Canada's women's sevens team has won the Amsterdam Sevens tournament, going undefeated over seven games in the Dutch Capital on Saturday and Sunday. In the process Canada scored 276 points for while only allowing 36 points - far outpacing all comers at the popular tournament that featured teams from five continents.

Canada beat touring side Samurai International 29-10 in the tournament final.

Canada has won all three international tournaments it has entered in 2011 - taking the Las Vegas, Hong Kong and now Amsterdam events.

In the Cup semi-final against the host Netherlands Canada ended up in a 19-19 draw at the end of regulation, but it was Arielle Dubisette-Borrice who provided off the bench heroics - receiving a pass from Brittany Orr before sprinting some forty metres for the winning score. Ashley Patzer converted the try and Canada had successfully moved on to the tournament final vs select side Samurai International.

Patzer scored a try in that game along with two conversions. Mandy Marchak and Kelly Russell also scored one each in the semi-final.

In the final against the Samurai team Ashley Patzer scored a pair of tries and added two conversions on the way to the tournament win. Kelly Russell, Mandy Marchak and Brittany Waters scored solo efforts to round out the win.

After breezing through the first day opposition with wins over the Puma Ravens 37-0 , Germany 38-7 and the OA Saints 77-0, the talented young team took down its play-off pool of two opponents on Sunday in similar fashion.

Esprit 7 - the squad representing France's national team, fell to Canada 28-5 and in the second match against Brazil Canada prevailed 29-7.

Team Captain Mandy Marchak says her team is really developing a new dynamic.

"I was really happy with our performances all weekend long," she said. "We are really developing a winning culture on this team."

Coach John Tait was impressed by all his players, but points to one that didn't figure onto the score sheet but had a huge weekend none the less.

"Jen Kish had so much involvement, carrying the ball, making big tackles and being a crucial link to help the other players score," he said of the Edmonton based player. "Also seeing Arielle Dubisette-Borrice come off the bench and provide such a big score a minute into overtime is impressive."

Sevens rugby is an Olympic sport in the 2016 Rio de Janeiro games. Canada is currently

ranked sixth in the world based on the 2009 Sevens World Cup.

Cup Semi-final
Netherlands 19 Canada 26
Tries: Ashley Patzer, Mandy Marchak, Kelly Russell, Arielle Dubisette-Borrice
Conversions: Ashley Patzer (2)

Cup Final
Samurai International 10 Canada 26
Tries: Ashely Patzer (2), Kelly Russell, Brittany Watters, Mandy Marchak
Conversions: Ashley Patzer

Saturday results
Canada 37 Raven Pumas 0
Germany 7 Canada 38
Canada 77 OA Saints 0

Sunday Results
Play-off Pool
Canada 29 Esprit 7
Canada 28 Brazil 5

Cup Semi-Final
Netherlands 19 Canada 26 OT

Cup Final
Samurai International 10 Canada 29

PLAYERS:
Arielle Dubisette-Borrice - Western University (Toronto, ON)
Magali Harvey - St. Francis-Xavier University (Montreal, PQ)
Jen Kish - Edmonton Rockers - (Edmonton, AB)
Ghislaine Landry - Toronto Scottish RFC, ON & Bath Rugby, UK (Toronto, ON)
Mandy Marchak - Capilano (North Vancouver, BC)
Megan Gibbs Markham Irish (Barrie, ON)
Brittany Orr - University of Lethbridge (Lethbridge, AB)
Ashley Patzer - Lethbridge RFC (Lethbridge, AB)
Kelly Russell - Toronto Nomads (Caledon, ON)
Brittany Waters - Meraloma (Vancouver, BC)
Kelsey Willoughby - Lethbridge RFC (Lethbridge, AB)
Julianne Zussman - Town of Mount Royal (Montreal, PQ)