

46TH CAN-AM RUGBY TOURNAMENT

August 1-4, 2019



HIGH PEAKS IN
THE ADIRONDACKS

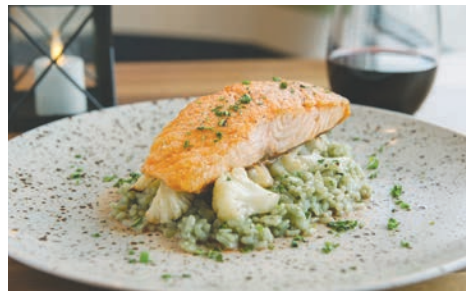
46

YEARS OF
CAN-AM RUGBY

2019 SARANAC LAKE & LAKE PLACID, NY

BUSY DAYS EXPLORING DESERVE A LITTLE INDULGENCE

Proud Sponsor of CANAM Rugby 2019



HOTEL SARANAC

SARANAC LAKE, NEW YORK

CURIO COLLECTION BY HILTON

Our luxurious Compass Point Suites are now open!

hotelsaranac.com

100 Main Street, Saranac Lake, NY (518) 891-6900

WE ARE HONORED TO BE RECOGNIZED BY:

HISTORIC HOTELS
of AMERICA
National Trust for Historic Preservation

A cover with a history ...

Back when the Mountaineers were in its infancy in 1972 and looking for direction one of its forwards Neil Olsen had a little artist in him and he put together some Snuffy Smith artwork and it was adopted as the Mountaineer logo. We made patches and put on our black and red hooped game shirts. So a few years later when we created the tournament we started putting Snuffy on the T shirts and cover of the program.

So when the committee discussed selecting the colors of this years Tourney we felt Rugby players love coming to the Adirondacks so we felt that our lush green and

brown colors would work for our 46th theme."

Over the years different artists have provided us different themes and for the last decade plus Amanda Lavigne, a PhD of Plumb & True Associates in

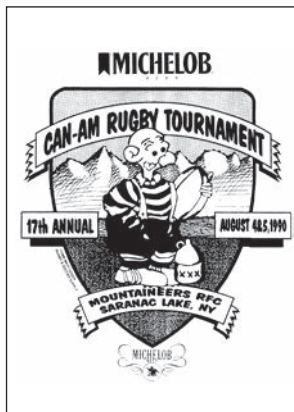


Saranac Lake, NY has created the very popular design. She donates her time. This years t-shirt and cover for the 46th annual Can am Rugby Tournament theme revolved around 46 years of the tourney and the fact that there are 46 peaks in the Adirondack

Mountains that are over 4000 feet. You might see people wearing hats with 46 on them and that means that they have climbed all of the 46 peaks. It is a very popular tradition in the Adirondacks. The history of the 46ers dates back to 1918 when brothers Robert and George Marshall, and their friend Herbert Clark, climbed Whiteface Mountain.

This was their first high peak, and from there, the trio began their journey to climb all 46.

So enjoy this years 46th edition of one of the oldest running and largest Rugby Tournaments in North America.



2019 Can-Am Rugby Committee

Cam Moody
President Can Am committee

Jay Annis
Tournament Director Can Am Committee

Dave Staszak
Tournament Financial

Terry Tubridy
Wheelchair coordinator

Jeff Letson
Logistics

Erica Moody
Communications

John F. Morgan
Marketing Sponsorship Coordinator

Geoff Sanford
Web and Scoring Coordinator

Sandy Caligorie
PR

Eric Wilson
Tournament On Field PA and chief of scoring

John Burns, Fred Roedel & Stacey Annis

Tournament Pairings and Scheduling

Neal Dill
Head Referee

Aaron Keet
Webmaster

Forrest Morgan
Mountaineer President



Adirondack Rugby Corp Inc is a not for profit 501c3
P.O. Box 774, Saranac Lake, NY 12983

rugby



imports



VISIT THE RUGBY IMPORTS TENT FOR OFFICIAL CAN-AM EVENT MERCHANDISE



Open Daily 11am-3am

**Serving Food
Every Day
until 2:30am**



HAPPY HOUR

Mon.-Fri. 3:00pm-7:00pm

ALL MAJOR SPORTS

**Packages including NFL Sunday Ticket,
NHL, MLB, NBA, ESPN Game Plan
& Big 10 Network**



"Great Food, Great Drinks, Great Sports"

Great Variety of Craft Beers on Tap

"Best Place to Catch a Game"

More TVs Than Anyone in the Adirondacks

Pool Tables - Dart Boards - Foosball Table

Large Seasonal Outdoor Deck for Drinks & Dining

Family Friendly Dining - Take-Out Available

Nightclub Downstairs! Thurs.-Sat. 9pm to 3am

Large Bar with TVs & Pool Table **Nightly Drink Specials**

Largest Dance Floor in Lake Placid with a DJ for Dancing the Night Away!



518-523-4446

11 School Street - Walk On Over!

KAYAKING OUTDOORS OLYMPIC RUN TREKKING
SKI JUMP REST LACROSSE
CHALLENGE FUN TRAIN PRACTICE

DOWN AGAIN



SPORT
INSURANCE.COM

GET BACK UP

DOWN X-COUNTRY UP
FOCUS LEARN CANOEING
RUGBY SNOWSHOE

Contact Val Rogers in Lake Placid at
1-866-889-4763 ext. 122 or val@sportinsurance.com

Rutgers concussion study returns to Can AM for 7th year

The 46th annual Can-Am Rugby Tournament kicks off this August, and it will also mark the seventh consecutive year that event organizers have partnered with Dr. Serrador of Rutgers, The State University of New Jersey to improve our understanding of concussion. Working together with the CanAm organizers, Dr. Serrador's team will ask for volunteers from the over 100 rugby teams, both players who have experienced a knock to the head and those that haven't, and study their brain blood flow immediately after the injury or match. This collaboration is

helping us develop an understanding of the immediate effects of a concussion. Using this information Dr. Serrador and his team are working to develop better diagnostic tests to assess concussed players that will improve treatment.

In the last 7 years over 100 CanAm rugby players have participated in this study. Dr. Serrador uses a mobile laboratory tent on the side of the pitch that allows the team to measure blood pressure, brain blood flow using ultrasound and respiration. Thanks to the CanAm participants Dr. Serrador's team has found that

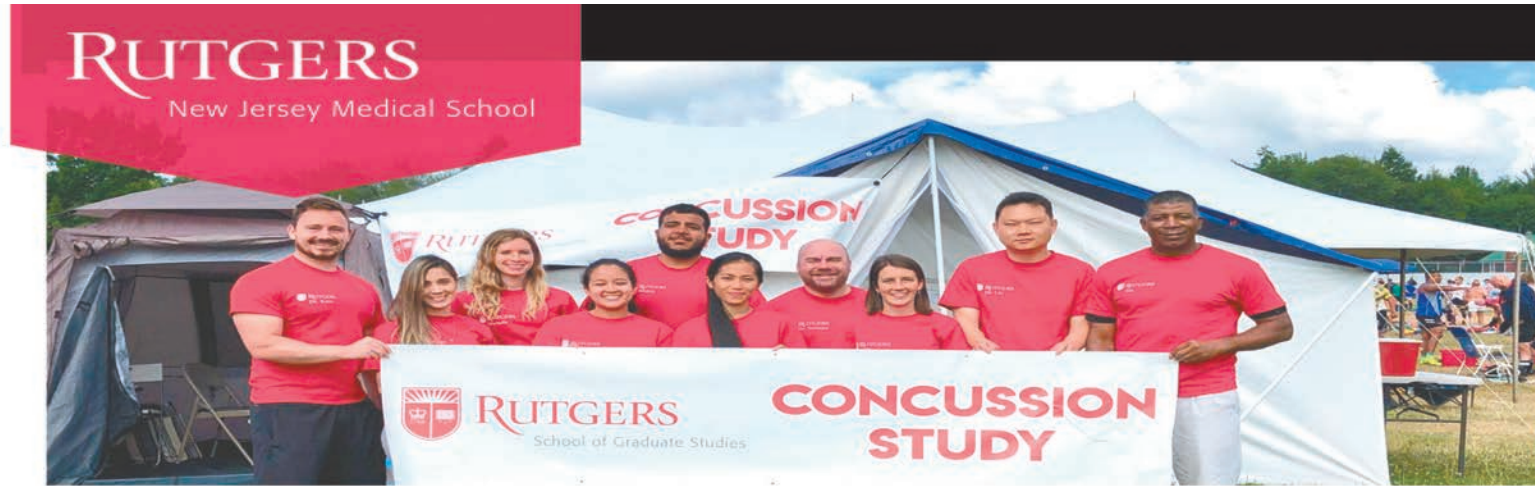
reduced brain blood flow is common after a concussive hit, and may contribute to the development of symptoms.

Rutgers is a leading university devoted to conducting cutting edge research. Dr. Serrador is a member of the Rutgers Brain Health Institute, a center uniting the field of neuroscience towards the common goals of research in human brain function and dysfunction. Dr. Serrador and his team from the Integrative Human Physiology Laboratory are working on developing an on-field assessment tool that measures the severity of concussion acutely which is

critical in enhancing treatments, understanding recovery, and predicting which players can return to play.

The Rutgers team will once again be in attendance this year. Dr. Serrador will be holding a seminar on our current understanding of concussions on Thursday, August 1st, 6:00 PM at Hotel Saranac (100 Main Street, Saranac Lake, NY, 12983, US). They are encouraging fans, tournament supporters, and players to stop by and to learn, discuss, and exchange information on the topic of concussion.

— Stephanie Iring



PARTICIPANTS NEEDED FOR CONCUSSION RESEARCH STUDY

The purpose of this study is to assess the effects of concussion on brain blood flow and cardiovascular physiology. Findings may contribute to improved diagnosis and treatment.



Eligible participants

Players between the ages of **18-89** who have experienced a hit to the head during a rugby match, as well as healthy controls who have not experienced a hit to the head during a rugby match.



Description of procedures

We will use Doppler ultrasound to measure brain blood flow and cardiovascular function while seated and lying down. We will also measure eye movements and have participants complete an internet-based test.



Benefits of participation

This research aims to advance our knowledge of concussion and help in the development of a more accurate diagnosis.

Location and Duration: A mobile laboratory tent will be set up along the sideline of the rugby matches. All testing procedures will take approximately 1 hour, with an optional 3 follow up sessions that will take approximately 30 minutes each.

Participants will receive a \$15 gift card for each session and a \$30 completion bonus if they complete all four cognitive assessments.

For further information stop by one of our tents or contact Dr. Jorge Serrador
Email: ihpl@njms.rutgers.edu, Phone: 973-288-5774

A rugby referee coordinator's work is never done

Sunday July 30th 2018 was a beautiful day in the Adirondacks. The 45th annual tournament had just concluded and the pressure was winding down. Planning for next years tournament would be months off ... Not. Monday morning there were no less than a dozen emails from various international rugby referee societies congratulating us on another successful tournament and lobbying to get their up and coming officials a spot at the 2019 event. Getting the opportunity to officiate at this high caliber and sought after event is no easy task. Top referee's are chosen from the following local societies; New England, New York State, Empire, Eastern Pennsylvania, Potomac, Quebec and Toronto. Many of these societies use some of their slots to invite domestic and international referee's and form referee exchanges with the reciprocating organization. Guest referee's have traveled from Japan, England, Ireland, Scotland, The Netherlands and France. As the tournament is now broadcast live on TV and the internet an obvious professionalism in referee selections for finals has been implemented. International and Nationally certified referee coaches now prowl the fields to rank the referee's skills, fitness and demeanor on Friday and Saturday to ensure only the top officials on the day are chosen to decide these very important finals matches on Sunday. So rest assured Ruggers, that much effort and evaluation has been considered when recruiting and assigning the 40 officials that will be handling your 160 matches. Be sure and share a greeting and a smile to your friendly referee's as you see them at the pitches and in town.

*Neal E. Dill Saranac Lake
Can/Am Rugby Referee Coordinator*



MADDEN'S GARAGE

Good Luck Ruggers!

*Towing & Recovery
Auto & Truck Repair
Light & Heavy Duty Towing
Flatbed & Road Service*



