



Rugby Science Network (RSN) Live 2025

Pentahotel, Reading, UK

Monday 15th September, 2025

Register for in-person attendance here: [In-person](#)

Register for online attendance here: [On-line](#)

Monday September 15th

Time	Topic	Speakers
09:55 (UTC+1)	Opening Welcome	Brett Robinson
<u>Contact Science</u>		Anna Stodter (Chair)
10:00 – 10:20	Injuries In Women's Community Rugby: Evaluation of the Activate Programme	Debbie Palmer
10:20 – 10:40	Impact of Lowering the Legal Tackle Height on Tackle Behaviour, Match Events & Suspected Injury Rates in Female Youth Rugby Union	Liam Colbert
10:40 – 11:00	Using Internal & External Coaching Cues to Enhancing Tackle Technique	Lucy Brown
11:00 – 11:20	Coach Perspectives on Tackle Training Workshops & Implementation in Girls Rugby	Kathryn Dane (virtual presentation)
11:20 – 12:00	Panel Discussion	
12:00 – 13:00	Lunch	
<u>Research in the Women's Game</u>		Zoe Saynor (Chair)
13:00 – 13:20	Research Priorities in the Women's Game	Omar Heyward
13:20 – 13:40	Injury Surveillance & Attitudes Towards Injury in Players & Parents	Gemma Knight
13:40 – 14:00	Female Health in International Rugby Players	Izzy Moore
14:00 – 14:30	Panel Discussion	
14:30– 15:00	Break	
<u>Women's Player Health & Wellbeing</u>		Fiona Wilson (Chair)
15:00 – 15:20	Menstrual Cycle Symptom Management in Elite Women's Rugby	Kirsty Elliot-Sale
15:20 – 15:40	Women's Health Toolkits	Rachel Faull-Brown
15:40 – 16:00	Contact Breast Injuries in Women's Rugby - What Do(n't) We Know	Killian Bibby
16:00 – 16:20	Advance Female Athlete Performance: The Art of Applying the Science in the Field	Trent Stellingwerff (virtual presentation)
16:20 – 16:55	Panel Discussion	
16:55 - 1700	Closing Remarks	Fiona Wilson & Zoe Saynor