



## Rugby Tackling Life

Many girls and young women in Uganda often find themselves in vulnerable positions leading them to make choices that put them at a disadvantage for the rest of their lives. We at Rugby Tackling Life (RTL) recognise that there are many ways to empower young girls and women and we have chosen rugby as our platform to reach out to this population in Uganda.



## Rugby

When girls and women play Rugby they learn about a healthy life style, discipline, team work and confidence - all attributes that can help them become successful in their day to day lives. Our Rugby education includes the coaching of the girls and young women as well as the training of coaches. There are opportunities for outstanding rugby players to travel to Kampala to play in matches or to train with qualified coaches to develop their talent further with the goal to eventually represent Uganda. We also run rugby tournaments and invite teams from all our programmes to participate in these tournaments where they get the opportunity to play against more experienced teams and gauge themselves as well as interact with other players from all around Uganda.

## Tackling Life

We also include Life Skills Education in our programme which is geared towards empowering young girls and women to make informed decisions regarding their health and life so as to address key issues such as adoption of safer health behaviours, staying in school, relationships, teenage pregnancy, STIs etc. Outstanding rugby players who are needy may receive an RTL bursary, after at least one year of playing rugby, to assist them complete their secondary school education. Players are encouraged to balance their academic studies with rugby excellence as a few schools in Uganda have started offering bursaries to female rugby players. In addition, players who represent Uganda while still in school are eligible for government sponsorship (government of Uganda) to government universities in Uganda.



### Where we stand

We have so far run RTL programmes in 3 regions in Uganda covering 11 districts. Nine players from these programmes have gone on to represent Uganda in both 7 aside and 15 aside rugby. Twenty year old, Flavia Agenorwot from Kitgum is one such example. While studying at Kitgum Town College, she was introduced to rugby in 2013 by members of the Kitgum Lions Rugby Club and later went on to captain her school rugby team. Flavia was supported by an RTL bursary to complete her O level education as well as travels to Kampala to train with the women's national 7s and 15s teams between 2015 - 2017. Despite not being selected to represent Uganda in 2015 and 2016 Flavia persisted and her hard work paid off when she was selected to the Uganda Lady Cranes 7s team that participated in the Rugby Africa 7s in Tunisia in September 2017 where Uganda finished in 4<sup>th</sup> place after South Africa, Kenya and Tunisia. Flavia made history as she was the first northern based player to represent Uganda in 7 aside rugby. Flavia is a role model in her community and aside from coaching the Kitgum under 19 and under 18 girls' teams she also holds Life Skills sessions with the players in Kitgum. Peace Wokorach is originally from Nebbi but is based in Jinja. The 20 year old broke onto the national team in 2015 and like Flavia made history by being one of the 4 players from out of Central Uganda to play for Uganda. Peace has this year been one of the RTL coaches who held rugby clinics in various districts in northern Uganda as well as run tournaments in Kitgum, Lira and Kampala. She has also held interactive Life Skills sessions with players after rugby clinics and prior to rugby tournaments which have been well appreciated by players and teachers.

### Where we want to go

RTL wishes to expand both rugby and Life Skills to more districts in Uganda as apart from rugby keeping girls healthy and offering them opportunities to develop their sporting talent, continue with their education and to travel it have also proved to be a great tool to deliver messages on sexual reproductive health, general hygiene and various other issues affecting Ugandan adolescents.