



Dinnington RUFC Girls Rugby Handbook Season 26/27

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***A safe, supportive,
and enjoyable place
for every girl to grow
through rugby***



1. Welcome to Dinnington RUFC Girls

1.1 Welcome to Our Rugby Family

A message from Clare Boot, Women's and Girls' Lead

On behalf of everyone at Dinnington RUFC Girls: our coaches, managers, volunteers, and wider club community, I want to warmly welcome you.

Rugby has been part of my life for as long as I can remember. Some of my happiest childhood memories are sitting in the changing rooms at Dinnington with a packet of crisps and a bottle of pop after my dad and uncle played rugby. Back then, girls' rugby wasn't really a thing.

I discovered the game later, and it gave me more than I could ever have imagined. Lifelong friendships, incredible experiences, and the opportunity to represent Yorkshire and even the North of England. When my playing days eventually came to an end, there was only one place I wanted to return. To the club where I first fell in love with rugby.

As coaches, managers, and volunteers, we care deeply about every girl who pulls on a Dinnington shirt. We are committed to creating a safe, welcoming, and supportive environment where girls can grow in confidence, build lasting friendships, challenge themselves and, most importantly, enjoy being part of our rugby family.

Rugby gave me friendships, confidence, opportunities, and memories that have stayed with me for life. My hope is that every girl who joins Dinnington RUFC Girls finds something just as special. Whether that is making new friends, discovering a love for sport, growing in confidence, achieving things they never thought possible, or simply having fun every week, we are proud to be part of that journey.

Once you're part of Dinnington, you're part of our rugby family, and we'll be cheering you on every step of the way.

A message from our Chairman, Craig West

Welcome to Dinnington RUFC.

We are incredibly proud of our growing girls' section and are committed to giving every girl the opportunity to enjoy rugby in a safe, welcoming, and supportive environment.

Whether your daughter is new to the game or has played for years, our coaches, volunteers and families work together to help girls build confidence, friendships, and a lifelong love of rugby.

Thank you for choosing Dinnington RUFC Girls. We look forward to supporting your daughter on her rugby journey and welcoming your family into our rugby community.

1.2 Our Story



Welcome to Dinnington Rugby Union Football Club. Our story began in 1968.

Girls have been an important part of that story for more than 20 years. Dinnington's first girls' team was established in 2001, and since then players have progressed to represent Yorkshire and take part in national development programmes. The girls section expanded in 2024, creating a pathway for girls from their first experience of rugby through to U18.

Today we are proud to offer a welcoming community where girls can learn, compete, make friends, and grow in confidence. Whether your daughter is new to rugby or already has experience, we will help her enjoy the game and develop at a pace that is right for her.

1.3 Why Girls Rugby?

Girls join rugby for many reasons. Some want to make friends, some want to be more active, and others simply want to try something new.

What many families discover is that rugby offers much more than sport. It helps girls build confidence, develop resilience, learn teamwork, and become part of a supportive community.

One of the strengths of rugby is that there is no single type of player. Every girl brings something different and every girl has a place within the game.



2. Quick Start Guide

Whether your daughter is completely new to rugby or already has experience, our aim is to provide a safe, supportive, and enjoyable environment where every girl can develop confidence, make friends and enjoy rugby.

2.1 Training Times and Location

Training will take place Wednesdays and Sundays at Dinnington RUFC, Lodge Lane Dinnington, Sheffield, S25 2PB.

Day	Age Grade	Time
Wednesdays	U12 / U14	18:00 – 19:00
Wednesdays	U16 / U18	19:15 – 20:15
Sundays	All age grades	12:00 – 1:00

Any changes to training locations, days or times will be communicated in advance.

2.2 Key Club Contacts

Role	Contacts
Women and Girls Lead	Clare Boot 07527691569
Club Safeguarding Officer	Elaine Bonsall 07711240076

2.3 What Kit Do We Need?

Comfortable clothes suitable for outdoor activity/sport clothing, outdoor trainers or boots and a water bottle are all that is needed. Rugby or football boots are helpful if your daughter already owns them, but there is no need to buy specialist kit straight away. As players continue, rugby boots, club shorts, socks, gumshield and other kit may be required.