518.891.1100

187 River Street • Saranac Lake

Specials For Can-Am

**Samsung S7 Edge
With Waived
Sales Tax**



verizon

**Mophie Battery Packs
Only \$26.99**



**FREE LG Optimus Zone 3
w/ New Prepaid Activation**



WIRELESS ZONE

Wireless Zone of Saranac Lake

38 Main Street, Saranac Lake, NY 12983

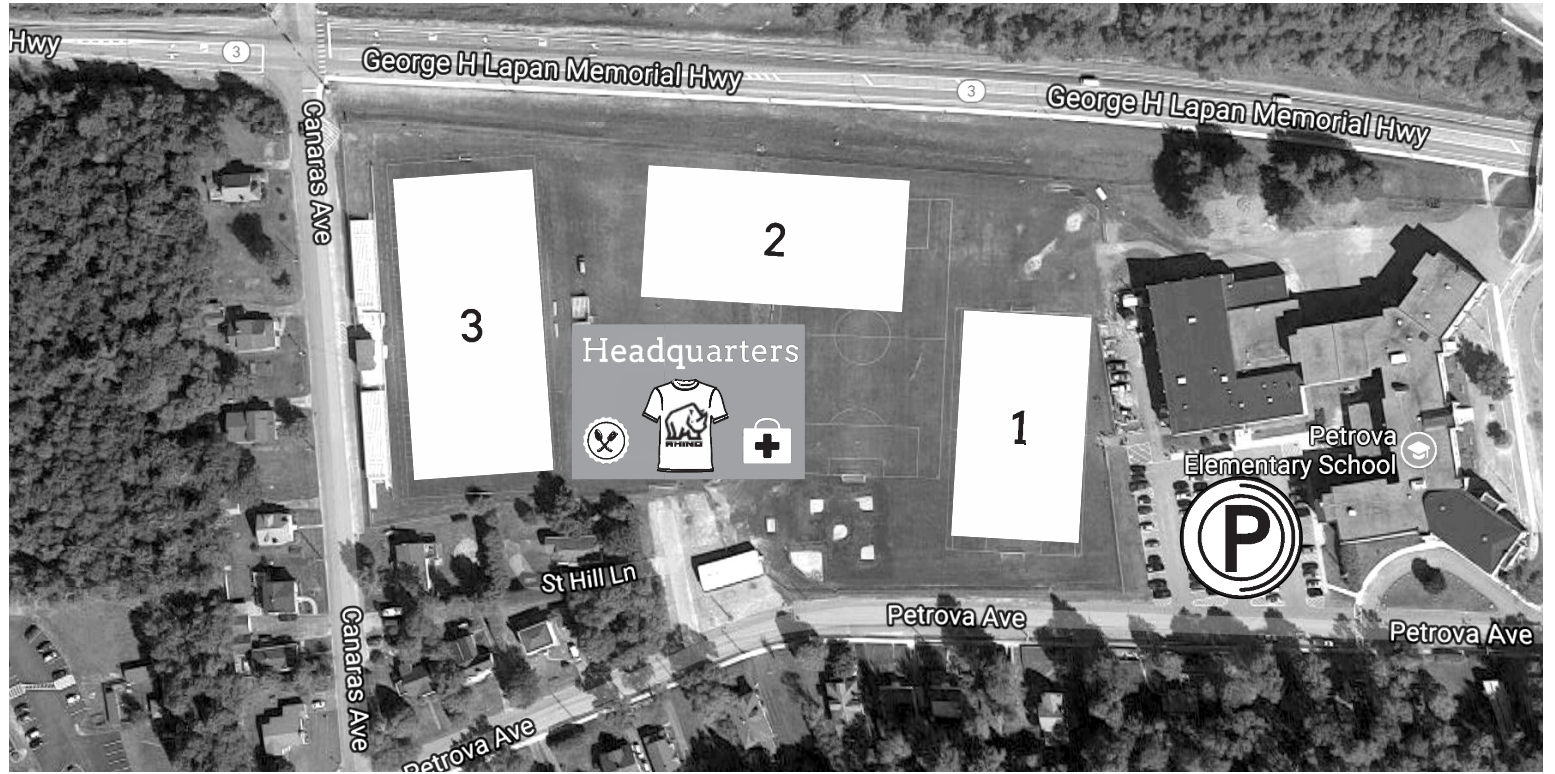
518.891.7300

Mon-Sat 9am-8pm | Sun 11am-5pm

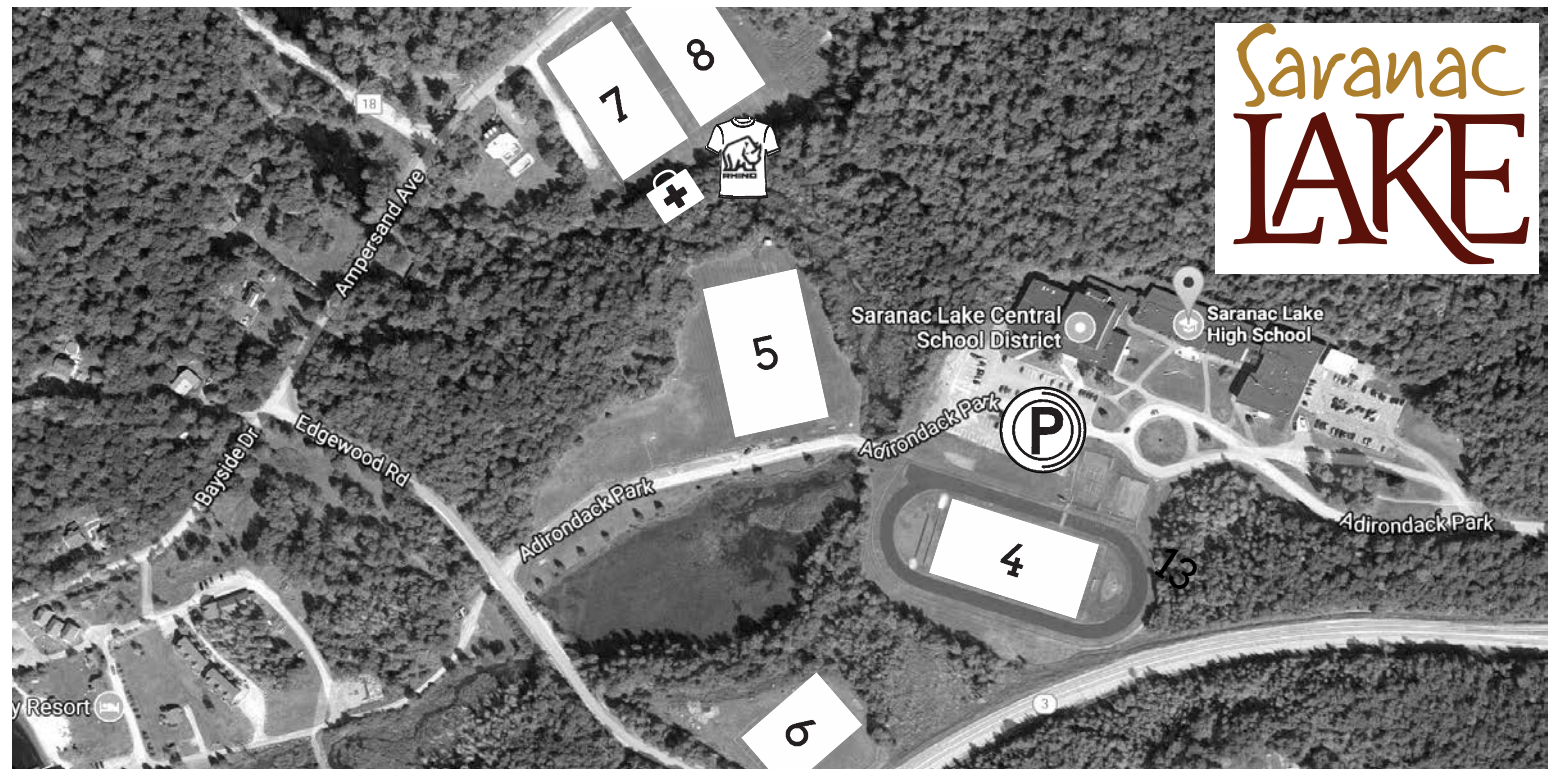
Fields 1-3: Petrova Field — 120 Petrova Ave., Saranac Lake, NY



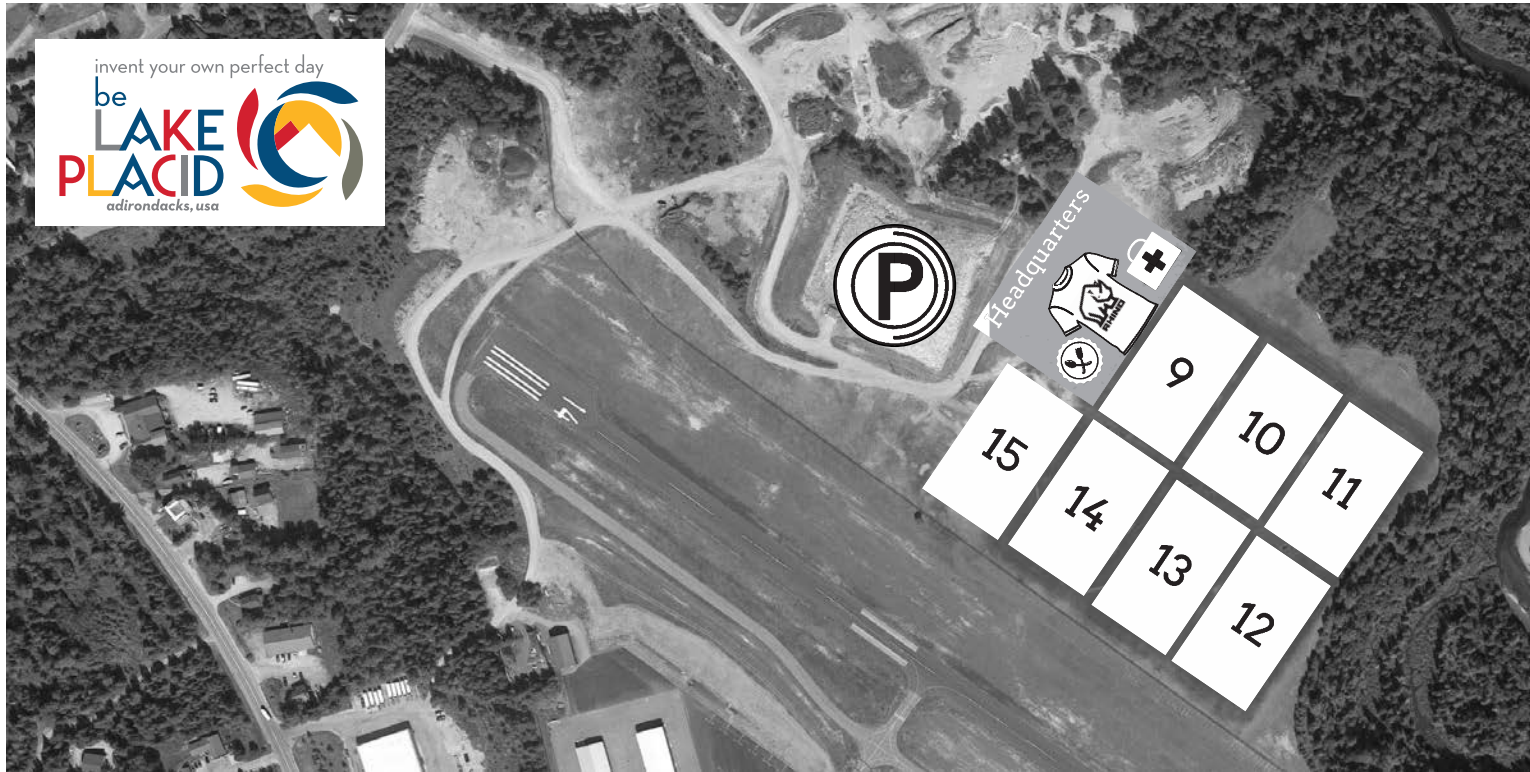
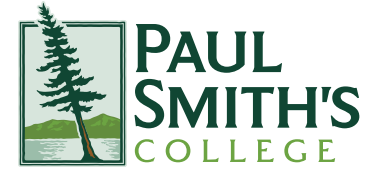
HOTEL SARANAC
SARANAC LAKE, NEW YORK



Fields 4-8: Saranac Lake High School, Ampersand, and Schroeders Field, 79 Canaras Avenue, Saranac Lake, NY

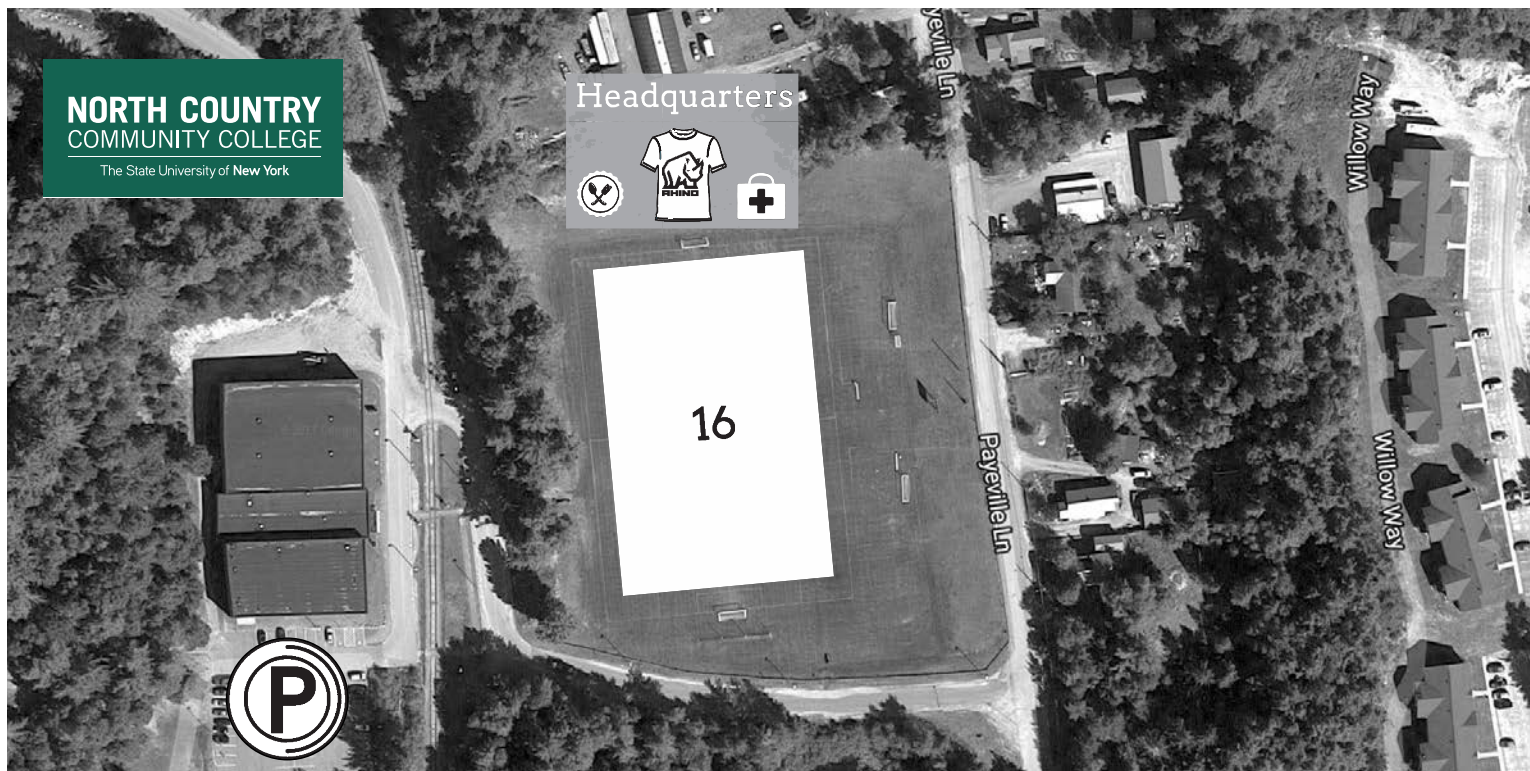


Fields 9-15: Lake Placid Athletic Field, 74 Recycle Circle Lane, Lake Placid, NY



Championship Field 16:

North Country Community College, Payeville Lane, Saranac Lake, NY



Welcome from the Can-Am Rugby President

Welcome to the 46th annual Can-Am Rugby tournament, hosted by the Mountaineers RFC. Over the years many faces have come and gone thru the teams, club board and the Can-Am tournament board. However our love of rugby and dedication to host ruggers from all over the world each summer at the largest rugby tournament in North America has remained constant.

