

May Coffey



What activity are you involved in?

I'm involved in Women's Rugby Union and play for both The University of Manchester's team and our local club Didsbury Toc-H. Playing rugby for both teams I am able to train 3 nights a week and play a competitive match every week.

What was the motivation for you getting involved?

My main motivation to join women's rugby was to get involved in something new at University and for the social aspect. I didn't join until second year as I thought it would be too competitive, however rugby allows girls to develop and get involved with any skill set. I soon learnt that playing rugby would bring me the chance to get fit, meet girls I can now call best friends and become good at a sport I never knew I could.

What do you like about it?

There are so many aspects of playing rugby that I love. Firstly, the actual sport is so much fun. It is very physical and challenging, however the reliance on your team is so great and all the hard work is so worth it for the girls you are playing with. Playing this sport has allowed me to gain so many close friends and the rugby team become a second family who you will always have fun with. I am also so grateful for the opportunities playing rugby has given me. Last year I gained my level 2 refereeing qualification and this year I am 1XV captain after a year of playing for the university team. Playing rugby and taking on this role of leadership has made me realise how much I am capable of and how I can achieve more than I ever thought could.

What advice would you give other women who are unsure as to getting involved/active?

For girls and women unsure of getting involved in rugby I'd tell them firstly don't believe the stereotypes. Rugby is a sport that suits all shapes and sizes, and I'd tell them to remember that it isn't a man's sport. We are as strong and capable. I'd also say that a team sport like rugby is the perfect way to get active without thinking about it. Playing alongside girls that very quickly become your close friends makes you forget that you are exercising as you are having so much fun. There is nothing more empowering than playing women's rugby and I'm so grateful for all that it has brought me.