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The Rainier Plateau Junior Rugby Club offers a chance for local girls 14-18 to learn and play the sport.

The club has scheduled four free introductory sessions, beginning 2:30 p.m. Sunday at the Daffodil Baseball Complex, 5604 Graham Ave., Sumner. The sessions, which continue every Sunday for the following three weeks, offer potential players a chance to meet coaches and players and learn about the game.

The club's goal is to field a team (called a side) that will compete against the seven existing Washington state clubs, including the Kent Crusaders (the No. 5 ranked girls rugby side in the country). The Rainier Plateau side also hopes to compete at tournaments in Oregon and British Columbia during spring break.

In addition to preparing players to eventually play for the numerous women's club programs in Seattle, Olympia and Tacoma, Rainier Plateau hopes to provide opportunities for players to compete at the collegiate level. The University of Washington, Washington State, Central Washington, Western Washington and Seattle U field programs.

No experience or knowledge of rugby are required. The sport is a no-cut activity, which promotes universal participation, personal responsibility, respect and team spirit.

For more information, visit [www.rainierjuniorrugby.com](http://www.rainierjuniorrugby.com).

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