



**CASHBACK
2025/26**

CASE STUDY

Greenfield Academy

Pupil L: From Primary School to Regional Representation

GREENFIELD ACADEMY

Pupil L: From Primary School to Regional Representation

Pupil L's rugby journey began in Primary 7 through Cashback Rugby taster sessions delivered within the Greenfield cluster. Initially attending to try something new alongside friends, rugby quickly became an activity that helped build confidence, enjoyment and a stronger sense of connection within school life.

Following the transition into secondary school, Pupil L joined the School of Rugby programme at Braeview Academy, now Greenfield Academy, where she steadily developed both as a player and as a young leader within the wider school community.

While enthusiastic from the outset, Pupil L initially had limited experience within rugby and required time, encouragement and structured support to develop confidence within the sport. Through regular participation across school and club environments, she gradually became more comfortable challenging herself, contributing within teams and taking on greater responsibility over time.

As her involvement continued, Pupil L progressed through the School of Rugby pathway while also becoming increasingly involved in wider leadership opportunities across the programme. By S3, she had taken on a role as a Rugby Young Ambassador, supporting younger pupils during transition activity and assisting coaches during school rugby sessions and festivals.

Staff reflected positively not only on her progression as a player, but on the way her confidence, communication and willingness to support others developed alongside it.

One of the most significant turning points in her journey came through involvement in the Level 4 Developing Player Programme and the opportunity to complete formal coaching qualifications. These experiences helped strengthen both her confidence and leadership skills while also reinforcing her ambition to continue progressing within rugby.

Over time, Pupil L's involvement expanded beyond school activity into wider club and regional pathways. Her progression from Dundee Rugby U14s to U16s, involvement within the Player Development Hub and eventual representation within Caledonia U16s reflected the consistency of her commitment and development across several years of participation.

Importantly, staff consistently described her as a positive role model for younger pupils entering the programme. Through ambassador activity and regular involvement within school rugby environments, she increasingly became part of the support structure helping younger participants feel welcomed and encouraged within the sport.

Reflecting on her journey, Pupil L explained:

“Being part of Cashback Rugby has given me so many opportunities. I've grown as a player, but also as a person – learning how to lead, how to support others, and how to push myself.” Pupil L

A School of Rugby coach similarly reflected:

“Pupil L is a fantastic role model for younger pupils. Her dedication to rugby and her willingness to support others reflects the best of what Cashback Rugby aims to achieve.” School of Rugby Coach

Reflection and Learning

Pupil L's journey reflects the long-term value of sustained school and club pathways that allow young people to develop gradually over time. While her progression within rugby is significant in itself, her story also highlights the wider importance of confidence, leadership opportunities and positive peer environments within school sport.

From first engaging through primary school taster sessions to representing Caledonia U16s and supporting younger pupils within the programme, her experience demonstrates how consistent encouragement, visible pathways and meaningful responsibility can help young people grow both within and beyond rugby environments.