



Dear Parents/Guardians,

Girl's rugby is currently the fastest growing sport in Ireland and we are delighted that Midleton RFC have been chosen to host the Canterbury "Give It A Try" for 2022.

The courses will be held on Saturday mornings from 11am to 12pm over 8 weeks starting on the 7th of May.

The cost for the 8 weeks is €10 and can be paid on arrival to the club on week one.

All participants must sign up through the link provided below:

<https://irfu.sportsmanager.ie/sportlomo/registration/event-registration/index/2477>



What is Canterbury Give It A Try (GIAT)?



The Canterbury Give It A Try camps are an 8-week programme run in selected clubs where girls aged 8 - 16 years can attend in order to learn how to play rugby in a fun environment.

The programme consists of a coach education element, fun rugby sessions, teaching the girls the basics of rugby.

For fun, friendship and a life's worth of lessons, there's #NothingLikeIt

What should I wear to training?

Anyone looking to give rugby a try should purchase a gum shield to wear when training/playing. After that, you should wear comfortable clothing, for instance, what you might wear when doing PE, going to the gym or participating in other sports activities, e.g. tracksuit/shorts. Football boots are recommended as most activity will take place on a grass pitch.



Will I be playing contact rugby?

All players introduced to rugby for the first time may start with non-contact games. When the coach sees fit, he/she may start to introduce the player to the contact element of the game. Non-contact versions of the game are available through Touch and Tag rugby.

How do I know I will like it?

There are many reasons why you might enjoy playing rugby. For some, it's about making new friends and enjoyment while others enjoy the hard work and team work involved. 'Give it a Try' is all about trying something new and giving rugby a go to see if you like it.