

GREEN ISLAND WOMENS RUGBY 2025





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COME PLAY RUGBY AT GREEN ISLAND

Looking for an awesome rugby club?

Then come play rugby with Green Island

A Warm Welcome...

Green Island is one of the most welcoming rugby club you will find.

We love our footy and the comradery with it.

We have a rich club culture, and extensive experience welcoming players from NZ or abroad.

Green Island is not just any old club... we are well entrenched in the local community. In fact, people describe our club as being one extended family.

Our players are humble and share a tight bond.

Off the field we have a great social environment.

The club has an amazing band of loyal supporters, and it is common to see hundreds on the side-lines for home games on Miller Park.





WOMENS RUGBY AT GREEN ISLAND

Discover Your Strength & Join Our Women's Rugby Team!

Are you ready to challenge yourself, build new friendships, and be part of an empowering community? Our Women's Rugby team is on the lookout for new players. Whether you're a seasoned athlete or completely new to the sport, we want YOU!

Why Choose Rugby?

Boost Your Fitness: Rugby is a dynamic sport that will help you improve your strength, speed, and overall fitness. It's a fun way to stay active and healthy.

Team Spirit: Experience the thrill of teamwork and camaraderie. Rugby is more than just a game; it's about building strong bonds and supporting each other on and off the field.

Competitive Edge: Play in exciting matches and experience the joy of competition. Rugby offers opportunities for personal growth and athletic development.

Empowerment: Embrace the empowerment that comes from pushing your limits and achieving goals. Rugby fosters confidence and resilience in a supportive environment.

No Experience? No Problem!

We welcome players of all skill levels, from beginners to experienced athletes. Our dedicated coaching staff will provide all the training and support you need to succeed.

WOMENS RUGBY AT GREEN ISLAND

Why the Green Island Rugby Club is wanting to be the leader in supporting women's rugby in all facets of the game on and off the field.

Over the last 7 seasons at the Green Island Rugby Club, we have had a women's team in the Dunedin Metropolitan Senior Women's grade for 5 years and in the Women's Metropolitan Premier Development grade for 2 years.

Green Island Rugby Club has taken the view of bringing a flow of quality young players to the club to help build a team for the future. Next season we'll play in the Women's Premier Development Grade again with the aim of taking this team into the Premier grade in future seasons.

The Green Island club itself has had a large, successful junior girls' program within our club. Fielding players and teams in the Dunedin Sunday Girls Only rugby competition covering the Under 13, Under 10 and Under 8 grades plus entering teams in the girl's grade of the annual Taieri 7's tournament. This has now set the club up with a great group of young female players now becoming old enough to return to the club which will be the foundation for many successful years ahead.

We have seen some very exciting players in the last 6 years come through the junior club and we're excited that we will develop these players into talented representative players of the future.



WOMENS RUGBY AT GREEN ISLAND

We've done the hard work to get the club established with a strong support network for female rugby players in our local area and with keen coaches committing to this team for the season ahead we only see good things ahead for the women's team at the Green Island Rugby Club.

The game we love and promote, saying it is for all and with no bias, can sometimes feel and look unequal. Our coaches have coached both male and female teams and can honestly say that no less an effort nor commitment is given in either gender. Sometimes the limits we set are the limits we know and if we can all be brave enough and believe there are no limits then we will be heading in the right direction.

GIRFC has shown its commitment with building a changing room solely for our women's team with showers included. The next step is one for our opposition, so they also feel comfortable and safe within our environment.

We want to invest in a future for our women that want to play for their families with pride and passion. The girls to strive to represent our community and if given the chance our country, knowing where it all started for them.

The dream for many a young boy was to be an All Black and now it's time to awaken that dream for our girls to become a Black Fern or a Sevens sister.

Our fairytale we hope is proudly announcing the next Black fern has come from our club within our province.



WOMENS RUGBY AT GREEN ISLAND

Coaching:

It is with great pleasure that we can announce that we have appointed Margaret McKenzie as our Women's team head coach for the 2025 season!

If you know a thing or two about women's rugby in Otago, you will know who Margaret (a.k.a Bro) is.

Margaret (Black Ferns # 97) played over 200 games for the Pirates women's side. Starting in 1990 and playing for the club through to 2015. She was a part of the Otago women's side for 24 of those 25 years of rugby playing a huge 86 games. She played in the Black Ferns in years 2000 and 2005 gaining 5 caps in the black jersey.

She has since coached with Pirates and Otago Secondary Schools

Mentorship:

We take our role as mentors seriously.
We ensure that the players receive quality coaching on the field.
We provide them with the tools to become more skilled.
We teach them to become more game savvy and more resilient.
We teach them to respect what they have & to embrace team culture.
We integrate them into our club life and local community.
We foster family balance and benevolence.