Club playing shirts will be provided for matches, and club shorts, socks and other items can be purchased through the club shop. Details are available through coaches or team managers.

We never want the cost or availability of kit to be a barrier to taking part in rugby. The club shop currently sells pre-loved kit and boots at a reduced price. If obtaining the right kit is a concern, please speak to your coach or team manager. Conversations will be treated sensitively, and we will do our best to help.

2.4 Bring and Share

We are developing a '*Bring and Share Kit Scheme*' to help both new and existing players.

If your daughter has rugby boots, shorts, club kit, training wear, hoodies, waterproofs, or other rugby clothing that she has outgrown but which is still in good condition, please consider donating it to the scheme.

Please speak to Clare Boot - 07527691569, who will arrange for items to be collected, sorted and made available to players and families who may benefit from them.

A piece of kit that is no longer needed by one player could help another girl start or continue her rugby journey.

No girl should miss out on rugby because of a lack of kit. If you need support, please ask. Equally, if you can help by donating pre-loved kit, we would be very grateful.

2.5 Four-week free trial

Each girl will get a four-week free trial. This will allow them and you as parents/carers to see whether rugby is the right fit, while giving the girls time to settle in, make friends, and experience everything the club has to offer.



3. What Our Girls Tell Us Matters

One of the most important principles of Dinnington RUFC Girls is that our players have a voice.

We want every girl to feel listened to, valued and able to contribute to the culture and environment we create together. Through team discussions, feedback sessions and everyday conversations, girls help shape their own experience.

At the start of the season, we asked our players what rugby means to them and what they value from their coaches. Their responses were a powerful reminder that rugby is about much more than results.

These conversations are not a one-off exercise. We will continue to seek feedback throughout the season to ensure Dinnington RUFC Girls remains a place where every girl feels safe, supported, and able to thrive.



3.1 The Voice of Our Girls

We asked our girls: 'What does rugby mean to you?'

And this is what they said:



The answers tell us everything we need to know about the culture we are building together.

The biggest words weren't tackles, trophies or winning.

They were:

Everything. Family. Friendship. Life. Fun. Happiness. Safe Space. Confidence.

For our girls, rugby is far more than a sport.

It is a community where they belong, develop and thrive.

3.2 What the Girls Expect from Their Coaches

We also asked our girls: 'What do you expect from your coaches?'

And this is what they said:



Their answers focused on:

Support. Respect. Understanding. Friendship. Positive Environment. Equal Support. Good Advice.

The commitments in this handbook are shaped and built around those expectations.

3.3 The Voice of Our Families

We believe great girls' rugby is built through partnership between players, families, coaches, and volunteers. We welcome feedback, ideas, and questions at any time, whether through planned conversations or informal discussions. Throughout the season, we will be introducing parent and carer conversations and feedback sessions.

Parents and guardians know their daughters best, and your insight helps us create the best possible experience for every girl.

Together, we can help ensure that Dinnington RUFC Girls continues to be a safe, inclusive, and supportive environment where every girl can thrive.

3.4 How Our Voice is Represented

The girls' section is currently represented through both a Girls Steering Group, chaired by Clare Boot and the wider Mini & Junior Committee, chaired by Dave Slater.

Clare Boot, Dave Slater and Andrew Ramrattan represent the Girls Sections on the club's main committee. This ensures that the views and experiences of our players, families and volunteers help shape decisions across the club.

3.5 Our Vision and Commitment to Every Girl

At Dinnington RUFC Girls, our aim is to provide a safe, enjoyable, and inclusive environment where girls can develop confidence, friendships, and a lifelong love of rugby.

Every player joins us with different experiences, abilities, and ambitions. Some simply want to enjoy being part of a team, while others may aspire to representative rugby. Whatever their goals, we are committed to providing positive experiences, appropriate challenge, and support for long-term development.

