



14th February 2026

Dear Players and Parents

We are excited to share several new and expanding opportunities within our Girls and Women's Rugby programs for 2026 and to provide some guidance on our approach to these new competitions.

In 2026 there will be the following female rugby competitions for girls u18 and above:

- BJRU Girls u18 competition
- QRU Girls Lightning Fillies (u20) competition
- Premier Women

Norths are committed to entering teams in all 3 of the above competitions.

Under 18 Girls

BJRU is planning an Under 18 Girls series, with Expressions of Interest expected to open in early March. We await further details before we can confirm training schedules, coaches and approach.

This is a wonderful development opportunity for our Junior Girls players to continue their development in their current aged Group.

Under 20 Girls – Lightning Fillies Competition

The Queensland Rugby Union has introduced a new Under 20 Girls competition (Fillies), with Norths, Wests, Sunnybank and UQ participating.

This is a wonderful development opportunity for our Juniors Girls transitioning to u18's or Seniors and our u20's Senior Girls to obtain further playing experience against similar aged players.

Proposed Competition Dates

- 22 Feb – Round 1 (Norths)
- 1 Mar – Round 2 (Sunnybank)
- 8 Mar – Round 3 (Wests)
- 15 Mar – Semi Finals (UQ)
- 22 Mar – Grand Finals (Sunnybank)

The Fillies squad will train alongside the Premier Women on **Field 1 every Tuesday and Thursday at 6:00pm** and will be coached by **Lui Pereira** and **Ruth Brown**.



We envisage these two squads (u20's and Premier Women) working closely together to aid their joint development and preparation. Benefits we see to this approach are:

- Our Junior Girls players and coaches get exposure to Premier Coaches and Players which builds connection and develops skills
- Our Premier Women's u20's players get an opportunity to develop in an u20's environment ahead of participating in the Premier Women's competition; and
- Our Premier Women's players build connection with our Junior Girls while also having greater numbers to facilitate more effective training sessions

Premier Women Program

Our Premier Women squad will commence trials and preparation for the 2026 QPR season with the following schedule:

- 7 March v Souths
- 14 March v GPS
- 21 March v UQ

QPR Round 1 commences **28 March**. The Premier Women will be coached by **Kris Stafford**, assisted by **Lui Pereira** and **Jarrold Eglin**.

How will participation and selection across these team's work?

Given the introduction of multiple female pathways, there may be occasions where players are eligible for selection across more than one squad and potentially more than one game on the same weekend.

We wanted to provide some guidance on how we will manage this as a club. Player preferences (i.e. which competition they want to play in) will take priority subject to eligibility and the coaches being comfortable that the player is capable of competing safely in their chosen grade.

Selections will remain flexible and will be reviewed weekly, with decisions made in the best interests of team requirements and, importantly, each player's individual development and wellbeing. As these new competitions are in their infancy, we will need to learn as we go to some extent with a player first mentality central to our approach.

Proposed Annual Subs Structure:

- Senior Women - \$530 – (includes playing shorts, playing socks, training shirt, polo, association fees, insurance, referee's fees, medics)
- Under 20 'The Fillies' - \$130 – (includes association fees, insurance, referee's fees, medics). Playing shorts and playing socks to be purchased separately. If you wish to continue playing senior rugby post competition, you will need to pay the gap.



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All Fillies players should contact David Heaton (rugby@northseagles.com or 0427 590 910 prior to registering to receive a discount code.

- U18 BJRU – We will be able to advise cost once expressions of interest have been received from clubs by the BJRU in early March.

We are thrilled to see so many new pathway opportunities for our Junior Girls and Women and encourage all interested players to register their interest.

For further information, please reach out to me on dor@northseagles.com or 0428 756 391.

Regards

Phil Mooney
Director of Rugby
North Brisbane Rugby Club Inc.