

WHY NOT ME?

RECRUIT 23



LETS **GROW** WOMENS
RUGBY IN CORK TOGETHER!



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Our Aim



The main objective of this campaign is to recruit new players for our girls U18.5 squad for forthcoming seasons.

We hope to do this together with the Gaisce schools programme.

We introduce rugby to complete beginners and will provide expert training for those completely new to the sport.

This training will be non-contact based and will introduce the laws and mechanics of rugby while also being a fun and welcoming environment.

Rugby is a truly unique sport where there is a position on the pitch for each and every person, no matter what height or size.

So come along down to Dolphin Rugby Club based in Musgrave Park and join us Wednesday evenings 6:30-7:30, for an hour of fitness and fun.



My name is Sofia and I play under 18 girls rugby with Dolphin RFC at Musgrave Park. Last year during my transition year I was looking to try something different for Gaisce. A friend in my class suggested I play Rugby. I really struggled with the idea at first, but I decided nothing ventured nothing gained. I applied to join Dolphin and I was accepted.

Before my first training session I was so nervous that I pretty much decided I didn't want to go. Luckily I found the courage and I have to admit it was so much fun. I met some really nice girls who would go on to be some of my best friends. I put a lot of effort into my skills sessions with my coaches and I started to get a lot more confident with my game. My coach Mikey asked me if I was ready to play a game and I decided to give it a go. Wow it was so much fun I was absolutely buzzing after the game.

Over the coming months I began to take my Rugby a lot more seriously and set a target to be good enough to go to the Munster Rugby School of Excellence in Bandon Grammar School last August. I absolutely loved the three day camp and learned so much thanks to expert coaching from Munster rugby.

I returned to Dolphin with a new sense of confidence and worked really hard in training to improve my game. Munster development officer Willie Shubart came to watch our training sessions and also came to our first game. I would receive a message from Munster Rugby that I was selected to join the Munster South Development squad with girls from clubs all across Munster.

I started training with the squad and had two games in Musgrave Park. I made the cut and was selected to the Munster extended squad. Following a game in UL after Christmas I received an email congratulating me that I had made the Munster under 18 inter-pro panel as a prop forward.

We have a number of Inter-provincial games coming up in February which are also trials for the Ireland under 18 six nations team.

I have no idea where my story will lead me, but one thing I know for sure if I decided not to go to training that very first night in Dolphin 16 months ago, I wouldn't have been able to write this story on what has been for me an amazing journey.

Dolphin RFC would like to invite you to a very special program called Recruit 23, Girls Rugby for absolute beginners. I would strongly urge you to give it some serious thought.

Why you should play rugby!

- It builds self esteem
- There's a position for everyone
- The team builds friendships and a support network
- Helps build resilience
- Win or lose lessons are always being learnt
- We do not need to compare ourselves to the boys because WE can do anything!
- Respect for others

Rugby finds you ~ Sofia