We recognise potential in many forms, including resilience, teamwork, communication, leadership, and a willingness to learn. Through rugby, we hope every girl leaves with greater confidence, valuable life skills, and lasting memories.



4. Growing Through Rugby

4.1 Confidence, Friendship and Personal Growth

Rugby gives young people opportunities to build confidence, develop friendships, try new things, and discover what they are capable of. We want every player to feel valued for who she is and understand that progress looks different for everyone.

Coaches will encourage players to set simple, age-appropriate goals, whether that is learning a new skill, trying a different position, speaking up more often or attending regularly. Success is measured through effort, learning, resilience, and enjoyment as well as performance.

Parents and carers play an important role by celebrating progress, encouraging effort, and helping girls enjoy their own rugby journey.

4.2 England Rugby Player Development Pathway and EDGE: Recognising Potential

England Rugby's player pathway recognises that girls develop at different rates and provides opportunities that support long-term development, enjoyment, and potential.

Alongside this, the EDGE framework encourages coaches to recognise qualities such as resilience, communication, awareness, adaptability, and a willingness to learn, rather than focusing solely on current performance.

Whether a player simply enjoys club rugby or aspires to representative honours, every development journey is valued and supported.

4.3 Ambition and Opportunity

If your daughter is interested and ready to explore the next step, we will encourage her to consider opportunities within the Yorkshire RFU pathway. Coaches can explain how the pathway works, help her prepare, offer constructive feedback, and support nominations or assessments where appropriate. Development is rarely a straight line, so players may move into, out of or back into the pathway as they grow.

There may also be opportunities to represent the club, county or regional pathway at festivals, representative fixtures and regional or national competitions suited to a player's age and stage. Selection cannot be guaranteed, but every girl will be encouraged to aim high, enjoy the experience and keep learning. Her welfare, development and love of rugby will always come first.

5. Practical Information

5.1 Club Information

Club	Dinnington Rugby Union Football Club, established in 1968
Address	Lodge Lane, Dinnington, Sheffield, South Yorkshire, S25 2PB
Women's and Girls' Lead	Clare Boot 07527691569
Club Safeguarding Officer	Elaine Bonsall 07711240076
General enquiries	enquiries@dinningtonrufc.co.uk 01909 562044
Website	www.dinningtonrufc.co.uk

5.2 Girls Section Contacts

U11–U12 Girls	Sam Raisbeck (Coach) 07525439901 Steve Kent (Coach) 07944191055 Russ Hughes (Manager) 07807486758 Laura Raisbeck / Gemma Kent (First Aiders)
U14 Girls	Paul Kraus (Coach) 07376026043 Ben Cooper (Coach) 07852597874 Alan Bailey (Coach) 07932570102 Dave Slater (Manager) 07701046346 Mick Staniforth (Manager) 07802394993 Pip Huges (Manager) 07751903354 Gemma Kent, Paul Kraus, Ben Cooper, Mick Staniforth (First Aiders)
U16 Girls	Andrew Ramrattan (Coach) 07850749803 Avril Wilson (Coach/Manager) 07921363433 Tash Burt (First Aider)
U18 Girls	Clare Boot (Coach/Manager) 07527691569 Katie Boot 07411895225

	Stacey Slater 07752684465 Clare Boot (First Responder) Katy Morris (First Aider)
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5.3 Match Days

Fixtures vary by age group. Coaches will share dates, times, venues, selection information, and travel arrangements after your daughter joins.

5.4 Registration and Membership

After your four-week free trial if you and your daughter choose to continue, you will need to complete a 3-step process to become a member of the club and register your daughter as a player, keeping emergency, medical and consent information up to date.

Step 1 - Complete the club membership form

To apply or renew, please complete the membership form here:

<https://www.dinningtonrufc.co.uk/information/2026-27-membership>

Step 2 - Register on GMS & associate yourself with the club, then purchase your membership

<https://gms.rfu.com/GMS/Dashboard/Organisation/457475>

Step 3 - Register your daughter as a player on GMS

You should see a GREEN box that allows you to register as a player

There are many benefits in joining as a member of the club including discount at the bar and free club hire for functions.

