

THOMAS CY WONG

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COACHING EXPERIENCE

- St. Louis Sabres Women's Rugby Club, 2005 to current
 - First Place finish in MRFU Ruggernaut 2006
 - First Place finish in Langenberg 7s Cup 2005; Second Place finish Langenberg 7's 2006
 - Second Place finish in Ruggapalooza Tournament 2005, 2006, & 2007
 - Third Place finish in Western Territory Standings 2007
- Missouri Rugby Football Union Women's Select Side Coach, 2007
 - 6 MRFU players selected to West All-Star Team
- St. Louis Ramblers Men's Rugby Club, Summer 2007 (Sevens Program)
 - Milwaukee Lakefront 7's; Undefeated with a record of 3 wins and 0 losses
- USA Rugby Coach Development Program Certification, March 2006

PLAYING EXPERIENCE

- Clubs Spanning 20 Years, 1985 to 2005:
 - St. Louis Bombers Rugby Football Club
 - Hong Kong Aberdeen Rugby Club
 - St. Louis Falcons
 - St. Louis University
 - West All-Star 15s
 - West All-Star 7s
- Awards:
 - 5 times Western Territorial Division I 15s Champions
 - 3 appearances in Division I 15s Sweet Sixteen
 - 5 times Western Territorial 7s Champions
 - 5 appearances in Sweet Sixteen 7s
 - Most Valuable Player, St. Louis Ruggernaut
 - Most Valuable Player, Hong Kong Aberdeen
 - Most Valuable Player, Western Territorial 7s Championship Finals