



## WELCOME TO TEDDINGTON LADIES RFC!

Teddington Ladies, also known as 'The Antlers', are a fun, social, committed rugby team who have a home in the beautiful Bushy Park. Teddington Ladies are 31 years old and this season are one of the longest standing women's rugby teams in the country.

We cater for all abilities from brand new players to experienced and we have two teams competing all season round, so there is something for everyone. We are fully integrated into the main Teddington RFC club, often sharing socials with the mens teams, and with a number of our players supporting the mini and junior sections. The club, along with a full set of age grade and senior teams, also has a social mixed touch team and a netball team.

Here is what a couple of our new players said when asked what they think of Antlers:

*"Antlers gave me a place to belong in a place where I didn't know anyone! I came down not knowing a single person and now have an amazing rugby family. I wouldn't look back! It's a great sport, great social and a great team to be part of"*

*"Everyone has ups and downs in life, stuff gets thrown at you left, right and centre. But the permanent fixture is all the lovely, funny, supportive, caring and protective antlers! LOVE the game and LOVE the team! Best decision I've made in a long time"*

### WHAT TO EXPECT FROM TRAINING?

This year the ladies have formed a brand new coaching team with Rupert Deane coming in as head coach; pro player Mark Tampin coming in to lead the forwards and work more widely with the team and Daniel Chappell coming in as the team's Strength & Conditioning Coach. With Steph Giles looking after the development players.

Training sessions will include skills, drills and game based training. There will be some contact, but if you have never done that before, don't worry, you can take it at your own pace and the coaches will teach you how to stay safe the whole time. Most importantly the sessions are fun and active, so whether you are there to learn new skills, have fun with friends or look/ feel good about yourself, these sessions are for you.

### DATES AND TIMES

We train Tuesdays and Thursdays each week, sessions begin at 7.30 but best to arrive at 7.15 so you can get yourself settled and meet some of the team. Preseason will be Thursdays only until August the 15th.

We train at Udney Park Road playing fields: Udney Park Road, Teddington TW11 9BB. There is a carpark on sight or it is close to Teddington Train Station and bus routes along Teddington high street.

And our clubhouse (where we play matches) is in Bushy Park: Club Car Park is in Dora Jordan Road, (access via NPL Gates Queen's Road) Teddington Middlesex, TW11 0EA

There is a car park available, and is about a 10 min walk from bus stops along Teddington high street. Teddington train station is the closest and is about a 15/20min walk to the club.

### FOR MORE INFORMATION

EMAIL: [LADIES@TEDDINGTONRFC.CO.UK](mailto:LADIES@TEDDINGTONRFC.CO.UK) OR CALL SARAH ON: 07747 612 023

## **FACILITIES**

There are changing facilities and toilets at Udney Park Road, but we usually come in kit and head home for showers.

The club house in Bushy Park has recently been rebuilt and has all the modcons (hot running water and everything!) and on match days we change and shower at the club house and stay around for some food and a drink after the game.

## **WHAT TO BRING**

All you need for your first session is a positive attitude and a drink! Might sound cheesy, but as long as you are comfortable in what you are wearing we can work out the rest.

We usually leave our bags on the side of the pitch, they are pretty safe but any valuables are probably best in the car or at home.

If you have a gum shield and are happy to get stuck into some contact that's great, but if you think it might take you a bit longer there is no rush.

If you have played before or already know rugby is for you, and you bring other kit (e.g. shoulder pads or scrum caps) we would suggest they are World Rugby approved – it should have a stamp on the label.

## **WHAT TO WEAR**

You will be running around, getting sweaty, so we would suggest sports clothing that you are able to move in. It doesn't have to be rugby kit, shorts, t-shirt, leggings, tracksuit bottoms are all fine. Of course if it is raining then a waterproof is good and if it is hot then some sun cream!

If you have rugby boots or moulded football boots they are great, but metal football studs aren't as good. If you don't have boots trainers are also totally fine while you are getting to grips with the game.

## **WHO TO CONTACT**

For any general questions or anything you aren't sure of: Sarah on 07747 612023 or email: sarah.edwards@makeitclear.co.uk. For problems on the night contact Rupert on 07738 648950

## **PHOTOS AND VIDEOS** (and where to have a look!)

We are pretty active on social media, so will take photos and videos every so often, if you would like not to be in these please just let us know. If you would like to have a look at our pages:

<http://www.teddingtonrfc.co.uk>

<https://twitter.com/teddingtonrfc>

[https://www.instagram.com/teddington\\_ladies\\_rfc/](https://www.instagram.com/teddington_ladies_rfc/)

<https://www.facebook.com/teddingtonrfc/>

## **FOR MORE INFORMATION**

**EMAIL: LADIES@TEDDINGTONRFC.CO.UK OR CALL SARAH ON: 07747 612 023**