



Mission



Serve the University of Michigan and embody its mission through rugby competition and community

Soiled Meat and Sand est. 1959

A Note from the President

To the UMRFC Community,

I first joined Michigan Rugby with only my love for the sport. I was not aware of the community and level of organization that this club brought to the table at first, but quickly learned that. Over my first years of college Michigan Rugby has provided me with an amazing opportunity to grow as an athlete, leader, and person. Through my time as president, my goal is to grow this organization to give this same opportunity to others for many years to come at an even higher level. This organization is one where you get out what you put in, and I'm excited to say that what everyone is putting in at every level is hard work and effort. This organization wouldn't be where it is without everyone involved- coaches, alumni, players, officers, parents, the Michigan Rugby Foundation. I know my officer board especially has been giving their full dedication to their roles. This year our board has expanded, adding a recruiting officer and making the merchandise position an entire team, expanding our sales capabilities and professionalizing our storefront.

I am extremely grateful to have the roles and responsibilities of the club's president. Helping lead this club to greatness and professionalism on and off the field is one of my highest honors that I can't wait to enjoy for another semester.

Soiled Meat and Sand,

James Willcox



Jamie Willcox, a Data Science junior from Cape Town, South Africa is the 2023 club president

Team: *My actions advance our shared goals.*

2023 Chief Officer Board



James Willcox
President



Timothy Zamarro
Vice President



Armen Vartanian
Chief Publicity Officer



Tommy Hendricks
Chief Financial Officer



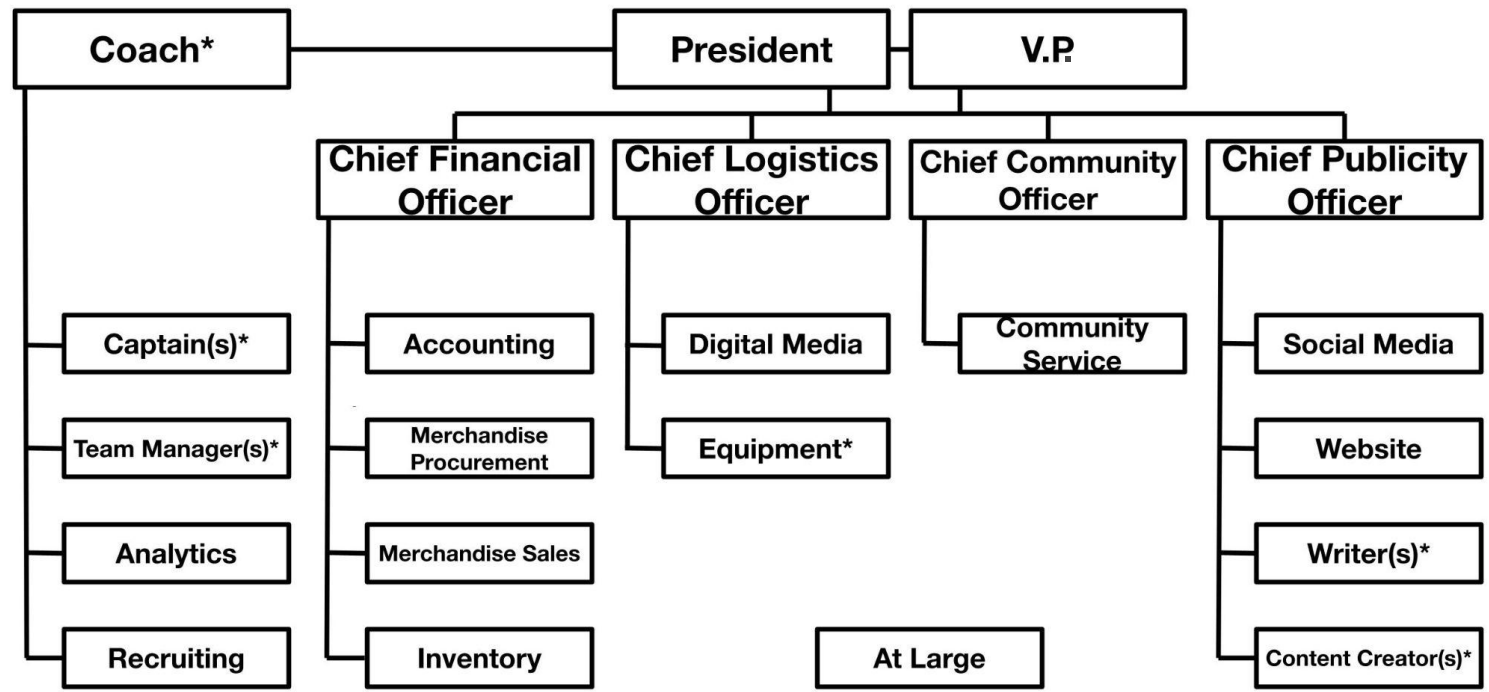
Zach Vaitkevicius
Chief Community Officer



Ali Azeem
Chief Logistics Officer

Valor: My actions challenge adversity and fear.

