

Rugby Her Way

An inclusive rugby program designed to help girls build confidence, develop skills, and form lasting friendships.

Rugby Her Way is a six-week program for girls aged 10 to 15. Participants build confidence, learn new skills, make friends, and enjoy rugby in a supportive, inclusive environment. The program welcomes girls of all experience levels, whether they are new to rugby, currently play at a club, or are seeking an active way to connect with friends.

Program overview: Six Sunday sessions at two locations for girls aged 10 to 15. All experience levels are welcome. The full program costs \$65.

Lead By

The program will be led by Wallaroo #229 and Brumbies #107 Lily Bone, along with other Super W Brumbies women, Wallaroos, and female lead staff.

What is Included?

Each week includes:

-  **Rugby skill development** – learn the fundamentals, including catching, passing, movement, and decision-making.
-  **Games and challenges** – apply new skills through modified games and engaging activities.
-  **Friendship and teamwork** – connect with peers in a positive, supportive environment.
-  **Confidence-building** – develop skills on and off the field in a program tailored for girls.
-  **Weekly focus** – each session introduces new topics to support ongoing learning and development.
-  **Team challenges and fun** – enjoy music, games, and engaging activities throughout the program.

Participants are grouped by age and experience to ensure everyone can learn, develop, and enjoy the program at their own pace.

Program Details

Who: Girls aged 10–15 years

When: Every Sunday for 6 weeks, commencing **1 November for Canberra & 8th November for Wagga**

Connolly Hub: 9:00 am–11:00 am

Brumbies HQ Hub: 3:00 pm–5:00 pm

Cost: \$65 for the full six-week program

What Will Participants Learn?

Over six weeks, participants develop from basic rugby skills to gameplay, including safe contact, decision-making, and positional awareness, culminating in a game-day experience. The program covers skills and gameplay, contact and tackling fundamentals, and game awareness and decision-making.

More Than Just Rugby

Rugby Her Way provides an environment where girls can try rugby, develop skills, build confidence, and enjoy the experience.

The program supports both newcomers to rugby and those who already play and wish to continue developing their skills during Term 4.

Participants can connect with the broader rugby community and learn about opportunities through local clubs and future Brumbies pathways.

Experienced coaches and female role models will be involved, allowing participants to learn from individuals with diverse rugby backgrounds.

Join Us!

Invite your friends, bring your enthusiasm, and experience rugby in **your own way**.

Six weeks. New skills. New friends. An engaging and enjoyable experience.

Register now to secure your place in the program for \$65.

Scan the **QR code** on the Rugby Her Way promotional post to complete your registration.

OR click on the link below:

<https://myaccount.rugbyexplorer.com.au/choose-registration?name=ACT%20Junior%20Rugby%20Union%20Club>

We look forward to welcoming you to the program.