

Rhino Rugby Player of the Week: Ally Day

Written by Jackie Finlan

Tuesday, 04 December 2012 17:31

This past week was a busy one for 7s. Both the USA Men's and Women's 7s teams competed in Dubai, while the College 7s Championship unfurled in College Station, Texas. Amid all of that rugby, one can imagine how difficult it would be to stand out, but Norwich University's **Ally Day** did so effortlessly. And that's why she's

Rhino Rugby Women's Player of the Week



Norwich was the class of the tournament, allowing only two tries against while dotting down 194 points over six games en route to the women's 7s title. The Cadets play a unified, balanced game – evidenced by 10 players scoring during the two-day event – again, making it a little more difficult to set oneself above the field.

Eleven tries – at least one in every game – helps.

The freshman phenom is from Gorham, Maine, and broke in with the Portland U19s before picking up with the women's DII club team – all before college. When she joined Norwich this fall, coach Austin Hall got an early look at Day's potential, as the youngster scored eight tries during the reigning DII champ's title run at the Montreal Irish tournament over Labor Day weekend. She showed no signs of intimidation as she played alongside veteran teammates, who were also finding their feet - quickly - in their first DI league season. As Norwich went on to win the New England Rugby Conference, the freshman scored more than 30 tries.

The unique skill set that Day brings to the table is what enabled her 7s success at the college

Rhino Rugby Player of the Week: Ally Day

Written by Jackie Finlan

Tuesday, 04 December 2012 17:31

championship last weekend. Hall lauds her ability to beat her opponent through a variety of methods – she has the speed to take the corner, the footwork to side-step a defender, and the power to take on and fend a tackler. She's not half bad on defense either. At only 5'4", she's incredibly physical and was at the center of squashing opponents' attack in the open field.

Definitely watch out for Day as she progresses through her college career. We wouldn't be surprised to see her in red, white and blue someday.