

BURNS AND BRUISES

Girls rugby players push through the pain in order to play for the team

In a way, rugby was a tough sport to play. It was aggressive and required lots of strength, but the girls on the team didn't find that challenging.

"So many girls got injured but kept playing. It was amazing to see them push through the pain and play with all they had," Zoe Turner (10) said.

There was a certain motivation that each person had to push through.

"For me, it's the power and adrenaline rush you get when you're sprinting your fastest trying to get a breakaway or tackle someone who got a breakaway," Alicia Chapman (10) said.

Rugby helped girls feel strong and tough.

"As weird as it sounds I always felt cool coming home with cuts and bruises. It made me feel strong. In

the games, they were so intense that you sometimes didn't even realize what happened and that you got hurt because we were all so into the game. I was lucky enough to not get a serious injury, but even other girls who did continued to push and played till they couldn't anymore. That's why I'd never underestimate any of the tough girls on any of the rugby teams," Turner said.

The sport itself kept people on the field.

"Playing rugby is really rewarding because it's so fast-paced and you can't win without everyone working together as a team. The game is over almost before you fully realize it started, but then when you think back about what happened during the game, it feels like it lasted for hours. Even if you don't win, there's always something to be proud of in the game

like a specific tackle or scrum," Kate Muldoon (10) said.

The support players felt from their team helped them fight through the pain.

"[I enjoy] the feeling of happiness you get when you get a good tackle or get a try or win a game. And the love that everybody gives to each other constantly bringing the team up and helping everyone push through the pain and play as hard as possible," Turner said.

The game took the players' focus off of potential injuries.

"While I was playing, I didn't notice the pain because I had so much adrenaline," Muldoon said.

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COPING WITH QUARANTINE

Boys rugby players find a way to stay active with their team and with rugby at home

"We've all been working out on our own and watching some of our own games and international matches, just doing the best we can to stay in shape and thinking about rugby while the coronavirus is rampant."

-MITCHELL PEREZ BIGGER (12)

"Our coach has been sending out workouts, and we've all been trying our best to stay fit."

-COLIN RAULF (12)

"I have been watching professional games and doing workouts to keep up physically and mentally."

-CADEN POULSEN (12)



DANCING THE NERVES OUT The team dances before a game to get before-game-jitters out of their system. "I love doing that because it's a good stress reliever so I don't get too in my head about the game and I have a minute to remember that no matter what happens, I'm still going to have fun with my team," Kate Muldoon (10) said. **CONTACT CLOSENESS** A Regis player is being tackled while players are going in for a ruck. "I've played a bunch of sports growing up, but in high contact sports I feel as if there is more of a tight knit bond between you and your teammates, and I've always felt I had a place in that type of community," Dustin Racela (10) said.

RUGBY FAVORITES

Rugby players remember what makes them love the game

The boys rugby season was cut short, but the students still had favorite memories from the short season that they did get.

"I think our last night together [was my favorite]. We knew we weren't going to be able to practice anymore, so our coach just let us play a game of touch, and we just had a really great night. We didn't know when, if at all, we'd all be seeing each other again, so I think we just tried to make the best of a bad situation," Mitchell Perez Bigger (12) said.

Being with the team was a good memory in and of itself.

"[My favorite part has been] just getting together with the team for practices and team dinners," Aidan Singh (12) said.

Even just being at practice was a good time.

"I loved going out to each practice. The team is just so fun to be around and I was looking forward to playing more games," Jayce Neuse (12) said.

Not only did they make new memories, but students got to experience the best parts of playing rugby.

"My favorite thing about rugby has always been making

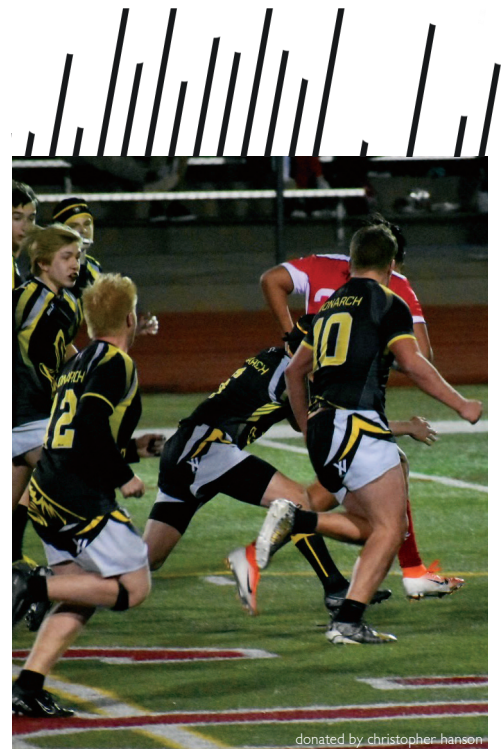
your first tackle of a game, and touching the ball for the first time in a game. Both are equally exciting. I also just love being on a team and you grow so close to the guys you play with because out on the field we've all got each other backs," Colin Raulf (12) said.

Some players liked rugby because of the contrasts from other sports.

"I like running the ball. In football, I always just played defense and never really got to. I like how in rugby everybody is playing both ways. It's just a really fun sport to play," Neuse said.

The environment and respect were a big key to the game.

"I think [my favorite part is] the environment that we play in; the atmosphere of the game is amazing. It's the only sport where you see two teams hitting each other for two hours and then going out after the game together. That respect goes from the kids all the way up to the pros internationally, and no matter where you are or what level you play, the feeling for the game is always there," Perez Bigger said.



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COMMUNITY GAME Kate Muldoon (10) puts the ball in the scrum in a game on Oct. 19 against Fort Collins. "[My favorite part of rugby is] the community definitely. It is a very lighthearted, fun community and you become friends with a lot of girls from other teams," Alicia Chapman (10) said. **TACKLE TIME** Kate Muldoon (10) gets tackled in a game against Summit on Oct. 19. "I love being able to have fun but also be competitive, and our team has a great environment for that," Muldoon said.



photo by natalie hunt

BOULDER BUDDIES

The two teams get really close and cheer each other on as teammates and as friends



photo by natalie hunt

Boulder started a new girls' rugby team this year, so the Monarch team got the chance to practice with them and have scrimmages so both teams could improve.

"It was fun to have more people to make friends with and play with, and then during tournaments, we could go hang out with them in between games," Kate Muldoon (10) said.

The teams supported each other throughout the season.

"It was really cool to watch them improve as the season went on because basically all of their players were brand new at rugby. When they won their first game, which was also their last [game they played] it was so nice to see the smiles and how proud they were. We supported each other a lot," Alicia Chapman (10) said.

Watching each other improve was also a great perk of being so close.

"We were there for one of their first practices and the improvements they made were amazing. We got to see them with their first game and it was amazing screaming our lungs out for the girls as they did for us," Zoe Turner (10) said.

Pictured: Zoe Turner (10) and Alicia Chapman (10) laugh and smile as they warm up for their game in Boulder on a sunny day.



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