While we want great players at GI, true success for us is seeing players develop into great players and great people.

Hardworking and uncompromising, highly skilled on the field and yet lovely humble people off it.



WOMENS RUGBY AT GREEN ISLAND

Team Camaraderie:

The thing that strikes our players and their parents most about coming to GI is the camaraderie.

Nobody is above the team, and the players are a tight knit group. Though they are close, they are also very welcoming.

Transport:

Our club is located only 10 minutes from the city centre. For those players that require a ride, we have a club van that will drop players to/from training's & games.

Season...

Our off-season Conditioning Program kicks off in November,

Pre-Season Program runs from late January,

The playing season runs from late March through to July/August.

Interested in joining our club? ...

If you are interested in coming to play Women's Rugby at Green Island, please contact us. (see last page for details)

We'll be happy to run through questions you may have.

CLAWS UP!



CLUB INFORMATION

Established in 1884 and known as “The Grizzlies”, our colours are green, gold and black.

We have a thriving social membership - diverse in age, from young to mature, incorporating junior girls & boys (13yrs and under), senior woman & men’s teams, coaches, families, ex-players, supporters, sponsors and management committees.

Most of whom reside in Green Island or the neighbouring suburbs.

Our club is built on the fundamental values of:

FAMILY, PRIDE, DISCIPLINE, INTEGRITY & INCLUSIVITY

We look to cater to all family members in the various events and functions organised.

We have a solid group of supporters, and no other local club experiences crowds like we do for our weekly prize giving's or planned events.

We are the most followed community rugby club in Dunedin and Otago, with over 5,000 people following our Facebook page.

We are also the only club with a mascot “Claws”, our Grizzly Bear!

Our clubhouse facilities are often used by the wider community, playing host to events such as weddings, funerals, bingo, birthdays and local business corporate and community events.

In recent years we have undertaken extensive facility upgrades to our clubhouse, including a new commercial grade kitchen, new in-ceiling heat pump systems, complete upgrade to both the Male & Female Toilets, new outdoor seating area, upgraded sound & PA System, Wi-Fi, security cameras, as well as updating and improving the players changing rooms & installation of a player's gym and installation of a Live Scrum Machine.



CLUB INFORMATION

Choices...

Selecting a rugby club can be tricky if you do not know the clubs or what they offer you personally.

If you are like us, you want to be part of a club that will provide you with opportunities that allow you to develop your playing skills and knowledge of the game. Just as importantly, you are likely to be looking for a club with personality plus - with an excellent social environment and positive club culture?

Well, the fact is that our club can deliver on all these facets...and more!

A Family Club...

The club also has a strong family focus and a thriving junior club, one of the largest in Otago. In fact, people describe our club as being one extended family. The players are humble and share a tight bond. Our Senior-Junior inclusivity is second to none, with excellent Junior mentor-ship and, making us easily the best Junior Club going!

Quality Rugby...

The standard of rugby in Dunedin is excellent, and many players come here to develop their skill and knowledge of the game.

Facilities...

We have excellent playing fields, and all the training equipment one would expect. State of the art Hydraulic scrum machine, tackle bags, sprint ladders, poles, bibs, cones, hit pads, tackle crash mats, players gym.



CLUB INFORMATION

A Decade of Triumph....

Over the past decade, Green Island Rugby Club has evolved from a passionate local club into a flagship of New Zealand Rugby. Our journey, driven by vision, determination, and exceptional achievements, reached a significant milestone with our recent recognition by the New Zealand Rugby Football Union (NZRFU).

In 2024, the club was honoured with the prestigious NZRFU NZ Rugby Club of the Year award—an outstanding achievement that reflects our commitment to excellence on and off the field.

Watch: Green Island 2024 Bunnings NZ Rugby Club of the Year

<https://youtu.be/obcj4HcFi2M?si=ytPHXkRevaugmsTi>

Additionally, the recent NZRFU video, “The Future of Rugby Clubs: A Plan in Action,” beautifully showcases the essence of our journey and the milestones we've achieved. We invite you to watch it and discover what has defined our path to success:

Watch: The Future of Rugby Clubs, A plan in action

<https://youtu.be/jEO3l5ZmbLQ?si=wCjAXNjbQsTXqN7X>

2024 was a landmark year for Green Island Rugby Club, highlighted by our Premier Men's team achieving a remarkable milestone by winning the 2024 Banner. This victory is not only a testament to our players' skills and dedication but also to the unwavering support of our committee, community, and the strategic vision that has guided us throughout these years.