As a native of Saranac Lake I have been attending Can-Am Rugby games for as long as I can remember. I have been playing for over ten years, I was the club president for many years and now have the privilege of being the president of the Can-Am board. During my time as a Mountaineer I have seen ups and downs, good times and bad just as any club. Our club, like all others celebrates its successes and faces its struggles- problems with recruiting, funding, fields, etc. We also have dreams like other clubs. Dreams such as, our own clubhouse, pitches, international tours and of course championship wins on Sunday. With the help of the Can-Am tournament, a loyal community and generations of dedicated ruggers some of these dreams have come true and some we will continue to strive toward.



From players, alumni, rugby fans and families the Mountaineers have been blessed with unequaled dedication. The Mountaineers board spends many hours behind the scenes making sure our club thrives and the Can-Am board works year round to make hosting over 2,000 rugby players, friends and families look effortless. I would like to take a second and express my admiration and deepest thanks to these extremely hardworking people who do all of this for their simple love of the game; they never ask for anything and don't bat an eye at the many requests they receive. They just take pride in helping ruggers and our community.

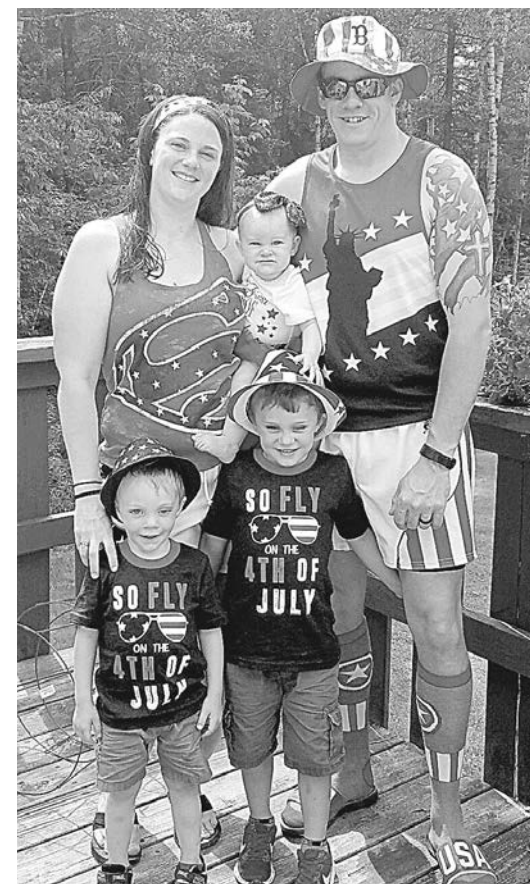
As players and fans travel from all over to a little town in the heart of the Adirondacks for one action packed weekend, keep in mind the history of this tournament, the legacy we have built and the future we aspire towards. Enjoy your weekend with friends (new and old) and family. Work hard on the field and enjoy

your time off of it. Be safe and considerate of your teammates, opponents and surroundings and you can be a positive part of this year's tournament that will no doubt be remembered.

In closing, the Can-Am board members and Mountaineers will be out and about all weekend sporting Mountaineers apparel. As the hosts of this wonderful event, if we can be of any help feel free to approach us. We hope to make this weekend one you will cherish forever. Have a great weekend playing and watching the best game in the world. Also make sure to take a second and enjoy these great communities nestled in the Adirondacks. And when you get back to work on Monday or Tuesday if that extra day of recovery is needed try not to be frustrated when others just don't get what you experienced and understand: your love of rugby; rough, tough, humbling RUGBY!



*Slainte,
Cameron Moody
President Can-Am
Rugby*



Welcome from the Moody family —
Ericka, Heath, Cam, Jacob and Andrea



**Casella Offers
Complete Waste and
Recycling Solutions for
your Home, Business,
School or Town**

casella
RESOURCE SOLUTIONS

518-561-7021

casella.com • fb.com/CasellaWaste




AT HIGH PEAKS RESORT

LAKE PLACID'S
Best Lake and Mountain Views

HAPPY HOUR | 4-7PM

Dancing Bears Favorites • Chef's Specials

Open for Lunch & Dinner | 518.523.4411

Welcome Rugby Players!



**Self-Serve
Bloody Mary
and Mimosa Bar
Noon - 7 p.m. Sunday**

*Downtown Pub with the BEST Draft
Beer Selection and Full A/C.
Always Open Until 3AM*

**53 Main Street
Saranac Lake
518-891-6393**



**Best
Western®**
Saranac Lake

487 Lake Flower Ave, Saranac Lake, NY
www.bwsaranaclake.com
518.891.1970



513 Lake Flower Avenue, Saranac Lake, NY 12983
518-891-2272



www.casadelsolsaranac.com

Follow us on Facebook: www.facebook.com/pages/Casa-Del-Sol

A Legendary Can-Am Watering Hole!

Best Margaritas in town!



*Look for our Food Truck
at the Can-Am Finals!*

Adirondack

STORE & GALLERY

EST. 1955



Don't Take a Gamble... We're a Sure Bet!

GIFTS • HOME ACCESSORIES • RUSTIC FURNITURE • ANTIQUES • FINE ART • COMPLETE INTERIOR DESIGN

2024 SARANAC AVENUE

LAKE PLACID, NY

518-523-2646

THE ADIRONDACKSTORE.COM

Can-Am Committee announces 2019 Team Recognition Award to

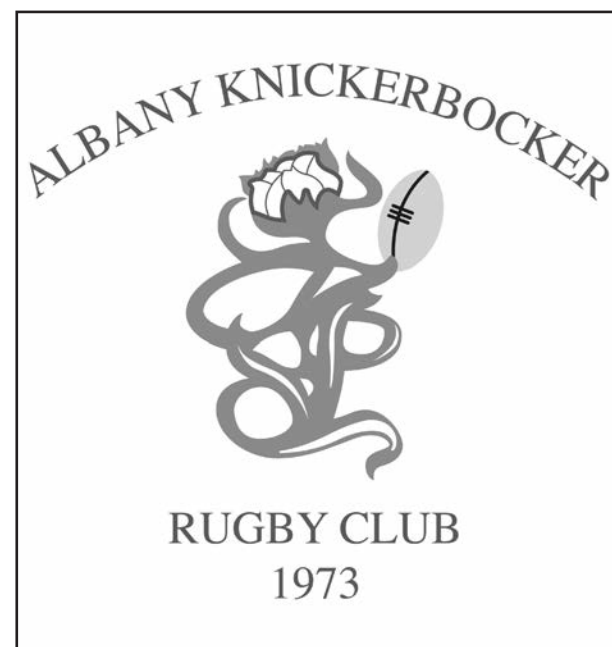


Albany Knicks

In a tradition started a few years ago, the Can-Am committee would like to recognize teams who have made the Can Am Tournament what it is today, The Albany Knicks are one of those teams who have had not only perfect attendance at the Can AM but also some great success at the annual trek to Saranac Lake. At the Black Jacket reception on Friday August 2 to be staged at the Hotel Saranac the Knicks will be recognized with a plaque. Old Blue was the first team recognized in 2017.



Pictured here is the 1998 Albany Knicks men's team, which won its first-ever Can-Am Championship.



Here's a little bit of Albany Knicks' history from AKRFC First President Paul Kietzman:

In the beginning there was darkness and the earth's crust was still toasty...

Many of us started playing rugby by Albany Law School, where we were "coached" by a rotund, much-beloved Law Professor, who for perhaps twenty successive seasons told each succeeding freshman class that he had "played" right up until the previous year... and yet somehow never learned the names of the positions on a rugby side - our jerseys had numbers like "74" on them - and they were made out of birch bark. It helps to have a glossary to get one's mind around this period: "coached" = drank steadily on the sideline, yelling random things at us and the ref ["hey ref! - if you had one more good eye you could be a Cyclops!"] "played" = drank steadily in various branch locations of "The Blarney Stone" and Rosie O'Grady's" while practicing corporate law in NYC and learned a bunch of filthy songs.

At any rate, two years out of law school and still playing ALS rugby against college kids that didn't know enough to TRY and run around you, it occurred to a bunch of us that we needed a local CLUB! And so - in

the Summer of 1973, the Albany Knickerbocker Rugby Football Club was formed by three slightly disparate groups: we ALS recent graduates [at least in a technical sense "Lawyers"], some ALS drop/flunk outs [the "Pool Diggers"], and some "Other Guys", who dated the Albany Medical Center X-Ray Technician Students [the "Raylettes", without whose openness and enthusiasm for the wee gargle followed by a bit of slap and tickle, there likely would have been who-knows-how-many more "Pool Diggers"?] All of us were needed simply to field 15 players for our first few matches.... Our first was v. Binghamton, and the second was v. Schenectady Reds [who insisted that the same 15 guys who had BEATEN them in the A game, also play against their B side]. It takes little imagination to understand that the Knicks original pack of punishing forwards was made up almost entirely of Pool Diggers and Other Guys, with some Lawyers sprinkled into the third row and along the back line according to final class ranking...

Then, in 1974, the Knicks voted to join the USARFU, in the mistaken belief [perhaps not carefully explained by The Lawyers...] that this would probably fulfill the selective service obligations of dues-paying members. This festering little misunderstanding-

ing probably explains the early Knicks tendency to stick with the "ten man" style of play - that and the fact that our actual/original #10 was Pool Digger Patriarch, Dick Green.... Over time and through an influx of college players who had actually been COACHED - you know...by coaches and stuff - the forwards began sharing the ball with the entire backline.

The Knicks became GOOD - some would say "sneaky good" because the Beacon Hills and Manhattan RFC's of the world hadn't heard of us or played us before.

Once, at Portland ME, the old Knicks beat Boston and Beacon Hill the same day. Knowing we were playing one or both of them, I had promised to be home Saturday night... I called and told my beloved Jane that I had to stay over because we'd beaten Boston AND Beacon Hill. If I had it to do over again, I'd have made up something more believable, like Pete Kehoe had driven away with my distributor cap and wires. She'd seen that happen before.

After dominating the Upstate New York RFU for many years, the Knicks joined the New England RFU in 1993. Then in 2000 the Albany Sirens joined the Knicks, bringing top level women's rugby to the area and



Knicks at the 1976 Can-Am. Front (l to r): Blair McFarlane, Spike Mulson, Dave Davenport, John Wagner, Dick Green, Paul Kietzman, John Adams. Back: Stan Gasorowski, Marty Parchuck, Jim Stewart, Randy Pratt, Mike Cavanaugh, Chip Ennis, Kent Russel, Steve Doyle, Chuck Rappazzo

some of the Club's most active and creative administrators and officers, as well! Year in and year out, we've fielded distinguished Men's and Women's sides, producing numerous Eagles and regional select side players. This year we're justifiably proud of our 46 years of existence and about to celebrate the results and the memories that all those seasons, matches, parties, tours, Jonesy Golf Outings, etc., have given us. Maybe it doesn't really need to be said, but I want to remind you all [looking back over ALL 46 of those years...] that the Knicks and the Sirens, past and present, and our rugby friends and opponents, are the best friends you'll ever have and the best people you'll ever know!



Some "Old" Girls from 2008!

Friday, August 2



FRIDAY	Petrova 1	Petrova 2	Football Field	SL High School - Track	SL High School - Football Practice	Schroeder's
Field	1	2	3	4	5	7
	Over 55	Over 50	Over 45		Over 35	
9am	Old Breed	CT Grey RFC	Old Breed	Open	Wild Rovers	Open
	Cardinals Rugby	Lockport Lardass	Wild Rovers RFC		Montclair RFC	
10am	Pequea Exiles	Chesty Disciples	Eastern Ontario Loyalists	Open	CT Grey RFC	Open
	CT Grey RFC	MOB	Green Mountain Geezers		Northeast Militia	
11am	Open	Open	Open	Open	Open	Open
Noon	Mystical Geese	Old Breed	CT Grey RFC	Open	Brockport	Open
	Cardinals Rugby	Lockport Lardass	Wild Rovers RFC		Montclair RFC	
1pm	Open	Old Girls O-40 Exhibition	Schenectady Reds	Open	Open	Open
			Green Mountain Geezers			
2pm	Pequea Exiles	Chesty Disciples	Old Boy O-60 Wild Oats vs Cardinals Rugby	Open	CT Grey RFC	Open
	Old Breed	CT Grey RFC			Wild Rovers	
3pm	Mystical Geese	Old Breed	CT Grey RFC	Open	Brockport	Open
	CT Grey RFC	MOB	Old Breed		Northeast Militia	
4pm	Open	Open	Schenectady Reds	Open	Open	Open
			Eastern Ontario Loyalists			
5pm	Open	Open	O-35 Semi Finals #1 vs #4	Open	O-35 Semi Finals #2 vs #3	Open

On Saturday night, NO NEED TO DRIVE BETWEEN LAKE PLACID AND SARANAC LAKE! Take the shuttle!

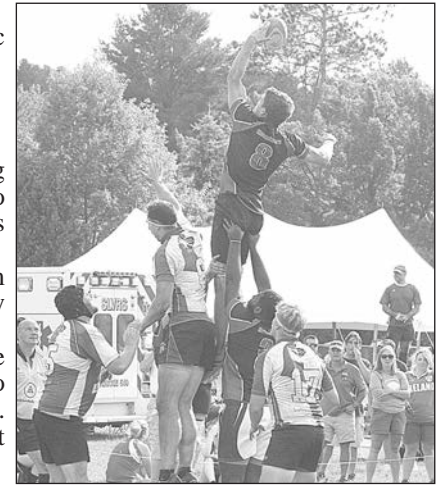
Shuttles will run Saturday evening between Lake Placid and Saranac Lake from 7pm to 1am. Buses will be running approximately every 30 minutes – they are FREE of charge.

