

St. Francis Xavier University X-Women Rugby 2007



MEDIA GUIDE



StFX Athletics General Information



St. Francis Xavier University

Location: Antigonish, NS

Founded: 1853

Enrollment: 4200 full time, 500 part-time

President & Vice-Chancellor: Dr. Sean Riley

Director of Athletics & Recreation: Mr. Leo MacPherson

StFX Athletics

StFX Department of Athletics & Recreation

PO Box 5000, Antigonish, NS, B2G 2W5

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Scoreline: 1-866-867-5452

Box Office: 1-866-259-8169

www.goxgo.ca

Conference: Atlantic University Sport (AUS)

Team Names: X-Men and X-Women

Team Colors: blue and white

Number of Varsity Teams: 11 (8 sports)

Sports Information Director: Krista McKenna

(902) 867-5381 or kmckenna@stfx.ca

StFX X-Women Rugby

Head Coach: Mike Cavanagh, 9th season

(902) 867-3657 or mcavanag@stfx.ca

Assistant Coaches: Tara Sutherland, Steve Clapperton

Home Venue: Oland Stadium

Capacity: 5000



StFX University X-Women Rugby 2007

No.	Name	Position	Ht.	Elig.	Course	Yr.	Hometown	Last Team
1	Kim Armstrong	FR/Prop	5-6	3	BA	3	Barrie, ON	Ontario Under 19
2	Tamara Boiteau	Hooker	5-6	4	BA HK	4	Calgary, AB	CCIAAC
3	Mary Giles	Prop	5-10	3	BA HK	3	Cole Harbour, NS	NS Kelts & Tars
4	Megan Pritchard	Flanker		2	BA HK	2	Chelsea, QC	Ottawa Irish
5	Malorie Dobbin	Lock / #8	5-8	2	BA	2	Quispamsis, NB	NB Under 19
6	Katelyn Archibald	Prop	5-6	1	BSc HK	1	Halifax, NS	Halifax RFC
7	Kaeli Ritchie	Flanker	5-5	1	BSc HN	1	Whitehorse, YK	
8	Jillian MacLaren	Flanker	5-8	1	BA HK	1	Ottawa, ON	Ottawa Irish
9	Christina Hanson	Scrum Half	5-6	1	BSc HK	1	Fredericton, NB	NB Under 19
10	Zoe Fielding	O Center	5-5	4	BA HK	4	Quispamsis, NB	Toronto Irish
11	Courtney Malcolm	Wing	5-6	2	BSc HN	2	New Glasgow, NS	Halifax Rugby
12	Julianna Purcell	Center	5-7	3	BA	3	Wakefield, QC	Ottawa Irish
13	Amanda Bedard	Centre		1	BA HK	1	Erb's Cove, NB	Belleisle Reg HS
14	Brittany Conrad	Wing	5-2	1	BSc HN	1	Cole Harbour, NS	Dartmouth P-dogs
15	Ghislaine Landry	FB/Wing	5-4	2	BA HK	2	Toronto, ON	Ontario Under 19
	Amanda Campbell	Prop/Lock	5-9	3	BSc HK	3	Beaver Bank, NS	NS Super League
	Caroline Cunningham	Flanker	5-6	2	BA	2	Halifax, NS	Halifax Tars
	Elizabeth MacLellan	Wing/O Cen	5-6	2	BSc HK	2	Bedford, NS	CP Allen HS
	Mikayla Luchkow	Center		1	BSc	2	Edmonton, AB	Ross Shepard HS
	Sara Thorsen	Flanker		1	BBA	1	Hatfield, NB	
	Alex Meeker	Flyhalf		1	BA AR	1	Toronto, ON	Leaside Lancers
	Dannielle Grant	Center	5-4	1	BSc HN	1	Berwick, NS	Valley Tide
	Elizabeth Hardy	Scrum Half	5-2	1	BSc HK	1	Calgary, AB	Calgary Irish Div 1
	Erica Young	Wing	5-3	2	BSc/BBA	2	Quispamsis, NB	NB Under 19
	Jaclyn Philips	Center	5-10	1	BA	1	Saint John, NB	Saint John HS
	Kallie Doucette	Wing/FB	5-1	3	BSc HK	3	Tignish, PE	PEI West Under19
	Kathleen MacLennan	Flyhalf	5-6	1	BSc HK	1	Quispamsis, NB	NB Under 19
	Lindsay Beattie	Lock	5-10	2	BA	2	Ottawa, ON	Carleton Univ
	Meghan Penner	Wing/Center	5-7	3	BSc HK	3	Ottawa, ON	East Ontario U-19
	Melissa McKay	Wing	5-6	1	BSc HK	1	Dryden, ON	Notre Dame Hounds
	Nichole Chisholm	Flanker		1	BA	1	Brookside, NS	Halifax RFC
	Rachael Duffley	Hooker	5-6	1	BSc HK	1	Belleisle, NB	NB Under 19
	Samantha Marshall	Flyhalf		1	BSc	2	Tottenham, ON	

