

## KENT U18 GIRLS – PLAYER NOMINATIONS NOW OPEN

Nominations are now open for the Kent U18 Girls Squad for the 2026/27 season.

We invite club, school and college coaches and teachers to nominate players with the potential to represent Kent Girls Rugby at U18 level. Building on the success of 2025/26, this season will continue to develop a high-performance environment, bringing together Kent's top players for competitive fixtures against surrounding counties.

We welcome nominations from across the county, including players not previously involved in county or development pathways.

### WHAT ARE WE LOOKING FOR?

**Minimum Fitness Standard:** Rugby is physically and mentally demanding sport that requires high levels of fitness to be able to compete. Physical fitness enables better decision-making and execution of the game plan when fatigued. Please therefore be aware that all players must complete a **1200m run**. Required times: **Forwards:** 6:30 / **Backs:** 6:15. This will be used as a differentiator in squad selection.

We are also looking for players who demonstrate:

- **Excellent Fundamentals** — strong core skills: running, passing, catching, tackling
- **Work Rate** — reliability, commitment and effort
- **Coachability** — willingness to learn and improve
- **Teamwork & Communication** — positive contribution on and off the pitch
- **Point of Difference** — a standout skill or quality

### AVAILABILITY & ATTENDANCE – PLEASE READ BEFORE NOMINATING

Our expectation is that players will be available to attend all sessions across the season – we need full commitment from players and parents/guardians. Please only nominate if the player is available to attend at least 75% of the sessions and matches. That said, we appreciate that not all dates will suit everyone, so if selected, it is imperative the player or parent/guardian communicate openly and in a timely manner.

### ASSESSMENT DATES – SATURDAY 19 SEPTEMBER & SATURDAY 3 OCTOBER

Assessments will take place at **Medway Rugby Club**. Registration: **8:45am**. Assessment: **9:15am–12:00pm**.

Players are expected to attend both assessment days to give them the best chance to showcase their talent. If selected, here are the remaining dates for the season:

#### TRAINING DATES: 9am-11:45am Saturday / 1pm-3:45pm Sunday

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| • Saturday 31 Oct | • Saturday 9 Jan  |
| • Saturday 14 Nov | • Sunday 31 Jan   |
| • Saturday 21 Nov | • Saturday 27 Feb |
| • Saturday 5 Dec  | • Saturday 6 Mar  |

#### MATCH DATES

- Sunday 29 Nov v TBC (H)
- Sunday 13 Dec v Herts (A)
- Sunday 17 Jan v TBC (A)
- Sunday 14 Feb v Berks (H)
- FNL – Tracy Pettingale Cup (TBC)

### IMPORTANT – CONTACT DETAILS

Please ensure all player and parent/guardian email addresses are entered correctly. Automatic emails will be sent using the details provided. Kent Rugby cannot accept responsibility for communications not received due to incorrect information.

### NUMBER OF NOMINATIONS

We are keen to maximise the opportunity for the talented players in Kent to be seen. Therefore, we're inviting any girls that played for Kent U18 Girls during 2025/2026 season to come for assessment. These girls will not count towards your total nomination number, but coaches still need to complete a form for them.

Over and above the previous representatives, each of the 8 teams entered into the league for 2026/2027 season can nominate up to **8 players each**.

Please only nominate those players capable of meeting the fitness and skill levels required to play representative rugby. It is not fair on a player to put them in an environment where they cannot meet the expected standards.

**Clusters:** Please work together to decide the 8 players from across all clubs within the Cluster. Previous representatives of Kent will still be eligible from each club within the Cluster.

**READY TO NOMINATE?**

Nomination form: [\[LINK\]](#)

Nominations close: **Sunday 12<sup>th</sup> September**

Please share with coaches and schools/colleges so talented players across Kent can be considered.