Administrative Board Structure



*Non-Officer Positions

Leaders: My actions inspire others to act.



Non-Player Administration

Our NPAs provide strong support off the field to let players focus on what matters, playing Michigan Rugby! We plan to expand our administration in the future and provide opportunities for all UMich students.



2022-2023 NPAs:

Ali Azeem - Chief Logistics Officer

Antony Jacob - Officer at Large

Kelly McCafferty - Social Media Officer

Alexia Pacheco - Content Creator

Zach Vaitkevicius - Team Manager and
Chief Community Officer

Fall 15s Performance

The team started the fall with a sunny win over Cincinnati and finished with a snowy victory over Purdue.

The team had a roster of 50+ players, fielded two full sides, and finished 7th in the Big Ten.

Colin Sampic received 2nd-team All Big Ten honors.



See p. 23 for our Fall 2023 schedule.

Spring 7s Performance

A 4th-Place finish in the Big Ten earned Michigan a 6 seed at the Collegiate Rugby Championship, where the team finished tied for 21st in the nation.



George Janke received 1st-team All Big Ten honors. Shea Loughnane was placed on the 2nd team.



The Sues won the 2023 Intrasquads Tournament.

Spring Tour: Cape Town



Almost 30 members of the team made the long flight to Cape Town, South Africa. They soaked up the sun with various activities including hikes, viewing the Cape of Good Hope, the winelands of Stellenbosch, and the city center.

The immersion in South Africa's rugby culture was an experience of a lifetime.

2020 alum Nate Orlowski was tour manager.

Off-Season Growth

In addition to regular strength & conditioning, players joined men's clubs to continue their development over the summer

Sophomore Luke Zana and Junior Shea Loughnane played for Pōneke FC in Wellington, NZ



Player Demographics (August 2023)

3.55
Average GPA

31%
of players played
rugby before
college

**10 NCR
Scholastic All
Americans***

**23 players
played for 16
clubs over the
summer**

**5 new players
joined the team
for two-a-days**

90%
of players were
multi-sport
athletes in high
school

**NCR Scholastic All Americans accomplished a 3.5 GPA or higher for both semesters last year*



UMRFC Community Service

- Annual Maize Mile
- Movember for Men's Health Awareness
- Polar Plunge for Special Olympics Michigan
- Victor's Day
- Recurring blood donations



TWALL
FOUNDATION

16TH ANNUAL
VICTORS DAY
4.14.23

ALL STAR
RUGBY ASSOCIATION

We raised around \$750 for Special Olympics Michigan through this year's Polar Plunge

A Note from the Head Coach



What a year of Michigan rugby. The fall season saw a lot of tough matches with some major shifts put in by our senior class who will be sorely missed. Strangers became friends for life, international students returned to other parts of the world sporting the crest, and many new guys got to fall in love with this sport that has united all of us.

With the advent of two-a-days right around the corner, this upcoming fall season has a lot to be excited about. Many of our matches will be on Friday nights under the lights at Mitchell field including some major rivalry showdowns with Bowling Green, Ohio State, and Notre Dame all coming to A2. Olde Blue weekend on 9/29 has the team competing for the first time against Rio Grande. Hope to see many of you this fall. The team is mostly returning in full with some big additions in experienced freshmen, international students, and two of our players spending the summer in New Zealand playing for Poneke. The boys in blue are poised for a major season of soiled meat and sand.

All of this is not possible without the amazing support from all of you as last year marked another year of record breaking fundraising. From the bottom of my heart, thank you. Your gifts allow us to continue to grow and improve the club for many more generations of Michigan Rugby.

In my first year as head coach I have a request of Olde Blue. If you have any relics of Michigan Rugby you are willing to donate, please send them to 1785 Miller Ave, Ann Arbor MI, 48103 or bring them to Olde Blue weekend. Awarding player efforts with pieces of Michigan Rugby history is not only motivating for the players, but helps ensure that the current generation of ruggers appreciates the beautiful legacy of this extraordinary club.

Thanks for all your support. See you at the pitch. Go Blue!