As with any new process or system, we appreciate questions can arise. There are a number of sources that can help you:

Help with GMS page on our website [Dinnington RUFC - Help with GMS](#)

RFU new to the club parent/player [how to register](#)

RFU register to play club [QR code](#)

Alternatively, team managers, coaches, or other parents will be more than happy to support you through these processes.

5.5 Frequently Asked Questions

Joining a new club often comes with questions, and that's completely normal. Below are some of the things families ask us most often. If there's anything else you'd like to know, please speak to a coach or team manager. We're always happy to help and look forward to getting to know your daughter and your family.

Does my daughter have to play matches straight away?

No. Players develop at different rates and there is no expectation to play before they feel ready. Coaches will support girls to build confidence and skills at a pace that suits them.

My daughter has never played rugby before. Will she fit in?

Absolutely. Many players join with little or no rugby experience. Coaches introduce skills progressively and teammates are encouraged to help new players settle in via a buddy system.

What kit does my daughter need?

For her first few sessions, comfortable sports clothing, trainers or boots and a water bottle are sufficient. Coaches can provide advice on additional kit if she chooses to continue. Support is available through our kit-sharing scheme if required.

What if my daughter has an injury, medical condition, or additional need?

Please let us know. Any information you can share helps us provide the right support and ensure your daughter has a positive, safe, and enjoyable experience.

How will we know what's going on?

Communication channels are used to share training updates, fixtures, and other important information. If you are unsure about anything, please contact a coach or team manager.

What should I do if I have a concern?

Please speak to a coach or team manager. Safeguarding or welfare concerns should be raised with the Club Safeguarding Officer. We will always listen and respond appropriately.

My daughter is ambitious. Are there opportunities beyond club rugby?

Yes. Coaches can support players to explore Yorkshire RFU pathways and other development opportunities where appropriate. Every player's journey is different, and enjoyment of the game remains our priority.

How can our family get involved?

The club relies on volunteers, and every contribution makes a difference. Whether you can help regularly or occasionally, we would love to hear from you.

5.6 New to Rugby?

Understanding a little more about the game can help players build confidence and help families feel more involved and informed on match days.

Here are some simple guides and videos explaining the basics of the game, positions, scoring, and key rules.

Introduction to Rugby Union and the Basic Laws of the Game

Watch England Rugby's beginner-friendly videos which explain the basic rules, positions, scoring, and key elements of rugby union:

[A Beginner's Guide to Rugby Union | Rugby Football Union](#)

Age Grade Rugby

Information about age-grade rugby, regulations, and player development:

[England Rugby Age Grade Rugby](#)

Player Welfare and RugbySafe

Guidance on player welfare, injury prevention, first aid and concussion:

[RugbySafe | Rugby Football Union](#)

Concussion and Head Injury Guidance

Support and guidance for players, parents, and coaches:

[HEADCASE | Rugby Football Union](#)

You don't need to be a rugby expert to be part of Dinnington RUFC Girls. Many of our players and families are learning the game together. If you're unsure about anything, please ask. Coaches, managers, and experienced parents are always happy to help.

6. Supporting Every Girl

6.1 Wellbeing and Mental Health



Rugby can play an important role in supporting wellbeing, confidence, and social connection.

We recognise that young people sometimes experience worry, stress, friendship difficulties, or challenges outside rugby.

If your daughter is struggling, please speak to a coach, team manager, or trusted volunteer.

We will always listen, help where we can and signpost support where appropriate.

Helpful links

<https://www.kooth.com//>

[Young people](#) | [Emotional health resources](#) | [Mental health](#) | [Samaritans](#)

[Female Health & Wellbeing](#) | [Rugby Football Union](#)

[Home - LooseHeadz](#)

6.2 Periods and Participation

Having a period should never prevent a girl from enjoying rugby.

