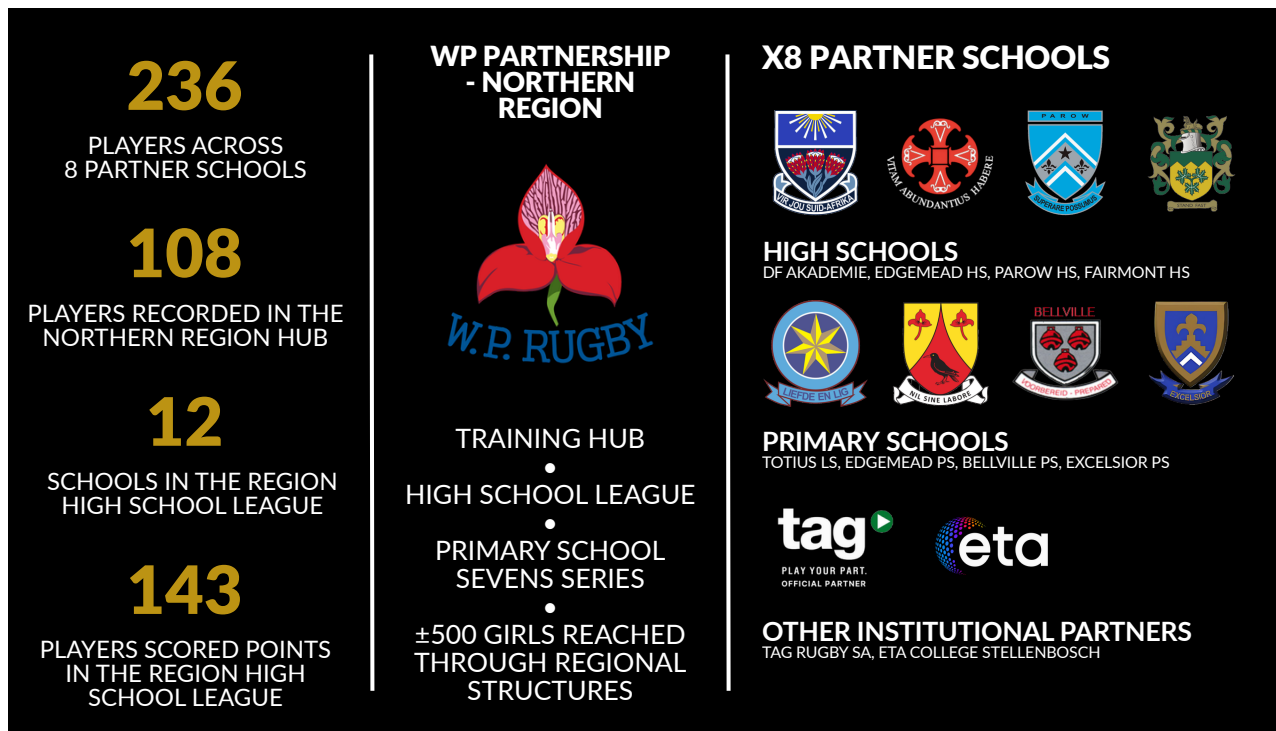


UP & UNDER

PROMOTING PARTICIPATION | TUTORING TALENT | ORGANISING OPPORTUNITIES

Up and Under is a female-focused rugby development organisation based in Cape Town's Northern Suburbs. Since 2020, we have developed an interconnected ecosystem designed to introduce girls to rugby, strengthen school programmes, create meaningful competition, identify and develop talent, and provide pathways into club, provincial and national rugby.

2026 REACH AT A GLANCE



THE UP & UNDER ECOSYSTEM

UP AND UNDER (PTY) LTD.



Professional coaching, management & school development. Partners with schools to build and operate girls' rugby programmes through coaching, recruitment, strength & conditioning, team management, administration, fixture support, talent identification and pathway management.

UP AND UNDER RUGBY CLUB



Competitive club pathway. Based at Parow High School and affiliated to the Western Province Rugby Football Union. 2026 playing structures span U13, U16, U18 and Senior Women, providing continuity beyond individual school programmes.

UP AND UNDER FOUNDATION NPC



Access, development & community impact. Supports grassroots rugby, coaching resources, clinics, player assistance and broader development initiatives. Its work connects closely with the Western Province Northern Region development ecosystem.

UP & UNDER

LEADING DEVELOPER FOR GIRLS RUGBY PATHWAYS

Our development approach extends beyond weekly coaching. Players progress through a structured system of technical coaching, physical development, performance testing, individual assessment and ongoing talent identification. We actively guide players from school and club rugby into the WP Northern Region, Western Province selection and onward into SARU development and national pathways. Our support continues beyond representative rugby through tertiary and scholarship applications, continued rugby opportunities and, where possible, employment opportunities. Our aim is to develop the whole player and create clear opportunities for progression both within rugby and beyond the game.

THE WESTERN PROVINCE NORTHERN REGION



Up and Under's wider work extends beyond its direct school clients into regional rugby structures. The **2026 Northern Region Hub** recorded **108 players across U14, U16 and U18**, with 106 players recording attendance at one or more sessions.

The **High School League connects 12 participating schools** through **U16 and U19** competition, while the regional **Girls Rugby Sevens Series provides U11 and U13** competition at primary-school level. These structures broaden access to organised rugby and development opportunities across the region.

OUR IMPACT



14

SA RUGBY PLAYERS
DEVELOPED



38

WP RUGBY PLAYERS
DEVELOPED



14

VARSITY CUP PLAYERS
DEVELOPED



5

TAG SA RUGBY
PLAYERS DEVELOPED

Players developed through the broader Up and Under pathway have progressed into Western Province and Western Cape structures, SARU Elite Player Development, SA Schools, SA U18, national U19 and U20 environments, university rugby and senior national representation. The pathway has also produced players who progressed into the Springbok Women and Springbok Women's Sevens environments.

OUR AMBITION

To continue building a sustainable girls' and women's rugby model in which participation, development, competition and high performance are connected parts of one pathway - creating more opportunities for girls to enter the game, remain in the game and progress as far as their ability and ambition can take them.