SARANAC LAKE

Village Parking Lot on Main Street in Saranac Lake (across from Blue Moon Cafe)

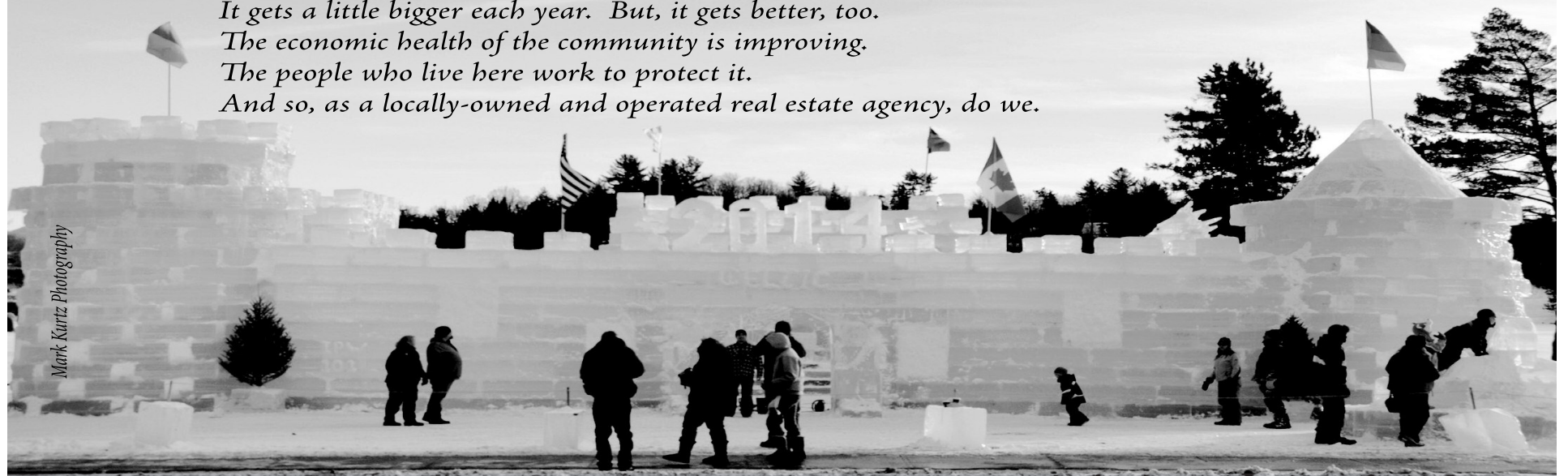
LAKE PLACID

Bus route is same as the Trolley Route
First bus starting at 7:00pm at Village parking lot on Main Street in Saranac Lake, going to Lake Placid and stopping at ALL trolley stops and then returning to Saranac Lake.
Second bus starting in Lake Placid at 7:00pm at Marriott Hotel, stopping at ALL trolley stops and heading to Saranac Lake.
The last bus will leave Saranac Lake village parking lot at 1:00AM for the final trip to Lake Placid, stopping at ALL trolley stops. Last bus leaves Lake Placid Marriott at 1:00AM for Saranac Lake.

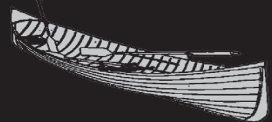


This is the Best of America...

*The small town, the village. The mountains, the lakes, the ice palace, peace.
The good life. This is the Adirondacks. This is Saranac Lake.
It gets a little bigger each year. But, it gets better, too.
The economic health of the community is improving.
The people who live here work to protect it.
And so, as a locally-owned and operated real estate agency, do we.*



Mark Kurtz Photography



GUIDE BOAT REALTY LLC

191 River Street ♦ Saranac Lake NY
guideboatrealty.com ♦ 518.891.1144

Saturday, August 3



Schedules are subject to change.
Visit CanAmRugby.com for the latest updates

Field Number	Petrova 1	Petrova 2	Football Field	SL High School - Track	SL High School - Football Practice	Ampersand	Lake Placid	Lake Placid	Lake Placid	Lake Placid	Lake Placid	Lake Placid	Lake Placid
Time	1	2	3	4	5	6	9	10	11	12	13	14	15
	Women's A	Men's Social - A	Men's Club - B	Men's Social - C	Women's B		Men's Social - B	Women's C		Women's D	Men's Club - A	Men's Social - D	
8am	Mother Ruckers	Cardinals Rugby - B	Cardinals Rugby - A	Big Pink	Black Horse		RPI Rugby Alumni Men	Albany	Open	OAS	Long Island Rugby Club	SLOBS	Open
	Old Breed	Old Scarlet	Sarnia Saints	Green Mountain Boys	Syracuse Flamingos		Hibernian RFC	Rochester		Danbury	Lehigh Valley	New Paltz Legends	
9am	Missfits	Brockport Doggies (social)	Mountaineers - A	Bowties	North Buffalo		Oswego Wizards	Morris	Open	Pennhio Kraken	Buffalo Rugby Club	Old Breed (soc)	Open
	RPI	Old Gold RFC	Madison Rugby	KenTon Misfits	Severn River		The Kraken	Legionnaires		Buffalo State	Union County Mud Turtles	Presque Isle Scallywags	
10am	Phoenixville Whitehorse	Rutland Rugby Club	Milwaukee Barbarians	South Buffalo Rugby	Sugar & Spice		Paul Smith's College Bobcats	Trashy Magic	Open	Uticuse	Brockport Doggies (club)	Albany Knickerbockers	Open
	Rutland	Rochester Colonials	Boston RFC	Millersville Lost Land Pirates	Long Island		Wilkes Barre Breakers	Burbany Mom Jeans		Diners Drive-ins Tries	Tobacco Road	Charles River Rats	
11am	Midwest TBirds Women	Mountaineers - B	Caves and Ditches	Danbury	Midwest TBirds U24		Eastside Hyenas B	Team Pretty	Open	Beantown	Eastside Hyenas A	Freedom RFC	Open
	Mountaineers	Gamblers	Morris	1-77 Renegades	Operation Desperation		Dead Pheasants	South Buffalo		TBD	Marty's Misfits	Goof Troop	
Noon	Open	Open	Open	Open	Open		Open	Open	Open	Open	Open	Open	Youth Rugby Camp
1pm	Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM		Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM	Open	Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM	Champ - Winner 8AM v Winner 9AM	Open
2pm	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Youth Rugby Camp	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Open	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Champ - Winner 10AM v Winner 11AM	Open
3pm	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM		Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM	Open	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM	Cons - Loser 8AM v Loser 9AM
4pm	Cons - Loser 10AM v Loser 11AM	Cons - Loser 10AM v Loser 11AM	Cons - Loser 10AM v Loser 11AM	Cons - Loser 10AM v Loser 11AM	Cons - Loser 10AM v Loser 11AM		Cons - Loser 10AM v Loser 11AM	Cons - Loser 10AM v Loser 11AM	Open	Cons - Loser 10AM v Loser 2 PM or Bye (check board)	Cons - Loser 10AM v Loser 11AM	Cons - Loser 10AM v Loser 11AM	Open
5pm	Champ Qtr.-final - Winner 1PM v Winner 2PM	Champ Qtr.-final - Winner 1PM v Winner 2PM	Champ Semi.-final - Winner 1PM v Winner 2PM	Champ Qtr.-final - Winner 1PM v Winner 2PM	Champ Qtr.-final - Winner 1PM v Winner 2PM		Champ Qtr.-final - Winner 1PM v Winner 2PM	Champ Qtr.-final - Winner 1PM v Winner 2PM	Open	Champ Qtr.-final - Winner 1PM v Winner 2PM	Champ Semi.-final - Winner 1PM v Winner 2PM	Champ Qtr.-final - Winner 1PM v Winner 2PM	Open
6pm	Consolation Qtr.-final - Winner 3PM v Winner 4PM	Consolation Qtr.-final - Winner 3PM v Winner 4PM	Consolation Semi.-final - Winner 3PM v Winner 4PM	Consolation Qtr.-final - Winner 3PM v Winner 4PM	Consolation Qtr.-final - Winner 3PM v Winner 4PM		Consolation Qtr.-final - Winner 3PM v Winner 4PM	Consolation Qtr.-final - Winner 3PM v Winner 4PM	Open	Consolation Qtr.-final - Winner 3PM v Winner 4PM	Consolation Semi.-final - Winner 3PM v Winner 4PM	Consolation Qtr.-final - Winner 3PM v Winner 4PM	Open

Sunday, August 4



SUNDAY	Petrova 1	Petrova 2	Football Field	Inside Track	SL High School	Ampersand	NCCC
Field	1	2	3	4	5	6	16
8am	Men's Social Champ Semi - Pool A v C	Men's Social Champ Semi - Pool B v D		Women's Cons. Semi - Pool B v D	Women's Cons. Semi - Pool A v C		
9am	Men's Social Cons. Semi - Pool A v C	Men's Social Cons. Semi - Pool B v D	O-50's Consolation Final	Women's Champ Semi - Pool B v D	Women's Champ Semi - Pool A v C		O-50's Championship
10am	O-35's Consolation Final	O-55's Consolation Final	Men's Club Consolation Final		Women's Consolation Final		O-45's Championship
11am	Men's Social Consolation Final	O-45's Consolation Final	O-55's Championship				Men's Social Championship
12:00 PM							Women's Championship
1:00 PM							Over-35 Men's Championship
2:00 PM							Youth & National Anthem & Fallen Ruggers & CANAM 7's
3:00 PM							Men's Club Championship

Sunday Transportation Plan to Championship Fields



For easier parking, we suggest you go to Fields 1, 2 and 3 Petrova parking lots, and Franklin County Public Transportation will provide free busing every 15 minutes to and from the Championship Field at Sparks Field - North Country Community College. This service is provided by Franklin County Public Transportation through Lindy Ellis.





Saranac Lake Mountaineers - 47 years and still going!

As the back to back Social Division Champions in the last two Can-Am Tournaments, the Mountaineer Men have been working hard this spring and will be entering the tournament with a 14-4-1 record. That record includes: Champions of SUNY Plattsburgh's annual TNT tournament, the KPI Rutland Memorial Tournament, 2nd Annual Spencer Boatworks tournament, and the Mad River Tournament.

After several years plagued by low numbers, the 2019 Lady Mountaineer squad has a lot of new faces and is coming out of spring season with a 9 and 4 record. This record includes Champions of SUNY Plattsburgh's annual TNT tournament, KPI Rutland Memorial Tournament, and the 2nd Annual Spencer Boatworks tournament.

Captains for the Mountaineers are Forrest Morgan and Sean Ryan for the men and Katie O'Reilly Morgan for the women. Both the men's and women's teams are looking forward to carrying their spring success into the 46th annual Can-Ams and are looking forward to a safe and successful rugby filled weekend!



That a small town like Saranac Lake can field men's and women's rugby teams is an impressive accomplishment. Congrats to everyone who has made this success what it is.



Saranac Lake

For All Your Electrical Needs

Michael "Beef" Bevilacqua
18 State Street ~ Saranac Lake, NY 12983
518-891-8388

2017 Black Jacket Inductee

Some words of wisdom suggested by a Can-Am supporter who prefers to remain anonymous:

"I wish to speak a word for Nature, for absolute Freedom and Wildness ... to regard man as an inhabitant, or a part and parcel of Nature, rather than a member of society ... I have met with but one or two persons in the course of my life who understood the art of Walking, that is, of taking walks ... We saunter toward the Holy Land; till one day the sun shall shine more brightly than ever he has done, shall perchance shine into our minds and hearts, and light up our whole lives with a great awakening light."

— from Henry David Thoreau, "Walking"

Gauthiers

SARANAC LAKE INN

Good Luck Rugby Players!

488 Lake Flower Ave
Saranac Lake NY 12983
888-891-1960

At Northern Insuring,
we SIMPLIFY
the COMPLICATED...
for insurance.

AUTO • HOME • LIFE • HEALTH
BUSINESS • EMPLOYEE BENEFITS



www.NorthernInsuring.com
800.807.6542

Plattsburgh 518.561.7000 | Glens Falls 518.499.0444 | Potsdam 315.769.2404



Saranac Lake Mountaineers Rugby Club to award two Black Jackets during 46th Annual Can-Am Tournament

Greg Marshall, Doug Ferris to be inducted into Hall of Fame; Duo to receive emblematic Black Jackets

By Sandy Caligiore

SARANAC LAKE, N.Y. - The Saranac Lake Mountaineers Rugby Club, annual hosts of the Can-Am Rugby Tournament, have announced the awarding of two Black Jackets over the course of the 2019 event weekend.

Doug Ferris and Greg Marshall achieved induction by a vote of Black Jacket members. The honorees will be officially introduced at an event to be held Friday, August 2, at the Hotel Saranac at 7 PM.

Black Jackets are awarded to members of the Mountaineers Rugby Club who have made significant, long-standing contributions to the organization through their involvement as a player on the team, officer of the club and volunteer for the Can-Am Rugby Tournament.

The tournament itself will feature over 100 sides participating on 13 pitches in Saranac Lake and Lake Placid from August 2-4.

DOUG FERRIS

Ferris, from Plattsburgh, N.Y., began his rugby career while a student in the early 1980s at Clarkson University in Potsdam, N.Y. By his own admission, Doug's career had an undistinguished start. But as the years ensued, he achieved the ability to balance family, profession and sport.

"Some people get the award for their player accomplishments, contributions to the club and/or tournament, and volunteering, but in Doug Ferris, he exemplifies what the Black Jacket award is given out for," said former Mountaineer fullback John Morgan, now its marketing coordinator. "From player, to club president to development of the youth program and now a referee, he has done it all."



Doug Ferris

Ferris was a member of the Morris (N.J.) Rugby Football Club from 1981-1985, served as captain and coach in 1984-1985, and was a member of the committee that started and held the first Jersey Cup state club championship in 1982.

He received the Most Improved Back Award in 1982, the Leather Balls Award in 1983, Most Valuable Player in 1985 and played on the Morris team that won the Division II Metropolitan Rugby Championship in 1985.

"I really learned to love the game and the people involved in it during this time period," reflected Ferris, who carried the classic rugby nicknames of Douger the Rugger, Dougie, Dougie Fresh and Hammer.

Ferris stepped away from the sport from 1986-1993, the result of marriage, parenthood and an international assignment in Columbia with Exxon Research and Engineering. Upon his return, he played sporadically with several clubs, including the Mountaineers. But after starting his own business in 1993, Ferris resumed his rugby career as he said, "with a vengeance." He played for Burlington, Vt. in the fall and the Mountaineers in the spring and summer, earning another nickname, The Assassin.

