

Raptors Join Pacific Rugby Premiership, RugbyTown USA® Gears Up For Spring Doubleheaders

by Eiden Hughes

Writer for and on behalf of the City of Glendale

The Raptors DI men's team announced in mid-December that it would compete in the newly formed Pacific Rugby Premiership

(PRP) league moving forward into 2014.

While joining the league has removed the DI Raptors from the National Championship tournament, it provides them with the opportunity to participate in a high



The rivalry continues, the Raptors and Barbarians will face each other twice during the inaugural PRP season.

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level of competition against some of the greatest rugby talent in the country.

PRP will be composed of seven elite-level clubs for the inaugural season, and looks to incorporate an eighth — the Park City Haggis, based in Utah — in 2015. Joining Glendale in the competition are the best in the west: the Denver Barbarians, Belmont Shore, Old Mission Beach Athletic Club (OMBAC), Santa Monica, San Francisco Golden Gate (SFGG) and the Olympic Rugby Club.

"The primary advantage of the PRP is

having seven highly competitive, well-coached sides, which will increase the player demands during each match," said Glendale Director of Rugby Mark Bullock. "Having this sort of competition each week will require players to perform at the top of their game, or face replacement by others who can contend at the necessary level."

Director Bullock also notes that the level of competition between these teams will serve as a developmental springboard for those looking to earn a spot in the USA Eagles' player pool. He also believes that fans will benefit from the excitement of more closely decided matches — the level of play between the seven powerhouses should eliminate the runaway scores the teams often experience when playing other clubs.

Minor Adjustments

Over the course of the season, each team will play the others twice — once at home and once away. With the majority of the teams being located on the west coast, the Raptors and their PRP counterparts will rack up some serious frequent flyer miles as the season progresses.

"The amount of travel and playing high quality matches each weekend are both things the guys will need to get used to," said Glendale Head Coach Andre Snyman. "It will not be like previous seasons where we didn't travel back-to-back several times in a row, and where some matches were far easier than others."

While the training plan for the Raptors has not changed much in the off-season, there has certainly been a shift of focus and mental preparation surrounding the pace and physicality of the season ahead.

"In the off season, we've been focusing on upping our fitness levels, which will help us improve on the physical side of our game and in maintaining focus as each match progresses," Snyman said. "As group training begins, we will work together to read the field of play more effectively to make use of the opportunities on the pitch."

Another key area of focus for the Raptors and their coaching staff is to keep players healthy and adequately rested week in and out in an effort to minimize the amount of injuries sustained on the pitch. Too many changes to the style of play of the Glendale starting lineup could have catastrophic results for the team's standing on the league leaderboard.

Doubleheaders In RugbyTown

Perhaps the most exciting change coming in the wake of the PRP's formation, are the doubleheader fixtures coming to RugbyTown's Infinity Park. Both the Raptors and their cross-town rivals, the Barbarians — familiarly known as the Barbos — will call the Infinity Park stadium home during the inaugural PRP season.

The Barbos will typically kick off at 1 p.m., with the Raptors following suit at 3 p.m. For those fans familiar with both teams and their rivalry, the Raptors and Barbarians will face off against each other on March 29 and April 12.

"While elevating the level of competition benefits fans and players alike, another main goal of the PRP is to promote the sport of rugby," said Director Bullock. "Infinity Park is especially well poised for that with the addition of the doubleheaders

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Tech Speak For The Creek

Some Of The Best Mobile Fixes Are Free

by Brian Zabroski

There are many difficulties with business travel, such as weather delays, crammed airplanes and missed connections. Oh, how can I forget the most difficult part of business travel? Other travelers! I can write a column based on every trip. In all seriousness, the toughest part of travel is missing Mrs. App and Toddler App. It's a bit sappy, but I end up with at least one voicemail from Toddler App each trip. Between all of the difficulties and chaos of a trip, there is a three-year-old describing a day at school over a voicemail. It can be priceless and really funny.

My iPhone has caused me fits over the past six months. I decided to restore the phone to factory settings. Before doing so, I was concerned about losing my saved voicemail with Toddler App's messages. Boy, iPhone makes it nearly impossible to accomplish this task without purchasing software, such as *TouchCopy* or *iExplorer*. The investment isn't much, \$25-\$50, but I'm so reluctant to pay for software I may use one time. Granted, the software is easy to download, use and offload info from your device (i.e. text messages, photos, contacts, etc.), but there must be an easier way.

