



Sophie Newton

AU Rugby Union Player

What did you get involved in at Manchester University?

Women's Rugby Union

What was your motivation for getting involved?

I'm new to rugby this year and have never played before. I wanted to get involved in a team sport and to get fit and rugby seemed like the best match. I went to the taster day they had at Didsbury rugby club and really enjoyed the game and the atmosphere.

What is it that you like about the activity you're involved in?

I like that no matter what level you're at or whether you have played before everyone is welcome. There are plenty of opportunities to learn the sport and develop your skills and I've already had the chance to play in 2 matches. I love how inclusive the team is and I enjoy the social side of the sport too.

What advice would you give to other women who are unsure about getting active?

Don't be put off by stereotypes! Rugby's not just for men and all shapes and sizes are welcome.

To find out about all things Rugby at UoM, please visit

<http://www.sport.manchester.ac.uk/sport/rugby-union/>

We also have free Touch Rugby on our Sporticipate programme, see our timetable on this page:

<http://www.sport.manchester.ac.uk/sport/sporticipate/>