



# Social Story Templates

Joining a New Rugby  
Club and Meeting  
New Friends



## 1. Introduction



Today is an exciting day because I am going to join a new rugby club. I will get to play rugby and may meet new friends. This may be lots of fun.

## 2. Getting Ready



Before I go to the rugby club, I need to get ready. Here's what I need to do:

- I should wear comfortable sports clothes like shorts, rugby top, socks
- I should wear rugby boots

- I should wear a mouthguard to protect my teeth. Don't forget your mouthguard for protection.
- Pack your gear: Bring a water bottle, a towel, and gloves. I may not need these things all the time

### 3. Arriving at the Club



When I get to the rugby club:

- I will meet the Coach: The coach, will guide me and help you learn rugby. The coach is friendly and there to help me.
- The coach or one another player will show you where to play rugby.

## 4. Starting Practice



During practice:

- I will start with warm-up exercise or games this will get my body ready for playing.
- The coach will teach me important rugby skills like passing, tackling, and kicking. I can watch and ask questions if unsure what to do.
- It's ok if I don't get it right straight away , I will try my best.
- Playing Games: I will play small games to practice what I have learnt this is a great way to get to know my new teammates. I may enjoy playing games.

When I play rugby I will be able to talk to my new teams mates

- Everyone is there to have fun and play together.
- Team Spirit: Rugby is a team sport, so working together and supporting each other is important. I may cheer for my teammates and they may cheer on me .

## 6. The coach will tell me when rugby is over



- I will know this because they will be cool down exercises to make my body relax after playing
- I can talk to new friends about the practise. We can talk about what we liked and what we did not like.
- I may not like everything we do at rugby. This is ok.
- It's nice to thank the coach for their help and guidance.

## 7. When you go home



- I can think about I learned, And what I enjoyed most.
- I may want to tell my family about what I did at rugby.

## Conclusion



Joining a new rugby club is a fantastic opportunity to learn a new sport and make new friends. It's okay to feel a bit nervous at first, but everyone at the club is there to help and have fun together. Remember, teamwork and practice are key to enjoying rugby and building friendships.

## Remember:



- It's okay to feel excited or nervous.
- I am there to have fun and learn.

- Teamwork and communication are important.
- Don't be afraid to ask questions or ask for help.

Enjoy playing rugby and making new friends at your new club!



You'll find more about  
Disability Rugby [here](#)

