The U20 Nations Cup is over, and it is now time for the full national senior women's teams of Canada, England, South Africa and the U.S.A. to take center stage.

This will be Head Coach John Tait's first opportunity to work with Canada's senior XV's program, and he is looking forward to the chance to begin this new World Cup development cycle in earnest.

"This is my first assembly with our XV's side and I am excited to see this squad develop and improve over the next couple of weeks. Our long term goal is to compete for the 2014 World Cup title and this will be a great measuring stick for the program, to help us determine where we are and where we need to be.

Having teams of this caliber to compete against, in four tests over the course of two weeks, is very challenging for all involved. I believe the athletes we have representing Canada at this tournament are striving to become world class rugby players, and that excites me as a coach."

The group that Coach Tait has assembled in Southern Ontario features an impressive mixture of power and speed. Many of those who are present in camp have had the chance to wear the Canadian jersey recently, as members of the highly ranked women's Sevens program.

Impressive ball runners such as Jen Kish, Ghislaine Landry and Mandy Marchuk all featured heavily in Canada's dominant performances in various international Sevens tournaments last season, and will look bring their attacking mindset to these upcoming international test matches.

Canada's opening draw on August 2nd, versus South Africa, should offer some insight into where the various programs have picked up, following a hotly contested Women's World Cup, in 2010. Canada finished in 6th position at that event, due to a bitter three point defeat to the Americans on the tournament's final day. The memory of that loss will surely be high in the minds of the World Cup veterans present in the Canadian ranks, and the team will want to lay down a marker against the 10th ranked South Africans, on Day #1 of the 2011 Nations Cup.

You can follow all the Nations Cup action at www.womensnationscup.com

Those wishing match updates can follow Rugby Canada's social networks on Facebook and Twitter

As of now, it is our understanding that internet availability at the Oakville match site is down, due to technical problems. Therefore, it remains to be seen if a live broadcast will be possible. Recorded matches will be archived at: http://www.ustream.tv/channel/live-rugby

Canadian National Senior Women's Team:

Jessica Belchos (Markham Irish) Innisfil, ON
Marie Bosco (Ottawa Irish) Ottawa, ON

Andrea Burke (Capilano North) Vancouver, BC
Kim Donaldson (Burnaby Lake) Vancouver, BC
Jessica Dovanne (Velox Valkyries) Victoria, BC
Arielle Dubissette-Borrice (Toronto Nomads) Ajax, ON
Corinne Jacobsen (Burnaby Lake) Vancouver, BC
Maria Jaworski (Calgary Hornets) Calgary, AB b
Shannon Kane (Capilano) Victoria, BC
Jen Kish (Lep Tigers) Edmonton, AB
Ghislaine Landry (Toronto Scottish) Toronto, ON
Ashley MacDonald (Velox Valkyries) Corran Ban, PEI
Kayla Mack (Wild Oats) Saskatoon, SK
Mandy Marchak (Capilano) Winnipeg, MB
Brittany Orr (Lethbridge) Lethbridge, AB
Cheryl Phillips (Toronto Scottish) Toronto, ON
Marie-Pier Pinault-Reid (Club de Rugby de Quebec) Quebec City, PQ
Danielle Rowlands (Kirin RFC / Calgary Hornets) Colonsay, SK
Kelly Russell (Toronto Nomads) Bolton, ON
Laura Russell (Toronto Nomads) Bolton, ON
Laura Stoughton (Calgary Irish) Calgary, AB
Julia Sugawara (Burnaby Lake) Surrey, BC
Brandi Van Eeuwen (Cowichan) Duncan, BC
Brittany Waters (Meraloma) Vancouver, BC
Kelsey Willoughby (Lethbridge) Lethbridge, AB
Julianne Zussman (Town of Mount Royal RFC) Montreal, PQ

Staff:
Head Coach: John Tait
Assistant Coach: Sandro Fiorino
Team Manager: Penny Delaney
Press Officer: Jeff Hull
Athletic Therapist: Jason White
Athletic Therapist: Darren Wharrie

Nations Cup Match Day #1 (Oakville)
Tuesday 2nd August
4:30 pm - Canada vs. South Africa
6:30 pm - USA vs. England

Nations Cup Match Day #2 (Chatham)
Friday 5th August
5:00 pm - England vs. South Africa
7:00 pm - Canada vs. USA

Nations Cup Match Day #3 (Oakville)
Tuesday 9th August
4:30 pm – South Africa vs. USA

6:30 pm – Canada vs. England

Nations Cup Finals (Oakville)
Saturday 13th August
2:00 pm 3rd vs. 4th
4:00 pm 1st vs. 2nd