Watch: 2024 Premier Season Highlights

<https://youtu.be/cwtUIZ08EZ4?si=U6bs7x5E1Gky3qMM>

The Banner victory, along with being awarded NZ Rugby Club of the Year, is the culmination of the relentless dedication from our committee, players, coaches, and supporters. We are honoured to be recognised as a flagship club and are excited for what the future holds.

As we look ahead, we are committed to continuing our legacy and inspiring the next generation of rugby stars.



CLUB CULTURE

Our vision is to promote rugby in the greater Green Island community, aiming for the highest standards both on and off the field, so we are a club that our players, members and community can be proud of.

We promote sporting participation and excellence while nurturing club culture.

Our objectives are to be a highly successful rugby club that provides a competitive and an enjoyable club environment for all our players and members, and to future proof our club with professional management, well-resourced teams and a winning attitude.

Our Core Values:

Respect:

Members are to respect the coaches, management and committee decisions

Excellence:

Members are expected not only to meet the clubs code of conduct, but to show through exemplary actions on and off the field that ours is a club to be admired

Selflessness:

Members are encouraged and expected to act with less concern for themselves than for the success of the joint activities of the club

Responsibility:

Members are responsible for their own actions and ensuring they reflect the club in a positive manner

Innovation:

The Club will be innovative in their event hosting and training methods, bringing a refreshing approach to the sport to create growth and develop the sport.

Inspiration:

Our club has a rich history, and we lean on those members that have tasted success before us to provide inspiration to those that are yet to realise their potential

Positivity:

The Club is an environment of positivity, each member will be encouraged to perform to the best of their abilities and make a positive contribution to the club in every way

Commitment:

Members are expected to support each other and do their part for the development of the club - always striving to improve

Passion:

With the above tenets in place, our club members become enthusiastic loyal stalwarts of the club, whether playing or supporting



CLUB CULTURE

Our club has an excellent off field social environment.

“What’s Success? If you get your Culture Right, then no matter what the result, you get success, because you have a good time, you enjoy the whole experience and you grow”.

Think about that for a second – good time, enjoyment, experience, grow – key to any healthy culture. Fantastic social events for you to enjoy, have a good time and grow with fellow players & build on our club culture

Club Functions

There are various events planned throughout the playing season, the highlight being the Annual Lip Sync event.

Team Events

Management arrange for various team events and functions throughout the season. The focus is on having a bit of fun.



INNOVATION: LIVE SCRUM MACHINE

Green Island is lucky enough to have a Silver Fern Live Scrum Machine located in an all-weather room with artificial grass

Powered by Pneumatic rams Live Scrum simulates the feel of an opposition Scrum.

Pneumatic Rams creates instability, including a capacity for lateral movement, thus simulating an opposition scrum.

Pressure can be controlled, adjusted and gauged to expose player(s) strengths, discrepancies and measure improvement.

This level of assessment makes it is easy to create a safe and powerful scrum.

The pressure gauge allows you to see improvement in you teams' efforts. You can see up to 25% power gains in one session.

Super Easy to Use - An on off switch and a dial, it literally takes 2 minutes to learn how to use Live Scrum.

Watch video here:

<https://youtu.be/qpOixbpffR8?si=5n5397vtbC0tbcCt>



**SILVER
FERN®**

**LIVE
SCRUM**

INNOVATION: VEO CAMERA

Veo Camera is the world's first portable AI camera that can automatically live stream matches via the Veo Live App

Record trainings or games with the ultimate rugby camera and use the powerful tools to analyse and improve every move.

Veo provides a full view of the pitch, allowing you to rewatch the games as you are used to seeing them on TV.

Veo helps teams, players and coaches progress and save time with innovative tools.

With Veo's analysis features, you have the best opportunities to fulfil every player's potential and easily share the greatest moments.

AI automatically highlights tries, conversions, penalty kicks at goal, line-outs and scrums.



veo

SUMMARY

- ▶ Join a Club On The Rise!
- ▶ Quality Coaching & Management.
- ▶ Passion for Player Development.
- ▶ First Class Training & Fitness Programs.
- ▶ Excellent Technology & Club Facility's.
- ▶ Dedicated Women's Changing Room & Showers.
- ▶ We Can Help You Reach Your Rugby Goals.
- ▶ FREE Shuttle To Training & Fixtures.
- ▶ FREE Club Gym With 24hr Access.
- ▶ FREE Physiotherapy Treatment of Rugby Injury's at SportsMed Mosgiel. I.e. No ACC Levy charge for registered Green Island Players.
- ▶ Thursday Evening Club Meals After Training.
- ▶ Exciting Social Events Calendar.
- ▶ Family Values & Culture, Otago's #1 Community Club.
- ▶ Best Community Support!
- ▶ A True Family Club.



For more info check out our website

www.girugby.co.nz

or

Look us up on



Facebook



Instagram



YouTube



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