A 2014 alumnus and former all Big Ten player, Coach Mentzer looks to make his mark in his first season as Michigan Head Coach



2022-2023 Coaching Staff



Christian Mentzer
Head coach



Zach Simkins
1st Side Backs



Drew Vecchio
2nd Side / Forwards



Nate Lyon
1st Side Backs



Matt Kasten
2nd Side Backs



Matt Trenary
Director of Development
1st Side Assistant



CJ Stock
Rugby 101

Our assistant coaches are unpaid volunteers. We couldn't succeed without them.

Player Testimonials



*Ryan Grover, a
Statistics junior from
Cromwell, CT*

I joined Michigan Rugby as a freshman with pretty much no contact sport experience. Despite that, I felt welcome immediately and got learning immediately. Over the past two years, I've grown immensely on the field and off the field, and I couldn't have done it without my teammates and coaches. I've gotten stronger and became a better rugby player, but I've also been able to develop my skills as a leader and as a teammate. I've also been lucky enough to serve on our team's officer board where I've gotten to help our club be the best it can be in the short term and long term while developing some great skills that will help me throughout my life. I've even gotten to travel to places I never thought I would go. Michigan Rugby has allowed me to meet so many great people and friends, and I couldn't imagine my time at Michigan any differently. Soiled Meat and Sand.



*Luke Zana, a Data
Science sophomore from
Boulder, CO*

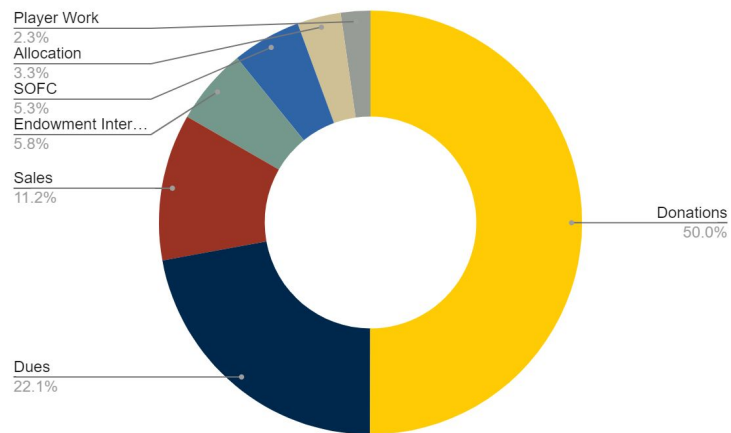
I joined Michigan Rugby the fall of my freshman year, almost on a whim. I played lots of sports in high school, especially football, and I was looking for a way to continue my athletic career. Over the summer I filled out a recruiting application, and figured I would just check it out. That inconsequential choice has led to some of the best changes in my life over the past year. I met nearly all of my closest friends through the rugby team, found my housing through the rugby team, and so much more. Most notably, rugby gave me the opportunity to travel abroad, and I spent my summer playing for our sister club, Poneke FC, in Wellington, New Zealand. Being a part of Michigan Rugby has given me a tight knit community, a competitive environment, and endless opportunities. It's a team that means many things to many people, but to me personally it means more than I can describe. I'm eternally thankful that I gave rugby a chance, as it has changed my life.

We have 47 players entering Fall 2023, with plenty freshmen yet to join.



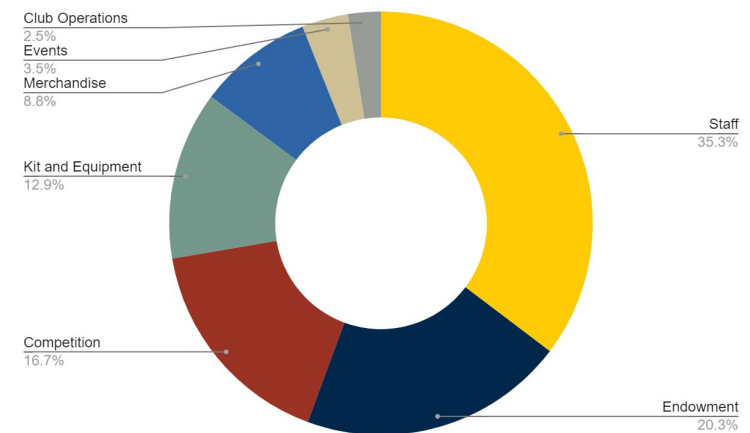
Financial Summary

2022-2023 Revenue: \$124.4k



- Donations (incl. University matching).....\$62,256
- Dues.....\$27,482
- Sales (incl. store sales, side orders).....\$13,925
- Endowment Interest.....\$7,250
- SOFC.....\$6,541
- Allocation.....\$4,150
- Player Work.....\$2,811

