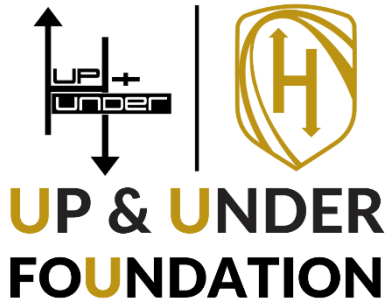




UP and Under Foundation NPC

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17 September 2025

Subject: Donation & Sponsorship Support for Northern Region Player Development Programme

Dear potential donor or sponsor,

The Northern Region Girls Rugby Programme, implemented by Up and Under Rugby Club in partnership with WPRFU, has made exceptional progress in player development during the first half of the 2025 season.

Our High-Performance Development Hub at Parow High School has consistently attracted over 50 players weekly across U14, U16, and U18. Players benefit from:

- **21 regional and inter-regional fixtures**, ensuring game-time experience.
- **Fitness testing and skills assessments** (sprints, agility, Bronco, tackling, passing).
- **Match coding and video analysis**, offering professional feedback on individual performance.
- **Wellness, leadership, and psychology sessions** that support personal growth beyond the field.
- **Nine trained coaches**, six of whom are women, building leadership capacity in the region.

These initiatives are already shaping a credible, data-driven pathway to provincial rugby, ensuring girls from underrepresented schools have access to elite-level opportunities.

However, the cost of delivering this programme has exceeded **R65,000 in just six months**, without formal funding streams. We urgently need donor and sponsor support to:

- Sustain weekly training and development sessions.
- Provide recovery, wellness, and holistic player support.
- Invest in equipment and performance analysis tools.
- Assist with transport so all players can access opportunities.

Your partnership will directly empower the next generation of female athletes, ensuring that they not only play rugby but develop the skills, confidence, and resilience to thrive.

How to support?

You can support this initiative by filling in our donor/sponsor form on our website at www.upandunder.co.za/foundation, or by contacting us directly at **info@upandunder.co.za** to discuss tailored sponsorship opportunities.

Should you require any further information, please do not hesitate to contact Up and Under foundation.

Thank you for considering joining us in this mission.

Kind regards,



Viaan Jonker
Co-director: Up and Under Foundation NPC
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