

WELCOME TO THE



PRINCE ALBERT
PANTHERS
RUGBY CLUB



2026 SEASON

Updated Feb 2026



WELCOME

We are a women-focused rugby club currently operating as an adult program, with the goal of growing junior opportunities as our numbers and resources allow. Whether you are brand new to rugby or returning to the game, you are welcome here.

Our club is community-first and development-focused. You do not need prior experience to get involved, and there is no pressure to participate beyond your comfort level. Some members come to learn, some to compete, and many to do both.

We value respect, inclusion, and open communication. Rugby is a physical sport, but our approach is grounded in safety, consent, and mutual support.

As a club, we believe that strong teams are built through connection, trust, and shared commitment over time. We are excited to grow women's rugby in Prince Albert together.

If you have questions, concerns, or ideas at any point, please reach out to our coach or a member of the Executive. We are glad you're here.

Coach	President/Assitant Coach	Vice President
VACANT	Kora Brick 306-314-8764 korabrickpa@gmail.com	Mackenzie Smith 306-980-9972 mackenziesmith254@gmail.com



2026 SEASON: IMPORTANT INFORMATION

COMMUNICATION



BENCH APP - Official logistics hub

- Practice schedules, game times, and season calendar
- Attendance tracking and availability updates
- Team events, tournaments, and important season details



WHATSAPP - Team communication space

- Important announcements and time-sensitive updates
- Team-wide communication
- Groups, event planning, and smaller working chats



SNAPCHAT - Casual connection space

- Team bonding, fun moments, and behind-the-scenes content
- Lighthearted engagement and community building

Please contact Kora or Mackenzie to be added to the groups.

It is important that everyone who plans to play joins so you do not miss key updates.

Our communication expectations are simple:

Bench is our main tool for tracking attendance. Please update your status for every practice and event so we know what numbers we are working with. A simple yes or no is all we need.

For WhatsApp messages that need a response, a thumbs up or quick yes/no is completely fine. We just ask that you respond within 24-48 hours when something needs a reply.

Life gets busy and that is completely understood. If you need to miss something or go quiet for a stretch, a quick heads up goes a long way.



2026 SEASON: IMPORTANT INFORMATION

TRAINING SCHEDULE

We'll be hosting **low-key** indoor turf sessions while we get moving again after winter. We're sharing field space with the Whiskey Jacks (men's team) during their booked training times.

Cost is **\$10 per person** since we're sharing the field. No pressure, no expectations, and no experience required. Come introduce yourself, move at your own pace, and get a feel for the team in a supportive setting.

Location:
Alfred Jenkins Field House

Time:
9–10 PM

Available Turf Dates:
March 2, 9, 16, 23, 30
April 6, 13, 20, 27

Water fountains are available but not near our practice space, so please bring a water bottle.

Change rooms are available if needed.

We may not use all of these dates. Our goal is to transition into our own Panthers indoor gym space at some point in March, with dedicated practice times to be announced soon. Once the snow melts, we'll begin outdoor practices at PACI Field.

Dates and times will be confirmed closer to the spring season.

Please stay updated through WhatsApp and Bench for the most current information. If you have questions, reach out to the listed contacts.



2026 SEASON: IMPORTANT INFORMATION

CLUB VALUES

The Prince Albert Women's Rugby Club exists to build women's rugby in Prince Albert through connection, development, and shared commitment to the game. Our values guide how we show up for one another on and off the field:

Community First

We believe rugby is strongest when people feel welcomed, supported, and connected. We prioritize relationships, belonging, and mutual respect as the foundation of our club.

Development Before Performance

We are committed to skill development, confidence-building, and learning at every stage. Competitive performance matters, but it grows naturally from strong fundamentals, trust, and shared effort.

Inclusion and Respect

We strive to create an inclusive environment where all women feel safe, valued, and respected. Differences in background, experience, ability, and identity are welcomed as strengths within our community.

Safety and Consent

Player wellbeing is a priority. We respect personal boundaries, communicate openly, and ensure participation always happens at an individual's comfort level.

Collaboration and Growth

We value positive relationships with other clubs, coaches, and rugby organizations. Collaboration strengthens the sport and helps women's rugby grow sustainably across Saskatchewan.

Accountability and Care

We hold ourselves accountable with empathy. When challenges arise, we prioritize honest conversation, learning, and restoration over punishment.



2026 SEASON: IMPORTANT INFORMATION

WHAT TO WEAR/BRING

If you're brand new to rugby, don't worry about having special gear. To get started, all you really need are running shoes, a water bottle, and comfortable athletic clothing.

Indoors:

Wear comfortable athletic clothing that allows you to move freely. T-shirts, tank tops, shorts, leggings, or joggers are all completely fine.

Regular running shoes work perfectly indoors. If we are on indoor turf, you are welcome to wear cleats if you already have them, but running shoes are still absolutely fine.

Outdoors:

Cleats become more helpful for grip on grass. If you already own a pair, feel free to bring them. If not, there is no rush. We will give plenty of notice before they become important.

When practicing outdoors, we encourage players to wear shorts when possible. Certain elements of rugby, like lifting in lineouts and safe tackling technique, are easier and safer in shorts compared to pants or leggings. This will not be a major focus right away, but it is something to keep in mind as the season progresses.



Optional items some players choose to bring:

- A mouthguard (required once we move into contact)
 - Long socks for outdoor sessions
- Weather-appropriate layers for early spring practices

You do not need to look a certain way or have a certain body type to play rugby. There is a place for everyone. Wear clothes you can move in, show up ready to learn, and we will take care of the rest.