

**Miranda Seifert – U20 Women’s Rugby Team Canada  
Nations Cup Tour, Santa Barbara, California**



Well I returned home to Saskatchewan, tired but tanned! Three weeks playing rugby in California was absolutely awesome! Pictured below I am being presented a jersey for being in the starting game line up from the U20 Nations Cup Team Coaches, Beth Barz and Neil Langevin The next picture is of our whole team spread out in a straight line singing our National Anthem at game time and a picture of our team doing one of our great huddle cheers!



## “Oh Canada”



I was very excited to have been selected to be in the starting line-up for the final game against South Africa. Our team came out of the gates flying and scored three tries within the first 15 minutes of the game. I was very thrilled to have scored one of those tries and have my first international scoring points. Our team defeated South Africa 32-5. With that victory, our Canadian team claimed 3<sup>rd</sup> place in the 2011 U20 Nations Cup, and finished with an overall record of 2 – 2. Our team had a lot of young players all wanting to play and over the course of the tournament the coaches used out entire tour roster. It was great that everyone got to play against international opposition! On Tuesday, July 26, 2011 I did a TV interview with CBC Sports in the morning and a CBC Radio interview in the afternoon. They showed the video clip of me scoring and that was definitely pretty cool. Well I am going to enjoy a few hot days resting by the pool and then I am off to play for our U18 Provincial Team in the National Championships in Calgary on August 15<sup>th</sup>, 2011. Will keep you updated from there!