"Doug loves nothing better than a pastel colored fruity beverage after the game," remarked 2012 Black Jacket inductee Stacey

Annis, a member of the Mountaineers women's team. "He continues to be one of the more colorful players to watch. And not content to leaving it at playing, and founding and coaching our high school program, he's now a referee."

Self-effacingly, Ferris called himself "the worst social secretary the club ever had and one of the worst presidents the club ever had." But he is credited with starting the Mountaineers youth program in 2006 and coached youngsters for several years thereafter. Ferris has also helped kids at the Can-Am tournament for the past 13 years, and had time to become a rugby referee.

"I'm very proud that after years of effort, with the help of Mountaineers president Jay Annis, the Can-Am board, and area businesses, along with North Country Community College, we had the first ever Quad Rugby Bracket in the 2013 tournament," concluded Ferris.

GREG MARSHALL

Immediately upon walking up to receive his diploma from St. Lawrence University in 1978, Greg Marshall was approached by Jan Plumadore, the founder of the Mountaineer Rugby Club and its top recruiter.

"I had no idea why he wanted to see me," said Marshall, a Malone, N.Y. native. "But that moment would change the next 25 years of my life."

At 6-foot-2 and 250 pounds, Marshall was a perfect target for the attorney/judge. After graduation, Marshall was headed home to take a physical education position and later coach his high school alma mater's football team. But a week after leaving SLU, the former football lineman was playing prop and second row for the Mountaineers. It was



Greg Marshall

the start of a career that extended until 2002.

"I met more people playing rugby than anything else I could have done in life," stated Marshall. "But most importantly, it was the camaraderie that I liked most about the game. You would go and beat the hell out of each other and then after the game, would have some beers like your opponent was

your best friend."

Marshall was Malone's head football coach from 2000-2018, and its softball coach the past 10 years. He officially retired from the school system last month.

"If you played rugby in Saranac Lake, you knew that at every practice and every game, you would see Greg Marshall play. No injuries. He was never MIA (missing in action). He was there like a pillar of stone, a very powerful player," said Tom Sciacca, long time Mountaineer and Black Jacket inductee. "He might have more games played than any other forward in Mountaineer history."

"During our playing days, I was closer to Greg than most because I had my arm

around him more times than I can remember playing next to him in the second row," added 2018 Black Jacket inductee Bill Decker. "Despite having to travel from Malone to be there, Greg was always on time for practices and games alike."

About the Black Jacket Hall of Fame The mission of the Black Jacket Hall of Fame is to celebrate and honor the individuals who have had a distinctive, positive influence on the Mountaineer Rugby Football program. Members are selected on their level of performance, sportsmanship and dedication to the Mountaineers. They have inspired and helped develop the game into the character-building sport that it is today.

MCKENZIE'S
Grille

• est. 1992 •

Enjoy the Family-Friendly Atmosphere
With Great Customer Service

**Good Luck,
Ruggers!**

Serving Breakfast & Lunch
7 Days a Week ~ 6am-2pm
487 Lake Flower Ave. ~ Saranac Lake
(Next to Best Western Saranac Lake)
518-891-2574

Injury Management ... Listen to the experts on the fields

Adirondack Medical Center's Sports Medicine & Rehabilitation Department began providing injury management to the Can/Am Rugby Tournament in 1993. The 20 years prior to this, the Medical Corp. of the United States Army provided coverage to tournament participants. Interestingly, the tournament qualified as "Medical combat training" for the Medics and Corpsmen. While our staff does not provide combat medical interventions, the 6 Sports Medicine staff offer an array of comprehensive athletic treatments for acute and chronic conditions.

Throughout the 26 years of providing coverage, the number of injuries vary with the number of teams, level of experience, frequency of player participation prior to the tournament, field conditions and weather. Over the last 9 years of the tournament, we have seen stability in the number of players and number of fields used over a 3 day period. What is represented here as the average of the past 9 years.

Types of injuries seen are either



2019 Black Jacket inductee Doug Ferris received medical attention immediately after this injury in 2016. Be smart — if you are injured, go to the medial tent.

acute or chronic, overuse or traumatic. Acute injuries are those experienced on the field of play, where chronic conditions are injuries, or conditions pre-existing, sustained prior to the tournament. Traumatic injuries are immediate, usually occurring on the field of play. Overuse injuries result from previous injuries, or cumulative are in nature (tendonitis for example). Rugby places physical de-

mands on athletes that are unique, combining the potential for overuse injuries, as seen in sports like soccer, with traumatic injuries seen in American football.

Overuse injuries are mostly due to the volume of running, stopping, starting, and sprinting. While these injuries are not considered "serious", if they go untreated, they can adversely affect performance and lead to more complicated conditions. Traumatic injuries are more commonly seen, injuries such as fractures, dislocations, lacerations, sprains and strains.

Let's look at the annual averages over the past 9 years of tournament coverage. The average number of athletes seen by our 6 Sports Medicine staff is 489. Encounters are broken into: Upper Extremities, Lower Extremities, Neck and Back, Lacerations and Prevention (taping, strapping, protecting). 34% of the injuries were to the Upper Extremities, with the shoulder girdle being the most injured region; 35% were to the Lower Extremities, with the knee joint holding the most injuries;

16% were to the Neck and Back, with cervical strain/sprains the most prevalent; Lacerations accounted for 15%, with the eye and forehead region receiving the most attention. 40% of the athlete encounters were for preventative care inclusive of taping and strapping, blister care and padding. As one can assume, the ankle joint was the most addressed area. Interestingly enough, with over 100 teams, each playing an average of 3 games, we only see an average of 9 acute concussions annually. We are certain there are significantly more concussions than present to the on-field Sports Medicine staff.

Our 9 year patient encounter average shows that, over the course of the week-end, 24 players are referred to a hospital for follow-up medical care for their injuries. Typically, 5 will be transported by ambulance, with the remaining going by private vehicle.

With regards to supplies, the 6 Sports Medicine staff provide approximately 155 hours of coverage, use 460 gallons of ice, over

1000 ice bags, 90 rolls of various tapes, 100's of gauze and Band-Aids, various splints, wound closure kits, stretch wraps, slings and crutches.

Prevention of injuries varies with acknowledgment of the injury and proper care of the injury, including full Rehabilitation. Stay in good physical condition, by training; always use proper technique when tackling, rucking and scrumming; stay hydrated (with water!); use a good fitting mouth guard; and don't play over your skill level.

Our staff is ready to serve athletes and supporters alike, however we would rather a wave than being a statistic. With that said, stay safe, be smart, and good luck.

Richard Preston, PT, DPT
Director of Rehabilitation & Sport Medicine
Adirondack Health



ADIRONDACK HEALTH

Leading care for a healthy community.



LAKE PLACID CLUB

Spectacular Views

45 Holes of
Golf



Weddings &
Events

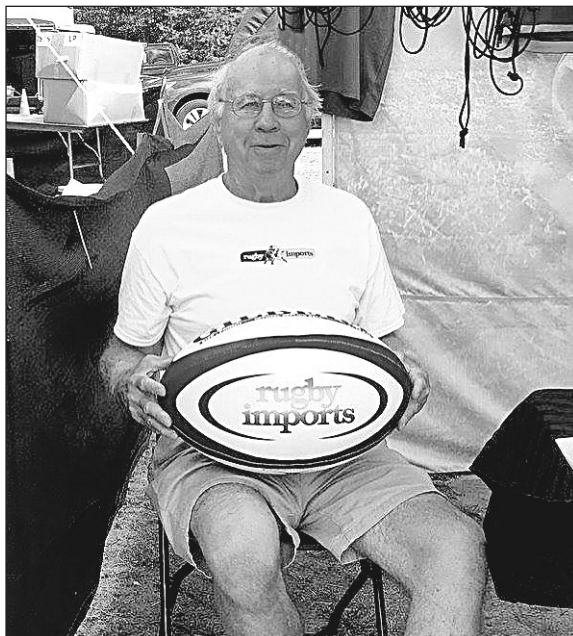
88 Morningside Drive • Lake Placid, NY
lakeplacidweddings.com • 518-523-4460

Remembering Rugby Imports founder Bob Hoder

Rugby Imports founder Bob Hoder, one of the shining lights of the rugby scene in the United States passed away on September 18, 2018 He was 78.

Hoder started Rugby Imports, one of the earliest and longest-lasting American-based rugby supply companies. Based out of Rhode Island, Rugby Imports not only sold gear, but made its own jerseys in its own factory. Bob Hoder was a huge supporter of rugby in New England and around the country, sponsoring tournaments and providing a place where rugby players could find equipment back when that was enormously difficult to do.

Hoder captained the University of Rhode Island football team in 1961, going on to play professionally for the Providence Steamroller in his beloved Rhode Island. A football teammate, Tom Haggerty, introduced Hoder to rugby in 1966 and he never looked back. In 1967, Bob married Janet Huddleston, of Yorkshire, England. Now that he had a family tie to England, Bob began to explore the idea of developing a rugby business in America. In 1971, on a trip to England, Bob met with Bert Moores, the man behind the Halbros brand of



rugby jerseys. Bob - who had been running a successful business as a manufacturers' rep - decided to import Bert's Halbros jerseys to America, and Rugby Imports was born.

Bob Hoder went on to develop a long-term relationship with Irish rugby legend George Hook, and that relationship led to a proposal for a coaching accreditation program outlined by Hoder and run by Hook. Hoder was also the energy behind the massive Beast of the East tournament.

From Mark Hoder - Son of Bob Hoder:

My dad is the one holding back the opponent with his arm in far left. Fairly certain you've felt that tug before.

You know how important Saranac Lake and Lake Placid were to my father and family. At first, he loved the competition thrown right in the middle of summer, always a challenge as to which club and players could put the effort in to prepare for Saranac. He played a lot of years up there, won two championships, always balancing play, work, and family. Of course, he loved the selling.

Setting up, right across from Godek, having friends, enemies, kids he's coached, players he'd refereed all stop by the tent to say hello, talk rugby or God forbid try to haggle. Then tournament store went from a blanket at the back of a car to a tent, to many tents to eventually a camper and finally multiple locations. A lot of fun, craziness selling in Saranac for Bob and our family.

I honestly think the only thing my father liked more than rugby and selling jerseys was the lakes themselves. Except for a few washouts, He went for a swim every morning of every day he ever spent in Lake Placid/Saranac Lake region. For him Nothing in the world equaled the feeling of diving into Lake Placid, standing up and looking at the beauty around the place. And I think he had that feeling from the first dive in the 70's to his last dive last year.

A blessed place to visit and a blessed place to enjoy rugby.

rugby



imports

5th Annual SARANAC LAKE CAN-AM RUGBY TOURNAMENT



The program cover from the 5th Saranac Lake Can-Am Rugby tournament shows Bob Hoder at the far left. Beyond playing and growing his business at the Can-Am tournament, Bob loved coming to the Adirondacks and jumping into the pristine lakes.


Coakley
Home AND Hardware



Voted BEST:
Paint
Hardware
Flooring
Kitchen & Bath

your **Grilling** headquarters!

Hardware
Camping
Fishing
ADK Gifts
Paint
Flooring

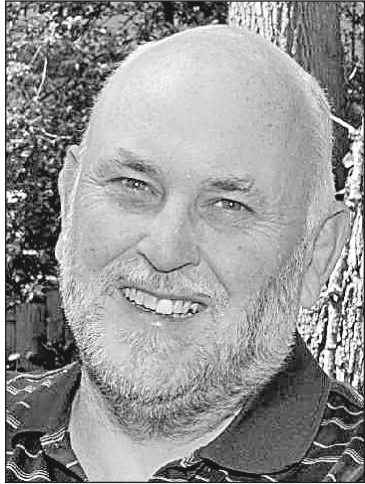


518-891-8161 • 622 Lake Flower • Ave Saranac Lake, NY 12983

• coakleyhomeandhardware.com •



Remembering a dear friend: Dr. Ian M. Orme

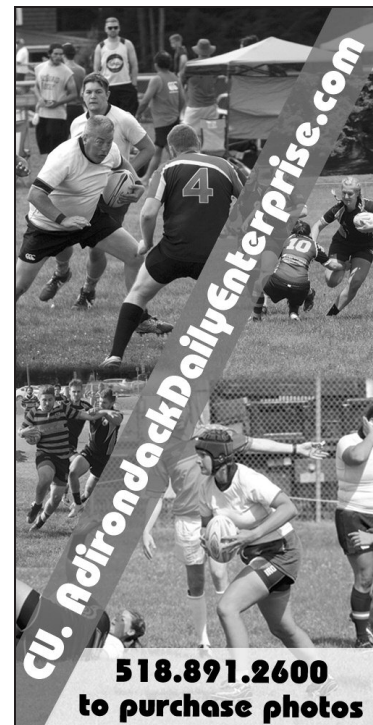


Ian Orme was president of the Mountaineers and the Can-Am Tournament in the 1980s.

Ian passed away June 19, 2018.

His wife Eileen wants everyone to remember his contribution to this important community event.

The Can-Am Committee felt it appropriate to provide a look back to 1982 when Ian was in charge of the tournament.



page 8

sports

ADIRONDACK Daily ENTERPRISE, Saranac Lake, N.Y.

Monday, August 9, 1982

Exiles, Irish cop 3rd Can Am crowns

By CHARLIE DECKER

SARANAC LAKE — If you're going to make a long trip, you should make it worthwhile.

That's exactly what the two teams that traveled the farthest to compete in the Can Am Rugby Tournament did this weekend even though the Can Am Championship was claimed by a familiar, nearby neighbor.

The Louisiana Exiles and Palmer College of Chiropractic, from Davenport, Iowa, turned in the most convincing performances among the 50 or so teams gathered for the ninth annual event which filled the town with upwards of 1,000 stripe-shirted, short-panted rugby players.

The Exiles, winners of the Can-Am club crown two of the past three tournaments, weren't troubled in the least by their promotion into a newly-created Select Side division this year, where they competed

Can Am scoreboard

Select Side Consolation
ERU Under 25's 34, Western NY Hawks 24
Select Side Championship
Louisiana Exiles 20, North Carolina 3
Women's Championship
Beantown 12, Montclair, N.J. 6
Can Am Club Consolation
W. Hartford Yahoos 18, LaFayette Old Boys 0
Can Am Club Championship
Ottawa Irish 26, Blackthorne 9

against all-star sides from North Carolina, the Eastern Rugby Union Under 25's and the Western New York Hawks.