We recognise that girls may occasionally need extra support during training, matches, or travel. Players are welcome to speak discreetly with a coach, team manager, or trusted volunteer at any time.

Sanitary products are available in the club's female toilets, are included in first aid kits and will be made available in changing rooms on match days.

We are grateful for donations of sanitary products to help keep these supplies available for players. Donations can be left at the club bar.

6.3 Inclusion and Belonging

We are committed to creating an environment where every player feels respected, included, and valued. We celebrate difference, encourage participation, and support one another to learn, develop, and contribute.

Belonging is created through everyday actions: welcoming new players, valuing different perspectives and ensuring everyone has the opportunity to take part and thrive.

6.4 TREDS Values

We want every girl to feel safe, welcome, and able to be herself. Our behaviour is guided by 'TREDS' TEAMWORK, RESPECT, ENJOYMENT, DISCIPLINE and SPORTSMANSHIP. These values apply at training, matches, in the clubhouse, while travelling and in team or social-media communications.

- **Teamwork:** we include new players, support one another, and recognise that everyone has an important part to play.
- **Respect:** we treat teammates, opponents, coaches, officials, volunteers, and families with dignity, listen to different views and value each person's background, identity, ability, and experience.
- **Enjoyment:** we create a positive environment where girls can have fun, make friends, learn from mistakes, and develop without fear of embarrassment.
- **Discipline:** we follow safety instructions, club rules, and the laws of the game, and take responsibility for our words and actions.
- **Sportsmanship:** we play fairly, encourage others, and respond positively in both victory and defeat.

6.5 Anti-Bullying and Positive Behaviour

Bullying has no place at Dinnington RUFC. We will act on behaviour that hurts, threatens, humiliates, excludes, or controls another person. This may happen face to face or online and can include discriminatory language, unwanted messages, rumours,

name-calling or deliberately leaving someone out. Calling something 'banter' does not make it acceptable if it causes harm or continues after someone asks for it to stop.

If something does not feel right, players can speak to their coach, team manager, buddy, parent, or another trusted adult. Parents and carers should raise concerns promptly with the age-group coach or Club Safeguarding Officer. We will listen, take concerns seriously and respond sensitively in line with club and RFU safeguarding procedures. No player will be disadvantaged for speaking up in good faith.

6.6 Safeguarding and Welfare

Every child has the right to enjoy rugby in a safe and respectful environment. Safeguarding is a shared responsibility, and our coaches and volunteers follow club and RFU requirements, age-grade regulations, and safe coaching practice. If you are ever worried about a child's welfare, poor practice, or behaviour, please speak to the Club Safeguarding Officer. If a child is in immediate danger, contact the emergency services.

- Players should not train or play when unwell or injured. Inform a coach of any problem before activity begins.
- Suspected concussion must be taken seriously: the player will be removed from activity and must follow current RFU guidance and an appropriate graduated return.
- Parents remain responsible for transport unless a separate, agreed arrangement is in place.
- Photography and video must follow club consent and safeguarding arrangements. Do not identify or publish information about other children without permission.
- Use team communication channels appropriately; direct adult-to-child messaging should follow club safeguarding practice.

6.7 RugbySafe and Concussion

Player welfare is our top priority. Dinnington RUFC follows RFU RugbySafe guidance to help ensure rugby is played in a safe, enjoyable, and supportive environment.

If a player is suspected of having a concussion, they will be removed from play immediately and will not return to training or a match that day. Parents/carers will be informed, and any return to rugby must follow RFU guidance.

All parents and carers are asked to complete the online Headcase eLearning course. Understanding concussion and player welfare is everyone's responsibility, helping us create a safer environment for all our players.

If in doubt, sit them out. No game or training session is more important than a player's health and wellbeing.

7. Being Part of the Club

7.1 A Club Built on Volunteers

Our girls' section is built on volunteers and strengthened by parents and carers who share a little time, experience, or enthusiasm. You do not need to have played rugby, and volunteering does not have to mean taking on a large or permanent commitment. Some roles are regular, while others can be shared or limited to a particular fixture, event, or project. The club will explain the role, provide appropriate support, and identify any training or recruitment requirements.

