




PRIFYSGOL
BANGOR
UNIVERSITY

Chwaraeon
Sport



BANGOR UNIVERSITY WOMEN'S RUGBY UNION HIGH PERFORMANCE PROGRAMME

#ChwaraeonBangorSport

 @buwru

 /BUWRU

Find us on **Youtube**



What is the women's programme?

One of the most successful clubs within the Athletic Union, Bangor University Rugby is an inclusive club at the centre of the student and local community, with a fast-growing rugby performance programme and a respected competitor within BUCS competitions.

We are a dynamic club, always looking to develop and provide the best opportunities for players and staff to progress both on and off the field. We do this by providing players with gym, skills and team training sessions, a club medic and 1-1 individual development plans, both performance and academic, improving both mental and physical health and well-being, as well as increased employability.

Performance Programme weekly schedule

Monday

Rugby session and S&C

Tuesday

Team run and S&C

Wednesday

BUCS GAME DAY

Thursday

Analysis, reviews and 1-2-1's

Friday

S&C, skills and social rugby

Saturday

Rest

Sunday

LOCAL CLUB GAME



How do we fit into the RGC Performance Pathway?



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BANGOR UNIVERSITY RUGBY UNION SCHOLARSHIPS'

- » Fantastic training facilities & staff
- » Fulltime, qualified & experienced coaches
- » 4 fitness rooms, including our elite performance gym, 'Platform 81'
- » State of the art 3G stadium



CONTACT:

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Register your interest:



GOOGLE
'Bangor Sports
Scholarships' for
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