Led by selects' MVP Boyd Morrison, the Exiles swept to three straight victories allowing their opponents just one try and two field goals while rolling up a 105-10 point differential.

The club from Cajun Country opened with a hardfought, 17-4 decision over ERU Under 25's, then established a tournament points record by demolishing the Western NY Hawks 68-3.

In the selects' title game Sunday at NCCC Field, the Exiles topped North Carolina 20-3.

Brought their own bus

Palmer College, meanwhile, made just as big a shambles of the competition in the college division.

The aspiring chiropractors, who came to town in a special rugby bus, won all three of their games, two by shutouts. They opened with a 25-0 whitewash of Albany Law, steamrolled the Plattsburgh Pioneers 35-4 and wrapped it up with a 22-0 blitz of Dartmouth.

Plattsburgh had the second best record among the college sides, beating Dartmouth 26-12 and edging Albany Law 8-6 to finish behind Palmer with a 2-1 ledger.

Irish nab third Can Am crown

The Can Am club championship found its way into familiar hands as the Ottawa Irish emerged atop a 32-team field with five straight victories, giving them a 30-6 overall record in eight years of Can Am competition.

The Irish, champs in 1976 and 1980, defeated Blackthorne RFC 26-9 in Sunday's final for their third title. It marked the second year of frustration for the losers, who were runners-up in 1981 to Louisiana.

John Billingsley of Ottawa was named the MVP of the club division.

In the club division consolation bracket, the West Hartford Yahoos blanked the LaFayette Old Boys 18-0 for the title, with the Yahoos' Chris Bovar earning MVP honors.

The Saranac Lake Mountaineers met their traditional misfortune in the opening round of the club division tourney, meeting eventual champ Ottawa and losing a tough, 14-0 decision. The local ruggers were then eliminated from further play when LaFayette topped them 6-0 in their first consolation bracket contest.

In the women's division, the reigning national champion Beantown side defeated Montclair, N.J. 12-6, although the losers' Mary Leonard was named MVP.

The Black Knights, a collection of former Mountaineers and pick-ups that represented Saranac Lake in the Old Boys competition, lost both their games.



A LaFayette player goes airborne in the consolation title game won by W. Hartford.



Lunch & Dinner

Open 11am-10pm ~ 7 Days

Kitchen Closes at 9:30pm

GOOD LUCK, RUGGERS!

Serving

Funky Pub Grub & Unique Brews

518-354-8044

1153 NYS 86 ~ Ray Brook



Palmer College

Photo by Liza Frenette Tice



SAME GREAT BEER,
BIGGER, BETTER BAR!
Check it out today!



2442 MAIN STREET, LAKE PLACID, N.Y. 12946
WWW.ADIRONDACKBREWING.COM

Some of the 2018 Can-Am Rugby Winners



Over 35 — Brockport



Social — Mountaineers



Men's — East Side Hyenas



Over 45 — Schenectady Reds



Women's — Beantown

7's exhibition returns to the Can Am



Circa 1995



August 1-4, 2019

The Can Am Committee has decided to return the 7's exhibition to the event. It will be staged at 2:15 on the final day. Jerry Miro will coordinate. Miro runs Atlantis and has worked closely over the years with the father of Rugby 7's in the USA Emil Signes. Miro also played in numerous Can Am 7's matches in the 90's and also coordinated selection with Signes. Now he will return to coordination and selection of the players. "We do not have a lot of Canadian Team to choose from so we will create 2 teams the Adirondacks vs. The World. I have been scouting many of the teams entered, and I am very familiar with many of the 7's players who play, especially on the East Coast."

46th Annual Can-Am Rugby Tournament 2019



Page C25

YOU LOVE TO VACATION IN THE ADIRONDACKS

TURN YOUR VACATION DESTINATION INTO EARNING YOUR COLLEGE DEGREE

PRACTICAL, HANDS-ON EXPERIENCE, AMAZING STUDENT LIFE, SPORTS AND ON-CAMPUS HOUSING

EXCITING AND REWARDING LEARNING ENVIRONMENT WITH HOUSING AVAILABLE ON OUR SARANAC LAKE CAMPUS



ANYTIME & ANYWHERE REWARDING LEARNING EXPERIENCE

WITH OUR NEW FULLY ONLINE PROGRAMS IN BUSINESS ADMINISTRATION & LIBERAL ARTS

NCCC HAS DEGREE PROGRAMS DESIGNED FOR STUDENTS LOOKING FOR A WELCOMING LEARNING EXPERIENCE.

- Programs designed to **support you every step of the way**
- **21 degrees and 5 certificate programs** to choose from offering a solid career advancement
- **Internship opportunities** to get you prepared for the real world
- **Scholarships and financial aid available** for eligible students

For more information or to apply visit

www.nccc.edu/lax



FIND YOUR PLACE AT
NCCC!

ENROLL NOW
PROGRAMS START SOON!

**NORTH COUNTRY
COMMUNITY COLLEGE**

The State University of New York
SARANAC LAKE | MALONE | TICONDEROGA

The Bowl, one of the most famous Rugby pitches in the USA for 39 years

When you come to play at the Can AM, it is a privilege to get to play on one of the Championships Games staged at "Sparks Field" at North Country Community College. The Sparks Field is named after Franklin County Legislator John Sparks who was killed in a car accident August 13, 1978. He was very responsible for this field being built and he was very responsible for NCCC in its early years.

Since 1980 we have been using this field with the hills surrounding it and it is referred to by Rugby Players as THE BOWL. The Field has its significance in Rugby history as it has also hosted 5 different Can AM Test Matches starting in 1980 with USA V Canada Men which was televised on ESPN. Then again in 1988 USA Men v Canada. Then the US and Canada Women took over and met here in 1999-2000-2001. It has posted the Can AM final for almost all of those 39 years.

So if you get lucky and find your self playing in THE BOWL, enjoy the moment.



Welcome

from the NCCC President



"To all the ruggers, families and loyal supporters, a special welcome from the North Country Community College community! We are delighted to be part of your 46th annual tournament in beautiful Saranac Lake. We'd like to extend our best wishes for a fun and successful tournament and look forward to seeing you when we host the championship series at the NCCC Bowl on Sunday, August 4th! See you on the pitch!"

Joe Keegan, President,
North Country Community College

Niederbuhl Bros. Tree Service & Property Management

Reminding you... If you take care of your trees, they will take care of you!



Specializing in Danger Tree Removal Fully Insured • Free assessments & estimates

1. Plant health management
2. Landscaping/hardscaping Designer
3. Patios & walkways **(New product from Silvercreek barn plank pavers with frost resistance. Looks like real barn plank decking with the longevity of a stone paver.)*
4. Trucking/hauling services
5. Lawn and garden maintenance
6. New playscaping
7. Excavation
8. Lot clearing
9. Line clearing

Let us show you how to get the most out of your property!

(518) 354-8482 • www.niederbuhlbros.com

"You make the call, we'll make it fall."

Boston Rugby Football Club



Originally founded in 1960, the Boston Rugby Football Club honors a 59 year tradition of high quality men's rugby in New England and beyond. Boston RFC proudly maintains active XVs, 7s, Old Boys and youth rugby teams. Several former Boston RFC players have continued their rugby careers with the USA Eagles and now in the MLR

Gamblers Rugby



High risk behavior. Shoot first and forget about the questions. Whisky instead of water and scoring under the uprights. Gamblers Rugby is about embracing the dangerous things in life and reaping the rewards. A team collected in the heartlands of Canada and the United States and forged in the unforgiving fires of high-life and excess. Each man on the team has faced his own demon and after the game they have a beer together. We win because we know what winning tastes like, and as a word to the uninitiated, it is the sweetest elixir on the market. We do not need beautiful women to blow on our dice, or pocketed lucky charms; we are The Gamblers and lady victory favors these bold lads.

Dead Pheasants

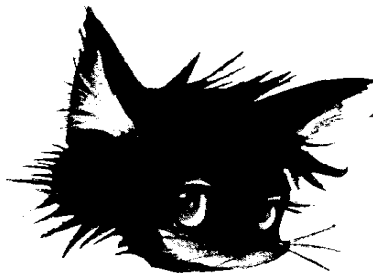


Hibernian Rugby Football Club



The Hibernian Rugby Football Club was founded on January 21, 1976 by former Blackthorn RFC players along with some enthusiastic novices to the game. The club's name is derived from Latin *Hibernia*, which the Romans called the wild and unconquerable island now known as Ireland. The original club logo was adopted from the Ancient Order of Hibernians, but was later changed in the 1977/78 season to the

crest of the Province of Connaught, Ireland. The Hibernians are based out of Lower Bucks County, PA and we currently play on a beautiful, regulation-size pitch and train under the lights at the Falls Township Community Park in Levittown, Pennsylvania. We've been regularly attending Can-Am since 2010 and thoroughly enjoy our time spent both on and off the pitch.



Red Fox Restaurant

Steak ~ Seafood ~ Italian

Good Luck, Ruggers!

Route 3W • Saranac Lake

518-891-2127

BE IN THE MOMENT

HIGH FALLS GORGE
SINCE 1890

4761 Route 86, Wilmington, New York • 518.946.2278

OPEN ALL FOUR SEASONS! • HIGHFALLSGORGE.COM

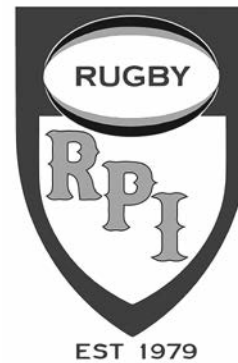
Misfits Rugby Club



The Misfits Rugby Club out of Western New York was formed January 2011 by seven ruggers, from various other teams, who believed in creating a different kind of team where all the players felt they were a part of the team's decisions and actions. Their name "Misfits" come from the Island of Misfits Toys, from the Christmas Classic Rudolph the Red Nose Reindeer. The Mascot, of course, is a Charlie in the Box. The team features players from a variety of experience levels, and prides themselves on their charity donation drives they feature at all home games. They currently compete in the Empire GU Division 3 Western Division.



In 2016, Long Island Women's Rugby joined Long Island Men's Rugby in bringing rugby to the Island. Founded by local ruggers, Long Island Women's Rugby provides the women of Nassau County, Suffolk County, and Queens the opportunity to play rugby on Long Island, NY. Competing in Empire GU, Division II, the club is proud to call John J Burns Park their training home and Centre Island Bay Beach their home pitch.



Big Pink

Big Pink is a brotherhood who met on a farm in Poughkeepsie. We come together in Saranac with a few invited family members each year to celebrate our shared history and to leave the Big Pink jersey in a better place.

This should be pink, but we're printing in black and white!



Northeast Militia is a 35+ Old Boys team with roots and history that run through New England, New York, New Jersey, and Pennsylvania. The purpose of our team is to enjoy the game and camaraderie of rugby through the better years of our lives. The vast majority of players on this team have played together through home teams and touring sides. Our purpose is to work hard on the field and play hard when we're not. As our new team develops, we will continue to strive and become one of the strongest old boys teams in the country. JOIN THE MILITIA!

majority of players on this team have played together through home teams and touring sides. Our purpose is to work hard on the field and play hard when we're not. As our new team develops, we will continue to strive and become one of the strongest old boys teams in the country. JOIN THE MILITIA!

**Welcome
Rugby
Players!**

**BEAR
ESSENTIALS**
apparel

97b Main Street • 891-8191
OPEN DAILY

CU. AdirondackDailyEnterprise.com

518.891.2600
to purchase photos

THE ADIRONDACK'S LEGENDARY MUSIC VENUE

Waterhole
Saranac Lake, NY

48 MAIN ST.

WWW.SARANACLAKEWATERHOLE.COM

**FRIDAY NIGHT
SOPHISTAFUNK**

"UNSTOPPABLE FUNK HIP HOP DANCE PARTY"

"FUNKY, GRIMY MIX OF HIP-HOP,
LIVE DRUMS & MOOG SAVAGERY"

DOORS 8PM SHOW 9PM 21+

**SATURDAY NIGHT
DJ FUNKY
COLD MEDINA**

ALL NIGHT DANCE PARTY!!

9PM DOORS MUSIC 10PM 21+

OUTDOOR PATIO - AC - GREAT DEALS
HUGE CRAFT BEER SELECTION
OPEN NOON - 3AM DAILY

Rutgers University Alumni Team



We are a Rutgers University Alumni team that is comprised of Rutgers rugby alumni and friends. We have been coming to Can-Am since 2011 with our most successful year being 2017 in which we won the social consolation bracket. Each year we design a new set of custom jerseys. Our most popular ones have been the Hawaiian shirt, Star Wars, Pink Princess, Christmas, and New Jersey themed jerseys.

Trashy Magic

Trashy Magic RFC was established in 2016. Our group started out as just a few girls from some local teams coming together to form the ultimate social have a really great time team. Somehow, between the partying and shot-guns, we formed a pretty good squad. We've continued to recruit from all over the USA, everyone and anyone is welcome. We have had success in some tournaments but more importantly ALWAYS have the best time. Trashy Magic continues to grow into a great platform to meet other strong amazing ladies who also love rugby.



Uticuse Hellbenders

Since August 2008 Uticuse Hellbenders WRFC has grown from a rag-tag group of diverse women, former rugby players and the newly interested alike, to a State-Ranked Competitive Women's Rugby Club.

We have bridged the cities of Utica and Syracuse, where our members weekly devote countless hours to practices, games, and community service events including our annual Ruck Cancer Benefit Rugby Tournament.

In the years since our club's inception, Uticuse has shown its ability both on and off the field by spear-heading the creation of a brand-new eight team league for women's rugby in Upstate New York and by competing in that same league's first ever playoff match. Our goal is to make the Uticuse Hellbenders WRC an integral part of Central New York's culture by providing the area with America's #1 Amateur sport.

In August of 2018 Uticuse was able to celebrate ten years since inception as a rugby club and hosted our ten year reunion weekend. Since then, we have moved up in rank to be a Division 2 team in the Empire GU league and went on to qualify for playoffs in 2019 making it to the Semifinals.



Welcome Ruggers!