Head Coach: Mike Cavanagh (9th season)

Assistant Coaches: Tara Sutherland, Steve Clapperton

Athletic Therapists: Tara Sutherland, Katrina Lambert

Student Therapists: Brettaine Deal-Porter, Sarah Murray

Manager: Grace MacIsaac

Sports Information: Krista McKenna





StFX University X-Women Rugby 2007 Team Snapshot



The StFX University X-Women rugby team enter the 2007 CIS championship as the defending CIS national champions. The X-Women won their first national banner and Monilex trophy last year at Western as they defeated the Guelph Gryphons 10-5 in the championship game. The win marked the first ever CIS championship banner for a female sports team at StFX University. Returning to the championship for the tenth consecutive year, the X-Women have been the reigning AUS champions for 10 years running, the only team in the Atlantic conference to win the title since the conception of the AUS women's rugby league. This year they shutout the Saint Mary's Huskies 29-0 in the AUS championship game hosted at StFX to win their tenth title.

The X-Women sported a perfect 6-0 record in league play to finish first overall in the AUS conference, scoring 239 points for, to a mere 20 points against. In exhibition play this season, the X-Women sported a 3-0 record with wins over Saint Mary's, Ottawa and McGill. The win over McGill marked the third McEwen Cup victory for the X-Women in four years. The McEwen Cup is an annual game played between the X-Women and Martlets to honor the McEwen family of Montreal who generously donated land for McGill playing fields.

The X-Women were led this season by CIS leading scorer Courtney Malcolm who scored 72 points. Malcolm also established a new AUS season record with 15 conversions, breaking her own record of 13 set last year. Also leading StFX this season was last year's CIS Rookie of the Year and All-Canadian Ghislaine Landry who scored 65 points and in doing so broke the AUS scoring record in only her second season. Landry currently has 32 tries in only 12 regular season games. New to the team this year is rookie centre Amanda Bedard who put up 40 points to lead all CIS first year players. Bedard, Landry and Malcolm were all named to the AUS all-star team, as were teammates Mary Giles, Tamara Boiteau, Jill MacLaren, Megan Pritchard and Kim Armstrong. Landry claimed AUS Most Valuable Player honors for the second consecutive year while Bedard was named the AUS Rookie of the Year.

The X-Women are led by ninth year head coach Mike Cavanagh who earned AUS Coach of the Year honors this past season. Mike is a four-time AUS Coach of the year and was the 2001 CIS Coach of the Year. He has an extensive playing and coaching background at all levels of play and has international rugby experience. Since 2002, he has a career record of 44-12-3 since with the X-Women.

Entering into the 2007 CIS championship, the X-Women currently have a championship record of 9-21-1 in 31 games played with one gold medal (2006), three 4th place finishes, four 5th place finishes and one 6th place finish. They have graduated or lost 18 players from last year's CIS championship team, including key players such as Laura Foreman, Tanya Boiteau, Ashley Ward, Kirsten Sample and Chelsey Penrice. In return the X-Women are sporting 17 new faces and will be calling upon their veteran players to lead them back into the championship round. On a sad note, the X-Women also lost a key member of their 2006 championship team, Michelle Birks, last February due to a heart arrhythmia. Michelle was an outstanding individual and her sudden passing sent shock waves through the X-Women team after recently celebrating their jubilant championship victory. The 2007-08 StFX varsity season has been dedicated in honor of Michelle's memory and the X-Women are wearing MB patches on their uniform sleeves.



