



FROSTBURG STATE UNIVERSITY RUGBY CLUB.



Brief History of FSURFC

In January of 1974, on the frozen tundra of the old soccer field, Frostburg State held its first practice. Since then Frostburg has had a men's College Division 2 & 3 rugby team completing against some of the Nations best. We field 2 men's teams in the spring and fall. We are members of the Mid Atlantic Rugby Union and USA Rugby Union. We have had players join us from High School teams (Cambridge, St. Johns, North Bay, etc) and go onto to senior men's rugby (Rocky Gorge, Frederick, Washington, etc) all the way to National and International honors.

Frostburg has also had in the past a women's team.

Here are just some of the Club and Individual achievements:

1976	Maryland State Collegiate Final Appearance
1978	Allegheny Rugby Union Champions
1997	Undefeated Regular season
1992-94, 96-2003, 05-06	Potomac Rugby Union College Div. 2 playoff appearances
1992, 93, 96, 97	Potomac Rugby Union College Div. 2 finalist
1993	Potomac Rugby Union College Div. 2 Champions
1995, 96, 97, 2005	MARFU College Div. 2 playoff appearances
1993	College Div 2 USA National Finalist
1996	MARFU Div 2. 3 RD place Finish
1997	MARFU Div 2. 4 th place Finish
2001	Gorge Cup runner-up
2000, 03, 04	Gorge Cup Champions
2008, 09, 11	Potomac Rugby Union College Div. 3 Finalists
2009	Potomac Rugby Union Regular Season West Champions Regular Season Winners Frederick Invitational Champions
2009	Potomac Rugby Union Div. 3 Champions
2010	UPJ Blood Tournament Champions Frederick Invitational Champions MARFU Div 3. Appearance
2008	MARFU Div 3. 4 TH place Finish
Julie Allbrook	1980-87 PRU Women's Select team
Mark Miller	1987 & 1989 USA Rugby 7's Champions (Playing For Maryland Old Boys)
Shaun Western	1987 & 1989 USA Rugby 7's Champions (Playing For Maryland Old Boys)
John Redmond	1987 & 1989 USA Rugby 7's Champions (Playing For Maryland Old Boys)
Chuck Moore	1993 ITT Collegiate Team 2012 USA Div 2 Champions (as Head Coach for Rocky Gorge RFC)
Mark Miller	1994 USA 7's Representative
Rob Balnis	1997-98 ITT Collegiate Team 1999 USA 7's Representative
Matt Pickett	2004 MARFU All-Stars Team
Allistar Roper	2006 PRU Collegiate Select Team 2008 Selected to represent Trinidad and Tobago
Bill Bush	2012, 2014 USA Div 2 Champions (player for Rocky Gorge RFC)
John Long	2012, 2014 USA Div 2 Champions (player for Rocky Gorge RFC)

Terry Lee Gaston (1947-2003) - Frostburg State Rugby Team Founder



The Rugby team was the brainchild of Terry Gaston who joined Frostburg State College, in 1973 as a Business Professor. Posters were hung in all the buildings on campus in January of 1974. The poster announced a meeting for anyone interested in organizing or playing rugby. Terry had learned to play while he served in the Peace Corp in South America. Terry was a professor at Frostburg until 1984. He moved to Southern Oregon University where he stayed until his untimely passing in October 2, 2003 after 2½ months of battling complications stemming from a ruptured brain aneurysm. He was 56 years old.

They had about 20 guys show up for that first meeting, which was held on the soccer field, at that time it was located where the baseball stadium now sits. Terry had a Rugby ball. It was the first time any of us had ever seen one. We trained and learned and drank on a regular basis from early February until March. Greg Slick was elected/appointed the first president of the Rugby club. Terry and Greg put together a schedule of games. The first game was against Mount St. Mary's College in Emmittsburg and they were well beaten. Terry scored our only try of the game on a penalty kick near the end of the second half. However. They started a grand tradition by winning the party. That first year Frostburg played Galudet U, Turkey Thicket, WVU and a couple of others, compiling a 11-8-1 record. The club was finally became a recognized club at Frostburg in 1975.

Throughout the 1970's Frostburg grow into a powerhouse of local College rugby. Appearing in the first State Collegiate Rugby finals in 1976 and winning the inaugural Allegheny Rugby Union final in 1978. Several players from the team went onto start the Maryland Old Boys Rugby Club, which is now Maryland Exiles. From that club Shaun Western, Mark Miller and John Redmond were members of the MOB sevens team that won the National 7's Tournament 1987 & 1989. Mark Miller also represented the USA in sevens aside rugby in 1994. Greg Slick went onto to establish the Rock City Reds Rugby Club in Hagerstown MD.