7.2 Ways to Get Involved

- **Team administration:** help the team manager with registrations, availability, fixtures, tour information, and parent communications.
- **Match-day support:** prepare equipment, water bottles, post pads, and flags; welcome visiting teams; assist with refreshments; raffles; changing room support; or help leave facilities tidy.
- **First aid and RugbySafe:** undertake suitable training to support player welfare, injury response, and safe activity alongside the club's qualified leads.
- **Fixtures and events:** support festivals, tours, presentations, and social events, from planning and set-up to transport coordination and hospitality.
- **Fundraising and sponsorship:** organise small activities, secure raffle prizes, approach suitable local sponsors or help with grant applications.
- **Communications:** provide approved match reports, photographs, website updates, or social-media content in line with club safeguarding and consent arrangements.
- **Kit and facilities:** help organise playing kit and equipment or join occasional maintenance and improvement days.
- **Leadership and specialist roles:** coaches, managers, administration, finance, health and safety, safeguarding, marketing, or committee work.

If you would like to help, speak to the age-group coach or team manager. Tell us what you enjoy, what skills you can offer and how much time is realistic. Even one small task can make a meaningful difference to the players and help our volunteers concentrate on providing the best possible rugby experience.

8. Role Models and Lessons for Life

Every girl's rugby journey is different. Some will play for a season, some for many years, and some may go on to represent their county, region, or country.

What matters most is not where rugby takes you, but what you learn along the way. Confidence, resilience, teamwork, and kindness are qualities that can help you both on and off the pitch.

8.1 Victoria Oxley: Be Brave

Victoria was part of Dinnington's first girls' team in 2001 and went on to represent Yorkshire before returning to support the girls' section.

Her lesson: Don't be afraid to try something new. The opportunities you create today may inspire others tomorrow.

8.2 Ellie Kildunne: Be Yourself

One of the world's leading rugby players, Ellie is known for her creativity, confidence, and individuality.

Her lesson: Your differences are your strengths. Believe in yourself and don't let setbacks define you.

8.3 Tatyana Heard: Keep Going

Tatyana's career has included injuries and disappointments, but her determination helped her return to international rugby.

Her lesson: Progress is rarely a straight line. Keep learning, keep working and never give up on yourself.

8.4 Zoe Aldcroft: Lead by Example

England captain Zoe Aldcroft is respected not only for her talent, but for how she supports teammates and leads through her actions.

Her lesson: Leadership is not about being the loudest voice. It is about how you treat people every day.

8.5 Our Message to Every Dinnington Girl

We hope you will:

- Be yourself
- Be kind and supportive
- Keep going when things are difficult

- Have the confidence to try new things
- Believe in your potential
- Enjoy every moment of your rugby journey

The friendships, confidence, and memories you build through rugby can stay with you for life. Whatever your ambitions, we hope your time at Dinnington helps you become the best version of yourself.

Rugby is not about being perfect. It is about being brave enough to give it a go, learning from your experiences and enjoying the journey.



9. Our Commitments

Being part of Dinnington is about the commitments we make to one another. Coaches and managers make commitments to our players and each other, and our players make commitments too. Our parent and carer guide sets out how families can help us create the positive, supportive and safe environment we want for everyone. We also encourage all parents and carers to complete the RFU's headcase online learning course

[HEADCASE E-Learning | Rugby Football Union](#).

