



SRUFC Women Rugby training

**Welcome to Sittingbourne Women.
Let's get started.**



Some of the people you'll end up laughing with



Probably who you have been or will be messaging!



Chloe - Captain

💛 Favourite rugby moment:
Starting Sittingbourne Women and watching a group of players grow together, support each other and become a real family both on and off the pitch.

Jamie (Gash) - Coach

💛 Favourite rugby moment:
Seeing players who were once complete beginners grow in confidence, develop their skills and really find their place in the team.



Jack - Coach

💛 Favourite rugby moment:
Seeing us grow enough to field a full Sittingbourne team and watching the players grow in confidence along the way.

Dan - Coach

💛 Favourite rugby moment:
Seeing how much we developed throughout the season and watching everyone come together and support each other as a team.

Meet the team

This is the Sittingbourne Women family (well, most of us!). We can't wait for you to become part of the picture.



**COME FOR THE RUGBY.
STAY FOR THE PEOPLE.**



Your first time...



Address: Sittingbourne Rugby Club, Sittingbourne, ME10 1YT

If you see a park and a large field, you're in the right place!

Parking is located here!

You will go through an open yellow gate to get into this car park.

Where are you?



Here is the **clubhouse**... we use this door to go through to the changing rooms and toilets!

Our training pitch is affectionately known as "**The Cage**"... but don't panic, it isn't an actual cage.

You're free to come and go as you please (although we hope you'll want to stay!).



Timings!

6:45pm – people start turning up!
(Don't panic if you're early...someone will be with you shortly!)

6.50pm – Meet everyone

7pm – Warm up (light jog, movement & stretching)

7.15pm – The session begins with coaches leading and modelling different rugby skills

We talk, watch and then practice the skills during this time...

you'll never be expected to be an expert and everyone will be learning alongside you!

8:30pm – We start putting our skills into practice by playing a friendly game of touch rugby.

9pm – You've finished your first training session! Woo!

9.05pm – Stay for a chat
(totally optional)

WATER BREAKS ARE INCLUDED THROUGHOUT!

What to bring?



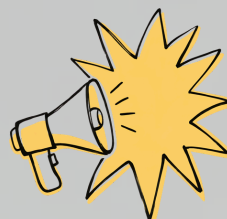
You'll want to wear something comfortable but appropriate for sport!
Most of our ladies wear leggings/shorts and a comfortable, breathable shirt with trainers.



YOU WON'T NEED...



To know the rules



To be loud



Rugby experience



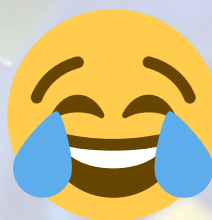
To be super fit



YOU WILL NEED...



Trainers



Sense of humour



Water bottle



Hair tie (if needed)

Optional:



Gumshield



Rugby boots

(if you do not have these yet... don't worry!)

WE'VE GOT ALL SHAPES, SIZES AND PERSONALITIES HERE!

What to expect?



A warm welcome.

You'll never be left standing on your own. Someone will introduce themselves, answer any questions and make sure you know where to go.

We'll teach you everything.

No rugby knowledge? No problem. We'll explain each drill, demonstrate it and help you as you go.

To make mistakes.

Everyone does—even our most experienced players! Mistakes are part of learning and nobody expects you to be perfect.

We'll celebrate the little wins.

Your first catch. Your first pass. Your first tackle. Your first try. We love seeing each other improve, no matter how small the achievement.

Lots of laughs.

We take rugby seriously—but we don't take ourselves too seriously. Expect plenty of smiles, laughs and the occasional accidental comedy moment!

There are no silly questions.

If you don't understand something, just ask. Chances are someone else was wondering the same thing.

You might also...

feel nervous before you arrive, forget someone's name, run in the wrong direction once, laugh at yourself and leave wondering why you didn't start sooner.

Just remember... nobody expects you to know everything on day one!

We were all beginners once, and every player you see started exactly where you are now.

Common Questions



**I've never played rugby before.
Can I still come?**

Absolutely! Many of our players started with no rugby experience at all. We'll teach you everything you need to know.



Am I fit enough?

Fitness comes with time. Training is for everyone, and you'll improve a little bit every week.



What if I'm not very sporty?

That's okay! Rugby needs all kinds of people, and everyone learns at their own pace.



What should I wear?

Comfortable sports clothes and trainers are perfect for your first session. Bring a water bottle and you're good to go!



**Do I need rugby boots
or a gumshield?**

Not for your first session. If you decide rugby is for you, we can help you with what you'll need.



Can I come on my own?

Of course! Lots of our players came on their own. We'll make sure you're introduced and feel welcome.



Will I be tackled?

Not on your first session. We'll introduce contact gradually, and only when you're comfortable.



What if I don't know the rules?

Don't worry! Most people don't. You'll pick them up naturally as you train.



What if I make mistakes?

You will... and so will everyone else! Mistakes are part of learning, and we'll help you every step of the way.



Am I too old to start?

Definitely not. People start rugby at all different ages – it's never too late to give it a go.



I'm nervous. Is that normal?

Completely! Almost everyone feels nervous before their first session. Most people tell us afterwards they wish they'd come sooner.



Do I have to come every week?

Life comes first. Come when you can – we'll always be happy to see you.

**WHAT IF I END UP
LOVING IT?**

Then welcome to the
SRUFC Family!



What's coming up?



Every season brings something new!

- Weekly training
- Inner Warrior League & friendly fixtures
- Team socials
- Club events
- Recruitment sessions

Come to as much or as little as you'd like. Life comes first.

Take the leap! Training is...
Every Wednesday
7-9PM AT THE GROVE

Sittingbourne Rugby Club, Sittingbourne, ME10 1YT

Stay Connected

Follow us to keep up to date with:

- Fixtures & results
- Photos from training and matches
- Social events
- Team fun!



@srufc_women



@srufc.women



Sittingbourne Women



You're Ready...

The hardest part is walking through the gates for the first time.

After that... we'll do the rest!

Have any questions before your first session?

Whether you're wondering what to wear, where to park or simply want to say hello beforehand, we're always happy to help.



womens@srufc.com



send a message to our socials!

See you on Wednesday
We've saved you a place!