

AXES WOMEN'S RUGBY

WELCOME TO THE TEAM



Welcome! Whether you're a seasoned pro, or just looking for some exercise and community, we're stoked to have you join us.

Our team is made up of folk from Pemberton, Whistler, Squamish, and Britannia Beach, and we partner with the Vancouver Rowing Club (VRC) to form a combined squad, **the Axes and Oars**, for our games.

PRACTICES

On field

In Squamish

- Thursdays 6:30 - 8pm, at Hendrickson Field, or Howe Sound Secondary field (for those rare daylight practices)

In Vancouver:

- Tuesdays and Thursdays 6:30 - 8pm, at Brockton Oval in Stanley Park with VRC girls (if you happen to be in the city!)

Off field

- Our teammate/ physio/ coach Kristine runs off-field strength training classes weekly on Tuesdays, 7:30pm at Union Health Squamish.

GAME DAYS

Our game days are **Saturdays** and our **season runs from Sept-Nov and late Jan-early April**. Home games are usually at VRC's home field in Stanley Park. Our away games are in BC from Kelowna to Victoria. Game day availability is collected via the Spond app. If you want to play games with us, please sign up and [join our Spond group here](#). We arrange rides in the group chat the week before.

Before you play in our league you must [register here](#) with BC rugby. If cost is a barrier please let our club captain or head coach know and we can arrange to have the club cover your fees.

We arrive a couple of hours before kick-off for a combined team warm-up and practice. We play our game, we do great, we have fun, and then the home team hosts a meal and beers.

THE CLUB

Our club is the Axemen Rugby Club. We have a membership fee, or club dues, that go toward running our club (a registered BC society). You should pay these if you regularly come to practices or games. Dues are on a pay what you can sliding scale. These are due twice a year. You can [pay them here](#). This is also where you can buy merch! If cost is a barrier please let our club captain or head coach know and we can arrange to have the club cover your fees

As well as running the club, included in your dues are your game day kit, on and off-field training sessions, physio, and an Axes plaid shirt.

QUESTIONS & CONTACT INFO

Communications mainly take-place in our Whatsapp groups. Please share your cell # with a captain at training to be added to the group. Our coach, Mel, and captains, Elise and Kat, can answer your questions

You can keep up to date with us on Instagram
[@axemenwomensrugby](#)



SEE YOU ON THE FIELD!