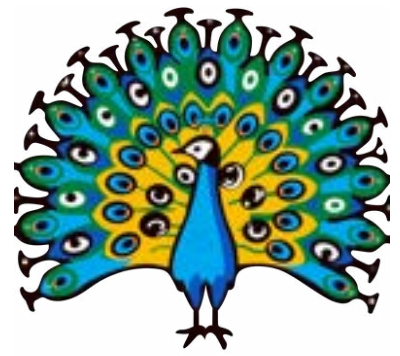


GIRLS RUGBY

Our goal is very simple and that is to get as many girls involved in rugby as possible.



**SHELFORD
RUGBY CLUB**



Whether you are brand new to rugby or a seasoned pro,
everyone is welcome

We offer quality rugby provision and a safe space for girls to make
new friends, improve their skills and truly thrive.

For more information contact

James Hall, Head of Girls Rugby at rdo.shelfordrfc@gmail.com

www.shelfordrugby.co.uk

PROJECT 11

*After school tag rugby club for girls
in years 4, 5 and 6*

Join us at Shelford rugby club every Wednesday 4.45 - 5.45.

A fun social after school rugby club which acts as a fun introduction to the game and a chance to make lots of friends and try something new.

U12S GIRLS

*A brand-new rugby age group, for girls
in years 6 and 7*

At Shelford rugby club every Wednesday 6 - 7 and Sunday mornings 9.30 - 10.45.

A great opportunity to try a new sport and acts as a direct follow on from our Project 11 programme. At this age group the girls will be gradually introduced to contact.

Not comfortable with that? Not to worry as year 6s are more than welcome to join in with our Project 11 sessions also.

U14S GIRLS

This session is for girls in years 8 and 9

At Shelford rugby, every Thursday evening 6 - 7 and Sunday morning 11:00 - 12.30

We offer quality rugby provision and a safe space for girls to make new friends, improve their skills and truly thrive, we have plenty of fixtures this season so the girls will not be short of playing opportunities.

U16S GIRLS

*Our U16s girls team is for girls
in years 10 and 11*

Training takes place at Shelford rugby club every Thursday 6 - 7 and Sunday morning 11.15 - 12.30.

We have plenty of fixtures this season so the girls will not be short of playing opportunities.

The club is looking to establish an U18s section for year 12 and 13 girls. This age group will lead directly into our senior women's opportunities. This section will offer an excellent opportunity for social rugby as well as competitive rugby.



For more details please visit our club's website

www.shelfordrugby.co.uk