2405 Main St., Lake Placid • (518) 523-9902

Best View in Town!

Welcome Ruggers!

Largest collection of quality home furnishings in the Adirondacks
Rice FURNITURE & FLOORING

Mon. - Sat.
9 AM - 5 PM

43 Main St., Saranac Lake, NY
891-4170 ~ www.ricefurnitureinc.com



anything but general

THE GO-TO
DESTINATION FOR
ADIRONDACK-MADE
& INSPIRED GOODS.

97 Main Street
Saranac Lake, NY
518-354-8173
Villagemerc.com



SARANAC LAKE, NY

Supporting Can Am Rugby
Since 1997

**Breakfast, Lunch & Dinner
Coffee Bar and Baked Goods**

55 Main Street, Saranac Lake

JOEL M. STANTON CONTRACTING, LLC



(518) 523-1848

We specialize in blacktopping,
paverstone patios, pools,
landscaping, septic systems,
demolition, foundations,
land developing, caretaking
and snow plowing

Good Luck Ruggers!



The Wine & Spirit Shoppe

518-523-2333
COLD BROOK PLAZA
LAKE PLACID, NY

THEWINEANDSPIRITSHOPPE@GMAIL.COM

STORE IS NOW TWICE AS BIG

WE LOVE LAX!



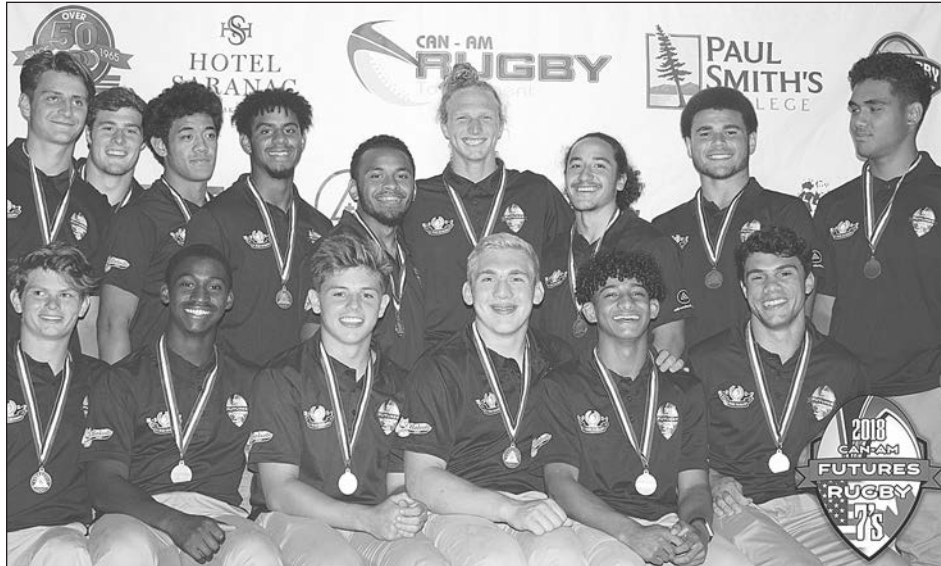
Good Luck, Ruggers!



6138 Sentinel Rd. • Lake Placid • 518-523-1878



Last year Paul Smith's College housed the USA best men's and women's players under the age of 18. They played for spots on the 2018 Youth Olympic Games in Buenos Aires. One of the players Alex Cleary, pictured below, ended up carrying the flag for the full USA team at the opening ceremonies. Watch for some of these players making the USA Team at next year's 2020 Japan Summer Olympics.



USA Men's U-18 Olympic Selection Team July 29, 2018:

Top (Left - Right): Jasper Green, Dylan Hendricks, Lauina Falatea, Ty Al-Jiboori, Junior Waqavesi, Ben Wierenga, Isiah Kruse, Zach Neff, Ulu Niutupuivaha. Bottom: Shane Barry, Elijah Billips, Max Clark, Alex Cleary, Jon Rodriguez, Will Chevali



Paul Smith's College Alumni v PSC Team game May 4, 2019. The Alumni won this match. PSC Rugby was recognized a full team sport on campus in 2000.



Welcome to The DownHill Grill, a family operated restaurant established in 1997. Feel free to relax and enjoy the good food and good times The DownHill Grill has to offer.

We pride ourselves on not being a fast food restaurant.

All our meals are prepared to order and we appreciate your patience. Can't get enough? Ask your server about taking home some fresh favorites like homemade salsa or our famous chipotle sauce. Thank you for visiting The DownHill Grill.

We hope you will enjoy your time here and come again.

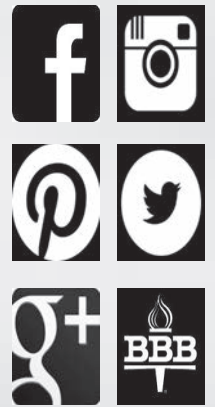
-As seen on Rachael Ray's Tasty Travels-

Welcome Ruggers!

**Good Luck,
Mountaineers!**

74 Main Street, Saranac Lake, NY 12983 • 518.891.3663 • email:dhgrkj@aol.com

- Tents & Tent Accessories
- Tables & Chairs
- Dance Floors & Staging
- Catering & Service Equipment
- Lighting & Sound
- Dishes, Flatware, & Glasses
- Linens
- Portable Restrooms



www.fosterstents.com

info@fosterstents.com



Hazardous Weather/ Evacuation Policy & Procedures

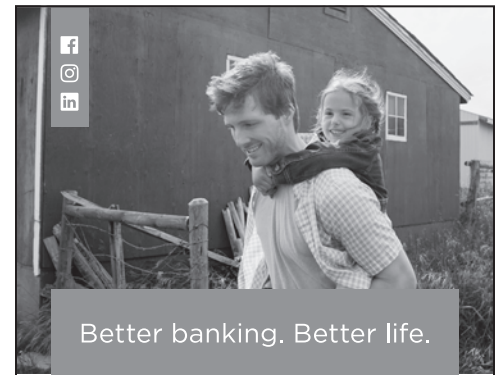
In the interest of ensuring participant safety and the appropriate use of the fields and facilities, the Can-Am Rugby Committee reserves the right to postpone, cancel, or shorten games due to inclement weather, especially lightning. If lightning or other hazardous weather is detected, the following mandatory procedures will be implemented:

- A horn will sound three short blasts to indicate the need for all participants to evacuate the playing fields and return to their vehicles for approximately 30 minutes from when the last lightning or other hazardous condition is detected;
- Tents and equipment can be left at the fields until the storm delay is completed;
- Once the storm clears, five short horn blasts will denote 15 minutes until resumption of play;
- If the evacuation occurs during the first half of a game, the teams will return to play the second half of the game and the entire schedule will be delayed by the duration of the delay;
- If the evacuation occurs during the second half of a game, that game may be terminated and the score at the time that play was suspended will be the final score; the next round of games will be played when play resumes and the remaining schedule will be played on a delayed basis in its entirety.
- Please be advised that for all issues effecting game play (e.g.- field/goal conditions, schedules, seeding/reseeding, playoffs, weather-related play halts/restarts, etc.), official information and decisions can only be obtained from the tournament Di-

rectors, who are located at the tournament headquarters. Please do not request or expect formal information from score keepers, referees, grounds keepers, or security personnel.

- In addition to being available at the tournament headquarters, tournament Directors will first and foremost utilize the tournament website, using email/mobile phones in an emergency, to communicate information pertinent to game play.
- It is ultimately the team's on-site representative's responsibility to seek out and obtain correct and timely information that affects their team's play from the tournament Directors. This above signifies the need for teams to COMPLETELY fill out the registration forms, including contact information for on-site team representatives.

THANK YOU FOR YOUR ATTENTION AND COMPLIANCE WITH THIS SAFETY POLICY AND PROCEDURES!



Better banking. Better life.

Let's do this.
Together.

2297 Saranac Ave,
Lake Placid
518-523-9535

cbna.com

Community
Bank N.A.

Equal Housing Lender | Member FDIC



**Good
Luck,
Ruggers!**

TRUDEAU

SAND AND GRAVEL INC.

1115 NYS 3 • Saranac Lake, NY • 518-891-1940



**MERCHANT
ADVOCATE™**

BOB MODLISZEWSKI

bmoliszewski@merchantadvocate.com

P: 315.657.8600 F: 732.862.1129

www.merchantadvocate.com

**Save Without Switching
Credit Card Processors**



Saturday Night
Shuttle between
SL and LP
**STOPS
HERE**

[HTTPS://WWW.TAILOTHEPUPBBQ.COM](https://www.tailothePupBBQ.com)

THE ADIRONDACK'S FAMOUS LOBSTER CLAM BAKE & BBQ FAMILY RESTAURANT
FAMILY STYLE DINING FOR GROUPS OF 12-60 PERSONS.

CALL IN ADVANCE FOR RESERVATION.

518.891.0777

1152 STATE ROUTE 86, RAY BROOK, NY 12977





PAUL SMITH'S COLLEGE

It's about the experience.



paulsmiths.edu

888.873.6570

#smittypix

info@paulsmiths.edu

20+ degree programs

14,000-acre lakeside campus

scholarships & financial aid



**ALWAYS
TRUST YOUR
TEAMMATES.**

FBMM
FISCHER, BESSETTE,
MULDOWNY & MCARDLE LLP
ATTORNEYS AT LAW

A tradition of trust.

OFFICES IN MALONE, SARANAC LAKE, AND TUPPER LAKE | 800.941.5001 | 518.481.5000 | FBMMlaw.com



**RUGBY
TOURS** | 7 NIGHTS IN
IRELAND
FROM
€599

**RUGBY
TOURS**

ACROSS IRELAND



IRELANDS LEADING RUGBY TOUR OPERATOR

WWW.IRISHRUGBYTOURS.COM

Can-Am Rugby Tournament Rules and Regulations

1. All Old Boy Divisions (Over-50, Over-45 and Over-35) will play 22-minute halves for all games in the tournament including the finals. Men's Premier, Men's Club, Men's Social and the Women's Division shall play 22-minute halves in all matches leading to the finals. The Finals will consist of 25-minute halves.
2. Lateness will not be tolerated, due to tight scheduling. Any team failing to take the field within five minutes of the scheduled kickoff will forfeit the contest by a 7-0 score (converted try).
3. Sin Bin" (Yellow Card) lengths will be 5 minutes for games with 22-minute halves and 7 minutes for games with 25 min halves. Any player sent off for misconduct (Red Card) may be disqualified from further competition in the tournament. The game referee and the tournament committee have the final decision on a player's ability to further compete in the tournament.
4. The Old Boy Divisions will have unlimited substitutions. In all other Divisions seven substitutes per game per team will be allowed in accordance with the laws of the game. Any player removed and substituted may take no further part in that game, but may play in subsequent matches. Any player who retires from a match due to a head injury must be examined by the medical staff before playing in subsequent matches. Per USARFU directive instruction from IFRB, a player who is suffering from a definite concussion may not participate in any match or training session for a period of at least three weeks from the time of injury, and then only subject to being cleared by a proper neurological examination.
5. No player may represent more than one team in the tournament.

If a player has represented one team in the competition, he, thereafter, will not be allowed to represent another team in competition. Violation of this rule shall be grounds for disqualification of the offending team from further competition, at the discretion of the Tournament Committee. At all finals, each team shall submit a roster that shows all players including substitutions. This roster shall be provided to the Tournament Committee BEFORE KICKOFF.

6. Breaking Ties: A coin toss will precede a 10-minute sudden death overtime period. If neither team scores, the winner will be determined by successive field goal tries starting at the 10-yard line and increasing distances of five yards for each additional kick required. Each team may nominate one player, that had participated in the game, to do the placekicking.

Tie Breakers to determine advancement in pool play:

1. Final standings will be determined within a Pool of play before standings are finalized within a Division.
2. Final standings are based on a team's record within a pool and division. If this results in a tie between teams, go to rule #3.
3. The process of breaking ties in both Pool standings and Division standings between Clubs will go through the following calculations in the following order until final standings are determined:
 - a Point differential in all matches played
 - b Total Tries Scored in all matches
 - c Total Tries Converted in all matches
 - d Head to head scores between common opponents
 - e Coin Toss

7. For Sunday's final games in each division, the same tiebreaker system (Rule #6) will be employed except that teams will play two 10-minute sudden death overtime periods before moving to the place kicking option to decide the outcome. Prior to the second 10-minute overtime period, the teams will switch ends of the field.
8. GAME PROTESTS regarding rosters must be made and presented to referee before KO so that the offending team has a chance to rectify any roster issue. Other Protests must be made to the referee before he/she leaves the field of play. The referee will consult with the Tournament Committee (that includes the Referee Coordinator and Tournament Director) and a decision will be made. All decisions made by the Tournament Committee are final and binding. Teams failing to heed these decisions face automatic disqualification and possible suspension from future Can Am Tournament play.

Other Rules:

- Scrum

Engagement Sequence: Crouch, Bind, Set. No verbal "yes nine" except for youth. Signal ball ready to go in by tap on shoulder or eye contact opposite put in.

- Line Out

If taken quick in front of proper mark turnover. Line-out given to opposite team.

- Youth

No squeeze ball. Penalty. High tackle is defined as above the arm pits.

Largest Selection of Phones, Tablets & Accessories

Free Account Analysis Anytime

Bill Pay Services



Come in and talk to our friendly and knowledgeable staff

Device Training Classes Available

And So Much More!










Wireless Zone of Saranac Lake
 38 Main Street, Saranac Lake, NY 12983
 518.891.7300
 Mon-Sat 9am-8pm | Sun 11am-5pm





your Grilling headquarters!

Hardware

Grilling

Camping

Fishing

ADK Gifts

Paint

Flooring



518-891-8161 • 622 Lake Flower • Ave Saranac Lake, NY 12983

• coakleyhomeandhardware.com •



First-Ever Prusmack Award Recipients Announced

The United States Military Academy's Samantha Sullivan and Lindenwood University's Cristian Rodriguez Selected as Inaugural Prusmack Award Recipients

The United States Rugby Foundation is pleased to announce that the winners of the first-ever Prusmack Awards, awarded to the top female and male collegiate 7s player in the country, are The United States Military Academy junior, Samantha Sullivan, and Lindenwood University senior, Cristian Rodriguez.