2022-2023 Expenses: \$146.9k



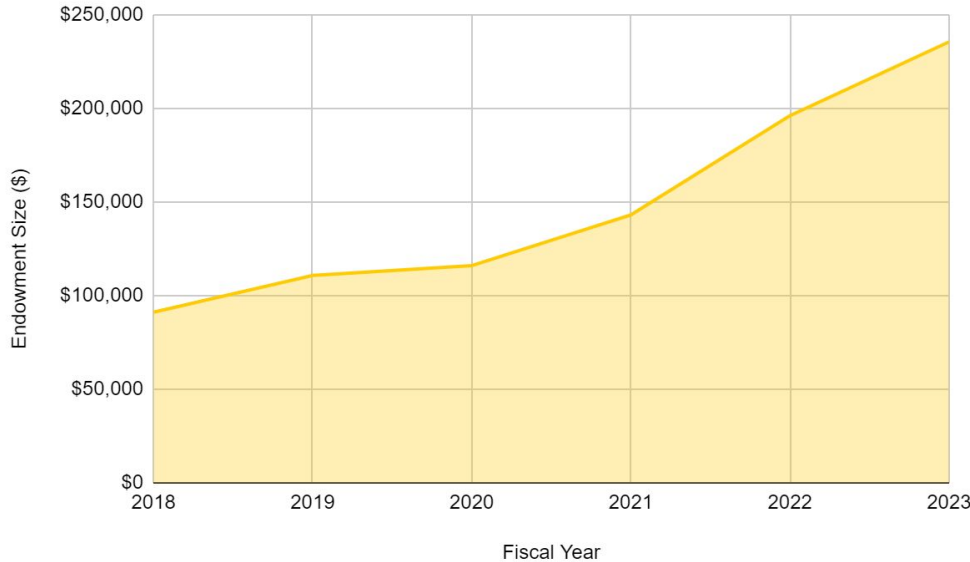
- Staff (incl. coaches, trainers).....\$51,900
- Endowment contribution.....\$29,800
- Competition (incl. travel, hotels, refs, fees).....\$24,573
- Kit and equipment.....\$18,899
- Merchandise (incl. store stock, side orders).....\$12,866
- Events (incl. home matches, banquets).....\$5,185
- Club operations (incl. stewardship, misc.).....\$3,702



If you have financial questions or suggestions, please contact Chief Financial Officer Tommy Hendricks: tlhendri@umich.edu

Thank You Donors!

Endowment Growth (FY18-FY23)



Michigan Rugby's endowment surpassed \$235k this year

- FY 23: \$60,000 donated from 262 unique donors
 - FY 22: \$32,200 (86.3% growth)
- Endowment Gain for FY 23: \$30,000

“We are incredibly grateful for our network of alumni, parents, and supporters that believe in us and our mission.”

- CFO Tommy Hendricks

Half of your donation goes to funding current club operations, while the other half goes directly to our endowment.

The vision's foundational elements...

And how we make them **a reality**

Improved Player Support



Annual Giving

- More than 260 donors contributed over \$60,000 in total this year. Thank you!

Endowment growth

- Half of all donations go to the endowment
- Increased to \$235,000

Michigan Rugby Facility



Identification of potential Lead Donors

- Visual design creation underway

**Full-time Coaching
Recruiting Support**



Building campus relationships

- Active relationship with Michigan Athletics



Our Support Groups

The **Michigan Rugby Foundation** (MRF) is a 501(c)(3) nonprofit that provides flexible financial support and strategic guidance to the University of Michigan rugby community.

Over the 2022-2023 school year, MRF...

- Covered trainer costs for both the men and women
- Contributed to the cost of all-star competition for men's and women's players
- Guided the team's head coaching transition
- Contributed additional joint funds to the teams
- Advanced the Unrivaled vision

Visit michiganrugbyfoundation.org to learn more.



The **Student Advisory Committee** (SAC) is a group of local alumni and supporters that provide guidance to the club, specifically with...

- Navigating relations with the University.
- Solidifying annual and long-term budgets.
- Identifying and resolving potential barriers to rugby.
- Refining alumni engagement opportunities.

Current Members

Karl Seibert

Aaron Dodd

Mike Brooks

Jeff Hagan

Matt Kasten

Lyric Kleber

How Can You Support?

Donate

See mrugby.com/support. 100% of your donation goes directly to the club.

Cheer the team on

Come to Mitchell Field for a home game. It's free!
Not in town? Watch our live stream at mrugby.com/livestream.

Help with Logistics

It takes a lot of work to keep the club running.
We need help with post-game meals, photography, home game setup, and more.
Email our president Jamie at jwillcox@umich.edu.

