



Dorset & Wilts RFU – U18 Girls County Programme 2025-2026

November – February Season

Welcome

The Dorset & Wilts RFU U18 Girls County Programme is dedicated to developing young female rugby players, building skills, confidence, and teamwork in a supportive environment.

Programme Schedule – November & December

Nov 2 Assessment

Nov 16 Squad Development

Nov 24 (Mon) Introduction to Refereeing

Dec 1 (Mon) Training

Dec 7 Train/Game – Oxon Away

Programme Schedule – January & February

Jan 5 (Mon) Female Health Session

Jan 12 (Mon) Training

Jan 18 Train/Game – Berks Home

Feb 9 (Mon) Train

Feb 15 Train/Game – Bucks Away

Key Information

Nominations will be requested from clubs on Sunday 12 October and the closing date will be Sunday 26th October.

- Assessment day will focus on

- Game Awareness
- Athleticism
- Mindset
- Execution of skills

- All players must complete the RFU Headcase e-learning course.
- Successful athletes will be required to sign the County U18 Girls Player Agreement 25/26.

Contact Information

For more information, please contact the Dorset & Wilts RFU Programme Manager.

Contact : dwgirlsrugby@gmail.com Kate Berry – Team Manager or Caz Durston Dorset & Wilts. RFU Women & Girls Lead.

“Building the future of women’s rugby, together.”

