 15s at Randalls Island and the Cortland Charity Tourney. All times are TBD.

Please come out and cheer on your Devils!

- 3/19 - @ Four Leafs 15s
- 4/2 - @ Stony Brook 7s (ERC Series)
- 4/9 - @ Colgate 7s (ERC Series)
- 4/16 - Binghamton 7s (ERC Series)
- 4/23 - @ Kutztown 7s (not confirmed)
- 4/30 - @ Cortland Charity Tournament

## Devils Target High School Talent Pool

The biggest hurdle to a Devils Recruitment Chair Ashkon Assemi, and the ability to take an athlete and make them a rugby player. Even if a player starts Fall Freshman year it is unusual for them to contribute to the A-side until their 3<sup>rd</sup> year, barring injuries you might get a contribution of two seasons. The rise of youth rugby participation has allowed universities, not just the D-1A programs, but all levels to bring in players who have 3-4 years of fundamentals and playing time. It is no wonder why collegiate programs are making every effort to reach these players and bring their experience to the pitch. Our club has begun to target this talent pool through an organized recruitment effort. A recruitment team led by alum Jeremy Coleman, Devils Recruitment Chair reached out to the high school programs from NY, PA, and NJ, potentially 1,300 players. The Club has built a working relationship with the admission office on campus. Their office has provided material support and advice on recruitment and selling the school to prospective players. To date we have had six campus visits. The Devils have toured with these young players and their families. The Devils were also invited to participate in the Rugby College fair which had approximately 90 players participating. Our five year goal is to bring in five high school players per year. Their experience will only enhance the Devils ability to compete with their conference rivals. If you



Nicholas Coppola and Brandon Healy hosting the Binghamton Rugby table at the NJ Rugby Combine and College Fair, Sports Care Performance Institute in Whippany, NJ on February 21<sup>st</sup>.

know a potential recruit, our team is ready to show them why Binghamton is the right choice for them. Contact BURAA Recruitment Liaison, Jeremy Coleman at: [jeremy.coleman4832@gmail.com](mailto:jeremy.coleman4832@gmail.com)



## Devil Lords Memorial Benches to be Unveiled

A year of planning and negotiation will soon end with the presentation of two benches with memorial plaques. The benches were designed and are now being built by Cully Perrenod. He has donated his time, expertise, and \$2,000 in materials to bring this project to culmination. Cully has chosen an exotic species of wood called 'Wenge' also known as African Rosewood. The wood is heavy and

has a stable grain, making it ideal for flooring, stair treads, and is sought after for musical instruments. The unveiling ceremony is planned for Saturday prior to the Alumni game. We are looking forward to seeing alumni, family, and friends gathering for this celebration of our departed teammates, coaches, and friends.



A pile of rough sawed Wenge planks to be used in the construction of our memorial benches

*Be careful who you make memories with.*

*Those things can last a lifetime.*

-Ugo Eze

## News from the Empire Rugby Conference

On January 30<sup>th</sup> the Devil's hosted the Empire Rugby Conference (ERC) AGM. A proposal was made for an official relationship between the ERC and the East Coast Rugby Conference (ECRC). The proposal will see SUNY Albany move to the ERC for the Fall 2016/Spring 2017 season. This would give the ERC and ECRC both eight clubs within their respective conferences. The winners of

each conference, based on season point totals, would meet in an inter-conference championship game. Fall 2017 season would see the two sides amalgamate creating a super conference, with a western and eastern division. This new conference would become the largest collegiate rugby conference in the US, giving the member teams more regional competition and increased bargaining power

with corporate sponsors. The proposal was ratified at the ECRC AGM on Feb. 21<sup>st</sup>.

Potential Conference Divisions:

West  
 Albany                      Binghamton  
 Brockport                    Colgate  
 Fordham                      King's Point  
 Stony Brook                   Syracuse

East  
 AIC                              Boston College  
 Fairfield                      Middlebury  
 New England                Northeastern  
 UConn                         UMass

## State of the Devils *by Nicholas Coppola, BURFC President/Captain*

### **Reflections on Fall 2015**

The Devils ended the 2015 Fall season 3-3 with a .500 record that does not accurately reflect the season our team had. We had challenges this season at our away matches, however, the team absolutely flourished on the home pitch. Our recruiting numbers were through the roof with players from every background, former D1 players at Binghamton to underclassman looking to try out this great sport for the first time. This recruiting class will help aid in the continued success of the club.

