

# WOMEN'S RUGBY AUSTRIA

## Women's Rugby Championship & Training Camp Tyrol 11-13 June 2009

On 11 June the 3 women's teams from Austria met in Hatting, Tyrol, in the midst of high mountains and green fields for the penultimate round of the Austrian 7's Championship.

The kick off game of this championship tournament started with WRCI (Women's Rugby Club Innsbruck) and Linz. Both teams gave their best but the hosting ladies benefited from more experience and won against a young but motivated Linz team.

The second game was played between FRU Schönbrunn from Vienna and WRCI. The hosting team was put under a lot of pressure from the beginning and was behind by 4 tries in the first half. In the second half the Innsbruck girls tried hard and pushed but their opponents from Vienna didn't leave them much room to play nor did they give them the satisfaction of a try with their sturdy defence. The game ended with one more try for the guest team and brought the score to a total of 35:00 for FRU. With their fast pace, clean ball handling and good defence, the FRU girls were quite convincing.

In the third game Linz came up against the Vienna girls. The young and motivated Linz girls worked hard and gave their best again and scored their first ever try against FRU Schönbrunn through a nice pick and run by Eva Stix following a scrum. In spite of Linz girls' great efforts and lovely try, the more experienced Vienna team had a clear win with an end score of 29:5. Both teams enjoyed the game and many beginners from both sides had the chance to play their first Austrian Championship game.

At the end of the tournament all three women's teams joined forces to play a friendly 10's game. For most of the players it was the first time ever playing 10s or anything over 7's. Everyone enjoyed this friendly game and gained a new rugby experience. All in all it was a successful and fun rugby for Women's Rugby Austria.

### Final on 27 June 2009

The final will be held on 27 June in Vienna / Atzgersdorf. This time there will be one more team joining us in the Austrian Championship; the newly re-established Graz women's team. After a long wait, Austria finally has four women's teams participating again.

In parallel to the Austrian Championship Vienna will also be hosting the F-EN Regional League Final with the usual suspects Austria, Croatia, Hungary and Slovenia and two guest teams; one from the Czech Republic (Brno) and one from Serbia.

## National Team Squad Training Camp

After the tournament on Thursday the National Team, and any Austrian Championship participants that were interested, had a weekend full of rugby and team bonding ahead of them. Friday morning the players had a bit of time to relax by the hotel pool in Igls and recover from the previous day's Championship games. This turned out to be necessary in order to get through a 5-hour-training session that the afternoon. The whole FRU Schönbrunn team and almost all the Linz girls participated. Unfortunately, although we trained in Igls where on the Innsbrck girls' home pitch, none of them participated.

Day two of our camp was full of team bonding activities and trust games. The aim was to get to know each team member better, to help understand the team as a whole on and off the pitch to help it function as a unit as well as to learn how to act and react to certain situations and individuals to keep the peace within the unit/team.

We would like to give a big thank you to the organisers coach Renée and team manager Tini, who always work hard give us the best of the best and make everything possible to pamper and train us (even with tough love sometimes!). Furthermore, we would like to thank our sponsors, especially Vulcan, for their financial support that helps make such valuable learning experiences and training camps possible!

JF