

Published June 1st, 2016

High School Girls' Rugby Team Makes Pitch in Lamorinda

By Nick Marnell



Rachel Lowe, in black, and Diana Katzman, in white, get a workout at a Lamorinda Rugby Club practice May 24. Photo Andy Scheck

said. "There is no sugar-coating. It opened my eyes to see that all of the work I did actually paid off in my improved play." Katzman's Pleasanton Cavaliers will be a Lamorinda club opponent.

Club coach Rob Lowe, whose seventh-grade daughter Rachel has played for two years on the Orinda Intermediate School rugby team, noted that women's rugby is the newest NCAA varsity sport, so colleges can now offer rugby scholarships.

A student asked about the injury risk. "The coaches teach you how to tackle, and how to do it right," Katzman said. Kat Clark, a senior at UC Berkeley and vice president of the Women's Rugby Club, said she suffered more injuries playing softball than playing rugby.

"But one of the biggest pleasures was how the sport provided me a great social network," Clark said. Along that social line, club president Drew Pearson told the group that after each match, the two opposing teams meet on the pitch - the rugby field - and share a meal together.

Club officials stressed that the sport is open to high school girls of every shape and size, with no experience necessary. This summer, the league will field a team of seven players, and plans to introduce a 15-player team this fall.

Practices run through July 21, at the Pat Vincent Field at Saint Mary's College, from 7:15 to 8:30 p.m. Tuesdays and from 6 to 7:15 p.m. Thursdays.

Reach the reporter at: nick@lamorindaweekly.com

[back](#)

Copyright © Lamorinda Weekly, Moraga CA