



**MAIDENHEAD RFC – THE IRON MAIDENS**



**YOUR GUIDE TO  
GETTING STARTED**

**#MAIDSIRONMAIDENS**

**LOVE THE GAME**



**Homeground:** Maidenhead Rugby Club, Braywick Park and Sports Ground,  
Braywick Road, Maidenhead, SL6 1BN

# WELCOME...

Maidenhead Rugby Club welcome you to the Iron Maidens – our Ladies section of the club. We welcome both new and experienced players to our growing and enthusiastic team. If you want to join or come along for a training session, you're in good hands and here's why...

## Some of the benefits of playing rugby

Rugby is a sport with an extremely high level of physical activity. It not only makes the players physically fit but also mentally too. Whilst running with the ball, you are looking for gaps in the opposing team's defence so you can break through and score a try. Playing rugby can improve your body's cardiovascular system and bone health, as well as agility and speed.

## The team

We are a mix of ages, with bubbling enthusiasm for rugby. The team is made up of Teachers, Reflexologist, Engineer, Project Manager, Recruitment Consultant, Sales Researcher, Medical Sales Representative, Dog Walker, Trainee Solicitor, Students, Ex-Children's Nurse, Chefs, Nurse, Ambulance Driver, Digital Marketing Manager and more. **Ladies just like you.**

## The club

Maidenhead Rugby Club, the Chairman Steve Bough and Director of Rugby Myke Parrott are 100% behind supporting the growing Ladies side. The club provide us with a team hoodie, our own playing kit and support Maid of the Month as well as a lot of behind the scenes stuff. Shout out to the committee! We are also lucky to have a social side at MRC and equally, we aim to support the Men's teams as they support us.

## The pitch

If you are not wowed already, then this is the clincher! Maidenhead was one of the first rugby clubs to have an International Standard floodlit, 3G Artificial Grass Pitch (AGP) and we train on it!





### **Our Director – Stephen Jones**

Stephen is passionate about Ladies rugby.

*“The difference between coaching Ladies to Men, is that the Ladies ask a lot more questions!”*

Steve started his rugby coaching career as a student, qualifying with the Welsh Rugby Union, playing for Newport Rugby Club and earned his coaching stripes with five league-winning Maidenhead teams, two with the legendary Maids’ coach Gordon McDonald. Along with building the Iron Maidens, Steve is also the chief rugby correspondent at The Sunday Times and on Twitter he has 30,000 followers! Including Sir Bill Beaumont, Chairman of World Rugby. Steve is hugely passionate about building the Iron Maidens team and we are privileged to have some of his rugby mates join us for training.



### **Our Coach – Matt Snudden**

As well as being a qualified RFU coach and referee, Matt has extensive experience coaching Ladies’ Rugby.

He has coached at Queen Mary University, Royal Holloway University (winner of the prestigious “Coach of the Year” award) and he has also coached the Oxfordshire County Women’s team. Matt is happy coaching at all levels and abilities, is super encouraging and approachable.

Go on, ask Matt absolutely anything about rugby, he loves it!



## Training

Thursday night is our training night, arrive at the club 19:15 for 19:30, we play until 20:45. The club provides a Physio who is available at training sessions and supporting matches. They are there to offer advice on any injuries and strap you up if the occasion arises.

## Parking

If available, park in the car park/s beside the [clubhouse](#) or in the Pay and Display, available on the right hand side of the park entrance.

## Kit

We have a team hoodie and new playing shirts, designed by Issy (one of our players) and we love them. On a training night wear warm clothing you can run in, layer up, wear studded boots. For a game, we wear Maidenhead Rugby Club striped socks and MRC shorts, which are both available from Hawkinsport in Bourne End.



## Clubhouse / Horsebox

The Iron Maidens are about fun, family and friends. So plan to stay 20-30 minutes after training or after a match. We encourage you to get to know your teammates, other club members and mix with guests. The bar accepts cards with no minimum spend, tea and coffee is available.

## Membership

Is due on the first of September and we play through until April each year.

The club has waived the Annual Fees this year for the Ladies, to encourage participation, totally supporting us. Expect the fee to be around the £125 mark, next season Sept 2021-Mar 2022.

## How to join

Email us at [maidsironmaidens@gmail.com](mailto:maidsironmaidens@gmail.com) with your contact details and turn up to a training session, meet the coaches and team and try it out!

We will then:

- Add you onto our WhatsApp Group
- Email you the Rules of Engagement and team registration form to sign and return.
- Provide the team link to the Heja app. We use this app to plan and register attendance at training and announce team sheets for matches

Before each training session:

- Confirm your attendance on Heja
- Pack a bottle of water and don't forget your boots!

Come on down and expect a warm welcome and lots of fun!

## What to expect at training

When you arrive at training, you will see some of the girls, passing the ball around. This is a highly supportive team and we are all backing each other, so go on over, say hello, introduce yourself and get into the circle. Steve will then call everyone around, have a team chat and Matt starts a warm up and explains what the evenings session will be; usually good mix of skills and matchplay.

If you want to know some of the basics about rugby, this video is a great starter for ten: ["Rugby for beginners; a guide to the rules of rugby union"](#)

## Any questions?

Please do not hesitate to get in touch on the teams' email [maidsironmaidens@gmail.com](mailto:maidsironmaidens@gmail.com), [website](#) or our social media for further information.



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