A Note from the Captains

Michigan Rugby Community and Followers, I'd like to address my sincere gratitude and excitement to take on this role. I will also address my thoughts and expectations for the coming season. With only a season's experience playing rugby out of high school with the Forest Hills Deadheads, captaining the Soiled Meat and Sand was not a plan I had in mind for myself freshman year in Ann Arbor. Thanks to the likes of Nathan Feldman, George Janke, Luke Boll, and Bill Young, I was quickly welcomed to the hard-working and growth-oriented culture of Michigan Rugby in January of 2021. Since then, my teammates and I have been in relentless pursuit of excellence and success.

Michigan Rugby has a history of captains who exemplify a uniquely disciplined and determined attitude towards self and team growth. This ethos extends not only to the team's administrative board, but to the weight room, the pitch, and the classroom. I am thankful for the opportunity to have developed alongside each of my previous captains as a teammate, president, and friend, and I am grateful and honored to have my name listed among theirs as this season's captain. I plan to instill their same unwavering commitment and unbreakable spirit in Team 65. This season may be remembered by the competitive record, but it will be remembered by the fervor and dedication of each member of the team.

With greater experience in both the forward pack and the back line than in recent seasons, expectations are high for Team 65. Our focus will remain on continuing to develop the offensive discipline and creativity as well as the defensive aggression and attack from the previous two XV's seasons. With more size from Matt Daines and Nic Granchalek, more strength from Tim Zamarro and Armen Vartanian, more speed from Max Rector, and more rugby IQ from Shea Loughnane and Luke Zana, teamwork will be the deciding factor of this season's performance. Along with new Head Coach, Christian Mentzer, I plan to facilitate a blue collar mindset and a culture founded in trust. After defeating the Ohio State Buckeyes this past spring, momentum is in our favor to take back control of our rivalry. I have incredible respect for the effort of my teammates in and out of season, and I am fueled by the passion to win. The fall of 2023 and Team 65 will be remembered in Michigan Rugby history.

Go Blue!



Tommy Hendricks, a senior BBA from Grand Rapids, Michigan is the team's Fall 2023 field captain

A Note from the Captains (Continued)



*Shea Loughnane, a
Computer Science junior
from Westwood, MA*

To the Michigan Rugby community,

I'm Shea, a junior computer science student from Massachusetts. I started playing rugby just before my freshman year at Michigan knowing I wanted to join the team here. At my first two-a-days I fell in love with the competitive spirit and team-first mentality of my new teammates. One goal as captain is to keep these values at the heart of all things we do. I'm also excited to bring the knowledge and skills I gained playing with Pōneke FC in Wellington, NZ last summer to Michigan Rugby.

I hope you'll follow along for Team 65's journey, Go Blue!



*Armen Vartanian, a
Biomedical Engineering
senior from Novi, MI*

Michigan Rugby community,

After eagerly watching the months pass since the Collegiate Rugby Championship, this upcoming fall season couldn't come fast enough. I'm thankful to be surrounded by a tireless coaching staff and a relentless group of players. We push each other to the limits everytime we put our boots on. We are optimistic heading into the fall after building on- and off-field relationships, but there is no shortage of work to be done to accomplish our goals. Last spring we realized we could play with any team in the country, and that's the standard we'll exemplify on the pitch. I'm thrilled to be one of the passionate leaders of this year's squad, and have high expectations for Team 65.

Go Blue!

Fall 2023 Schedule

Fall practices began with two-a-days on August 14th.

Michigan kicks off the fall season with an away match against Cincinnati on August 25th.



The final two weeks of the season feature playoffs in the form of semifinals and finals.

Home games are at Mitchell Field, or can be viewed online via live stream.

F 8/25	@Cincinnati
F 9/1	Bowling Green
F 9/8	Hillsdale (2nd side)
F 9/15	Ohio State
S 9/23	Maryland
F 9/29	Rio Grande*
S 10/7	Notre Dame
F 10/20	@Michigan State^
F 10/27	@ Trine
S 11/4	Big Ten Semis
S 11/12	Big Tens Finals

* Olde Blue Weekend

^ Battle for the Mitten

Rivalry games against Ohio State and Notre Dame are both home this year!

shop.mrugby.com

Buy the latest limited edition Michigan Rugby Merchandise and support the club at the same time.

Email umrhc-store@umich.edu with all questions and suggestions.

Is there an item you want to see? Let us know!



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^ See our Fall 2023 roster and more

Thank You Sponsors!

Our club wouldn't be possible without the generous support of our sponsors. You are what allows us to keep performing on the field and have such an impact in our surrounding community!



If you know of an organization interested in sponsoring UMRFC, reach out to tlhendri@umich.edu

University of Michigan Rugby Football Club



Soiled Meat and Sand