During the 1980's the club continued to be a force in the developing rugby competitions here in the US. They continued to play a mix of Division 1 and 2 schools, such as Navy, Penn State, Maryland, WVU, Towson, Catholic, and archrival Salisbury State. They always get the best of these teams except for Navy. In 1983 Navy, defending national champions at the time, came to Frostburg. Frostburg held them to only 3 points in the first half, but Navy kicked it into second gear and ran in 49 unanswered points to win. The school wasn't too fond of the team in 1985-86, so they played off campus, but prior to that we played on the field down cross from the campus police station. The first ever Alumni game was held in 1986. It took

some time before the club was allowed back onto campus. Alumni Tom Owens went onto establish The Rocky Gorge Rugby Club in Laurel MD.

As the 1990's started off, tragedy struck the team. They lost Bill Horak and Jonathan Berkowitz to a car accident in late 1990. Today Jonathan Berkowitz has his name on the Wall of Remembrance, which is located outside the performing arts building. Finally the club was able to get back onto campus. In 1993 Frostburg won The PRU Division 2 College championship and went onto the National finals, going down to LaSalle 10-7. In 1996, again the team featured on the National stage again. Losing 1 game during the regular season and getting the PRU championship game. 1997, they went one better by having an their first undefeated regular season and again making it to the RPU Championship game. Both years they made it to the final four in the MARFU championships. Rob Balnis became the second player from Frostburg to represent the United State as a member of the seven-aside team in 1999.

The Rugby Club continued on at the turn of the century. We had a couple of off field issues to deal with but overall the school left us alone for the most part. We continued to make PRU College Division 2 playoff appearances but have not been able to get to the championship game. We won the Gorge Cup in 2000, 2003 and 2004. The Club restarted the grand tradition of holding an Alumni weekend with the first one being held in 2006. In 2008 and 2009 we made the finals of the PRU Division 3, winning it in 2009. The fall of 2009 and the spring of 2010 were the most successful seasons we have had since 1993. Not only winning the College Division 3, but also winning the Division 2 West, and also going undefeated in Division 3. The spring of 2010 started slowly but we finished strong winning the UPJ Blood Tournament and also the Frederick Invitational for the second time. Allistar Roper was the third Frostburg Alumni to be selected international duties. In 2008 he was selected to play for Trinidad and Tobago.



After 35 years of being the Club Faculty Advisor and highly supportive to the rugby club, Tom Hawk retired in 2009 from Frostburg State. Luckily there is Phil Allen; a native of England and huge rugby supporter stepped in to take his place.

The accumulated history of the club, though not complete shows that this club has been one of the most successful sport teams at Frostburg State. We have played at least 75 different clubs from 10 different Rugby Unions. Which is a huge accomplishment due to the fact that the school does not provide a large amount of support in the terms of field space and funding. Everything that this club accomplished they have truly earned through their own hard work and commitment to the game of rugby.

It has also opened the doors to travel around the world playing rugby: Sri Lanka, Argentina, Ireland, Scotland, Canada, Trinidad & Tobago, Fiji, and The Cayman Islands just to name a few countries our Alumni have traveled.

Frostburg State RFC - All Games 1975-2012							
Team:	GP	W	L	T	PF	PA	PCT
Frostburg State U. Rugby Club	410	235	159	19	5741	4633	0.57

A Guide to Rugby

Rugby is the precursor of American football and has been played in the United States since about 1870.

American football, as well as basketball, owes many of its characteristics to rugby. In fact, basketball was invented by James Naismith as an indoor alternative to Rugby when the New England winters required an indoor game. Some of rugby's characteristics such as quick switches between attack and defense, ball handling and committing defenders to attack space are all found in basketball. Some people liken rugby to tackle basketball on grass.

Similarly, American football evolved with many of the same principles, strategies and tactics as Rugby. However, there are several obvious differences.



The 1924 Olympic gold medal winners, led by Coby "Babe" Salter. The Team was composed of collegiate players from the San Francisco Bay area, from CAL, Stanford and Santa Clara. These Olympic champions are known as the "forgotten heroes". The USA also won the gold medal in 1920.

Rugby is played at a fast pace, with few stoppages and continuous possession changes. All players on the field, regardless of position, can run, pass, kick and catch the ball. Likewise, all players must also be able to tackle and defend, making each position both offensive and defensive in nature. There is no blocking of the opponents like in football and there are a maximum of seven substitutions allowed per team. A match consists of two 40-minute halves. The Sport of rugby is often to as the "father" of American Football. Rugby started at least 70 years before American Football and has evolved using many of the same principles, strategies and tactic. However there are several obvious differences.

Rugby has 15 players on each team. Everyone on the pitch plays offense and defense, and the number of each player signifies that player's specific position. Jersey numbers above 15 are worn by substitute players. Players numbered one through eight are forwards, typically the larger, stronger players of the team whose main job is to win possession of the ball. They would be the equivalent to American football linebackers and linemen. Players numbered nine-fifteen are backs, the smaller, faster and more agile players. Their main role is to exploit possession of the ball won by the forwards. Backs may be equated to running backs, wide receivers and quarterbacks in American football.