

G wants to play rugby. For as long as she can remember, she has watched games from the sidelines, wishing she could be out there too.

Her brother plays rugby and goes to practice with his friends every week. They run up and down the field, catching, passing, and tackling one another. "That looks like so much fun!" G thinks.

One day, G decides to join her brother at rugby practice. After all, how hard can it be? Cleats in one hand, water bottle in the other, she marches over to the field, eager to give rugby a try.

She spends the whole practice running along the side of the field, excited to play, but never getting passed the ball.

She calls for it every time, yelling, "I'm open!" but the ball goes somewhere else.

Feeling deflated, G decides to leave.

"They don't want me there anyway," she thinks to herself as she walks home alone.

"Maybe I was wrong to think I could play rugby," She sighs.

OR rugby just isn't for someone like me

The next day, as G is walking home from school, she spots some girls running around on the field. They're tossing a ball around— A rugby ball!

"Wait a second— they're playing rugby!" G squeaks in surprise.

She stops at the edge of the field and watches for a moment, eyes wide.

She thought rugby was only for boys, but these girls are playing confidently. They're laughing as they play, passing the ball to one another with ease.

The girls notice her standing nearby and wave her over to join them.

G runs over to them excitedly.

"I thought only boys played rugby," G tells them.

"No way!" The girls tell her, "Girls can play rugby too. In fact, everyone can play rugby if they want to!"

G is shocked. She had only ever seen boys play rugby before.

She looks across the field again. The girls are running, tackling, passing, and cheering one another on, just like the boys.

"Do you want to join our team?" The girls ask G.

G is unsure. "What if I'm not good enough to play with them?" She thinks. "When I tried to play with the boys, they never passed to me. What if that happens again?"

"Well, I've never played before, so I don't know if I can keep up with you all," She told them sadly.

One of the girls steps forward, putting a hand on G's shoulder. "Don't worry, no one starts as a rugby superstar; it takes practice! Everyone has their own abilities that help them succeed."

"Yeah!" another girl jumps forward, "In rugby, we all have different strengths that allow us to play our best, every player is unique!"

G is skeptical. "What skills could I bring to the team?" she wonders aloud.

The girls grin.

"Let us show you", one of them says.

A is lightning fast, and when she has the ball, she zooms past the other team to score tries.

B uses her strength to make big tackles on defence and stop the other team in their tracks.

C is light on her feet, always using her quick footwork to keep defenders on their toes.

D has a loud voice that she uses to direct her teammates on the field, always setting them up for success.

E is a powerful runner who charges through the defensive line bravely when the ball is in her hands.

F has a strong kick, sending the ball soaring down the field to help her team gain ground.

"See?" One of the girls says, "There are lots of ways to be a great rugby player."

One of the girls hands G a rugby ball.

"Come give it a try with us!" The girls say, smiling in encouragement.

At first, G feels a little nervous, but the girls cheer her on as they start passing the ball back and forth.

They start a small practice game, running across the field and calling each other's names.

"Nice catch!"

"Great kick!"

"Good run!"

Soon, G is running alongside her new teammates, laughing and trying her best as her nerves melt away.

Just then —

Suddenly, the ball pops free, rolling across the grass right towards G's feet.

She scoops it up.

G sees her teammate racing down the field, into open space.

"I'm open," Her teammate cries, "pass right!"

For a moment, G remembers all the times no one would pass to her. Now, this was her chance.

She passes the ball to her teammate, watching the rugby ball sail through the air.

Her teammate caught the ball, sprinting down the field to score a try.

Her teammates cheered.

"Great pass!"

"Your pass made the play!"

"That was amazing!"

Her teammates' words of encouragement rang in her ears.

G smiled. She did it!

For the first time, she doesn't feel like she is standing on the sidelines anymore. She feels like she is part of a team.

In that moment, G realized that she didn't have to be a superstar to be a rugby player, She just had to be herself.

And on this team, being herself is more than enough.