

# GUILDFORDIANS RFC

## Spotlight on Girls Rugby

July 2020



field.

**Girls rugby** is one of the fastest growing female sports since 2013 and it continues to grow across the country following the success of the England Women's team, the Red Roses. We are extremely lucky to have a current Red Rose, Leanne Riley, driving our girls section forward on and off the

Leanne set up our girls section in 2016 where we started with 25-30 girls varied from aged 7-17. We have since grown this to 75+ girls from aged 9-18, running 4-5 competitive teams in Surrey, participating in regional and national cups, and winning some silverware along the way!



Joining **Guildfordians Girls** is a great way to get active and try something new, meet new people, become part of an exciting team, and we can guarantee you many, many friendships are formed on and off the pitch. If you're looking for a challenge or a change in 2020 – why not make that RUGBY?!

At this present time in 2020, we are slowly starting to get some of our girls back into training on Stoke Park. Our U15 and U18 teams are training weekly, abiding to the government and RFU guidelines. Training currently has a heavy emphasis on fitness, whilst also including some individual skills. In August our plan is to return with our

U11 and U13 teams, with the focus being largely around enjoyment and recruitment, with a reintroduction to rugby.

When the time is right for rugby to be played again – we will be there!

If you want to make sure you're there too, get in contact and come and join our awesome girls.



**Head of Girls Rugby: Leanne Riley**

**Email: [girlsrugby@grfc.co.uk](mailto:girlsrugby@grfc.co.uk)**

Wednesday 29<sup>th</sup> July – Leanne answers your questions. Ask her anything!