StFX University X-Women Rugby 2007 Quick Facts



2007 AUS Regular Season Record: 6 wins, 0 losses

2007 AUS Regular Season Standing: 1st place, 12 points

2007 AUS Playoff Record: 1 wins and 0 losses

- Earned a bye to the AUS championship game
- Defeated Saint Mary's 29-0 in the AUS final

AUS Titles: 10

- From 1998 through until 2007

CIS Titles: One

- 2006 CIS champions: defeated Guelph 10-5 in the championship game

CIS Championship Appearances: Nine

- 2006: gold medal, defeated Guelph 10-5
- 2005: fifth, defeated Victoria 33-17 in 5th place game
- 2004: fourth, lost to Alberta 39-12 in the bronze medal game
- 2003: fourth, lost to Western 23-0 in the bronze medal game
- 2002: fifth, defeated Toronto 5-0 in the 5th place game
- 2001: fifth, defeated Ottawa 47-0 in the 5th place game
- 2000: fifth, defeated Bishop's 40-3 in the 5th place game
- 1999: fourth, lost to Waterloo 34-0 in the bronze medal game
- 1998: sixth, lost to McGill 10-0 in the 5th place game

CIS Record:

- 1 gold medal, 3 fourth place finishes, 4 fifth place finishes and 1 sixth place finish
- 9 wins, 21 losses and 1 tie in 31 games played
- Winning percentage of .290

2007 AUS Conference Awards:

- AUS Rookie of the Year: Amanda Bedard
- AUS Most Valuable Player: Ghislaine Landry
- AUS Coach of the Year: Mike Cavanagh
- AUS All-Stars (8): Kim Armstrong, Mary Giles, Megan Pritchard, Amanda Bedard, Tamara Boiteau, Ghislaine Landry, Courtnay Malcolm & Jill MacLaren

Head Coach: Mike Cavanagh, 9th season

- career record of 44-12-3 since 2002
- four-time AUS Coach of the Year
- 2001 CIS Coach of the Year



StFX University X-Women Rugby 2007



2007 Atlantic University Sport (AUS) Regular Season Standings:

Team	GP	W	L	T	Home	Road	For	Agt	Pts
StFX	6	6	0	0	3-0-0	3-0-0	239	20	12
Saint Mary's	6	3	3	0	2-1-0	1-2-0	72	149	6
UPEI	6	2	4	0	2-1-0	0-3-0	75	149	4
Acadia	6	1	5	0	1-2-0	0-3-0	74	142	2

2007 X-Women Regular Season Results:

Sun., Sept. 9	StFX	52	@	Acadia	5	win
Sat., Sept. 15	StFX	25	@	UPEI	5	win
Sun, Sept. 23	Saint Mary's	0	@	StFX	62	win
Sun, Sept. 30	UPEI	0	@	StFX	46	win
Wed., Oct. 3	StFX	18	@	Saint Mary's	5	win
Sun., Oct. 14	Acadia	5	@	StFX	36	win

2007 X-Women Exhibition Results:

Sat., Sept. 1	Ottawa	5	@	StFX	63	win
Mon., Sept. 3	Saint Mary's	8	@	StFX	59	win

McEwen Cup:

Sat., Oct. 6	McGill	7	@	StFX	26	win
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2007 X-Women Playoff Results:

AUS Championship Game:

Sat., Oct. 27	Saint Mary's	0	@	StFX	29	win
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StFX University X-Women Rugby 2007

Individual Statistics - Regular Season



Player	School	Trys	Conv.	PG	DG	Pts
Courtney Malcolm	StFX	6	15	4	0	72
Ghislaine Landry	StFX	13	0	0	0	65
Amanda Bedard	StFX	8	0	0	0	40
Kate Foulds	Acadia	2	4	2	0	24
Kaitlin Richard	UPEI	4	0	0	0	20
Katey Smith	Saint Mary's	0	4	3	0	17
Kyla Gillis	Acadia	3	0	0	0	15
Megan Kinsman	Saint Mary's	3	0	0	0	15
Megan Pritcard	StFX	3	0	0	0	15
Jillian MacLaren	StFX	3	0	0	0	15
Cassie MacKenzie	UPEI	3	0	0	0	15
Kim Armstrong	StFX	2	1	0	0	12
Janice Chipman	Acadia	2	0	0	0	10
Shannon Casey	Saint Mary's	2	0	0	0	10
Tamara Boiteau	StFX	2	0	0	0	10
Lindsay MacAulay	UPEI	0	5	0	0	10
Amanda Hood	UPEI	2	0	0	0	10
Arielle Schipani	Acadia	1	0	0	0	5
Cristen Young	Acadia	1	0	0	0	5
Lisa Beaulieu	Acadia	1	0	0	0	5
Haley McKee	Acadia	1	0	0	0	5
Quinn MacKenzie	Acadia	1	0	0	0	5
Fiona McNutt	Saint Mary's	1	0	0	0	5
Amber Hanrahan	Saint Mary's	1	0	0	0	5
Adrienne MacDonald	Saint Mary's	1	0	0	0	5
Natasha Jordan	Saint Mary's	1	0	0	0	5
Jill Robinson	Saint Mary's	1	0	0	0	5
Barb MacDonald	Saint Mary's	1	0	0	0	5
Brittany Conrad	StFX	1	0	0	0	5
Zoe Fielding	StFX	1	0	0	0	5
Amber Spriggs	UPEI	1	0	0	0	5
Rebecca Robison	UPEI	1	0	0	0	5
Kayla Devine	UPEI	1	0	0	0	5
Amanda Carmody	UPEI	1	0	0	0	5