### **Present State of the Club**

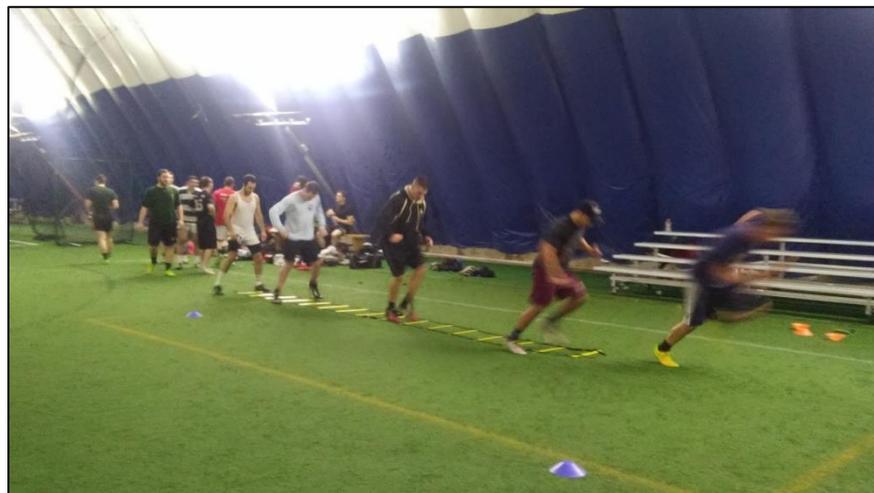
The club is in full 7s mode training for the upcoming ERC tournaments in April. With the addition of the new recreational turf field on campus, the club was able to start indoor practices a month earlier than last year. Our 15 starters have been named for the upcoming season and they are focused on bringing home some hardware. The non-7s club members are continuing to develop their skills for the 2016 Fall 15s

season. The club also attended their first ever off campus recruiting event at a high school rugby combine in New Jersey February 21<sup>st</sup>. The admissions office has taken note of our team's hard work and hopefully this could lead to high level recruiting of student athletes.

### **The Future of the Club**

The biggest announcement of the year was the installment of the endowment fund. With the addition of the endowment fund the club is in

a strong position to expand in the future. This extra funding could be the catalyst to develop scholarships to aid in the recruitment of top level high school players. The money could also be used to fund travel and entrance fees to National level tournaments such as ACRC Bowl Series or Vegas 7s. With the very generous support of the alumni, I am confident that this club will have a bright and successful future. I look forward to seeing you in May.



*Sevens pre-season workout at the Greater Binghamton Sports Complex. The team has been putting in three hours a week at the Dome at a cost of \$200/hour. Their personal contributions are used to pay for this off-campus facility. Starting in March the team will move outdoors to the new Campus Recreation turf field, which was completed Summer 2015.*

## 2016 BURAA Annual Meeting

The BURAA Annual Meeting is scheduled for Friday May 6<sup>th</sup>, 2016. The meeting is open to all BURAA members. Please submit agenda items you wish to be addressed to Michael Geller by Monday May 2<sup>nd</sup> for consideration and inclusion on the agenda.

**When:** May 6, 2016 5 p.m.

**Where:** Club Sports Conference Room, East Gym

**What:** BURAA Annual Meeting

## 20<sup>th</sup> Anniversary – Join the Alien Crew

This year marks the 20th anniversary of the 1996 Upstate Championship season! To honor this landmark in history, we have designed a one-off T-shirt that you can own and rock downtown on Saturday night of Alumni Weekend. The 1995-1997 (roughly) graduating class was self-anointed as the "alien" crew, after a random comment by Pat Forde. Since then, the alien crew has gone on to invade the far reaches of the earth, bringing their own brand of diplomacy to every unsuspecting pub and local citizen that happens to cross their path. The "1" was a symbolic number that the late Coach David Bosnick gave to the entire team following a one point defeat that ended the previous season. We all wear the "1" in his honor. So sign, up, order a shirt, and join the ALIEN CREW! You need not be a member of those graduating classes to enjoy this shirt. – *Jake Ninan and the Aliens*



