



## Girls Rugby 7s 2026

<b>Date</b>	Nominations – Thursday 2 <sup>nd</sup> April 2026 Trials – Tuesday 28 <sup>th</sup> April 2026
<b>Location</b>	Hills Grammar School 43 Kenthurst Rd, Kenthurst NSW 2156
<b>Times</b>	<ul style="list-style-type: none"> <li>• 9.15am Arrive (please do not arrive before)</li> <li>• 10.00am – 11.30 Skills and Drills run by NSW Rugby</li> <li>• 11.30 – 12.00 Short break</li> <li>• 12.00 – 1.00 Games of mixed teams</li> <li>• 1.20 Name the teams (we do not normally name on the day but a training session will be important)</li> <li>• 1.30 – 2.30 Short Training session for those selected.</li> </ul>
<b>Bring</b>	<ul style="list-style-type: none"> <li>• Rugby playing uniform. Please try to have a numbered jersey</li> <li>• Mouthguard</li> <li>• Drink Bottle</li> </ul>