StFX University X-Women Rugby 2007



Individual Statistics – Regular Season



Canadian Interuniversity Sport
Sport interuniversitaire canadien

Rank	Players	GP	Pts	Tries	Conv.	Pen. G	Drop G
1	Courtney Malcom - StFX	6	75	6	15	5	0
2	Tanja Ness - Western	5	69	11	7	0	0
3	Ghislaine Landry - StFX	6	65	13	0	0	0
4	Pascale Gagnon De Meyer - Laval	5	45	9	0	0	0
5	Maria Jaworski - McGill	5	42	7	2	0	1
6	Amanda Bedard - StFX	5	40	8	0	0	0
7	Charlotte Vallières-villeneuve - Laval	6	37	5	6	0	0
8	Caitlin Martin - Waterloo	4	35	7	0	0	0
9	Sophie Robitaille - Laval	6	35	7	0	0	0
10	Joannah Clift - Western	5	34	6	2	0	0
11	Jennifer Rosenbaum - Concordia	5	34	6	2	0	0
12	Briana Yerbury - McGill	6	33	3	9	0	0
13	Marie-pier Turcotte - Laval	6	31	1	13	0	0
14	Geneviève Cournoyer-rodrique - Laval	6	30	6	0	0	0
15	Rachel Spearing - Western	5	30	6	0	0	0
16	Jacey Murphy - Guelph	5	30	6	0	0	0
17	Kate Woodhouse - Western	5	29	3	7	0	0
18	Kristine Boyles - Trent	5	27	0	6	4	1
19	Karen Paquin - Laval	6	25	5	0	0	0
20	Sydney Theriault - Concordia	4	25	5	0	0	0



StFX University X-Women Rugby 2007



CIS Championship Appearances

- 2006** Gold Medal: defeated Guelph 10-5
Semi-Final: defeated Western 13-5
Pool Play: defeated Waterloo 45-0 and lost to Guelph 15-3
- 2005** Fifth Place: defeated Victoria 33-17
Pool Play: lost to Guelph 7-5 and lost to Alberta 15-5
- 2004** Bronze Medal: lost to Alberta 39-12
Semi-Final: lost to Toronto 27-8
Pool Play: defeated UPEI 22-0 and lost to Western 29-0
- 2003** Bronze Medal: lost to Western 23-0
Semi-Final: lost to Lethbridge 13-11
Pool Play: lost to Alberta 30-0 and tied UBC 10-10
- 2002** Fifth Place: defeated Toronto 5-0
Pool Play: lost to Alberta 34-0 and lost to Western 10-0
- 2001** Fifth Place: defeated Ottawa 47-0
Pool Play: lost to Alberta 37-0 and lost to Guelph 15-3
- 2000** Fifth Place: defeated Bishop's 40-3
Pool Play: lost to Alberta 29-5 and lost to McGill 43-5
- 1999** Bronze Medal: lost to Waterloo 34-0
Semi-Final: lost to Alberta 52-0
Pool Play: lost to Waterloo 46-5 and defeated McGill 27-5
- 1998** Fifth Place: lost to McGill 10-0
Pool Play: lost to Concordia 15-0 and lost to McMaster 17-7

AUS All-Star
Kim Armstrong

#1

FR / Prop
3rd Year Arts
Barrie, ON

- AUS regular season stats: 2 tries and 1 conversion for 12 points



AUS All-Star
Mary Giles

#3

Prop
3rd Year Human Kinetics
Cole Harbour, NS

- 2005 AUS all-star



AUS All-Star
Amanda Bedard

#13

Centre
1st Year Human Kinetics
Erb's Cove, NB

- AUS regular season stats: 8 tries for 40 points
- 3rd overall in AUS and 6th in CIS scoring
- Led all CIS rookies in points scoring and in tries scored
- AUS Rookie of the Year