Windows has *Sound Recorder* on every PC, which is the software I decided to use to transfer my voicemail messages. Oh it's free. First, connect your iPhone to your PC mic jack using an aux cable. Next, press the record button on the Sound Recorder, and then press the voicemail play button on the iPhone. After completing the recording, save the file and your voicemail is now a saved file on your PC. I now use *Google*



Brian Zabroski

Voice, which provides access to my iPhone voicemail via app or PC. This app and service is much more flexible than having voicemail available only on your device. Additionally, the messages can be downloaded. Keep leaving those messages, Toddler App!

By restoring my device, I was able to start fresh with apps and settings. As I mentioned, I travel quite a bit for business. My calendar is a mess of reminders and appointments. I often struggle with planning enough time between meetings. I came across two tools that made planning a bit easier. One, *Mynd* takes your calendar and

creates a plan to tackle meetings. It will notify me when I should leave for each meeting based on travel time and traffic. Additionally, it'll place contact information for the attendees (i.e. LinkedIn, etc.) into the meeting appointment. It's free. This is a great complement to the traditional Outlook calendar. Second, I used *batchgeo.com* to map my clients' offices. It is free for the first 250 uploads. By having a visual of my clients across a region, I was able to plan my meeting times more effectively. Can I mention how terrible the traffic is in Los Angeles, or is that assumed? It'll make you appreciate Denver's traffic, or lack thereof.

There were a number of activity trackers that entered the market last year. I've used the *Fitbit Force* (definitely not free) for the past month. After a month of usage, it has become a fixture on my wrist. While short of reaching my daily goal of 10,000 steps recently, I decided to go for a walk when I wouldn't have done so in the past. I'm not fully convinced of the mileage accuracy. Tweet or email me with your feedback.

Of course, The App Family cannot go 30 days without making a donation to our medical community. Using *HealthTap* (free), I was able to diagnose a finger infection. OK, the doctor eventually diagnosed the infection, but the app provided enough information for me to alleviate some pain and then seek the proper help. The app flowed in an easy manner while providing relevant information. Yes, I'm healed now. Thanks for asking.

From the mail bag... Thanks to an anonymous reader for the email regarding data usage. Yes, some of the figures were high, but I always like to err on the high side. Gary F, I'm happy to hear how much you enjoy your TracFone. Thanks for sharing the rate plans from Europe and Canada. Your article was a neat read. Nicki Sperekas, what a great idea to donate your old phones. Here are two sites that describe best practices for deleting device information: <http://goo.gl/AqMlbQ> & <http://goo.gl/XaEQGY>. It is always best to remove the SIM card, as well. I highlighted *Dashlane* for passwords recently. Another alternative is *LastPass*. Thanks for sharing!

Do you have a favorite productivity tool? Contact Brian at brian@brianzabroski.com, on Twitter @BrianZab or LinkedIn at www.linkedin.com/brianzab.

Brian has focused on helping technology companies grow their businesses for over 15 years. He currently serves as the Director of Channel Management for a cloud-based software business, which specializes in network monitoring, phone system usage analytics and mobile device analytics. Simply put, if your business' network, phone system and corporate cell phones are slow, have issues and are expensive, then his software reduces and eliminates these challenges. The software is resold through an international channel of technology partners. He travels across North America educating technology companies on how they can increase their business value nearly five-fold through his hybrid managed service selling technique.

Doubleheaders

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with the Barbos. We will also stream each match live from the stadium."

Could this be the stage that launches rugby into the professional spotlight in the U.S.?

Bullock is cautiously optimistic, "I'm not sure if this will be a steppingstone to professionalism... There have been other high-level leagues in the past (*Super League*, *Elite Cup*) that have failed to make that step, and PRP is the first of its kind for a regional competition. However, if the league is operated and marketed properly, it could possibly be a platform for a professional option."

The Pacific Rugby Premiership got under way February 1 with the Raptors traveling to Olympic Club and the Barbarians traveling to Belmont Shore. The PRP comes to *Infinity Park* on March 1, with the Raptors taking on Santa Monica at 3 p.m. in the stadium. The first doubleheader will be held March 8, with the Barbos versus SFGG at 1 p.m. and the Raptors versus OMBAC at 3 p.m.

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