



Rugby 7's Competition

As a new sport to Pymble Ladies' College, we will be trialing Female Rugby 7's. It is a great way for girls to make friends, keep active and learn new skills. Rugby 7's is a variant of rugby union in which teams are made up of seven players playing seven minute halves, instead of the usual 15 players playing 40 minute halves. The recent Olympic Games in Rio de Janeiro has seen a surge in interest in the Female Rugby 7's game.

Students who have completed the Term 1 'Come and Try' Rugby program will have the option of playing in a Pymble team in the Sydney Junior Rugby 7's Competition in Term 2. This competition will be run each term on Saturday afternoon between 5.00pm and 7.00pm (approximately) in a local club Rugby competition organised by NSW Rugby. The teams will be involved in two matches each Saturday afternoon.

Competition Structure

The competition is structured around age groups (see below). Teams will be determined based on a student's age. This means students will be playing across multiple year groups. Depending on student registrations, a trial may be needed to determine team abilities. This will be one-off training session on **Wednesday 26 April**. All students are required to attend this first session together. Students will be allocated their playing uniform on this day.

- Under 14s – born 2003 and 2004
- Under 16s – born 2001 and 2002
- Under 18s – born 1999 and 2000

Program Manager	Mrs Ainsley Webster ccsa@pymblelc.nsw.edu.au
Term/s	Term 2
Years	Year 8 to 12
Days/Times	<p>Training: All students are required to attend a session on Wednesday 26 April 3.30pm to 5.00pm for a (possible) grading, training and uniform allocation.</p> <p>Mondays 3.30pm to 5.00pm - field training sessions (compulsory) 1 x strength & conditioning session (compulsory) – this will be advised on Wednesday 26 April.</p> <p>Competition: Saturday matches 5.00pm to 7.00pm (approximately)</p>
Cost	\$113.00
Match Dates (Start/End) Tentative	Term 2: Saturday 29 April to Saturday 10 June (please note – Saturday 10 June is the long weekend). Dates will be confirmed shortly.



Pymble Ladies' College

Training Schedule (2017)	1 or 2 x sessions per week on field training 1 x session per week in the gym
Uniform	Pymble Rugby 7's uniform, Rugby Boots, Mouthguard, Headgear (Optional)
Venues	Various Sydney locations
Further Information	Fitness Centre Access: Students registered for this program will have access to the Strength and Conditioning area.

Pymble Ladies' College | Avon Road Pymble NSW 2073 | PO Box 136 North Ryde BC NSW 1670

Phone: +61 2 9855 7799 **Fax:** +61 2 9855 7766 www.pymblelc.nsw.edu.au

