

Everything you need to know about joining Caldy Girls Rugby



History.

Caldy Girls Rugby began in 2019, with a determined group of four or five girls. Now there are almost 50 girls coming down to Caldy to experience rugby. Numbers are growing all the time – the word is out!

Vision:

We aim to give our girls the opportunities to:

- play rugby in a welcoming, supportive, fun & inclusive environment.
- make friends & memories with their rugby family, that will last a lifetime.
- be the best version of themselves, building their confidence and their physical & mental wellbeing.

Values

- We aim to have Rugby's Core Values at the heart of everything we do.
- These values are Teamwork, Respect, Enjoyment, Discipline and Sportsmanship – also referred to as TREDs.

Junior girls' rugby is split into 4 age groups:

- U12: Year 7 (& Year 6 depending on experience)
- U14: Year 8 & Year 9
- U16: Year 10 & Year 11
- U18: Year 12 & Year 13

Parking, toilets and changing rooms

- On entering the club, parking is available straight on up the road to the clubhouse, or, turn right immediately & park either side of the dirt track
- Toilets are available up at the clubhouse
- Generally speaking we won't have ready access to changing rooms so girls will usually have to come to and from training in their gear.

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Training times:

- ❑ We meet twice a week on the third pitch at Caldy – this is the pitch that is furthest from the club house and near the cricket nets
- ❑ Meetings times depend on whether we have matches & are home or away but are generally set as Sunday 12 noon and Wednesday 7pm.

Matches

- ❑ Generally speaking, playing matches will require some travel, usually within a 30-60 minute drive from Caldy – one of the few downsides of living on our lovely peninsula!

What you'll need

- ❑ Boots with studs or blades that are not sharp edged or too narrow such that they might cut or scratch other players.
- ❑ Clothes that are robust and won't tear if someone grabs you.
- ❑ A gumshield that you can buy in a sport shop or online, or, for the best fit and comfort, you can have one custom made by your dentist
- ❑ In winter, it's best to wear layers and to bring something warm and dry to put on after training finishes.
- ❑ A drink to ensure the players stay hydrated. Hot drinks for after training in winter are also worth considering.
- ❑ Caldy playing and training kit is available at:

[Caldy RFC Macron Store Wrexham \(macronstorenw.co.uk\)](http://macronstorenw.co.uk)

Social media / contact

- ❑ Follow us on Threads, Twitter, TikTok, Insta or Facebook @caldygirlsrugby
- ❑ Email: caldygirlsrugby@icloud.com