AUS All-Star
Megan Pritchard

#4

Flanker
2nd Year Human Kinetics
Chelsea, QC

- AUS regular season stats: 3 tries for 15 points
- 9th overall in AUS scoring



AUS All-Star
Tamara Boiteau

#19

Hooker
4th Year Human Kinetics
Calgary, AB

- AUS regular season stats: 2 tries for 10 points
- 15th overall in AUS scoring
- X-Women co-captain
- 2006 AUS All-Star



AUS All-Star
Ghislaine Landry

#15

FB / Wing
2nd Year Human Kinetics
Toronto, ON

- AUS regular season stats: 13 tries for 65 points
- 2nd overall in AUS and 3rd in CIS scoring
- 1st overall in CIS in tries scored
- AUS Most Valuable Player
- Became AUS all-time leading scorer with 160 points (32 tries in 2 years)
- 2006 AUS & CIS Rookie of the Year
- 2006 AUS Most Valuable Player
- 2006 AUS All-Star & CIS All-Canadian
- 2006 CIS tournament all-star



AUS All-Star
Courtney Malcolm

#11

Wing
2nd Year Human Nutrition
New Glasgow, NS

- AUS regular season stats: 16 tries, 15 conversions & 4 penalty goals for 72 points
- 1st overall in AUS and CIS scoring
- Established new AUS season record with 15 conversions



AUS All-Star

Jillian MacLaren

#8

Flanker

1st Year Human Kinetics

Ottawa, ON

- AUS regular season stats: 3 tries for 15 points
- 10th overall in AUS scoring



Head Coach

Mike Cavanagh

9th season

- 4 time AUS Coach of the Year
- 2001 CIS Coach of the Year
- won 9 consecutive AUS championships, every season he has coached
- led X-Women to their first CIS national championship in 2006
- career record of 43-12-3 since 2002 (formal inception of AUS women's rugby league)
- played with teams in New Zealand, Ireland, BC and NS
- coached the Eastern Canada rugby team, NS Keltics provincial team and has coached provincially at all age levels



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Always an X-Woman

Michelle Birks

1984-2007



StFX Athletics to honor memory of Michelle Birks

Thursday, September 6, 2007 (Antigonish, NS)—StFX Director of Athletics and Recreational Services Leo MacPherson is pleased to announce that the 2007-08 StFX varsity season will be dedicated to the memory of Michelle Birks. Michelle was a member of the 2006 CIS champion X-Women rugby team who passed away suddenly last February due to a heart arrhythmia. “Michelle was a wonderful person, outstanding student-athlete, and an integral part of our national championship team” comments MacPherson. “We wanted to take steps this season to make sure that her contribution to StFX varsity athletics will never be forgotten.”

In addition to the 2007-08 varsity season being dedicated in her honor, Michelle’s picture appears on the varsity pocket schedule and there is a link on www.goxgo.ca, the official website of StFX Athletics, dedicated to Michelle. All StFX varsity teams will wear a black MB patch or sticker for the duration of the season. The X-Men football and X-Men and X-Women hockey teams will wear a black MB sticker on their helmets, while the X-Women rugby, X-Women volleyball, X-Men and X-Women soccer, cross country and basketball teams will wear a black MB patch on their home uniforms. The X-Women rugby team will keep their patches as a permanent fixture on their uniforms for years to come. There is a memorial banner displaying Michelle’s name, number and the varsity X now hanging in the Oland Centre main gymnasium, and a scholarship fund has already been started in conjunction with the Birks family and friends. A \$1000 bursary will be awarded annually to a female rugby player enrolled in the StFX Human Kinetics program.

Michelle was enrolled in her fourth year in the Human Kinetics program and was a member of the X-Women rugby team who won the 2006 CIS rugby championship. She scored 20 points last season from the wing position and over three seasons of AUS competition, Michelle tallied 126 points, earning her the distinction of StFX and AUS all-time leading scorer. She also holds the AUS record for career conversions with 26 and the record for most conversions in a game with six. She was named an AUS all-star in 2004 and 2005 for her athletic talents and was an academic all-Canadian.