Inquires/Questions contact Jake at [jake9n@gmail.com](mailto:jake9n@gmail.com)

Orders can be placed at Custom Ink until March 30th: <https://www.customink.com/g/kas0-00af-3ttk>

Shirts will be available for pickup at the pitch May 7<sup>th</sup> or shipped to you for a nominal S/H fee.

## Mark Your Calendars, Alumni Weekend 2016

Plan on joining current Devils and Devil Lords Young and Well Aged for the 2016 Alumni Weekend!

**May 6th & May 7th, 2016**

Friday: Alumni Booze and Schmooze @ Tom & Marty's, 9 pm -?

Saturday: Alumni Game @ pitch, 1 pm  
To be followed by Alumni Banquet.

Post-match photo Alumni Weekend 2014.  
Photo by Craig Dube, B.U. Club Sports



## New Study on Rugby Injuries *by Dr. Micah Lissy*

A recent article reviewed all of the injuries suffered by professional (Top 14) rugby players in France over three seasons. There were 2,208 total injuries that caused a player to not be able to complete a match. Injuries were stratified by position and body part (Table 1). Many previously held beliefs were confirmed. For example, The Hooker is the most dangerous position on the field and the front row in general is a risky place to play. Injuries were typically blood, face, neck, shoulder, and knee injuries. Concussions were also common. Loosehead props get the most shoulder injuries and interestingly, tightheads get the most ankle injuries. Next most injured after the front 3 are the number 9 and 10 with a similar distribution of injury types. Together the front 3 combined with scrumhalf and flyhalf make up almost 50% of all the injuries suffered.

What conclusion can we draw from this study? While one may argue that the injuries we may be likely to see by position in club rugby are different than those reported in this article due to the extreme variation in forces, fitness, technique and experience, we must

certainly acknowledge that injuries are a part of sport in general and a part of the game of Rugby in particular. A better question may be, "What can we do about these injuries?" I see several areas for intervention. First area is recruiting. Depth is essential to be a successful team-particularly in the front row. I am sure everyone knows that attracting and keeping team members is a constant struggle for rugby teams at all levels and locations. Secondly, athletic training coverage for home games is another area where we can affect the injuries we suffer as a team. UHS Sports Medicine is able to provide Athletic Training services at cost. Lastly, it is well accepted that the more strength and resilience we

train into our athletes with a formal conditioning program, the fewer injuries we will have. UHS Sports Medicine is building a new facility across the street from the Rugby pitch that will house a sports performance academy run by Chris Knerl, the former strength coach for the United States Air Force Special Operations. Your support can assist our boys in several significant ways to make our team better and keep our players safer in two ways: 1) by having an athletic trainer covering all home matches. 2) by establishing a professional strength and conditioning training program developed and coached by an athletic trainer. These steps will make the club faster, stronger, and more marketable to high school prospects.

*One day this pain will make sense to you.*

*Love, Rugby*

**Table 1. Top 14 League injuries by position during the 2012-13 & 2014-15 Seasons.**

Pos.	Concussion	Blood	Neck	Shoulder	Knee	Muscular
1	7	28	26	28	22	23
2	20	33	29	22	28	22
3	7	29	13	24	22	23
4	12	20	8	19	15	10
5	5	25	13	14	12	13
6	17	26	6	15	13	18
7	15	31	11	16	16	18
8	8	18	13	21	17	22
9	16	25	8	21	21	18
10	24	17	26	14	8	24
11	14	10	14	11	15	15
12	8	5	9	8	14	18
13	10	13	9	8	8	19
14	6	3	7	8	13	23
15	6	15	11	16	19	20

