



Girls Rugby 7s 2025

Date	Nominations – Friday 11 th April 2025 Trials – Friday 2 nd May 2025
Location	Hills Grammar School 43 Kenthurst Rd, Kenthurst NSW 2156
Times	<ul style="list-style-type: none"> • 9.15am Arrive (please do not arrive before) • 10.00am – 11.30 Skills and Drills run by NSW Rugby • 11.30 – 12.00 Short break • 12.00 – 1.00 Games of mixed teams • 1.20 Name the teams (we do not normally name on the day but a training session will be important) • 1.30 – 2.30 Short Training session for those selected.
Bring	<ul style="list-style-type: none"> • Rugby playing uniform. Please try to have a numbered jersey • Mouthguard • Drink Bottle