



New Rugby Team for All Abilities



Worcester Rugby Club plans to start a mixed ability women's team in two years, with players with and without disabilities, starting in the Midlands.



Mixed ability rugby is for all ages and skills. Play full-contact or touch rugby. It's fun and helps make friends. Elsie-May loves it!



The club started a women's team in 2022. Coach Kim Morris says the sport suits all body types and helps people find their strengths.