Code of Conduct for Players

ALL Players must:

- Participate for the "fun" of it, not just to please your parents or coach
- Play to the laws of the game
- Accept the referees decisions
- Control you temper - you and your team will benefit
- Recognise all good play, whether by your team or by your opponents team
- Treat all players as you yourself would like to be treated. Don't interfere with, bully, or take unfair advantage of any player
- Remember, as well as enjoyment, the aims of the game are to improve your skills and feel good.
- Do not be a show off
- Co-operate with your coach, referee, team mates and opponents, for without them you do not have a game
- Work equally hard for yourself and your team - your team's performance will benefit and so will your own

Code of Conduct for Coaches & Team Managers

ALL Coaches and Team Managers must:

- Consider the well-being and safety of participants before the development of performance
- Develop an appropriate working relationship with players based on mutual trust and respect
- Make sure all activities are appropriate to the age, ability and experience of those taking part
- Promote the positive aspects of the sport (e.g. fair play)
- Display consistently high standards of behaviour and appearance
- Accept their responsibilities don't stop at the final whistle, they continue to be responsible for any children until they are changed and returned to their parents
- Monitor changing rooms until all children have left them to ensure child safety
- Act in accordance with the club's child protection policies at all times (copies are available for anyone on request)

Good Parents Guide

PARENTS AND CARERS ARE ENCOURAGED TO:

- Be familiar with the coaching and training programme in order that you can ensure your child is fully involved and the coaches are aware of their availability
- Be familiar with the teaching and coaching methods used by observing the sessions in which your child participates
- Be aware that the Club has a duty of care and therefore, where appropriate, assist coaches with the supervision of the young players, particularly where numbers are large and there is a need to transport youngsters to away fixtures
- Be involved with the Club activities and share your expertise
- Share concerns, if you have them, with Club officials
- Be familiar with the "Coaches Code of Conduct". In particular:
 - ♦ Coaches should recognise the importance of fun and enjoyment when coaching young players
 - ♦ Coaches should keep winning and losing in perspective, encouraging young players to behave with dignity in all circumstances

It is important that parents & carers support coaches in instilling their virtues.

IN RUGBY UNION PARENTS AND CARERS SHOULD:

- Remember that young people play rugby for their own enjoyment not that of their parents
- Be realistic about the young players ability, do not push them towards a level that they are not capable of achieving
- Provide positive verbal feedback, both in training and during the game. Remember that persistent, negative messages will adversely affect the players' and referees performance and attitude
- Always support the Club in our efforts to eradicate loud, coarse and abusive behaviour from the game
- Always show your appreciation of good play by all young players both from our Club and the opposition
- Respect the decisions made by match officials and encourage the young players to do likewise
- Parents and players in doubt about playing conditions should contact one of the coaches listed for the appropriate age group

At DRUFC all coaches, helpers and volunteers recognise that parents are an important part of the partnership which ensures that young players enjoy and relish their involvement in our sport and experience an environment within which they can grow and develop.

You can find the commitments on the Dinnington website here:

<https://www.dinningtonruffc.co.uk/information/code-of-conduct>

10. Beyond Rugby

10.1 More Than a Game

At Dinnington RUFC Girls, rugby is about much more than what happens on the pitch.

Of course, we want girls to learn new skills, enjoy training, play matches, and experience all the excitement that rugby can bring. But what matters most to us is everything that happens along the way.

We love seeing friendships grow, confidence build and girls discover strengths they didn't know they had. We see players encouraging one another, stepping outside their comfort zones, showing resilience when things don't go to plan and celebrating each other's successes.

Every girl who joins us will have her own journey. Some may go on to play rugby for many years. Others may spend a few seasons with us before following different paths. Whatever that journey looks like, we hope their time at Dinnington is filled with positive experiences, happy memories and people who make them feel welcome.

If we can help girls grow not only as players, but also as people, then we will have achieved something truly special.

10.2 What We Hope Every Girl Takes Away

When families look back on their time at Dinnington RUFC Girls, we hope they remember more than matches, tournaments, and results.

We hope they remember the friendships that were formed, the laughter on training nights, the muddy match days, the shared experiences, and the sense of being part of something special.

We hope every girl leaves with:

- Confidence in herself
- Friendships that last
- The courage to try new things
- Resilience when life becomes challenging
- Memories she will always treasure
- A lifelong appreciation of teamwork, community, and rugby

Above all, we hope every girl knows that she was valued, supported, and encouraged by a club that genuinely cared about her.

Thank you for being part of our story. We are proud to be part of yours.



