

Information for parents



Why girls should play rugby.

Girls rugby is one of the fastest growing girls' sports in the UK and beyond. The success of England Women, the Red Roses means that England are one of the leading countries in the world, where girls rugby is flourishing and has a clear player pathway from age 6 or 7 through to adult rugby.

Inclusivity: One of the unique aspects of rugby is that it's inclusive in that it's a game for all shapes and sizes and girls will feel at home on a rugby pitch regardless. However you're built, there's a place for you on the rugby pitch.

Teamwork: Being part of a rugby team is an experience like no other. It is a game where character, determination and resilience are forged in young players and where the bonds between players form over the years. Many of the girls who first met on a rugby pitch are now friends and a support network for each other.

Resilience: Rugby is brilliant for building girls resilience and confidence. Girls learn that they are mentally and physically stronger than they ever thought, they can be knocked down, but they get up again ready to take on what comes next. Girls quickly realise they are tougher than they ever thought possible.

Confidence and Self Esteem: When children first start rugby, a lot of them are concerned about physical contact and whether they can cope with it. As their experience develops, they become more confident in tackling other players but also, in being tackled. A lot of our girls tell us that the number one thing that rugby has given them, is building their confidence. As a result of being part of a team, feeling included building confidence and resilience, the girls self-esteem improves. Rugby can be really empowering for young girls.

Values: Through the rugby values, the girls will learn the importance of Teamwork, Respect, Enjoyment, Discipline and Sportsmanship.

Fitness and strength: Rugby is a physically demanding game and girls who play it will become faster and stronger.