Further reading: [http://www.lemonde.fr/les-decodeurs/article/2016/02/12/rugby-les-inquietants-chiffres-des-blessures-en-top-14\\_4864050\\_4355770.html#XRr5WXHjHHoe8S6e.99](http://www.lemonde.fr/les-decodeurs/article/2016/02/12/rugby-les-inquietants-chiffres-des-blessures-en-top-14_4864050_4355770.html#XRr5WXHjHHoe8S6e.99)

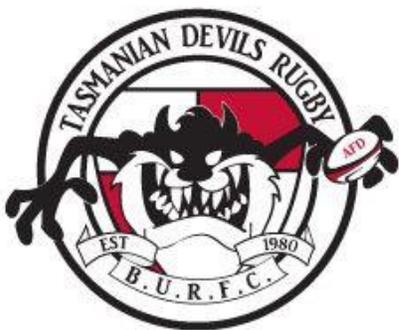


*Dr. Lissy is a sports fellowships trained orthopaedic sports surgeon. In training he cared for the Detroit Tigers, the Detroit Pistons and the Detroit Red Wings. He currently works at UHS Sports Medicine & Orthopedic Surgery and is the team physician for the BU Bearcats.*

*Dr. Lissy's rugby background began at Ithaca College and later with the Tel Aviv Rugby Club and the Providence Rugby Club. He was on the US Rugby staff during the 16<sup>th</sup> Maccabiah Games as a Strength and Conditioning Coach. Dr. Lissy is currently an Assistant Coach with the Binghamton University Rugby Football Club.*

Have an idea for a story or new item? Email the Editor at [bgrills@binghamton.edu](mailto:bgrills@binghamton.edu)

# AFD



**B.U.R.F.C. is online!**

[www.binghamtonrugby.com](http://www.binghamtonrugby.com)

**Follow the Devils this season on Facebook and Twitter.**

**BURAA** was founded in 2011 with the vision of uniting the BU Rugby Alumni into a single, structured organization for the benefit of the BU Rugby community, past, present, and future. BURAA is here to ensure the long-term financial stability necessary in the development of the Binghamton Devils as a top-tiered collegiate rugby program. We also support the development of an alumni network to reconnect old teammates, forge new bonds, and open opportunities for our members.

If you have any questions, comments, or ideas the BURAA Advisory Board is here for our alumni. Email BURAA at [buraa\\_advisory\\_board@yahoo.groups.com](mailto:buraa_advisory_board@yahoo.groups.com).

We thank you for your continued support of Devils Rugby.

BURAA Advisory Board:

Michael Geller

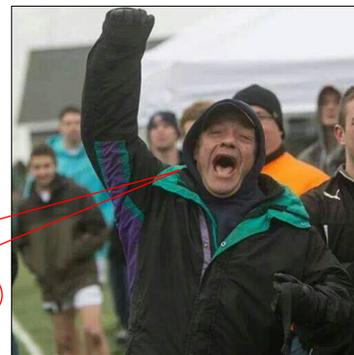
Lee Nesser

Kevin Gerrity

Dan Weinberger

Brian Grills

*Delano says, "Let me hear you....  
"Whoop-whoop"*



## Support Your Club, Donate to BURAA!

Join BURAA in support of Devils Rugby. Please consider making an online tax-deductible donation to either the general fund or the Devil Lords endowment at: <http://www.giving.binghamton.edu/giving/>.

Step by step instructions to donate online:

1. Navigate to the Binghamton University Foundation website Giving Page at <http://www.giving.binghamton.edu/giving/>.
2. In the "Gift Information" section
  - a. Select the radio button for "Gift"
  - b. In the "Account" drop-down select the option for "Other, please specify"
  - c. In the "Amount" field enter the amount donating
  - d. In the "If other, please specify" field enter either:  
**"Rugby Endowment #21386"** (Devil Lords rugby endowment)  
 or  
**"Men's Rugby Club Acct. #10547"** (general fund)
3. Complete the "Personal Information" section and the "Payment Details" sections, which are self-explanatory.
4. Press the "Continue" button to review your gift details.
5. Press the "Submit" button.

For accounting please email your donation receipt or any questions to Michael Geller at [michael\\_geller@hotmail.com](mailto:michael_geller@hotmail.com).