Over 60 collegiate coaches from across the country were asked to submit nominations for The Prusmack, Samantha and Cristian were selected from an outstanding group of nominees.

This annual award is named in honor of the late A. Jon Prusmack, who has meant so much to the sport in America, especially Sevens Rugby.

Samantha Sullivan was familiar with the sport of rugby for her father had played in college and in the Army but she had never played prior to her being accepted to West Point. She was a three-sport star in high school, excelling at cross country, indoor track and captained her school's soccer team. Her twin brother, Jackson, is also attending West Point and is on the school's track team.

Samantha walked on with the Army Women's team her freshman year and it wasn't long before her speed and athleticism earned her a starting role on the wing and she's never looked back.

Army Women's head coach, Bill LeClerc, said that "Samantha became our main strike weapon and is now the 7s program all-time try scoring leader. She was second on the team with 26 tries as a freshman, she led the team last year with 25 and again this past year with 33 tries. Off the

field, Samantha is a member of the new Hawk Eye ID Program. She is also the first-ever West Point Military Academy Brigade Trust Captain, heading up a committee of cadets to highlight sexual assault and sexual harassment and creating a culture in which every cadet is empowered to protect their teammates."

Cristian Rodriguez was introduced to the sport in the streets of Hawaiian Gardens, CA through a program called, Alternatives to Gang Membership. The name speaks for itself as founder Ernie Vargas used rugby as a way of keeping kids off the streets and on the pitch.

Cristian immediately took to the aggressiveness of rugby when he first picked up a rugby ball as a 14 year old. He climbed the ranks through his Hawaiian Gardens team utilizing his speed, play-making ability and defensive prowess. He caught the eye of then Lindenwood University coach, JD Stephenson, at a match in San Diego, and it was the start of something big.

He earned a scholarship at Lindenwood and for the past four years, has been a leading figure for the Lions, guiding them to three consecutive USA Rugby Collegiate Sevens titles and back-to-back Collegiate Rugby Championship titles.

"Cristian has been the bedrock of our sevens team for three years now," said current Lindenwood Head Coach, Josh Macy. "He is diminutive in size but is the best play maker in the country. Add on his ability to finish tries and defensive prowess at sweeper and you have a recipe for the country's best player."

Cristian closed out his Lindenwood career a winner and now he looks to continue in the game exploring more opportunities in sevens and Major League Rugby. But before that he is looking to give back to his community and the sport by going back to Hawaiian Gardens.

"Ernie Vargas wants me to take over his

job. I've been working for him for the past five years as his assistant, so that's the goal. Two years ago, I started putting in a proposal for a teen center. We're looking to get that this summer, where kids will be able to come to the facility and do homework, play games. We'll run all our programs out of there."



U.S. Rugby Foundation in Silent Phase of Multi-Year, Multi-Million Dollar Campaign



The United States Rugby Foundation has begun a multi-million-dollar campaign to benefit grassroots rugby across America. The Foundation has been supporting domestic rugby in the United States since its founding in 1963. Over the years, this non-profit organization has poured more than two million dollars into United States rugby at the grassroots level. Now it looks to multiply its efforts through a comprehensive, national fund-raising campaign.

U.S. Rugby Foundation Chairman of the Board of Directors, Brad Andrews, has established a Campaign Committee, and appointed Jay Waldron as Chairman. For more info contact Brian Vizard at bvizard@usrugbyfoundation.com or 619-743-6343 or Jay Waldron at JWaldron@SCHWABE.com or 503-796-2945.



Cristian Rodriguez



Samantha Sullivan

Rugby Community Mourns The Passing Of Legend, A. Jon Prusmack

Editor's Note: Jon Prusmack was one of the original Rugby players who came to Saranac Lake before the founding of the Can AM in 1973. He came back many years as a player and then as a referee along with his wife Patty.

He will go down in US Rugby annals as one of the true Pioneers of the development of the game.

By Allyn Freeman

A. Jon Prusmack, a successful entrepreneur of many companies, and the respected and admired owner of United World Sports (USA Sevens, Collegiate Rugby Championship, Rhino Rugby USA, and Rugby Today), died on Friday, Dec. 21, 2018. He was 77. He is survived by his wife, Patrice.

It was a sad day for worldwide rugby to lose this innovative visionary, who, for more than fifty-years devoted his life to expand rugby in the USA, a sport that he played and loved. From 1968 when he published the first Scrumdown magazine, to building the USA Sevens and to the concept of Super 7s Rugby professional league, he endeavored to pioneer commercial models in original, American operated rugby businesses.

Prusmack's rugby career started out with Westchester RFC in the mid -1960s at a time when rugby flourished in New York City with five local clubs (New York RFC, Old Blue RFC, Manhattan RFC, Old Maroon RFC, and Westchester) organizing multiple sides weekly. Then in 1973, he performed double duty playing two matches per week during the New York Athletic Club's introductory rugby season. He would go on to coach and referee for many years.

In 1975, he launched Scrumdown in newsprint, and, that year, hired Ed Hagerty to become Editor while retaining the Publisher role. The publication changed its name to Rugby in 1976, becoming the singular and official voice of US rugby news and information, and, importantly, connecting the American rugby community. Prusmack and Hagerty were elected to the US Rugby Hall of Fame in 2013 for their decades of media contribution.

In 1979, he wrote *Rugby: A Guide for Players, Coaches, and Spectators*, the first book about the sport published in the United States.

In the early 1980s, he wanted to try a different business from years of commercial graphic design. A Westchester club teammate offered the export sales rights to the Middle East for a hospital disposable pack company. Finally, after six futile months he scheduled a sales call with a distributor in Saudi Arabia. At a hotel cocktail lounge in Riyadh, he met two British businessmen where the conversation turned to rugby. Prusmack always credited the serendipitous bond with these rugby men who provided

savvy cultural advice about doing business in an Arab country. The disposable business sales grew incrementally, expanding into a full line of medical procedure trays.

Many years later, this Saudi distributor would ask Prusmack the one question that would change his life. "Can you create a field hospital for our annual haj for the many millions of pilgrims who come to Mecca?" The available tents at that time were old, bulky, and time consuming to erect.

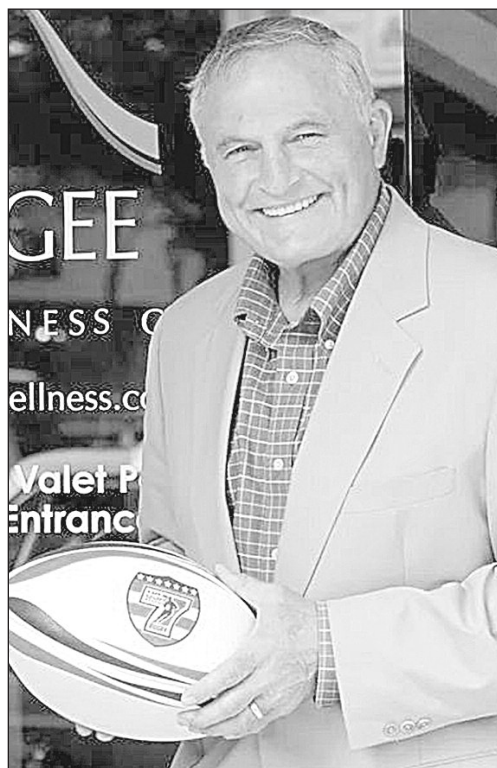
He decided to create a new tent model. With a vital suggestion about support struts from his wife Patti, also a graphic designer, he designed a prototype of the world's first, quick to assemble shelter tent, which required no tools to set up.

Founded in 1986, the company was named Deployable Hospital Systems. Later, it changed to D.R.A. Shelter (DRASH) as its field applications expanded beyond medical services to command and control functions. It took almost a decade to turn a profit, eventually, generating sales of over \$150 million annually. Prusmack never faltered in his belief that hard work and dedication to a creative idea would lead to success.

DRASH employed 300 employees, the second highest manufacturing total in Rockland County, New York. The company operated sales, support, and training offices throughout the country, and many international offices.

With the success of a thriving and highly profitable military shelter business, Prusmack offered significant financial gifts to the rugby programs at West Point and Annapolis. He provided a pitch - Warrior Field - to the Army's new rugby facility in 2007. At his alma mater, the Naval Academy in 2016, he funded the Prusmack Rugby Complex that features two parallel fields with back to back bleacher stands.

Prusmack realized an opportunity to return to a rugby-oriented business venture when the USA Rugby Organization decided to sell the ownership to the USA Sevens. He bought the rights in 2005 and moved the tournament from Los Angeles to San Diego



A. Jon Prusmack

in 2007. He also bought back total ownership in Rugby magazine, and mounted ERugbyNews.com, an online rugby publication. The new rugby entity was called United World Sports (UWS).

The World Rugby HSBC sponsored USA 7s moved to Las Vegas in 2009 where it proved a financial success story, attracting many thousands of fans. The Las Vegas tournament celebrated its tenth anniversary in early March 2019.

Prusmack had a vision that college rugby would be the pathway for successful national teams. He invested

in the creation of a new event to showcase college sevens in 2010. This is now named the Penn Mutual Insurance Collegiate Rugby Championship, or CRC. The tournament found a home outside Philadelphia where it's played every June. Many present and past USA 7s Eagles premiered publicly at this televised event.

The burgeoning interest in sevens rugby paraded the USA's Men and Women's stars at the USA Sevens and at the CRC, making, rugby the fastest growing team sport in the United States. Another reason for the increase in players nationally is that Prusmack spearheaded putting rugby on national television, first with NBC and now ESPN Prusmack was voted into the NYAC Rugby Hall of Fame and the US Naval Academy Rugby Hall of Fame.

Academically, he transferred from the Naval Academy to New York University where he received a BA degree in Art and Mathematics. He was voted most valuable player on the NYU football team. Later, he earned two MS Degrees in Engineering from Poly-

technic University in New York. He also holds an MBA from Bernard Baruch Graduate School of Business.

Prusmack served as a board member of the Federal Reserve Bank of New York's Small Business Council, the Rockland County Economic Development Corporation, and was on the Board of Trustees for Dominican College, New York. The university named its new Health and Science Education Center the Prusmack Center in recognition of the significant donation from the Prusmacks.

He was named a member of the Business Institute's Excellence Hall of Fame in December 2015. In January 2016, he was the Hall of Fame's inaugural member and he was inducted on February 19, 2016.

Prusmack was an accomplished painter and printmaker. His early football-to-rugby posters have been sold for years in Rugby Magazine. He was Treasurer of the Salmagundi Club, one of the oldest and most prestigious art institutions in New York City, dating back to 1871. Art remained his hobby and passion.

An associate said of Prusmack, "He created canvases of business in his mind." He embodied the true entrepreneurial spirit, generously seeding projects with investment and advice. He will be remembered as a gentleman, affable and kind, who always exuded optimism.

The American rugby community has lost a good friend who embodied the love of the game. It is a truism that he was responsible for rugby's newfound popularity. All who knew A. Jon Prusmack will conduct a memorial service in their hearts and this tribute will last forever.



Patty and Jon Prusmack offered significant financial gifts to the rugby programs at West Point and Annapolis.



#SKIADK

We've got family-friendly fun, terrain parks and glades galore, and the greatest vertical drop in the East. Come see why the Adirondacks is the place to ski this winter!

SkiTheADK.com



WHITEFACE CLUB & RESORT

SINCE 1898

Mention you're
with rugby
and you can play
golf for \$65!

**CUSTOM HOME RESORT COMMUNITY ON THE SHORES OF LAKE PLACID
COME PLAY WITH US!**

**GOLF * TENNIS * WINTER NORDIC CENTER * LAKESIDE RESTAURANT * GARDENS
WEDDINGS * PRIVATE PARTIES * PRIVATE DINNERS ON THE BEACH
OPEN TO THE PUBLIC**

We invite all to come visit and enjoy a round of golf on our course, ranked #4 in public access courses in NYS! Or play on one of our groomed clay courts at our tennis center. Enjoy lunch or dinner at our restaurant on the shores of Lake Placid.

Take a tour of our custom built homes and the remaining available lots.

Casual environment to relax, enjoy and rejuvenate!

373 Whiteface Inn Lane * Lake Placid, NY * 518.523.2551

Recognized for excellence in joint replacement



Adirondack Health has earned Comprehensive Joint Replacement Certification from HFAP, one of the leading accreditation organizations in healthcare. That means you can trust our surgeons to give you excellent care.

Orthopaedic Surgeons Smith, Byrne, Bullock and Szczech have more than 50 years of experience between them, treating world-class athletes here in Lake Placid as well as everyday people.



For more information or to
schedule an appointment, call
518-897-APPT (2778).
adirondackhealth.org



*Our Mobile Recovery Station will be at the
46th Annual Can Am Rugby Tournament
in Saranac Lake and Lake Placid.
Pre and post recovery sessions available!
Pre purchase and SAVE!*



Team Package A 12 individual- 15 minute sessions \$89.00 (save 33% off tournament day price)

Team Package B 24 individual- 15 minute sessions \$159.00 (save 42% off tournament day price)

Space is limited!

PREPAY and SAVE! These chairs will be in demand on game day!

Preserve your body and enjoy a refreshing post game recovery session. Everybody LOVES our recovery chair! #1 Athletic Recovery Chair on the market!

* Team Package Pricing valid throughout the Tournament (MC/Visa/Amex)

**Unused sessions will be credited to your account.

*** Mobile Recovery Station is AIR CONDITIONED!!

Questions? For more info, contact John@turbosportsrecovery.com or call John Hall @732-722-8588

Mobile Recovery Station Hours: Daily 8:00AM until 6:00 PM

15% OFF FOR A LIMITED TIME ONLY



CUSTOM MATCH JERSEYS

Orders
of 24+



REG. \$77

NOW \$65

PER JERSEY*

PROUD SPONSOR OF



TEAMSALES@
RUGBYIMPORTS.COM



800.431.4514 USA
401.438.2727 INT



Welcome Rugby Players!

**75 Main St
Tupper Lake**

**169 Broadway
Saranac Lake**

**615 Lake Flower Ave
Saranac Lake**

PLAY EAT PARTY SLEEP REPEAT



For 46 years rugby players have been coming to Saranac Lake to have fun. And this year is no different. Welcome back, ruggers!

Go to SaranacLake.com to learn more.

POWERED BY ROOST